



Island Peak and AmaDablam

Itinerary Details:

Flexibility

In order to provide the best customer service, itineraries may be changed or amended to suite the desires of participants. These changes can be made if all group members agree to them, and if it does not negatively affect your staffs' commitments to family or work. If you decide you would like to customize your trip, there may be additional costs for added days or new areas visited. Trips may also be changed by your guide in the event your planned itinerary is unsafe or is no longer possible due to circumstances. Please remain flexible, and we will do our best to ensure your trip is all you hoped it would be.

Generally, we do not recommend making changes that result in shortening an itinerary since this can result in losing extra summit days, and thus reduce your chances of summiting. Shortening may also result in losing spare weather days for cancelled flights, which could result in you missing your international flight home. Lastly, it may require ascending faster, which can increase your chances of altitude illness. It is possible to add side-trips, extensions, or reverse the direction of some itineraries. Please enquire if you wish to do so.

Delays

If you are delayed in departing on your trek or climb due to reasons beyond the control of Nepal Alpine Guides, such as delayed or cancelled internal flights due to bad weather, your group can use spare weather days that are built into your itinerary. During these days the cost of your lodging in Kathmandu or Pokhara is covered. If these days occur while you are trekking, then the cost of both your lodging and meals are covered. If the delay extends beyond the number of built-in weather days in your itinerary, you are responsible for your expenses during these extra waiting days. If the period of waiting is so long that it affects your ability to complete the original itinerary, Nepal Alpine Guides will provide an alternative trip for the remaining days, or you may complete part of your original itinerary. If you decide not to participate in the alternative trip, Nepal Alpine Guides is unable to provide a refund.

If you do not use your spare weather days during the trip, you are entitled to a 2800 NPR reimbursement for each unused spare weather day, unless you have used this credit for meals, side-trips, lodging, or other expenses.

If you are delayed in returning to Kathmandu from your climb or trek for reasons beyond the control of Nepal Alpine Guides, such as delayed or cancelled flights, sickness, or injury you are responsible for any expenses associated with extra days. Generally this amounts to between \$30 and \$40 USD/day. If your staff is also required to be with you during this time, then you will be responsible for their expenses as well. This may happen if staff members are assisting in evacuating you due to illness or injury or if you decide to stay at a climbing base camp for extra days until weather clears for a summit bid. If needed, it is possible to hire a helicopter to provide transport to Kathmandu

from many mountain locations. The cost is between \$5,000 and \$6,000 USD, and can be split four or five ways.

Meals

We purposefully do not include the cost of food during your time in Kathmandu before and after your trek/climb (your hotel is included). This allows you to pick your own restaurants and eat according to your own budget and tastes. Most trip participants appreciate this flexibility. Meals in Kathmandu cost between \$2 USD and \$15 USD unless you are eating at the most expensive establishments. On the trek, you have a food budget of 2,800 NPR/day. If you wish to spend more, you can contribute to the bill to account for the difference. You can choose items you like from the menus of lodges along your trek, including tea/coffee/boiled water. Alcohol, bottled beverages including bottled water, and snacks are not included in the cost of your trip, and are not accounted for in the 2,800 NPR budget. For water, we encourage you to use your own filter to collect drinking water from local taps in order to conserve wood which is used to boil water for drinking.

Itinerary:

Day 1

Arrival
4,800 ft.
No Trekking
Lodging Provided: Hotel
Meals Provided: None (on your own)

Arrive from international destinations. Our staff will pick you up from the airport. If possible, schedule your arrival for *two days prior to the trip start date*. These days are not included in the cost of your trip, however, this extra time will ensure you do not miss our flight to Lukla if one of your international flights is cancelled or delayed. If arriving on Day 1, schedule your arrival time for before 3pm. After arriving, we will have dinner at a local restaurant and get some rest in the hotel. Meet in the hotel Lobby at 6pm.

Day 2

Preparation
4,800 ft.
No Trekking
Lodging Provided: Hotel
Meals Provided: None (on your own)

In the morning there is an optional visit to Swayambu Temple (monkey temple), which rests high on a hill to the Northwest. On a clear day you can see the white crested ridges of the Langtang Himal. The temple is known for the droves of Reeses monkeys that occupy the stairs on the way to the shrines on the platform above. For those interested in taking part in this excursion, we will depart from our hotel at 6am. Everyone else can sleep-in. After breakfast at 10am, we will have a trip briefing and gear check. We will need your passports and a passport photo at this time so we can obtain our peak permits. Following the gear check we will have time to shop for missing items. Lunch is on your own. We will have a group dinner at 6pm. Upon returning from dinner, pack your bags for an early morning flight to Lukla tomorrow. We may wait in the airport for several hours, so bring a book to read and some snacks. *Hotel.*

Day 3

Fly to Everest Region, Trek to Phakding
8,563 ft.

3 hrs. Trekking

Lodging Provided: Lodge

Meals Provided: Lunch, Dinner (Breakfast on your own)

This morning we take a shuttle to the airport for our flight to Lukla- the gateway to Everest Region (called Solukhumbu). Because this is a mountain flight on a small aircraft, weather delays are common. Although rare, it is possible that we could wait as long as 8 hours before our flight is ready to depart. Be prepared by bringing a book and snacks. The flight is less than 45 minutes long. We may have turbulence, so if you get motion sickness remember to take your medication as soon as we are called to board. If we arrive late in the day we will stay in Lukla for the evening. Otherwise we will walk gradually down-hill for three hours to Phakding.

Day 4

Phakding to Namche Bazar

11,286 ft.

6 to 7 hrs. trekking

Lodging Provided: Lodge

Meals Provided: Breakfast, Lunch, Dinner

Today will be the first strenuous day of hiking. It is important to get an early start in order to give ourselves ample time to acclimatize by walking slowly. Walking through rhododendron and giant fir along the Dudh Kosi River we cross two suspension bridges and slowly ascend past the village of Monjo to a checkpoint at Jorsale where our permits to enter Sagarmatha (Everest) National Park will be checked. We catch a glimpse of 20,889 ft. Kusum Kanguru, and begin a steeper ascent up a ridge toward Namche Bazar. High on the ridge we get our first view of Everest in the far distance. Finally, we arrive in the large settlement of Namche Bazar, sometimes called the Sherpa capitol of the Khumbu. Despite having no roads, Namche has dozens of lodges, several internet cafes, bakeries, and even outdoor equipment shops.

Day 5

Acclimatization Day

11,286 ft.

6 to 7 hr. acclimatization hike

Lodging Provided: Lodge

Meals Provided: Breakfast, Lunch, Dinner

After sleeping-in and eating breakfast, we leave our heavy packs behind and take a stroll uphill to the Everest View Hotel. The area around this Japanese hotel offers some of the most spectacular distant views of Everest, Lhotse, and spire-like AmaDablam. After a short rest, we continue to the village of Khumjung (12,401 ft.), home of Tenzing Norgay who climbed Everest with Hillary in 1953. After the historic ascent, Hillary returned frequently to the Khumbu to build schools and medical clinics. We visit the Hillary School and Khunde Hillary Hospital before descending back to Namche for dinner. As an alternative, we may visit the Tenzing-Hillary viewpoint. This view includes seven-thousand-meter peaks of Rowaling Region, granitic peaks of Gokyo Region, and eight-thousand-meter peaks such as Everest and Lhotse.

Day 6

Namche Bazar to Deboche

12,956 ft.

6 hrs. trekking

Lodging Provided: Lodge

Meals Provided: Breakfast, Lunch, Dinner

A gradual traverse across a hillside gives excellent views of AmaDablam, Lhotse, and the summit of Everest. A long downhill leads to a good lunch spot, then a gradual, continuous uphill to Tengboche

and its famous Gompa (monastery). Another 45 minutes with a short down-hill leads to the small settlement of Deboche. There are only three small places to stay. It is in a beautiful rhododendron grove that stays quite damp, so it can be chilly at night.

Day 7

Deboche to Dingboche

14,469 ft.

4 hrs. Trekking

Lodging Provided: Lodge

Meals Provided: Breakfast, Lunch, Dinner

Excellent views of AmaDablam and Kangtega, with its small summit spire motivate us to slowly move higher. We are finally reaching the alpine zone, where soil is dry and sandy, and the trees are few and stunted. A park-like atmosphere offers good views of Lhotse and Tabuche peak which almost seems to lean over town to the West. And at last we can see our first objective, Island Peak, to the Northeast. Dingboche is a large settlement, with small shops, internet, and bakeries.

Day 8

Dingboche to Chhukhung

15,518 ft.

3.5 hrs. Trekking

Lodging Provided: Lodge

Meals Provided: Breakfast, Lunch, Dinner

A gradual ascent to Chhukhung along the banks of the Imja Khola (river) offers more excellent views of Lhotse and adjacent peaks, while the awe-inspiring knife-edge northeast ridge of granitic AmaDablam razors skyward to the South. Nuptse, a 25,790 ft. peak in the Everest Group, spills its glaciers down the valley to the north before the small village of Chhukung comes into view. *Lodge.*

Day 9

Acclimatization Day

15,518 ft.

7 hr. acclimatization hike

Lodging Provided: Lodge

Meals Provided: Breakfast, Lunch, Dinner

After a leisurely breakfast we begin our stroll up Chhukhung Ri (18,208 ft.), a large hill to the North of our lodge. It is important to walk slowly in order to ease our acclimatization. It will take between four and five hours to reach the rocky summit almost three thousand feet above us. From the summit, we can see incredible views of the granitic south face of Makalu, the fifth highest peak in the world at 27,766 ft., as well as Island Peak, Imja Tso (lake), Nuptse, Lhotse, and Pumori.

Day 10

Chhukhung to Island Peak Base Camp

16,689 ft.

3 hrs. Trekking

Lodging Provided: Tent

Meals Provided: Breakfast, Lunch, Dinner

We are not gaining much elevation today, but like yesterday, it is important to move slowly in order to keep our heart rates low and speed acclimatization. Thankfully, the scenery will slow you down. The cascading Hunku Nup Glacier can be seen to the south, flowing down from a continuous ridge of snowcapped peaks above 6,000 meters. AmaDablam still dominates the skyline to the southwest, while to the north Island Peak itself stands like a fortress as it protrudes above Lhotse's south ridge. Himalayan Blood Pheasants, named such due to their blood-red plumage, frequent base camp in

search of scraps of food left behind by climbers. Unless your appetite is high, eat only a small amount of food at a time while you are at base camp, but eat frequently. Your goal should be to eat *at least* 2,000 calories today, but spread-out over many hours. Eating carbohydrate-rich foods, such as bread with jelly, rice, crackers, popcorn, chips, noodle soup, dried/canned fruit, and candy can make it easier for you to acclimatize. Drink plenty of fluids, such as tea with sugar. Caffeine tends to help with headaches. Rather than sitting still or lying down, go for easy strolls around camp and socialize with other climbers. This will further help you acclimate. Pack your bag for our climb. Then bed-down early for our big day tomorrow. You may not sleep well due to the altitude, but know that you are ready.

Day 11

Island Peak Summit Day

16,689 - 20,305 ft. – 15,518 ft.

10 to 12 hrs. climbing and descending

Lodging Provided: Tent or Lodge (depending upon ending location)

Meals Provided: Breakfast, Lunch, Dinner

Wake at 1:30am for hot drinks and breakfast. Depart by 2:30am. As we set-off this morning, start slowly. Take small, rhythmic steps and time your breathing with your movement. The first part of the route scrambles through several bands of rock. Keep a slow, consistent pace. Eventually we arrive on the glacier, where we don crampons and rope-up. After crossing the glacial plateau, detouring around crevasses as needed, we begin to ascend a 50 degree, 400 ft. ice wall using a fixed line. Check that your crampons are attached properly before we begin the ascent. At the top of the wall, we follow a knife-edge ridge to another fixed-line up a short, steep section to the summit. Most parties take between six and eight hours to reach the summit. From the summit we have incredible views of Makalu, Cho Oyu, AmaDablam, Baruntse, and Naputse. Our return to camp will take between three and four hours. Once at camp, we rest for an hour before packing-up and heading down further to Chukkung Village. Heading down from camp reduces the likelihood that someone will become increasingly ill once we are off the mountain (many people experience altitude illness on descent).

Day 12

Rest Day/Celebration

14,469 ft.

0 to 2 hrs. trekking

Lodging Provided: Lodge

Meals Provided: Breakfast, Lunch, Dinner

Our plan for this day will depend upon how people are feeling after the climb. If rest is needed, we can stay in Chhukhung for another day. If everyone is feeling OK to walk two-hours back to Dingboche, we will continue to lower elevations. Once in Dingboche, we will have a celebration meal. Today is the last day we spend with those who are only climbing Island Peak, so it is time to say goodbye to some group members.

Days 13 & 14

Alternate summit days/weather days

Lodging Provided: Tent or Lodge

Meals Provided: Breakfast, Lunch, Dinner

Day 15

Dingboche to Pangboche

13,074 ft.

4 hrs. trekking

Lodging Provided: Lodge

Meals Provided: Breakfast, Lunch, Dinner

Today we walk back along the Imja Khola (river), with excellent views of AmaDablam as we approach. Once in Pangboche we visit the monastery where the head Lama will be petitioned to provide a Puja Ceremony for our expedition. A Puja is a Buddhist devotional ceremony. In this case offerings are given to the gods for the protection of our climbing team. It is customary to make a donation of 1000 NPR (about \$12 USD) to the monastery in exchange for the ceremony. Because our local staff are Buddhist, this ceremony is an important part of any expedition. After the ceremony we will relax, use internet if desired (available for a charge), and eat as much as we like. This is the last village we will be in for many days.

Day 16

Pangboche to AmaDablam Base Camp

15,000 ft.

4 hrs. Trekking

Lodging Provided: Tent

Meals Provided: Breakfast, Lunch, Dinner

Today we continue to base camp by crossing a small bridge across the Dudh Kosi River. AmaDablam's Southwest Ridge is clearly visible as we approach base camp, and climbers can often be spotted as they descend the highest portion of the route above the "Dablam", or hanging glacier that resembles a necklace. Unlike base camps for high peaks in North America, AmaDablam base camp rests on a large field of grass, where a stream runs nearby. Our base camp set-up includes a kitchen tent, dining tent, sleeping tents, and toilet tent. Because human waste and animal feces are perpetual problems for the cleanliness of water sources we may choose to erect our base camp on the far side of the Southwest Ridge which has an alternate water source.

Day 17

AmaDablam Base Camp to Camp I to Base Camp

15,000 ft. - 18,698 ft. - 15,000 ft.

6 to 9 hrs. climbing and descending

Lodging Provided: Tent

Meals Provided: Breakfast, Sack Lunch/Snacks, Dinner

The schedule of our remaining days is quite flexible. We may need an extra day to organize our food/fuel/equipment, or we may need a rest day. If possible, it is a good idea to begin our acclimatization process today. The hike to Camp I is primarily on trail, with a strenuous talus field followed by low-angle slabs with a fixed line just before reaching camp. It is possible we could encounter snow or ice along the route if there has been recent weather. We will carry light packs with only what we need for the day, plus some food and fuel to be dropped at Camp I for later use. Camp 1 is at 18,696 ft., which makes our ascent slow-going due to the altitude. Views on the way to camp are incredible, and include the pyramidal Ombigaichan (also called Mingbo Peak), and serrated ridge that births the Nare Glacier. After resting at camp for an hour or so, we begin our descent back to base camp for a good night's rest.

Day 18

AmaDablam Base Camp Rest Day

15,000 ft.

No Trekking

Lodging Provided: Tent

Meals Provided: Breakfast, Lunch, Dinner

Today is a rest day, and gives us the opportunity to do fixed-line practice. We will practice ascending/descending, and clipping past anchor points. Our advanced team will continue to Camp II and III today to check fixed-lines. We will also sort the gear we will need for the upper mountain.

Day 19

Base Camp to Camp I

18,696 ft.

3 to 5 hrs. Trekking/Climbing

Lodging Provided: Tent

Meals Provided: Breakfast, Lunch, Dinner

Today we move to Camp I along the same route as two days previously. We should be faster today after some rest and our acclimatization hike. We will ferry more supplies with us that will be brought to Camp II. We sleep at Camp I for the night.

Day 20

Camp I to Camp II to Camp I

18,696 ft. – 20,089 ft. – 18,696 ft.

8 to 10 hrs. climbing and descending

Lodging Provided: Tent

Meals Provided: Breakfast, Lunch, Dinner (you will be cooking)

Today the real climbing begins. You will be carrying your alpine boots, sleeping bag, warm layers, some food, and gas in your backpack to stash at Camp II. Our advanced team will have already cached the tents and some other gear. Wear your approach shoes or another shoe that is comfortable on rock and relatively level hard snow (crampons usually not necessary). Most of the route above Camp I is fixed with ropes. You will first traverse on or below a blocky ridge before reaching the base of Yellow Tower. There is a traverse into the base of Yellow Tower that is very exposed. Be sure to position yourself below fixed lines so you can use them effectively. Yellow Tower is the technical crux of the route, but most expedition members find the climbing higher on the mountain to be more physically difficult. The route on the tower consists of about eighty-feet of vertical climbing in the 5.8 range. Although this may be an easy climb at sea level, you will be climbing near twenty-thousand-feet with a backpack and approach shoes. The need for physical preparation cannot be overstated. Try to use your ascender as a self-belay rather than a pull-up bar as you climb the rock. Once at the top of this short pitch Camp II is not far away. Camp II is perhaps the most stunning camp you have ever used. It is to the Himalaya what El Cap Tower is to Yosemite Valley. The camp is perched atop a spire with more than 1,000 ft. of exposure. This camp can get crowded, so we may need to get creative in our choice of tent platform. It is important that you carry with you an ice axe with an adze tool, since we may need to chop tent platforms into steep snow. We need to pack out our human waste from this site using blue bags when we stay here in a few days. After dropping-off some supplies we descend back to Camp I for some well deserved rest.

Day 21

Rest Day at Camp I

18,696 ft.

Lodging Provided: Tent

Meals Provided: Breakfast, Lunch, Dinner (you will be cooking)

Today we rest. Our rest day helps us acclimatize and ensures that we are ready for the rapid ascent to the summit above Camp II. It also gives time for our staff to restock Camp I so we have excellent food and plenty of fuel for melting water and cooking. The views from Camp I at sunset are extraordinary, as clouds settle into surrounding valleys and jagged peaks catch the red glow of low angle light.

Day 22

Camp I to Camp II

20,089 ft.

3 to 5 hrs. climbing

Lodging Provided: Tent

Meals Provided: Breakfast, Lunch, Dinner (you will be cooking)

Today we wake early and move back up to Camp II, bringing a few more supplies with us in case we don't have the weather we want for our intended summit day tomorrow. Then we get some rest. If weather is good, we have a big day tomorrow.

Day 23

Camp II – Summit – Camp II

20,089 ft. – 22,349 ft. – 20,089 ft.

10 to 16 hours climbing

Lodging Provided: Tent

Meals Provided: Breakfast, snack lunch, dinner (you will be cooking)

Today will be one of the most challenging and beautiful days of your life. We begin by traversing steep snow and mixed snow and rock slopes to the beginning of several steep snow, ice, and rock couloirs. Be sure to stand off to the side here, as climbers above you will send down debris. Once on top, we work our way along a knife-edge ridge and up a snow slope to Mushroom Ridge. This ridge gained its name from the mushroom-like formations of ice and snow that overhang its precipitous length. This is the location of Camp 2.7. This camp was established after 2006, when an ice avalanche fell on Camp III, killing several climbers and Sherpas. If our team is strong enough, we will skip Camp 2.7 and continue to the summit. If needed, we will establish Camp 2.7 and spend a night here before the final push. This is dependent upon space, since Camp 2.7 has the fewest places for tents on the route. We do not use Camp III due to the danger of ice avalanche. Shortly after passing Camp 2.7 we reach Camp III, which is situated on a huge level area below and to the side of a hanging glacier. Above and to the right of Camp III is a long ice ramp with intermittent bands of rock poking through. We ascend this, and continue into steep snow, over a bergshroud (often we lower into it and climb up the other side), and finally the summit. The summit is relatively flat, with plenty of space for groups of climbers. Views include Everest, Lhotse, Cho Oyu, and Makalu along with dozens of seven-thousand-meter peaks and hundreds of six-thousand-meter peaks. The beauty of the mountain, the route, and the views make this perhaps the most beautiful mountain on earth.

Day 24

Return to Base Camp

Lodging Provided: Tent

Meals Provided: Breakfast, Lunch, Dinner (you cook breakfast and lunch)

Today we head back down. This requires taking down our camps, which means we will have very full packs. Be sure to use a chest harness while rappelling to keep yourself upright.

Day 25

Base Camp to Tengboche

Lodging Provided: Lodge

Meals Provided: Breakfast, Lunch, Dinner

Day 26

Tengboche to Namche

Lodging Provided: Lodge

Meals Provided: Breakfast, Lunch, Dinner

Day 27

Namche to Lukla

Lodging Provided: Lodge

Meals Provided: Breakfast, Lunch, Dinner

Today will be the final celebration with many of your staff. Because many of our staff live in Solukhumbu they will not be returning with us to Kathmandu. If you would like to tip, today is the day.

Day 28

Fly Lukla to Kathmandu

Lodging Provided: Hotel

Meals Provided: On your own

Day 29

Rest Day/Celebration in Kathmandu

Lodging Provided: Hotel

Meals Provided: On your own

Day 30

Weather Day

Lodging Provided: Lodge or Tent depending on location

Meals Provided: Breakfast, Lunch, Dinner

Day 30

Weather Day

Lodging Provided: Lodge or Tent depending on location

Meals Provided: Breakfast, Lunch, Dinner

Day 32

Flights home

NOTE: It is highly recommended that you do not book your flight home until **at least two days after the trip end date**. Our itinerary includes spare weather days, but it is possible for our Lukla flights to be delayed for several days in a row. One past expedition waited six consecutive days in Lukla for weather to clear. A delay of this duration would use all available weather days. The cost of weather delays beyond what are included in the itinerary are not included in the cost of your trip. If your summit days have bad weather, and you would like extra weather days for the climb of AmaDablam, it is usually possible to stay at base camp and continue to climb. There are occasionally circumstances that prevent this from happening, such as an injury or illness that must be attended to. In order to compensate our staff for days of work and pay for your food we ask each climbing member to contribute \$60 USD per extra day. Please remain flexible, as a delay of this nature may require restocking base camp.