

Island peak via Chola pass Trek -21 Days

Island peak climbing via Chola pass Trek is one of the best climbing adventures in Everest region of Nepal. The journey allows you to treasure some best travel experiences in the Himalayas of Nepal. Island peak climbing via Chola pass Trek is actually for those challenge lovers who would love to take a step forward from regular trekking to peak climbing adventures in Nepal. Island peak at 6189 meters is one of the famous peaks for climbing in Nepal. It offers some magnificent views of mountains in the Everest region, the land of Everest. From Dingboche, the peak looks like a tall white structure floating in the ocean of snow hence popular as Island peak. Traditionally, the peak was called Imja Tse but the mountaineer Eric Shipton gave the name Island to this peak.

Island peak climbing via Chola pass is an excellent introduction for expedition journey in Nepal. For those who are seeking experience in mountaineering can opt for this journey! The peak is easily accessible and not much technical. The main challenge of this trek is coping with the rising altitude and walking along with some risk factors like avalanches, snowstorms and thin air. The wilderness of mountains can get too destructive at times; hence we should be very careful about the possible circumstances, risk factors and safety measures in the emergencies. Island peak climbing via Chola pass is graded as Alpine PD+. Gears and knowledge of the use of gears like ice axes, ropes, crampons, etc. are required to climb up the peak. Also, crossing the Chola pass is not a joke. It requires excellent physical exhilaration and ability to cope with the high elevation. The air is already skinny at this level and sustaining the atmosphere is the only way to accomplish the challenge.

Island peak climbing via Chola pass is a beautiful journey that goes up to Island peak via Chola pass. The trek offers some stunning views of mountains in the Everest region. We ascend along a harsh path that goes through a rocky ridge onto a glacier that offers some stimulating views of mountainous terrain. From the top of the peak, one will be blessed with some close-up views of towering mountains like Mt. Lhotse, Mt. Baruntse, Mt. Makalu and many other peaks. So, are you up for this exciting adventure? It is one of the challenging journeys to the highly rated travel destination of Nepal. Safety is a major concern for this treks hence choose your reliable travel partner – World Alpine Treks who takes care of everything. Our well-designed itinerary helps you get well acclimatized and well prepared for the climb.

There are three options for island peak climbing. You can choose only Island peak climbing or combine Island peak climbing with [Everest Base Camp](#) or Island peak climbing via Chola pass. Pick the right one for you as per your preference and time constraints.

Itinerary

Day 01 : Welcome to Kathmandu

The first day marks your arrival day in Kathmandu. Clear all the visa requirements and customs clearance if any at the arrival section of the airport. As you come out, you will find a representative from World Alpine Treks waiting for you holding a board with your name. You will then be transferred to your hotel at Kathmandu. The representative will shortly inform you about the plans ahead.

Day 02 : Sightseeing in Kathmandu (1400 Meters) -4 Hours

The second day is a day tour just to warm up prior to your trekking journey. Kathmandu is a city enriched with artistic palaces, beautiful monuments, ancient temples and other constructions of historical and cultural importance. No wonder, the city has seven out of ten UNESCO listed world heritage sites. Today, you will be guided to the UNESCO listed heritage sites in Kathmandu. These heritages are perfect examples of rich history, fine culture and architectural treasures of Nepal. At first, you will be taken to Kathmandu Durbar Square. The art, crafts, and carvings in the palaces, temples and other monuments of the durbar square are excellent. After that, you will be escorted to Swayambhunath stupa (Monkey temple), Pashupatinath temple and Boudhanath stupa respectively. (Inclusive of breakfast)

Day 03: Fly to Lukla (2840 Meters) - 30 Minutes and trek to Phakding (2610 Meters) - 3 Hours

On the third day, you will be headed to the domestic terminal of Tribhuvan airport for a flight to Lukla. The flight to Lukla in itself is an enriching experience where you will be able to enjoy some wonderful views of mountains. As you land in Lukla, you will meet our other crew members at the airport. From Lukla, we walk down through the trail along with hotels and lodges to Dudhkoshi River. We cross a long suspension bridge over the river and follow a path that takes us to Phakding. We stay at Phakding for the night. (Inclusive of Breakfast, lunch, and dinner)

Day 04 : Trek to Namche Bazaar (3440 Meters) - 5:30 Hours

We wake up early and enjoy our breakfast. Then we follow our trail that goes through an undulating path up and down via traditional villages, fields and rhododendron forests. We gradually ascend up and enter into Sagarmatha National Park with magnificent views of Mt. Thamserku on sight. We pass villages like Jorsale and Monjo on the way to Namche. Namche Bazaar is an old but lively Sherpa village. It is a gateway to all the trekking routes that go to the Everest region. There are many vibrant shops, cyber

cafes, restaurants, hotels, and lodge at this time. Namche bazaar never rests. It always gets a lot of visitors and is always crowded. We stay at a guesthouse/ lodge in Namche for the night. (Inclusive of Breakfast, lunch, and dinner)

Day 05 : Hike to Everest View Hotel (3880 Meters) -3 Hours

The narrow street of Namche is always crowded. Do not get surprised if the yak bells and other horns wake you up. Today is a day set aside for acclimatization purposes. As we gain height, our body needs to be well adapted with the altitude change. Therefore, we have set aside an extra day in Namche. Today, we hike up to Everest View Hotel for close up views of mountains in the Everest region. From the hotel, we can enjoy some striking views of mountains like Kwangde, Thamserku, Kangtega, Nuptse, Lhotse, AmaDablam, etc. We can visit a museum and a photo gallery on our way back to Namche from the Everest View Hotel. We stay at a guesthouse/ lodge in Namche for the night. (Inclusive of Breakfast, lunch, and dinner)

Day 06 : Trek to Dole (4200 Meters) - 5 Hours

Leaving Namche, we walk along an easy path to Sangnasha. From here, we climb up steep along with the forests of rhododendron, pine, and juniper to Mong la. On the route, we pass many Kharkas (summer settlements) crowded with yak grazing in those vast pastures. From the pass, we descend down to Phorche Tanga from where continue through our trail to Dole. Tonight, we stay at a guesthouse/ lodge in Dole. (Inclusive of Breakfast, lunch, and dinner)

Day 07 : Trek to Macchermo (4470 Meters) - 5 Hours

As we continue with the trail to Gokyo valley, our trail ascends up steep through the bushes of juniper to Lambara/ Luza and passes through many Kharkas on the way. We continue towards the valley above the river belt and cross the sandy trail to Macchemo. Macchemo is an interesting place because a yeti incident was reported in this place. In 1974, it was reported that a Yeti killed three yaks and attacked a woman in this particular place. Tonight, we stay at a guesthouse/ lodge in Macchermo. (Inclusive of Breakfast, lunch, and dinner)

Day 08 : Trek to Gokyo Lake (4790 Meters) - 4 Hours

From Macchermo, we climb up to a ridge that offers splendid views of Gokyo valley and Mt. Cho-Oyu. From the ridge, we walk through a trail that widens up and passes through Pangka. From here, the trail descends down to a riverbank. No sooner, we climb on through the moraine of Ngozumpa glacier. The climb up the moraine is quite steep but the first view of Gokyo lakes is enough to get rid of all the hasty moments

during our journey. Tonight, we stay at a guesthouse in Gokyo valley. (Inclusive of Breakfast, lunch, and dinner)

Day 09 : Hike to Gokyo Ri (5360 Meters) - 4 Hours and trek to Thagnag (4480 Meters) -3 Hours

From the Gokyo valley, we hike up to Gokyo Ri for stunning views of mountains and serene emerald lakes in the valley. Gokyo Ri is often considered as one of the best viewpoints in the Everest region. As you hike up the Ri, you will be rewarded with the panoramic views of the Mahalangur Himalayan range. The peaks of Mt. Cho-Oyu, Mt. Everest, Mt. Lhotse, Mt. Makalu, Mt. Cholatse, Mt. Tawache rising tall in a row looks amazing. Even the view of glaciers, icefalls, and groups of lakes at one shot is alluring. After a wonderful time at the Ri, we descend down to Thagnag. Tonight, we stay at a guesthouse in Thagnag (Inclusive of Breakfast, lunch, and dinner)

Day 10 : Cross Chola Pass (5360 Meters) and trek to Dzongla (4830 Meters) - 7 Hours

As we move ahead from Thagnag, we come across a stone-paved flat path. We walk along the trail and ascend up steep to the Chola pass. The trail along the pass is rocky and icy which makes our walk quite difficult. However, the views of mountains and glaciers that the pass offers are more than enough to overshadow all the difficulties. From the pass, we make a steep descend down to the village of Dzongla. From the village, we can rejoice some stunning views of the Macchermo peak. Tonight, we stay at a guesthouse/ lodge in Dzongla. (Inclusive of Breakfast, lunch, and dinner)

Day 11 : Trek to Lobuche (4910 Meters) - 6 Hours

It's an easy walk down from Dzongla to Lobuche. We descend downhill for a while and climb up gradually towards Lobuche. As we head towards Lobuche, we can get a clear and close view of the Lobuche peak that rises just above us. We pass the sight of Cholatse Tsho Lake and drop down below enjoying the spectacular landscape to Khumbu Khola. Further, we walk to join the main trail to Everest Base Camp at Lobuche. Tonight, we stay at a guesthouse/ lodge in Lobuche. (Inclusive of Breakfast, lunch, and dinner)

Day 12 : Lobuche to Kongma La pass (5535 Meters) and then to Chhukung (4730 Meters) -6 Hours

Today, we leave Lobuche and climb up to the top of Kongma La Pass at an elevation of 5535 meters. We climb up steep through various small glacial lakes to the pass. From the pass, we will be rewarded with some astonishing views of Mt. Makalu to the

southeast. As we approach near to the top of the pass, we come across a rocky path that takes us along a narrow ridge decorated with colorful prayer flags. The top of the Kongma La pass is very windy that offers some interesting views of mountains and mountainous landscapes. Enjoying the fantastic views of mountainous terrain in the surrounding, we descend down to Chhukung. Tonight, we stay at a guesthouse/ lodge in Chhukung. (Inclusive of Breakfast, lunch, and dinner)

Day 13 : Chhukung to Island Peak Base Camp (4970 Meters) - 6 to 7 Hours

Today, we climb up steep towards the Island Peak Base Camp. At first, we climb towards the south and then to east to join the mainline of the valley. We then follow the trail that winds up below the southern flank of a moraine that rises from Lobuche glacier. Further, we head to the southeast section towards the Island peak in the Imja valley. Tonight, we stay at a tented camp in Island Peak Base Camp. (Inclusive of Breakfast, lunch, and dinner)

Day 14 : A day in Island Peak Base Camp

Today, we spend our day at Island Peak Base Camp. This day is for acclimatization for our upcoming climbing journey. On this day, we can take some climbing tips from our climbing guides. Also, this day can be used for practicing some climbing skills. You will be trained on the use of ice axes, ropes, crampons, and many other climbing gears. The training and warm-up practices today will help you with your climbing journey tomorrow. Tonight, we stay at a tented camp in Island Peak Base Camp. (Inclusive of Breakfast, lunch and dinner)

Day 15 : Climb up the Island Peak (6189 Meters) and drop down to base camp (4970 Meters) - 7 Hours

It's an important day of our climbing journey. We start up early today. After breakfast, we start climbing up the Island peak. We follow our leader and move ahead with the use of our climbing gear. We should accomplish our climb by noon because of the afternoon, the weather starts getting unfavorable up there. The peaks are prone to strong breezes and wind up there. As we reach the top of the peak, we will be blessed with some amazing views of mountains in the Everest region. After the climb, we descend down to Island Base Camp. Tonight, we stay at tented camps in Island Peak Base Camp. (Inclusive of Breakfast, lunch, and dinner)

Day 16 : Trek to Pangboche (3930 Meters) - 6 Hours

Today, we walk downhill from the base camp for a while to join the main trail of Everest Base Camp. From Island Peak Base Camp, we retrace our steps back to Pheriche. On the way, we will be rewarded with some magnificent views of Mt. Amadablam with other mountains like Thamserku, Kantega, Pokalde and many more. Further, we descend down along a forested area to Pangboche. We walk pass the lush forests of rhododendron, oak, and juniper to reach Pangboche. Upon arrival, we visit a popular monastery in Pangboche. Tonight, we stay at a guesthouse/ lodge in Pangboche. (Inclusive of Breakfast, lunch, and dinner)

Day 17 : Trek to Namche (3440 Meters) - 6 Hours

Today, we descend down to Namche Bazaar via the same path that we had taken earlier. We descend down through the same path to Namche Bazaar. Tonight, we stay at a guesthouse/ lodge in Namche. (Inclusive of Breakfast, lunch, and dinner)

Day 18 : Trek to Lukla (2840 Meters) - 5:30 Hours

We further descend down to Lukla via Phakding. We stay at a guesthouse/ lodge in Lukla for the night. (Inclusive of Breakfast, lunch, and dinner)

Day 19 : Fly to Kathmandu (1400 Meters) - 30 Minutes

We take a return flight from Lukla to Kathmandu. Upon arrival, you will be transferred to your hotel room in Kathmandu. You can relax in your room for the rest of the day. (Inclusive of Breakfast)

Day 20 : Free day in Kathmandu

After nineteen days long journey, today is a free day in Kathmandu. You have two options for the day – you can either explore some unexplored UNESCO listed heritage sites around Kathmandu or go to the shopping malls for shopping. You can also collect some souvenirs for your family and friends back home. (Inclusive of Breakfast)

Day 21 : Departure Day

Before a few hours of your scheduled flight, you will be transferred to the international terminal of Tribhuvan International airport. (Inclusive of Breakfast)

Inclusion

- Airport pick up & drop facility with private transportation.
- Kathmandu to Lukla & Lukla to Kathmandu flight with departure Tax.

- All ground transportation during the trip.
- Meals as mentioned in itinerary.
- Accommodation in a three-star category hotel in Kathmandu.
- Accommodation in guesthouses during the trekking journey.
- Trekking permit.
- Duffel bag, trekking map, company t-shirt.
- Sleeping bag if you require.
- Entry fee to national parks, heritage sites and other places.
- A professional English speaking guide and a porter (one porter for two clients).
- Insurance of support crew members and their other costs.
- First aid kit.
- Trekking completion certificate from company.
- All government taxes.

Exclusion

- International airfare.
- Lunch and dinner in Kathmandu.
- Extra night hotel Kathmandu in case of early arrival late departure.
- Nepal entry visa fee: You can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu. (A multiple-entry tourist visa good for 30 days can be obtained by paying the US \$ 50 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying the US \$ 125). Please bring 2 copies of passport-size photos
- Personal refreshment expenses - soft drinks, hard drinks, mineral bottled water, cigarettes, chocolates, etc
- Hot shower during the trek except for Namche and Lukla.
- Travel insurance.
- Utility expenses like telephone, electricity for charging, internet, laundry services, etc .
- Tips for support crew members of your trekking team.

