Island Peak Climbing and Everest Marathon



Trip Overview

Do you have the enthusiasm and will to embark on two experiences that push the boundaries of human endurance and exhilaration?
If yes, let us present you with one of the most adventurous and thrilling adventures that will test your determination.

Island Peak, also known as Imja Tse, is a towering mountain of 6,189 meters (20,305 feet). Island Peak Trek is recognized as the climber's playground. But you might wonder why it was named Island Peak. You would be surprised to know that an English mountaineer named Eric Shipton gave this name to Imja Tse in 1953 because he thought that this mountain resembled an island in a sea of ice. Later, it was named Imja Tse after Tenzing Norway Sherpa submitted this peak.

The allure of this peak is not only about the summit but also about the journey to get there. Along your way, you can explore the Khumbu Valley, Sherpa villages, rhododendron forests, and several glacial moraines.

Imagine running at the foot of the world's highest peak. The Everest Marathon is not just a race but also a test of physical and mental fortitude, which starts in Namche Bazar. The total distance for the Everest Marathon is 42.15 kilometers, which passes through the Khumbu Valley and culminates at Tengboche Monastery. This marathon, in the beginning, started to celebrate the success of the Everest summit on May 29, 1953, by the legends Tenzing Norgay Sherpa and Sir Edmund Hillary. Every year on May 29th, the Everest Marathon is conducted.

Island Peak Climbing and the Everest Marathon are designed for extreme adventure lovers. If you are one of them, grab this opportunity. Although it is open to participants with no or minimum experience, you need to remain physically fit and active as it demands strength.

Trip Itinerary

- 1 - Arrival in Kathmandu, TIA. (1334m.)
- 2 - Phakding (2610 M.)
- 3 - Namche Bazaar (3445 M.)
- 4 - Rest And Acclimatization Day At Namche Bazaar
- 5 - Trek to Tengboche (3810 M.)
- 6 - Tengboche to Dingboche (4410 M.)
- 7 - Acclimatization day at Dingboche
- 8 - Dingboche to Chhukung (4730m)

- 9 - Chhukung to Island Peak Base Camp (5200m)
- 10 - Pre-Climb Training at Island Peak Base Camp
- 11 - Ascend Island Peak (6189m) and Return to Chhukung
- 12 - Kongma La (5535m) to Lobuche (4930m)
- 13 - Lobuche to Gorakshep (5190m) - Join Marathon Group
- 14 - Rest Day at Gorakshep
- 15 - Everest Marathon: Base Camp to Namche Bazaar (5360m to 3440m)
- 16 - Namche Bazaar to Phakding (3440m to 2610m)
- 17 - Phakding to Lukla (2610m to 2843m)
- 18 - Flight back to Kathmandu
- 19 - Departure- The Final Goodbye

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Tourist bus from Kathmandu
- 3-star Hotel stays at Kathmandu night stay in twin sharing
- Lodging and Tea house accommodation
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- A porter sharing for two trekkers each on the route
- Salary and Insurance Cost of Staff
- Pure Adventure Nepal T-Shirt/ trekking maps
- A porter sharing for two trekkers each on the route
- All necessary paperwork and permits (TIMS/ Conservation Fee).
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance

- Extra activities cost not planned within the Itinerary
- Hard or Soft Drinks and snacks
- Extra activities cost not planned within the Itinerary
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Essential packing Equipment
- Extra cost for booking domestic flight other than planned

Gears and equipment

- Clothing

  Waterproof jackets and pants
  Sweaters and down jackets
  Lightweight trousers
  Hiking shirts- long-sleeved
  Hooded raincoat and Fleece jacket
  Innerwears
  Lightweight and heavyweight winter gloves
  Sun hat or scarf; Money belt; Cotton headscarf, bandana
  Winter hat or insulating hat

- Personal accessories

  Headlights and extra batteries
  Face and body wipes
  Sunscreen and sunglasses with UV protection
  Money
  Watch
  Cell phone and camera

- Toiletries

  Medium-drying towels
  Toothbrush and toothpaste
  Washing kits, talcum powder, and toilet paper
  Degradable soap and shampoo
  Deodorant floss, nail clippers, and mirror

- Extra items

  First aid kit
  Passport-sized photos and passport photocopies
  Binoculars
  Personal medications
  1 swiss type knife
  Sleeping bags and sheets,
  Rucksack, backpack, and a small day pack
  Water bottle
  Water purification tablet solution

- Footwears

  Trekking Boots
  A pair of sports shoes
  Heavy wool and light socks

Faqs

1. **What kind of training do I need for the Island Peak Climbing and the Everest Marathon?**

   Both Island Peak Climbing and the Everest Marathon Trek will require a high level of fitness, both mental and physical. So, it is recommended to train yourself for at least 6 months. Focus on your cardiovascular endurance, strength training, and altitude acclimatization.

2. **What are the permits involved in running the Everest Marathon?**

   You will need to register for the race and pay the entry fees to participate in the Everest Marathon. Also, you will require a permit from the Nepal Mountaineering Association.

3. **What is the difficulty level of the Everest Marathon and the Island Peak Climbing Trek?**

   The Everest Marathon is considered extremely challenging, even for experienced runners. Also, Island Peak Climbing has been categorized as a moderately difficult climb as well.

4. **When is the best time for me to do the Island Peak Climbing and Everest Marathon Trek?**

   The Everest Marathon takes place on May 29 every year. So, if you are planning to climb Island Peak while also being a part of the Everest Marathon Trek, the best time for you will be during the spring (March to May)

5. **What are the risks involved in the Everest Marathon and Island Peak Climbing?**

   Because both of them are risky, the major risks include altitude sickness, hypothermia, frostbite, and injuries resulting from falls. So, you need to be aware of such issues and take the necessary steps to mitigate them.