

## Island prak (imja tse- 6160m) climbing

### Trip Facts

**Duration:** 19 days

**Highest Altitude:** Max: 6160m

**Tours And Trekking Duration:** 19 Days

**Mode Of Trekking Tour:** Teahouse/Lodge & Camping

**Group Size:** 2 Person Or Above



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## Day to Day Itinerary

**Day 1:**Arrival at Tribhuvan International airport (TIA) Kathmandu & meet with our representative then transfer to hotel. Overnight at Hotel

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**Day 2:**Trek preparation & Sightseeing tour in Kathmandu valley. Overnight at hotel.

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**Day 3:**Early morning fly to LUKLA (2,834 m) & trek to Phakding (2,611 m). Overnight at Mountain Lodge

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**Day 4:**Trek, Phakding to Namche Bazaar (3,440 m). Overnight at Mountain Lodge

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**Day 5:**Rest day in Namche Bazaar for Acclimatization. Overnight at Mountain Lodge

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**Day 6:**Trek, Namche Bazar to Khumjung (3,790 m). Overnight at Mountain Lodge

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**Day 7:**Trek, Khumjung to Tyangboche (3,867 m). Overnight at Mountain Lodge

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**Day 8:**Trek, Tyangboche to Dingboche (4,343 m). Overnight at Mountain Lodge

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**Day 9:**Trek, Dingboche to Chhukung (4,730 m). O/N at Overnight at Mountain Lodge

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**Day 10:**Trek to Imja Tse (Island) Peak base camp. Overnight at tented camp.

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**Day 11:**Ascent to Imja Tse (Island) Peak High camp (5,600 m). Overnight at tented camp.

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**Day 12:**Imja Tse (Island) Peak Summit (6,160 m) back to base camp, overnight at tented camp.

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**Day 13: Trek back to Pangboche (3,901 m). Overnight at Mountain Lodge**

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**Day 14: Trek back to Namche Bazaar (3,440 m). Overnight at Mountain Lodge**

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**Day 15: Trek back to Phakding. Overnight at Mountain Lodge**

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**Day 16: Trek back to Lukla. Overnight at Mountain Lodge**

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**Day 17: Fly back to Kathmandu. Overnight at hotel.**

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**Day 18: Free day in Kathmandu. Overnight at hotel.**

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**Day 19: Departure**

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## **Trip Cost Includes**

- Arrival & departure transfers by private vehicle
- Hotel accommodation in Kathmandu
- Kathmandu – Lukla – Kathmandu flight tickets
- Tea House/tented accommodation during climb with meals (breakfast, Lunch & dinner) during trek
- Necessary permits and fees, tents, English speaking guide, porters and cook
- Necessary trekking and climbing gears
- Gamow Bag
- Medical oxygen/Medical kit for staffs
- Insurance of crew and climbing staffs
- Staff salary, climbing bonus, performance bonus etc.
- All taxes & service charge

## **Trip Cost Excludes**

- International flights
- Visa Fees
- All type of insurance for clients (climbing members)
- Lunch and dinner in Kathmandu
- Beverages and snacks during trek
- Personal climbing gears and clothing

- Extra baggage charges
- Emergency rescue evacuation
- Cargo/custom clearance fees
- Tips of supporting staff
- Personal expenses such as telephone calls, bar bills, hot showers, laundry etc.
- Any additional cost due to unforeseen circumstances.



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