ADVENTURE CONSULTANTS
HIGH ALTITUDE EXPEDITIONS

ISLAND PEAK

6,189M / 10,305FT

2027 EXPEDITION TRIP NOTES

ISLAND PEAK EXPEDITION NOTES

2027 EXPEDITION DETAILS

Dates: **Trip 1:** April 22 to May 15
Trip 2: October 12 to November 4
Duration: 24 days
Departure: ex Kathmandu, Nepal
Price: US$7,500 per person

Views from high on Island Peak. *Photo: James Lawson*

Adventure Consultants offers this expedition throughout the year; during both the post-monsoon and pre-monsoon seasons. An ascent of Island Peak is an ideal entry into Himalayan climbing for a person who has a basic background in rope skills and mountaineering techniques. We provide the most affable and experienced Western guides working in conjunction with our excellent Sherpa friends, promising you an experience of a lifetime!

Island Peak or Imja Tse stands centrally at the head of the Imja Khola, a tributary of the mighty Khumbu. Due to glacial recession the climbing on Island Peak has become more technical in nature over time. This has resulted in the need for team members to have basic rope work and mountaineering skills. An ascent of Island Peak today involves the use of a ladder over the bergschrund and fixed ropes on steep snow slopes (45°) towards the summit and back.

This satisfying summit is the culmination of a long steady trek through breathtaking landscapes and fascinating villages. Throughout this trip you will be rewarded with exceptional views of the surrounding Himalayan giants of Everest, Nuptse, Lhotse, Lhotse Shar, Baruntse, Makalu and Ama Dablam.

EXPEDITION OUTLINE

This 24-day adventure starts and finishes in Kathmandu. A flight to Lukla delivers us to the Khumbu Valley, where the trek begins. After our second day on the trail, we arrive at Namche Bazaar, where we spend two nights acclimatising and exploring the local villages with time to become familiar with the local markets.

Continuing onwards, we explore this stunning valley and take time out to enjoy the Sherpa coffee shops! We then continue our trek towards Everest Base Camp and the scenic viewpoint of Kala Patar. We sleep in the high Sherpa villages of Tengboche, Pheriche or Dingboche, Lobuche and Gorak Shep along the way. All this time we are preparing ourselves for the rigours of climbing at altitude.

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▲Stunning alpine vistas on the trek through the Khumbu Valley to Everest Base Camp. *Photo: Mark Sedon*

After our 'Everest Experience' we trek to the Island Peak Base Camp via a high alpine pass, the Kongma La; where the views are nothing short of stunning. The climb of Island Peak begins with a glaciated approach that often includes a ladder crossing, and eventually a steep snow and ice headwall leads to a broad ridge to the summit. From here we enjoy spectacular views of the North Side of Ama Dablam, the sweeping flanks of Nuptse and the world's fourth highest peak, Lhotse.

For mountaineers looking to experience the essence of a first Himalayan ascent, Island Peak stands as an excellent choice from which to develop the skills and confidence to move towards future Himalayan objectives. Our many years of Himalayan experience allows us to introduce you to the best food, accommodation, destinations and experiences that are available on this expedition.

NOTE: We travel in tandem with our Khumbu Trek creating a perfect opportunity for friends or family to share the adventure. While you are climbing the trekkers enjoy escorted tours of the trails and lookouts around the Island Peak region. At the completion of your ascent, you rejoin for the descent back down the valley and on to Kathmandu.

There is also the option to extend the trip by including a side trip to the Gokyo Valley.

PREREQUISITE SKILLS

You need to be fit and energetic to climb Island Peak, and have some previous experience climbing with ice axe and crampons. You will need to be familiar with rappelling, abseiling and general rope skills. Instruction in the use of fixed lines, ladder crossing and a refresher on abseiling will be given prior to summit day. Your trip leaders are all experienced Western and Sherpa guides, providing the highest level of safety to ensure a safe passage on the journey.

TEAM SIZE

For the Island Peak climb, we will take a maximum of 12 people hence spaces are limited.

2027 EXPEDITION DATES

Trip 1(Pre-Monsoon): April 22 to May 15, 2027
Trip 2 (Post-Monsoon): October 12 to November 4, 2027

▲Enjoy the cultural and scenic wonders of the Khumbu. *Photo: Caroline Ogle*

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▲Abseiling down the summit ridge. *Photo: Suze Kelly*

▲Climbing onto the steep headwall to the summit ridge. *Photo: James Lawson*

▲Climbers approaching the summit along the summit ridge. *Photo: Caroline Ogle*

ITINERARY

Following is an ideal itinerary for our 2027 Island Peak Expeditions:

Day 1	Arrive Kathmandu, Nepal
Day 2	Gear check, optional sightseeing Kathmandu Valley
Day 3	Fly to Lukla (2,860m/9,383ft), trek to Phakding (2,610m/8,563ft), 3hrs
Day 4	Phakding to Namche Bazaar (3,440m/11,286ft), 5hrs
Day 5	Sightseeing in Namche Bazaar
Day 6	Short trek to Khumjung (3,780m/12,402ft) and climb Khunde Peak (4,200m/13,780ft), overnight Khumjung, 4–5hrs
Day 7	Trek to Tengboche (3,870m/12,696ft), 4–5hrs
Day 8	Tengboche to Pheriche (4,270m/ 14,009ft) or Dingboche (4,410m/14,469ft), 5–6hrs
Day 9	Rest day Pheriche or Dingboche
Day 10	Pheriche or Dingboche to Lobuche (4,940m/16,207ft), 4hrs
Day 11	Lobuche to Gorak Shep (5,160m/16,929ft, 3hrs), climb Kala Patar (5,554m/18,222ft, 3hrs)
Day 12	Gorak Shep to Everest Base Camp (5,300m/17,400ft, 2hrs) then down to Lobuche, 5hrs
Day 13	Rest day Lobuche
Day 14	Lobuche to Kongma La Pass (5,535m/18,159ft), descend to Chhukung (4,730m/15,518ft), 9hrs
Day 15	Ropes training and rest day in Chhukung, optional ascent of Chhukung Ri (5,550m/18,209ft), 6 hrs
Day16	Chhukung to Island Peak Base Camp (4,970m/16,300ft), 3 hrs
Day 17	Summit bid on Island Peak (6,189m/20,305ft), 10–12hrs. Trekkers to explore Chhukung area.
Day 18	Rest Day/Contingency Day and/or move to Chhukung
Day 19	Chhukung to Pangboche (3,985m/13,074ft), 3–5 hours
Day 20	Pangboche to Namche Bazaar, 5–6 hrs
Day 21	Namche Bazaar to Lukla 7 hrs
Day 22	Spare day in case of weather delays
Day 23	Lukla to Kathmandu flight
Day 24	Trip ends. Depart from Kathmandu

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▲Trekking near Chhukung. *Photo: Mike Roberts*

GOKYO EXTENSION

Extend and enhance your Nepal experience by joining our Gokyo extension. Trek over the challenging Cho La Pass to visit the Gokyo Lakes region. This is a highly recommended extension for fit and experienced trekkers. The Gokyo Extension costs US$1,250 per person and adds 4 days to your itinerary, contact our office for additional details.

THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised Expedition leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

FOOD

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements.

In the Khumbu Valley during the trek, we will be dining in lodges and when at Island Peak Base Camp, we will be eating in the Adventure Consultants mess tent. Our Base Camp equipment and ample, nutritious meals are always the envy of other groups on the mountain!

MEDICAL EXAMINATION & INSURANCE

Expedition members will be provided with a medical questionnaire and asked to visit their family physician to receive a full medical examination. This

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▲The sun rises over the mountains, Ama Dablam to the left. *Photo: Suze Kelly*

information will be sighted only by the expedition leader and our Medical Advisor and treated with full confidentiality. Advice on immunisations will be provided at this time. We also require members to have rescue insurance and we will consult with individual team members as to your insurance needs and solutions for coverage.

VISAS

Expedition members will be required to obtain an entry visa into Nepal at the beginning of the expedition. This is easily procured at Kathmandu airport on arrival. Trekking and climbing permits are a separate matter dealt with by the expedition agent.

PASSPORT PHOTOGRAPHS

Expedition members will need to provide a digital passport photograph for climbing and trekking permits and a copy of their passport biodata page.

EQUIPMENT & PRE-TRIP SUPPORT

We provide comprehensive pre-trip support once you book onto our expedition. You will be assigned an Expedition Liaison to assist with your pre-trip planning and we provide access to our travel app where you will find an array of extensive travel advice, from visa details to insurance and training tips.

A detailed equipment list will also be provided along with notes and recommendations on the best gear to purchase. Our equipment specialists are on-hand to assist with your equipment related questions.

COMMUNICATIONS

The expedition will be equipped with portable Thuraya satellite phone systems for the duration of the expedition in order to provide reliable email and voice communication globally for business, media or personal use. Limited satellite phone time can be purchased at the rate of US$3.00 per minute. Please contact our office for details.

THE EXPEDITION FEE

The cost of the expedition, ex Kathmandu, is US$7,500.

This is an inclusive cost and covers the following:

- Nepalese government peak royalty fees
- All trek organisational requirements
- All trekking permits
- Airport Transfers in Kathmandu
- Helicopter air transport within Nepal
- Accommodation in lodges or tents ex Kathmandu
- All group equipment for the trek and Island Peak climb (tents, ropes, kitchen, radios etc.) and emergency medical supplies
- All trek staff, including Western and Sherpa guides, porter support
- Transport of 20kg of personal equipment
- Breakfast, lunch and dinner ex Kathmandu
- Backup Medical services
- dZi Foundation support for their “Revitalize a Village” programme—likely to include support for a Nepalese child’s education for a year

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▲Negotiating the lower glacier requires some ladder crossings. *Photo: Gabriel Mazur*

▲Undertake rope skills refresher training prior to the ascent. *Photo: Kunga Sherpa*

▲Visit Everest Base Camp. *Photo: Guy Cotter*

The expedition fee **does not** include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Nepalese airport entry visas
- Purchases of bottled water, gifts or alcohol
- Personal expenses whilst trekking such as laundry, showers, internet use
- Personal clothing and equipment
- Personal insurance/ trip cancellation insurance/ Medical Evacuation Insurance
- Excess baggage charges for the flights to/from Lukla
- Gratuities for guides and Sherpa staff.

PAYMENTS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

For the account of Adventure Consultants Limited.

Account Number: 1000-594771-0000
Account Type: US Dollars
Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

DEPOSIT

A non-refundable deposit of US$1,000 is payable to secure a place on the expedition.

BALANCE

The balance is payable 90 days prior to the expedition start date.

CANCELLATION & REFUND POLICY

An expedition member may cancel their participation on the following basis:

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▲ Spectacular views on the summit of Island Peak. *Photo: Neil Hershman*

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 90 days of the trip commencement date, we reserve the right to retain 50% of the balance payment.
- For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS EXPEDITION

If you would like to join one of our Island Peak Expeditions, please complete our online booking form and forward your deposit payment at https://adventureconsultants.com/expeditions/himalayan-climbs/island-peak#DepartureBookingBlock. Or contact us if you'd like further information and assistance in planning your trip.

CONTACT US

If you require more information, please contact us at:

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▲AC Team on the summit of Island Peak. *Photo: Mark Morrison*

ADVENTURE CONSULTANTS
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Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

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