

Island Peak Climbing - 18 Days

Island Peak Climbing is one of the most rewarding high-altitude adventures in Nepal for trekkers who want to step into real mountaineering. Standing at **6,189 meters**, Island Peak sits in the heart of the Everest region and combines classic Everest trekking routes with a proper summit climb. The journey takes you through famous Sherpa villages, high mountain valleys, and glaciated terrain, ending with a technical but achievable ascent to the summit.

Island Peak is popular because it offers a clear progression from trekking to climbing without demanding extreme technical skills. With a well-paced Island Peak climbing 18 days itinerary, strong acclimatization, and professional Sherpa support, it becomes a realistic goal for fit trekkers who want more than just walking trails. If you are planning your first Himalayan summit, this Island Peak Climbing Package is a proven and reliable choice.

Talk to our local team from [Dolpo Caravan Treks](#) to see how we manage logistics, safety, and climbing support from start to finish.

OVERVIEW OF ISLAND PEAK (IMJA TSE)

Island Peak is also known by its original name, **Imja Tse**, a name given before it was renamed Island Peak by early Everest expeditions. The peak lies in the Imja Valley of the Everest or Khumbu region, surrounded by some of the highest mountains in the world.

From the trail, Island Peak rises sharply above the surrounding glaciers, framed by Lhotse, Nuptse, Ama Dablam, and Makalu. The climb itself blends long days of high-altitude trekking with sections of fixed rope climbing on snow and ice. This mix makes Island Peak Climbing both accessible and serious, ideal for those who want to experience real Himalayan mountaineering without moving into extreme expedition-style climbing.

TRIP FACTS – ISLAND PEAK CLIMBING

- **Peak Name:** Island Peak (Imja Tse)
- **Region:** Everest / Khumbu
- **Maximum Elevation:** 6,189 m / 20,305 ft
- **Climbing Grade:** PD / PD+ (Alpine)
- **Trip Duration:** 18 Days
- **Start / End Point:** Kathmandu
- **Best Seasons:** Spring and Autumn
- **Accommodation:** Teahouse + Camping
- **Maximum Altitude Reached:** 6,189 m
- **Trekking Style:** Lodge trek with camping climb
- **Permit Required:** Yes
- **Fitness Level:** Good physical fitness recommended

ISLAND PEAK HEIGHT, HISTORY, AND CLIMBING CLASSIFICATION

Island Peak has an official height of 6,189 meters and is internationally recognized as one of Nepal's trekking peaks under the Nepal Mountaineering Association. Its alpine grading of PD to PD+ means it involves moderate snow and ice climbing, use of fixed ropes, and basic mountaineering skills without advanced technical difficulty.

Despite being called a trekking peak, Island Peak is a true mountain climb. The classification reflects its accessibility rather than its seriousness. The name "**Island Peak**" came from its appearance as an island rising from a sea of ice when viewed from Dingboche. The first ascent was made in 1953 by members of a British Everest training team, and since then, Island Peak expedition Nepal programs have played a major role in training climbers for higher Himalayan objectives.

ISLAND PEAK CLIMBING ROUTE

The standard Island Peak Climbing route follows the classic Everest Base Camp trail up to Dingboche before branching off toward Chhukung and the Imja Valley. This approach allows for gradual altitude gain and strong acclimatization.

From Chhukung, climbers move to Island Peak Base Camp and then to High Camp, which sits just below the glacier. High Camp shortens summit day and improves safety. The final ascent includes glacier travel, ladder crossings over crevasses, and a steep headwall climbed using fixed ropes, all managed under Sherpa guidance.

island-peak-nepal.jpg

ITINERARY IN DETAIL

Day 1: Day 01 – Arrival in Kathmandu (1,400m / 4,593ft)

You arrive in Kathmandu and are transferred to your hotel. The day is kept easy for rest and recovery after travel. In the evening, there is a briefing to go over the Island Peak expedition plan and answer questions.

Day 2: Day 02 – Preparation Day in Kathmandu (1,400m / 4,593ft)

This day is used for gear checks, final equipment arrangements, and permit processing. Any missing climbing gear can be rented or purchased. You meet your guide and review safety procedures.

Day 3: Day 03 – Fly to Lukla & Trek to Phakding (2,610m / 8,563ft)

An early flight takes you to Lukla, followed by a gentle trek along the Dudh Koshi River. The trail passes small villages and prayer wheels, making it a relaxed introduction to the Khumbu region.

Day 4: Day 04 – Trek to Namche Bazaar (3,440m / 11,286ft)

The trail crosses suspension bridges and climbs steadily through forested sections. You enter Sagarmatha National Park and get your first distant views of Everest before reaching Namche Bazaar.

Day 5: Day 05 – Acclimatization Day at Namche Bazaar (3,440m / 11,286ft)

This rest day includes short acclimatization hikes to higher points above Namche. It helps your body adjust while giving time to explore the main Sherpa trading town of the region.

Day 6: Day 06 – Trek to Tengboche (3,860m / 12,664ft)

The trail offers wide mountain views before descending and climbing again to Tengboche. You visit Tengboche Monastery, an important cultural and spiritual site in the Everest region.

Day 7: Day 07 – Trek to Dingboche (4,410m / 14,468ft)

The landscape opens up into alpine terrain with fewer trees. The altitude gain is gradual, and the views of Ama Dablam become more prominent as you reach Dingboche.

Day 8: Day 08 – Acclimatization Day at Dingboche (4,410m / 14,468ft)

Another planned acclimatization day with short hikes to higher ridges. These walks prepare your body for the higher elevations ahead and reduce risks later in the climb.

Day 9: Day 09 – Trek to Lobuche (4,910m / 16,109ft)

You walk along the edge of the Khumbu Glacier and pass memorials dedicated to climbers who lost their lives in the Himalayas. The terrain becomes rocky and colder.

Day 10: Day 10 – Trek to Gorak Shep & Visit Everest Base Camp (5,364m / 17,598ft)

After reaching Gorak Shep, you continue to Everest Base Camp. The walk is slow due to altitude, but standing at Base Camp is a major milestone of the Island Peak Climbing journey.

Day 11: Day 11 – Kala Patthar Hike & Trek to Dingboche (4,410m / 14,468ft)

An early hike to Kala Patthar offers sunrise views of Everest and surrounding peaks. Afterward, you descend back to Dingboche for rest and recovery.

Day 12: Day 12 – Trek to Chhukung (4,730m / 15,518ft)

Leaving the main Everest trail, you enter the Imja Valley. The trail is quieter, and the focus shifts from trekking to preparation for the climb.

Day 13: Day 13 – Trek to Island Peak Base Camp (5,240m / 17,192ft)

A gradual ascent leads to Base Camp. Tents are set up, and the team organizes climbing equipment while you rest and hydrate.

Day 14: Day 14 – Acclimatization & Climbing Preparation Day (5,240m / 17,192ft)

This day is used for rest, skills practice, and final briefings. You go over rope techniques, crampon use, and safety procedures with your climbing Sherpa.

Day 15: Day 15 – Summit Island Peak & Return to Base Camp (6,189m / 20,305ft)

The summit push starts early in the morning. You climb snow slopes, cross crevasses, and ascend the final headwall using fixed ropes. After reaching the summit, you descend carefully back to Base Camp.

Day 16: Day 16 – Trek Back to Chhukung (4,730m / 15,518ft)

The descent to Chhukung feels easier as the altitude drops. This is a recovery day after the climb.

Day 17: Day 17 – Trek to Namche Bazaar (3,440m / 11,286ft)

A long descent brings you back to Namche Bazaar. The evening is often spent celebrating the successful Island Peak expedition.

Day 18: Day 18 – Trek to Lukla & Fly Back to Kathmandu (1,400m / 4,593ft)

You trek back to Lukla and fly to Kathmandu, marking the end of the Island Peak Climbing adventure. If you want itinerary options or a custom plan, contact us to adjust this schedule to your needs.

FAQ

1. Is Island Peak suitable for beginners?

Yes, Island Peak is suitable for beginners who have good physical fitness and some trekking experience. While the climb involves basic technical sections, our guided Island Peak Climbing Package provides Sherpa support, training, and acclimatization to make it manageable for first-time climbers.

2. How difficult is Island Peak climbing?

Island Peak Climbing is moderately challenging. It combines high-altitude trekking with glacier travel, fixed-rope sections, and steep snow slopes. Physical endurance, acclimatization, and following safety guidance are key to success.

3. Can Island Peak be climbed without the Everest Base Camp trek?

Technically, yes, but the standard approach includes trekking via the Everest Base Camp trail for proper acclimatization. Skipping the trek increases risk and reduces summit success chances.

4. What is the minimum age for Island Peak climbing?

Climbers should generally be at least 16 years old. Younger climbers may be allowed with prior experience, good fitness, and parental consent, but safety remains the priority.

5. Do I need prior climbing experience for Island Peak?

No prior technical climbing experience is required. Basic mountaineering training is provided during the expedition, and Sherpas assist with ropes, crampons, and ice axes.

6. How long does Island Peak climbing take?

The full Island Peak Climbing 18 days itinerary includes trekking, acclimatization, and summit day. This schedule maximizes safety and acclimatization to increase the chances of a successful climb.

7. What is the success rate of Island Peak climbing?

Success rates are high during spring and autumn when weather is stable, and climbers follow the planned acclimatization schedule. Factors like fitness, altitude adaptation, and weather conditions affect individual outcomes.

8. How cold does it get on Island Peak?

Temperatures at Base Camp can drop below -6°C at night, while summit day temperatures may reach -15°C or lower with wind chill. Layered clothing and proper gear are essential.

9. Is Island Peak harder than the Everest Base Camp trek?

Yes, Island Peak is more challenging than the Everest Base Camp trek. In addition to high-altitude trekking, it involves technical climbing sections, glacier travel, and summit preparation.

10. How technical is Island Peak climbing?

The climb includes glacier travel, fixed ropes, and snow slopes. While more technical than trekking-only routes, it is achievable with proper guidance and support.

11. Can Island Peak be climbed without a guide?

It is possible, but not recommended. Guides provide safety, route knowledge, acclimatization advice, and support for summit success.

12. What is the best month to climb Island Peak?

The best months are spring (March–May) and autumn (September–November) when the weather is stable, the skies are clear, and the chance of reaching the summit is higher.

13. How dangerous is Island Peak climbing?

Island Peak carries inherent risks of high-altitude climbing, including altitude sickness, cold, and weather-related hazards. Proper preparation, acclimatization, and Sherpa support significantly reduce these risks.

14. What fitness level is required for Island Peak?

Good physical fitness is recommended, including stamina for long trekking days and moderate technical climbing. Training before the expedition improves comfort and summit chances.

15. Is travel insurance mandatory for Island Peak climbing?

Yes, travel and high-altitude climbing insurance is strongly advised. It covers emergency evacuation, medical treatment, and unexpected events during the expedition.