

MOUNTAINEERING

ISLAND PEAK (6,165M)

6,165 m Nepali summit with guide and trekking in the Khumbu Valley



B4Experience

NEPAL



Island Peak (Imja Tse) is the gateway to 6,000 m mountaineering: it blends the iconic Everest trek with a moderately technical ascent, stunning views, and expert guides and Sherpas who ensure safety and learning.

[View Web Program](#)

<https://b4experience.com/island-peak-6165m>



RECOMMENDED MONTHS

MARCH, APRIL, MAY, SEPTEMBER, OCTOBER, NOVEMBER



PRICE

From 2.990€ /person

Group discounts

Mountaineering

info@b4experience.com / +34 613 03 77 00





Highlights

- CLASSIC ROUTE OF THE KHUMBU VALLEY
- HIGH CAMP AT 5,600 M FOR OPTIMAL ACCLIMATIZATION
- 360° VIEWS OF EVEREST, LHOTSE, AND AMA DABLAM FROM THE SUMMIT
- ALL-INCLUSIVE SERVICE WITH LUKLA FLIGHT, PERMITS, AND TECHNICAL GEAR.

Private groups

100% customizable

From (People)	Category	Availability	Nº days	Price per pers.
1	Standard	01 Mar 2026 - 31 May 2026	18	2.700€
1	Standard	01 Sep 2026 - 30 Nov 2026	18	2.600€

Travel only with your family or friends.

*Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
✕ No open group events available, only private groups					

**Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

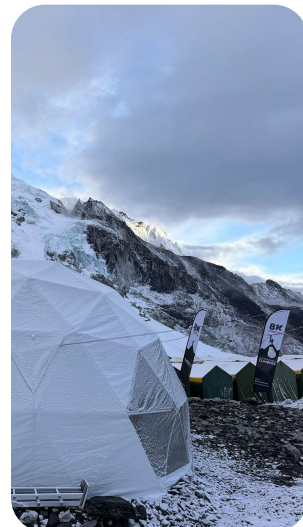
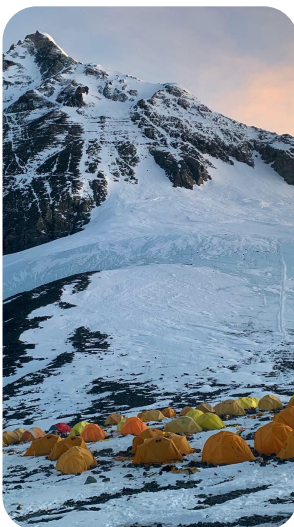


Included

- Airport Transfers As Per Schedule,
- 3 nights in a hotel with breakfast while in Kathmandu 3-star category,
- Teahouse/Lodge accommodation throughout the trek (Twin bed-sharing or single room),
- 3-time full-course meal (one item from the Menu),
- Hot beverage 3 times a day (Tea/Coffee),
- Flight tickets: Kathmandu -Lukla-Kathmandu (round Trip) with a guide. If a direct flight is not available then 4 hrs private jeep drive to Ramechap and catch the flight,
- All expenses of an experienced English-speaking trekking guide,
- Climbing guide for the ascent of Island Peak, with all technical equipment included. Client-guide ratio 2:1
- Island Peak Climbing Permit and Documentation Formalities,
- All necessary permit charges (National Park Entry Fee, Entrance Fee at Lukla),
- A comprehensive medical kit,
- Garbage Disposal Fees,
- Insurance, wages, and allowances for Climbing Sherpas, cooking staff, and porters,
- Kitchen, Dining, Toilet, Sleeping Tents for Base Camp and High Camp,
- Filtered water and High Altitude Foods during the trek,
- Ropes and Technical climbing equipment for Island Peak Climbing,
- 3 liters of Oxygen Bottle (in case of emergency with nominal charge),
- Helicopter stand-by for rescue (nominal charge applies),
- Farewell Dinner,
- All taxes imposed by the Government of Nepal.

Not Included

- Nepal Entry Visa Fee,
- International Flight expenses,
- Charges for Excess luggage,
- Lunch and Dinner in Kathmandu and also in case of early return than the scheduled itinerary,
- Personal expenses like shopping, alcoholic beverages, use of satellite phones, Internet packages, mineral water, extra meals than Breakfast Lunch, and Dinner during the trek,
- Travel and Rescue Insurance,
- Extra night accommodation in Kathmandu due to early arrival, late departure, or early return from the trip,
- Tips for Climbing Sherpas, guides, and porters,



Itinerary

DAY 1: ARRIVAL IN KATHMANDU

Reception at the airport and transfer (approximately 30 minutes) to the bustling Thamel district. Free afternoon to exchange currency, acclimatize to the Nepalese atmosphere, and, if desired, take a first stroll through the craft bazaars or visit the nearby Swayambhunath stupa before resting at the hotel.

Accommodation: 3-star hotel

DAY 2: PREPARATIONS IN KATHMANDU

Briefing with the guide to review the program and check personal equipment. Process trekking permits and make final purchases of technical equipment at Thamel shops. The rest of the day is free to visit Durbar Square or relax in a café overlooking the temples.

Accommodation: 3-star hotel

Meals: Breakfast

DAY 3: FLIGHT TO LUKLA AND TREK TO PHAKDING

Early morning sunrise and a 30-minute scenic flight to the legendary Lukla Airfield (2,840 m) from Ramechap Airport. Meet your porters and begin trekking along the Dudh Koshi River, past suspension bridges and Sherpa villages, to Phakding (2,610 m), where the Himalayan atmosphere is already felt. Gentle walk to aid acclimatization.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 4: CLIMB TO NAMCHE BAZAAR

An ascending route through pine and magnolia forests, crossing several suspension bridges, including the iconic Hillary Bridge. Enter Sagarmatha National Park and make a steady climb to the Sherpa capital, Namche Bazaar (3,440 m). First views of Everest and Lhotse if the sky is clear.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 5: ACCLIMATIZATION DAY IN NAMCHE

Circular hike without heavy backpacks to the Everest View Hotel (3,880 m) to gain altitude and return to sleep at a lower altitude. Visit the villages of Khumjung and Khunde, with their school founded by Hillary. Free afternoon for the Tibetan market or the Park Museum.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 6: TREK TO TENGBOCHE

Departure along the slope with open views of Ama Dablam. Descent to the Imja River and final ascent among rhododendrons to the legendary Tengboche Monastery (3,867 m). Opportunity to attend the monks' evening ceremony with the eight-thousanders as a backdrop.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 7: TREK TO DINGBOCHE

Initial descent through the forest to Pangboche to visit its ancient gumpa, then a wind-exposed trail up the Imja Khola with views of Nuptse and Lhotse. Arrival at Dingboche (4,410 m), where stone walls protect the highest potato fields in the valley.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 8: TREK TO CHHUKUNG

A short but high-altitude stage follows the wide glacial valley to Chhukung (4,730 m). Afternoon to rest, rehydrate, and admire the south face of Lhotse and the impressive Amphu Labu. Technical equipment is checked before the next day's training.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 9: TECHNICAL PRACTICES AND ACCLIMATIZATION

A day dedicated to glacier training: crampon progression, basic anchoring, use of fixed ropes, and a review of safety maneuvers. The training takes place near the Imja Glacier moraine, returning to the lodge to rest and recharge.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 10: TREK TO ISLAND PEAK BASE CAMP (4,970 m)

Progression over stony terrain to base camp, located on a plain at the foot of the Lhotse Glacier. Tents are set up, early dinner is given, and a final briefing on the ascent strategy is given. Overnight stay under a stunning starry sky.

Accommodation: Camp

Meals: Breakfast, lunch, dinner

DAY 11: ASCENT TO HIGH CAMP (5,600 m)

A short but steep hike between boulders and snowfields to high camp. Harnesses, crampons, and Jumar lines are fine-tuned. An afternoon of strict hydration and complete rest to face the early morning with strength.

Accommodation: Entire camp

Meals: Breakfast, lunch, dinner

DAY 12: ISLAND PEAK SUMMIT (6,165m) AND DESCENT

Departure at 2:00 a.m., crossing the glacier with crampons. Ascent of the snowy ridge secured by fixed ropes culminates on a sharp ridge with views over the Khumbu Valley and the giants of Lhotse and Makalu. Summit photo and long descent to base camp or Chhukung to celebrate the feat.

Accommodation: Camp / Lodge

Meals: Breakfast, lunch, dinner

DAY 13: PANGBOCHE – DESCENT THROUGH THE IMJA VALLEY

Relaxed hike through alpine meadows and across wooden bridges to Pangboche (3,985 m). Time to visit the local monastery, known for its alleged Yeti hand, and thank the lamas for their protection.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 14: NAMCHE BAZAAR – RETURN THROUGH PINE FORESTS

Continued descent with views of Mount Everest gradually receding. Cross Dudh Koshi and make the final climb to the Namche Amphitheater; hot shower, local pastries, and a last look at the souvenir market.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 15: LUKLA – END OF THE TREKKING

Return through the valley, passing through small stupas and mani walls, to Lukla. Free afternoon to bid farewell to the porters and toast the expedition with an Everest Beer.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 16: FLIGHT TO KATHMANDU

Morning flight to Kathmandu. Transfer to the hotel and free time for massages, handicraft shopping, or a visit to Pashupatinath and Boudhanath. Optional farewell dinner at a traditional Nepalese restaurant.

Accommodation: 3-star hotel

Meals: Breakfast

DAY 17: CONTINGENCY DAY / FREE

Day reserved for unforeseen events (bad weather in Lukla). If not used, excursions to Bhaktapur, Patan, or the Nagarkot viewpoint are suggested, or rest before the international flight.

Accommodation: 3-star hotel

Meals: Breakfast

DAY 18: RETURN

Transfer to the airport three hours before your flight. Check-in and farewell to the local team. End of services and Himalayan sleep.

Meals: Breakfast.

Payment and cancellation policy

Initial Deposit: To secure your spot, a 30% payment of the total trip cost is required at the time of booking.

Final Payment: The remaining balance, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional travel costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation Insurance: The client may purchase trip cancellation insurance to recover the full amount paid (according to the insurance conditions).

The traveler may withdraw from the contracted trip and is entitled to a refund of amounts paid, except for the stated penalties. However, once the trip is confirmed, the traveler must pay the agency the following amounts.

Cancellation Policy 3:

Full refund within 24 hours of purchase.

Up to 60 days before the trip: 100% refund of the trip amount.

Up to 45 days before the trip: 50% refund of the trip amount.

For timeframes shorter than those described, no refund will be issued.

*A €250 management fee applies.

*If other non-refundable costs have already been incurred, they will also not be refunded and will be deducted from the total amount to be refunded.

*The cancellation cost for already issued flight tickets is 100% of the ticket price.

Packing List

We will go over all the gear together and in detail well before the expedition.

FAQs

What technical and physical level is required?

Previous experience walking with crampons and maintaining safety in snow terrain is required. This is not a vertical climb, but there are fixed rope sections and exposed ridges. You must be proficient in the use of a Jumar and basic rappelling under the supervision of a guide. Previous experience in high-altitude trekking (up to 5,000 m) and the ability to walk 6-8 hours per day are recommended; the summit day requires 10-12 hours of continuous effort.

What type of accommodation does the trip include?

Three nights in a 3-star hotel in Kathmandu (double room), simple but cozy lodges during the trek, and expedition tents at base camp and high camp. All communal camping equipment (tents, sleeping mats, dining set, kitchen) is included.

What is the meal plan?

Buffet breakfast in Kathmandu; full board (breakfast, hot lunch or picnic, and dinner) throughout the trek and at high-altitude camps. Hot water for infusions in the lodges and filtered or boiled drinks at base camp. Special diets are available upon advance notice.

How do I get to the starting point?

The nearest airport is Tribhuvan International (KTM) in Kathmandu. Your return flight to Lukla is already arranged within the program.

What happens if the flight to Lukla is delayed or canceled?

Day 17 in Kathmandu is a contingency day. If bad weather blocks the airport, we'll spend extra nights in Lukla or use a helicopter (additional cost not included) when the weather improves. The guide will handle alternative logistics.

How is acclimatization handled?

We follow the "climb high, sleep low" rule, with two extra days in Namche and Chhukung to walk without weight, practice technique, and promote natural red blood cell production. We also carry an oximeter kit and early detection protocols for altitude sickness.

How much weight does each participant carry and what do the porters carry?

They will carry up to 12 kg of your personal gear. You only carry a daypack (water, jacket, camera, snacks). At the camps, the group gear (tents, cooking utensils, ropes) is the responsibility of the porters and guides.

Can I recharge batteries and have Wi-Fi on the route?

In Namche and Tengboche, there's paid solar power (~300 rupees/h) and Everest Link Wi-Fi cards. From Dingboche onward, charging depends on generators, and the cost increases. We recommend a 10,000 mAh power bank and airplane mode to conserve battery.

Is it very cold? What temperatures should we expect?

In Kathmandu, temperatures range from 15-25°C. In Dingboche, lows are around -10°C, and at High Camp, they can drop to -20°C with wind. During the day, in the sun, temperatures can exceed 5°C. A comfortable sleeping bag with a temperature of -15°C and a thick down jacket are essential.

Is technical equipment available in Nepal?

In Thamel, crampons, ice axes, double boots, harnesses, and Jumars are available for rent at affordable prices. However, it's always preferable to use proven equipment. We provide a detailed list of required and recommended equipment upon booking confirmation.

What are the passport and visa requirements?

It is important to have a valid passport with at least 6 months of validity. Nepal offers visas on arrival for most countries. You can speed up the process and avoid lines upon arrival by applying online through this official website. Upon arrival, go to the bank counter at Tribhuvan International Airport with the remittance ID (confirmation page) you received when completing the Nepal visa application form. Pay the applicable fee in cash and, after making the payment, go to the immigration officer's counter with your original passport for visa processing. For visa applications, stay up-to-date, as immigration policies change frequently. Therefore, it is advisable to check the information closer to your intended travel date. Currently, as of February 2025, the Nepal tourist visa fees are as follows: 15 Days: USD 30 30 Days: USD 50 90 Days: USD 125.

Is it mandatory to have rescue or evacuation insurance?

The program does not include travel, medical, or evacuation insurance. It is recommended that you purchase insurance that covers helicopter rescues and high-altitude treatment. We can arrange this; please contact us.

Vaccination card

There are no mandatory vaccinations for travel to Nepal. We recommend consulting your doctor for recommended vaccinations.

Tips

Tips are not included and are voluntarily given at the end of the trip in cash (they do not have a credit card machine). It is not mandatory, but highly recommended. Guides: \$5 to \$10 per person per day. On longer treks (such as the Annapurna Circuit or Everest Base Camp), tips can increase, reaching \$10-\$15 per person per day. Porters: \$3 to \$5 per day per person. On longer or more demanding treks, you might consider increasing this to \$5-\$7.

Cash

In Kathmandu, you can usually pay by card (in restaurants, taxis, souvenir shops, etc., but this isn't usual). After that, there will be no ATMs. It's essential to carry local currency. You can bring euros or dollars and exchange them directly for rupees at the airport or in Thamel on the day of arrival. It's recommended to carry a minimum of €250 in cash for non-included expenses, such as drinks or meals in Kathmandu, and for tips.



Contact us!

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