

IMJA TSE (ISLAND PEAK)

Journey to the second highest trekking peak of Nepal!



Introduction!

Imja Tse aka Island Peak (**6189 m**) is one of the notable climbing endeavors in the Himalaya. Due to its location in the vicinity of Mt. Everest and Lhotse and a comparatively non-technical climb, the mountain has gained a reputation among a wide spectrum of climbers. The passage through the **Sherpa heartland** villages of Khumbu with impeccable views of the natural majesty makes the trek and climb of Imja Tse a **lifetime experience**. Throughout the trek to the summit, a climber witnesses the true vista of the Himalaya. The panoramas of **Everest, Lhotse, Nuptse, Ama Dablam, Thamserku** are among the sites to enjoy.

Geographically, **Imja Tse** is situated as the southern extension of Lhotse Shar. The famously threatening Imja Glacial lake resides right below the mountain. The fact that this mountain rises from the sea like Imja lake has earned its name, **Island Peak**.





Mountain Facts

- **Elevation:** 6189 meters
- **Location:** Khumbu, Nepal (Latitude: 27°55'21"; Longitude: 86°56'10")
- **Range:** Mahalangur Range; Khumbu Himal Sub Range
- **Rank:** Second Highest trekking peak in Nepal
- **Classification:** 6000er
- **Standard Climbing Route:** South-East Spur

Trip Facts

- **Duration:** 18 days
- **Starts in:** Kathmandu
- **Ends in:** Kathmandu
- **Climb Grade:** Challenging
- **Best Season:** Autumn (Sep-Dec) & Spring (Apr- May)
- **Activities:** Trekking and Mountaineering
- **Meal Plan:** Full Board (B/L/D)
- **Accommodation:** Tea Houses and Camping
- **Transportation:** Road transportation, Flight & Helicopter

Climbing History of Island Peak (Imja Tse)

- **1952** – This mountain was named “Island Peak”, by a climbing team of Eric Shipton, due to its striking location in the middle of the Chukung valley, like an Island on a sea of ice.
- **1953** – First ascent of Island Peak by a British Team as preparation climb for Everest.
- **1956** – The main summit was first climbed by Hans-Rudolf Von Gunten and two unknown Sherpas, members of a Swiss team.
- **2012** – Expedition Himalaya’s first commercial team successfully summited Island Peak.



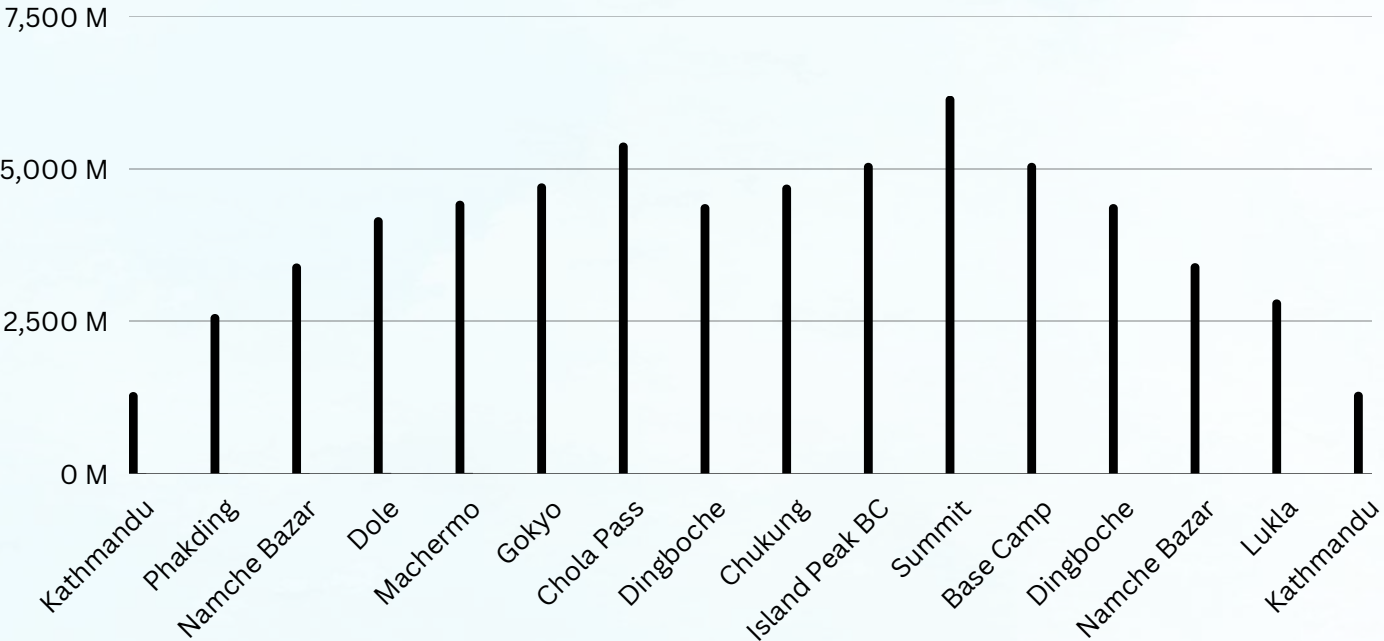
Our Island Peak (Imja Tse) Special!

- **Customizable packages** from normal to deluxe
- Highly qualified and **experienced climbing guides** and supporters' team
- **Full-proof documentation** so you don't have to worry a bit
- Every attempt to make your **summit dream** come true
- **Heli flight** from Kathmandu to Lukla; due to the inconvenience of making the four-hour drive to Ramechap and then taking off from there. Also, weather conditions have a lower impact on Heli flight.
- Fixed wing while returning back; Taking a **fixed-wing flight out of Lukla** is an exciting adventure in itself, and a road trip into the Nepal Himalayas is the best way to take in the region's breathtaking scenery.
- **One porter for two clients** on sharing basis.
- Sustainable and **environment-friendly operation module**
- Expedition Himalaya is built on the foundation of **social principles**; we give back to the Himalayan communities as we make it.

Brief Itinerary

Day 01	Arrive Kathmandu 1330 m (4364 ft)
Day 02	Rest / Trip briefing, documentation and preparation
Day 03	Heli Flight to Lukla 2845 m and trek to Phakding 2610 m (8,563 ft)
Day 04	Trek to Namche Bazar 3440 m (11,286 ft)
Day 05	Trek to Dole 4200 m (13,780 ft)
Day 06	Trek to Machermo 4470 m (14,665 ft)
Day 07	Trek to Gokyo 4750 m (15,584 ft)
Day 08	Trek to Dingboche 4410 m via Chola Pass 5420 m (17,782 ft)
Day 09	Rest Day at Dingboche 4410 m (14,468 Ft)
Day 10	Trek to Chukhung 4730 m (15,518 ft)
Day 11	Trek to Island Base Camp 4970 m (16,306 ft)
Day 12	Summit Day 6189 m (20,305 ft)
Day 13	Trek to Dingboche 4410 m (14,468 ft)
Day 14	Trek to Namche Bazar 3440 m (11,286 ft)
Day 15	Trek to Lukla 2845 m (9,334 ft)
Day 16	Fly to Kathmandu 1330 m (4364 ft)
Day 17	Rest Day in Kathmandu 1330 m (4364 ft)
Day 18	International Departure

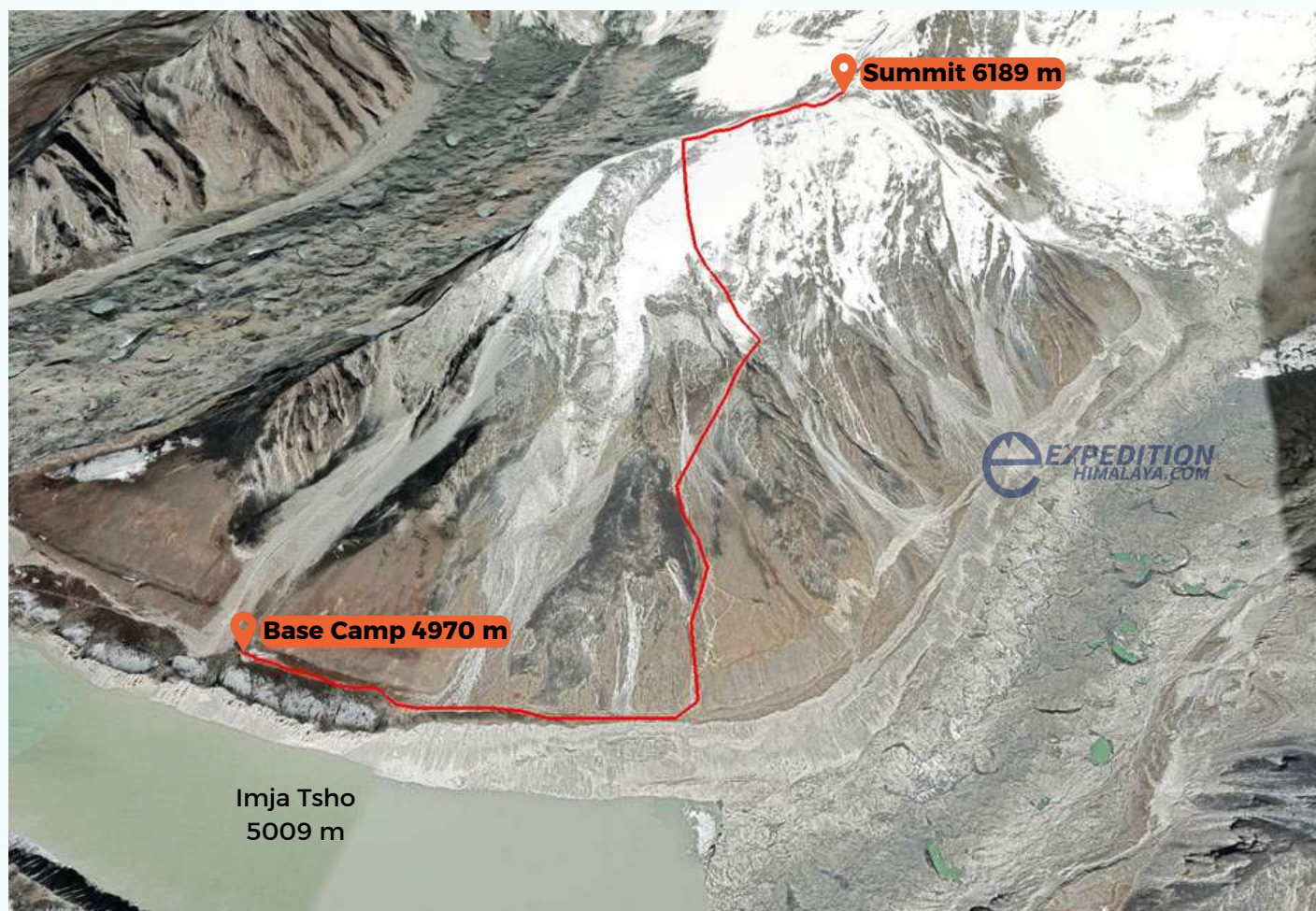
Island Peak Expedition Altitude Profile



Island Peak (Imja Tse) Trekking Map



Island Peak (Imja Tse) Climbing Map



Cost Inclusions

- **Departure and arrival shuttle** to and from the airport and hotels
- **Applicable local and government taxes**
- Surface transportation on **private vehicles**
- Bed and Breakfast for **4 Nights' Accommodation** at a Raddison **5-Star Hotel** in Kathmandu (Twin sharing basis)
- Accommodation on **full board** (breakfasts, lunches & dinners) during the **road transfers and trek.**
- **Sagarmatha National Park Permit**
- **Khumbu Entry Permit**
- Individual **sleeping bag with mattress** for **base camp** accommodation
- Base camp service (**shared with the group**) includes a cooking tent with a chef and a kitchen boy, a dining tent with tables and chairs, a shower tent, a toilet tent, a storage tent, a gas heater, and solar electricity for battery charging
- High-altitude foods (**packed lunch**) during the climb having high calories
- **1 oxygen bottle** (4L) for **emergency** purposes only
- Experienced **climbing Sherpa** for climbing members during the expedition
- **Medical Kit** carried by the Guide/ Sardar
- **Walkie-Talkie** and **Satellite Phone** (Charges Per Call)
- **Sherpa's remuneration and load-bearing bonus** (this bonus does not include the summit bonus)
- **1 porter** for 2 clients on **sharing basis**
- Climbing equipment, transportation, lodging, food, salary, and insurance for **Sherpas and other staff** are all provided.
- **Heli flights from Kathmandu to Lukla**; due to the inconvenience of making the four-hour drive to Ramechap and then taking off from there. Also, weather conditions have a lower impact on Heli rides.
- **Fixed wing while returning back**; Taking a fixed-wing flight out of Lukla is an exciting adventure in itself, and a road trip into the Nepal Himalayas is the best way to take in the region's breathtaking scenery.
- **Welcome and Farewell Dinner** in Kathmandu at an Authentic Nepali Restaurant.

Cost Exclusions

- **International airfare** to and from Kathmandu
- **Nepal Visa** fee
- **Travel & medical insurance** including insurance for emergency rescue & evacuation
- **Lunches and dinners** in Kathmandu
- **Personal expenses** such as telephone, laundry, bottled water, bar bills, etc.
- **Trekking/Climbing gear** (also available on hire)
- **Summit Bonus for Sherpa** & tips for local staffs (\$600+100)
- **Cost for the daily weather forecast**
- **Tips** for the staff as a gratitude
- **Any extra cost** arising out of natural calamities or cancellation of the program
- **All other items** not mentioned in the list of 'Inclusions'



Trip Preparation

Guide to a safe adventure in Nepal!

Visa Process

The Immigration Office at entry points has been facilitating passengers traveling to Nepal by offering Visas on Arrival. The 'On Arrival' visa procedure is simple and quick. In addition, you can apply for a visa at a Nepali diplomatic office abroad before you travel.

After obtaining a visa from a Nepali diplomatic post, you have a six-month window to enter Nepal. Only once you reach Nepal will the length of your stay be calculated.

Covid-19 Updates

Fully vaccinated

All you need is the official Proof of Vaccination, The vaccine should be administered 14 days prior before making visit.

If un-vaccinated or partially vaccinated

All you need is a PCR-Negative report taken 72 hours prior to boarding. *not required for children below 5 years.

Before your visit

Incident or harm, While traveling, unanticipated events can occur, although they are uncommon. So, Expedition Himalaya wants to make sure you have the best possible travel insurance for your trip covering Heli evacuation for emergencies

We suggest that you consult with your doctor and get vaccinated prior to your travel. Because health care is scarce in rural regions, get Hepatitis A and B vaccines, as well as tetanus, typhoid, and polio jabs.

During your stay - responsible practices

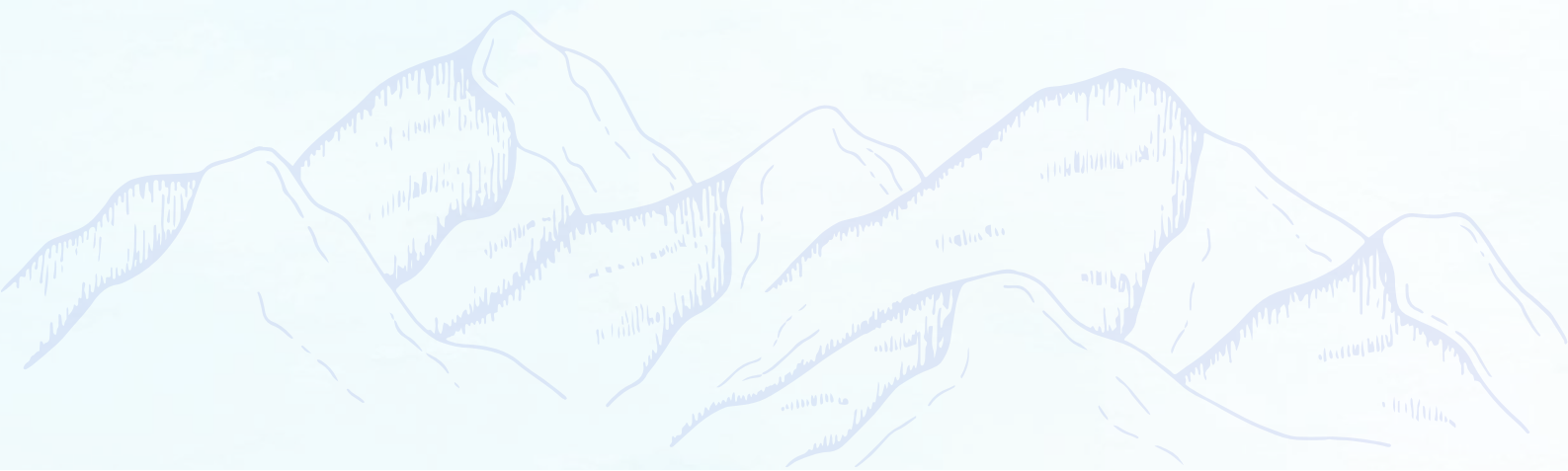
- Maintain distance where possible and mask up in public
- Respect local guidelines, culture, traditions, and inhabitants
- Please follow Leave No Trace and help maintain our green and clean world.

Essentials

- Maintain good health before travelling and get proper health checkups.
- There may not be a POS machine in rural Nepal, and cash is typically the preferred means of payment, so always have adequate cash.
- We suggest you carry a personal first aid kit with medicines prescribed by your doctor.
- Carry appropriate gear and equipment for varied weather conditions based on season, as weather conditions are not stable and constantly change.



Happy faces of our clients after summiting Island Peak





Expedition Himalaya.com

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