Island Peak Climbing with Gokyo-Cho La Pass



Trip Overview

Here's a package where one can conquer the Gokyo Lake Trek with an ascent of Island Peak simultaneously. The most-awaited adventure in the Everest region now involves mountaineering too. It is challenging, but the summit of Island Peak offers stunning views from the top.

Following the Dudh Koshi River, you first ascend to Gokyo Valley. Thereafter, you can spend a few days crossing Cho La Pass, at an altitude of 5420 meters above sea level. Constantly changing high-alpine meadows, air, and magnificent views of the Everest massif, Mt. Lhotse, and Makalu.

The final destination lies in the short climb to Island Peak, at an elevation of 6,189 m. But before, you can have steep sections before reaching Island Peak Base Camp, at 5100 m elevation. Take a backtrack to Namche Bazar, Lukla, and fly back to Kathmandu; from there, you will have an everlasting memory.

Pure Adventure Nepal is a local trek operator who can make your experience in the Himalayas a pleasant and adventurous one. With 15 proven years of success, we offer a safe and enjoyable level of trek and excellent customer service.

So, are you ready to pursue a memorable adventure in the heart of the Everest region?

Trip Itinerary

- 1 - Arrive In TIA, Kathmandu And Transfer To Hotel (1334m) Meeting
- 2 - Free Time In Kathmandu (Optional Program)
- 3 - Trek To Phakding (2610m)
- 4 - Trek To Namche Bazaar (3,445m)
- 5 - Rest And Acclimatization Day At Namche Bazaar (3,445 M)
- 6 - Trek To Dole (4,040m)
- 7 - Trek To Machhermo (4,410m)
- 8 - Trek To Gokyo (4,750m)
- 9 - Trek To Thangnak (4,700m)
- 10 - Hike To Cho La Pass And Trek To Lobuche (4,910m)
- 11 - Trek To Gorakshep (5,180m)
- 12 - Climb To Kalapathar/Dingboche (4,410m)
- 13 - Dingboche
- 14 - Trek to Chhukung (4, 730m) 3-4 hours

- 15 - Trek To Island Peak Base Camp (5200 m)
- 16 - Ascend To The Summit And Return To Chhukung (4730 m) 10-12hrs
- 17 - Trek To Tangboche (3,810 m) 5-6hrs
- 18 - Trek Back To Namche Bazaar, 4-5hrs
- 19 - Trek To Lukla 6-7hrs
- 20 - Flight To Kathmandu
- 21 - Departure!!!

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Both way flight to Lukla
- 3-star Hotel stays at Kathmandu night stay in twin sharing B.B plan
- Lodging and Tea house accommodation, All meals during trek
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- Salary and Insurance Cost of Staff
- Pure Adventure Nepal T-Shirt/ trekking maps
- All necessary paperwork and permits (TIMS/ Conservation Fee) Climbing guide , Climbing Permit
- 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
- 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
    - Inner wears
    - Light and heavyweight winter gloves
    - Sun hat or scarf
    - Money belt
    - Cotton headscarf, bandana
    - Winter hat or insulating hat

- 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

- 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

- Footwears
    - Hiking Boots
    - A pair of sports shoes
    - Heavy wool and light socks

- Mountaineering Gear

- Crampons
- Ice axes
- Harnesses and ropes
- Helmet

Faqs

1. **Which is the best trekking company for Island Peak climbing?**

   If you are the one eyeing on excellent trek services plus extraordinary Himalayan adventure, do book your trek with Pure Adventure Nepal. We also offer different itinerary options and blend packages to tailor your interests. Find our Island Peak climbing package with Gokyo- Cho La Pass.

2. **What time of year is suitable for Island Peak climbing?**

   Climbers find it suitable to summit on the Island Peak during the seasons of spring (March-May), and autumn (September–October). It's because fewer risks of snow accidents exist. Plus, predictable weather conditions are seen, and stable adventure activities can be performed during these peak seasons.

3. **What permits are required for Island Peak Climbing?**

   Under the package of Island Peak Climbing with Gokyo Cho-La Pass, you need permits for the Sagarmatha National Park permit and a Trekkers' Information Management System (TIMS) card.

4. **How difficult is Island Peak Climbing?**

   Island Peak climbing involves a short climb to the Island peak, involving the use of ice crampons and basic mountaineering skills, and can get challenging to some extent. But with the needed guidance and preparation, one can conquer the summit and mark satisfaction through varied terrain, glacial valleys, and rocky trails.

5. **What equipment is required for Island Peak Climbing?**

   Mountaineering gear like a helmet, warm layers, climbing boots, ice axes, and harnesses are required for Island Peak climbing.