

Island Peak Climbing



The Island Peak climbing expedition is a first Himalayan experience that covers glacier travel, moderate ice and snow climbing and along with ascending the height of a 6189 m peak.

The Island Peak is one of the most popular trekking destinations among mountaineers in the Nepal Himalaya. It is also known as the Imja-Tse. The summit of the peak is attractive and interesting and has a high glaciated area rising from the west. This region is called the Lhotse Glacier. The ridge that rises from the point to the South is what leads the path to the Island Peak summit. The climb to the summit is not only an enjoyable experience but also is also known for its spectacular scenery of the Himalayan peaks that lie in the Khumbu region.

Some of the notable views that one can get to see from the summit are – the Nuptse ranges(7879m), the Lhotse (8501m), the Lhotse Middle Peak and the Lhotse Shar (8383m) that form a semi-circle in the northern region. The Eastern view of the Makalu (8463m) to Baruntse(7190m) and the Southern view of the Amadablam are what adds more charm to the entire journey up the Island Peak. The Island Peak climbing expedition marks the beginning of the big Himalayan expedition for many climbers. It also stands as a purpose of acclimatization for some before heading on to a bigger mountain climbing expedition. The trek to the summit, which is then followed by the route to the Everest Base Camp and the Kalapatthar allows the body to get properly acclimatized before the climb to the Island Peak. There is another option that takes the Gokyo Valley route, crossing over the Chola Pass and intersecting the path to the Kalapathar and the Everest Base Camp area. This is one of the options for exploring the breathtaking beauty of the entire Khumbu Valley and the purpose of acclimatization before one proceeds for the Island Peak climb. The entire trip does not require many technical skills and can be easily done with only basic snow climbing skills. However, climbers will get an altitude first-hand experience along with the immense diversity that dominates the alpine region. Check in to the package details of our website or contact us for more information related to total price and the other important information.

Duration: 20 days

Price: \$2400

Rating: 5 Star

Group Size: 02-15 person

Grade: Strenuous

Destination: Nepal

Activity: Peak Climbing

Region: Everest Region

Equipment Lists:

- Snow Goggles
- Warm hat (Either wool or synthetic)
- Liner Gloves (wool or Synthetic)
- Over Gloves (Gore-Tex)
- Long underwear (Lightweight or mid weight tops and bottoms made of synthetic material)
- Warm insulating Upper and Lower body Layers (fleece)
- Gore Tex Suit
- Heavy Socks
- Climbing boots (Plastic boots/leather boots with Water proof or snow seal)
- Snow gaiters
- Crampons
- Ice Axe
- Jumar
- Figure 8(Descender)
- Harness
- 02 Lock Carabinars (Similar size)
- 02 Snap Carabinars(Non Locking)
- 6 mm Rope (Prussic slings and safety ropes)
- Pocket Knife

The gears we can rent from Kathmandu are as following...

- Climbing boots (Plastic boots)
- Crampons
- Ice Axe
- Jumar
- Figure 8(Descender)
- Harness
- 02 Lock Carabinars and 02 Snap Carabinars(Non Locking)
- 6 mm Rope (Prussic slings and safety ropes)

Other Informations:

Nepal Entry Visa

Foreigners who intend to visit Nepal must hold valid Passport(6 months) or any travel documents equivalent to passport issued by the government for visiting a foreign country.

You can obtain the Nepal visa up on arrival at Tribhuwan international airport, Kathmandu. Also you can apply the Nepal visa online now. The application for the tourist visa has to be filled and submitted through this link of Nepal Immigration, <http://www.online.nepalimmigration.gov.np/tourist-visa>. Please bring the printed copy and show them at the immigration in Kathmandu with the visa fees and 2 copies of passport sized photos. US\$ 25 or equivalent foreign currency for 15 days multiple entry visa, US\$ 40 or equivalent foreign currency for 30 days multiple entry visa. We suggest you to take cash in hand. If you haven't applied online visa then visa form will be provided during your flight to Nepal.

Note: Free Visa for Chinese citizens including HKSAR Passport holders.

Trekking Season

The two most pleasant seasons for trekking in Nepal are spring and autumn. The spring season is considered to be March to May. During the spring months flowers are in bloom in the forests so it can be quite beautiful though it can also be bit cloudy, especially in the afternoon. Autumn season is considered September through November. In autumn season you will get the best mountain views, with clear skies usually all day long. The fall season is slightly cooler with average temperatures. December is also generally the driest month of the year. Trekking in Nepal is possible at any time of the year. It is worth remembering that we will get 75 percent of annual rainfall from the mid June through the August. This period is considered as the monsoon season. Winter in Nepal is considered December through February. These months are the coldest in temperatures depending on where you are. At higher altitudes in the Himalayas temperatures will drop below freezing and it can be extremely cold at night.

A typical day of trekking

The trekking day begins early at around 6.30AM in the morning with a cup of wake up tea. Before breakfast, pack your duffel bag which is carried by porters by keeping some essential things in your daypack. After breakfast, we are usually starting the good morning walk. After 3-4 hrs walking, we stop for lunch. Allowing about 1 - 2 hours for lunch break then we continue the walk to the destination where we stay overnight. We reach the teahouse/ camp by afternoon, as the afternoon walk is generally shorter than the morning. Check in the room and having afternoon tea, side trips or other activities are generally organized. You can spend the afternoon as you wish then meet for the dinner around 7PM and sleep.

Geography of Nepal

Nepal covers the land area of 147,181 sqkm, stretching 800km from east to west and 90 to 230km from north to south. Nepal is land-locked between China (including the Chinese autonomous region of Tibet) and India. Nepal has three geographic regions; the mountainous Himalayan belt (including 8 of the 14 highest mountain peaks in the world), the hill region and the plains region. Nepal contains the greatest altitude variation on earth, from the lowland Terai, at almost sea-level to Mount Everest at 8848 metres. Nepal is divided into five development regions and seventy-five districts. Where as high Himalayas occupy 16% of the total land area of Nepal with elevation ranging from 4,000m to above 8,848m. This region accommodates the eight of the highest peaks in the world; Mt. Everest (8848m), Kanchanjunga (8586m), Lhotse (8516m), Cho Oyu (8201m), Dhaulagiri (8167m), Mt. Makalu (8463m), Manaslu (8163m) and Annapurna I (8091m).

Currency in Nepal

Nepali Rupee notes come in Rupees 5, 10, 20, 50, 100, 500, 1000 denominations. Coins come in Rs. 1, 2 and 5 denominations.

Foreign currencies must be exchanged only through banks or authorized money exchangers. Banks are usually open from 09.30 am to 3.00 pm Sundays through Thursdays and from 10.00 am to 1.00 pm on Fridays. Saturdays are closed.

Credit Cards

All major cards are accepted for tourist services. There is usually a 4% mark-up on top of the price.

Climate change

Nepal is one of the most vulnerable countries in South Asia to climate change, yet it has limited capacity to address impacts of climate change or to take advantage of the opportunities. It has a highly variable climate and fragile ecosystems. The Himalayan glaciers are retreating faster than any other major body of ice. With climate change, climate variability, a driver of poverty in a country where 60% of the population is reliant on agriculture, will only increase. The monsoon rains are already more intense, but of shorter duration, and are arriving later, which has a devastating impact on the rice fields. The Greater Himalaya region is the water tower of Asia. Nepal sits at a strategic point, in the headwaters of the Ganges basin. 500 million people live in this basin, which is one of the most flood prone in the world. Currently Nepals Himalayan Rivers supply 70% of the dry season water in the Ganges and 30% of the peak flood waters. Nepals potential for hydropower is 100 times its existing energy use. Current development of rivers are sub-optimal, focusing solely on hydro rather than also storing water in the summer to use for irrigation during the rest of the year and reduce flooding.

Clothing in Nepal

From April to the end of September, it is warm in Kathmandu. In Nepal clothing for travelling purpose should be comfortable and light weight. You can also wear longer shorts provided that it is weather-friendly. In the months of October to the end of March, days are usually warm and evenings are cool. Put on your summer clothes during the day time but in the evening and night it is advisable to carry a light jacket. Winter season starts from December to February. One must be equipped with sufficient winter wears like down jackets, sweaters, trousers etc to stay protected from the cold. In accordance to Nepali weather you can have your clothes well-packed in your luggage or you can also purchase clothes of your choice and needs from the clothing stores in Kathmandu.

Health issues/Altitude sickness

Those in good health should have no difficulty traveling to Nepal. But people with health conditions including asthma, diabetes, high blood pressure, epilepsy and cardiac problems should seek a doctor's approval before planning a trip to Nepal.

Trekking and Climbing in Nepal involves high altitude and can be strenuous. Simple headache, fever, loss of appetite or stomach disorders can happen before the acclimatization. Altitude sickness, if not treated when symptoms first appear, can lead to death. Often known as AMS or Acute Mountain Sickness, it can ruin a Treks and Climblings and should be treated very seriously. The Himalayan Mountains begin where other mountain ranges end. As altitude increases, specially above 3,000 metres, the air becomes thinner, creating certain difficulties for the human body. Youth, strength and fitness make no difference here. The only prevention is to give ones body time to adjust to high altitude. Those who go too high too fast are liable to be victims of Acute Mountain Sickness. To minimize its threat, we recommend following these advice:

01. Drink adequate fluids. At 4,300 metres for example, the body requires 3 to 4 litres of liquid a day. At low altitudes try to drink at least 1 litre a day.

02. Accept the fact that you cannot go very high if your time is short.

03. Learn to recognize the symptoms of AMS: headache, nausea, loss of appetite, sleeplessness, fluid retention and/or swelling of the body. The cure is to climb no higher until the symptoms have disappeared.

04. Do not expect everyone in your group to acclimatize at the same rate. If you experience such discomforts, tell the accompanying travel High Solu facilitators immediately.

05. For the sake of safety, if the trek leader deems it necessary to ask a participant who is suffering from AMS to descend, he will have the authority to do so even though it may go against the will of that participant.

People and Religions of Nepal

Nepalese people are mainly divided into two distinct groups, the Indo-Aryans and the Mangoloids. Since 2008AD, Nepal has been declared a secular country. The Hindu Temples and Buddhist Shrines are scattered all over the Kingdom. Nepal is the birthplace of Lord Buddha, Herald of Peace, The Light of Asia. Hindus, Buddhists, Muslims and Christians live together in harmony. And other nature worshippers, too, exist here. Ethnic diversity and custom of Nepal make Nepal the most fascinating tourist destination in the world. Official statistics indicates that Nepali population of around 35 millions includes more than 90 ethnic groups speaking 100 different languages and dialects.

History of Nepal

Nepal has witnessed many rulers and dynasties play contributing roles in moulding Nepal to present day's Modern Nepal. Kirantis ruled Nepal from 9th century B.C. to 1st century A.D. Later Lichchavis took over Kiranti from 3rd to 13th century and then were followed by Thakuri belonging to Malla dynasty. Then Shah Dynasty held the reign. Prithvi Narayan Shah is solely responsible for today's modern day Nepal for he is the one who united different kingdoms into one single nation in 1769. In 1846, the Kot massacre led by Junga Bahadur Rana backseated the power of monarchy and made Rana regime more powerful. In 1950 Tribhuvan with the support from India restored monarchy. A coalition government comprising the Nepali congress party and the Ranas was thereafter installed with the promise of free elections in 1952. In 1960, Mahendra, son of Tribhuvan tactically established Panchayat system, meaning 'five councils system', by engineering a coup, declaring a new constitution, imprisoning all the leaders of the then government and enforcing a ban on all political activities. People's movement of 1990 opened up a new chapter for a decade of democracy in Nepal which led to multiparty democracy with constitutional monarchy. Democracy came with heavy price leading to incompetent political leaders, political conflicts, Maoist insurgency, corruptions and downfall in national economy. Royal family massacre in 2001 left whole world in complete shock. Gynendra was crowned Nepal's king after his brother, Birendra's assassination. With the advent of 2006 all major political parties committed to reform their past mistakes and Maoist rebels came together with the support from Nepali people and jointly went on several days strikes to restore democracy. Finally, Gynendra handed over the political power to Nepali people and democracy was once again restored in Nepal. Then Maoists has been the biggest political party of Nepal 2008 election. Nepal recently (September 2015) declared the new constitution for the country.

Shopping in Nepal

In the major cities of Nepal, like Kathmandu, Patan, Bhaktapur, Pokhara, you will find well resourced shopping malls. From clothes, shoes, accessories, sports wear, electronic goods, cosmetics, food and decoration items to kitchen wares you can purchase any goods. In Nepal shopping of both local and imported goods are possible. Most shops and clothing stores have fixed price tagged along their goods. But in case of small shops, you can bargain the prices for purchasing goods. While shopping in Nepal it is advisable to carry Nepali currency in cash as most of the shops only accept cash. In Kathmandu, Thamel, Newroad and DurbarMarg are the most popular Shopping centers.

Foods in Nepal

Kathmandu is a paradise for food lovers. Besides Nepali food Nepal restaurants here serve varieties of hygienic delicacies from Indian, Chinese, Tibetan, Japanese, Italian, Australian, Russian, Korean, Mexican, Thai etc to continental at remarkably reasonable price. If you desire to lead a Nepali lifestyle during your stay in Nepal, then there are also some restaurants serving pure Nepali cuisine (Dal Bhat) which comprises of steamed rice, lentil soup and varieties of vegetable/ non vegetable curries. Thamel, the tourist hub of Kathmandu, is well known for many excellent restaurants, cafés and pubs. Pokhara also have numerous restaurants that serve every kind of delicacies complementing your taste. The foods in the mountains (trekking routes) also fresh, hygienic and delicious.

Travel Insurance

Travel insurance is not included in the trip price. It is essential that you take out comprehensive travel insurance prior to your trek. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation (including helicopter rescue) and personal liability. We also recommend that it cover trip cancellation and loss of luggage and personal effects.

Hotels in Nepal

Nepal offers a wide range of accommodation, from 5 star luxury hotels to budget-priced guest houses. Top hotel in Nepal gives you the high quality services. Whatever your requirements are, Nepal hotels can meet them all.

Best Nepal Trekking P(LTD), is always recommend the best Hotels in Nepal for your holidays.

Itinerary:

Day 01: Arrival in Kathmandu.

Arrival in Kathmandu and transfer to Hotel, (which is close to the multitude of shopping centers and restaurants).

Day 02: Fly to Lukla and trek to Phakding. 3-4 hrs walking.

Early morning drive to domestic airport. After checking baggages you will take the short mountain flight to Lukla with the breath taking view of mountains on the northern side. Once you arrive at Lukla, get ready for the hike through the town passing, descending to the beautiful Sherpa village of ChauriKharka. This is very busy trail, passing yak trains, trekkers, locals and porters. Once you reach this area, the land of the Sherpas and everything in it are fresh and new. This area represents the Tibetan buddhism as you will pass through beautiful Stupa, Mané walls and Monasteries along the trail. We cross 2 suspension bridges before ThadoKoshi and the first view of Kusum Kangaru Mountain appears here. The trail gradually climbs up now along the Ghat village where we can see very beautifully painted Mané walls, Stupas. We continue the walk with small ups and down until it comes Phakding village where we stay overnight.

Day 03: Phakding to Namche Bazaar. 6-7 hrs walking

From Phakding, walk forward at a higher altitude on a road those winds through natural forests of pines and cedars crossing many small streams along the right bank of the DudhKoshi River. Far up the valley, the snowy peak of Thamserku (6608m) can be seen. Crossing the suspension bridge over the DudhKoshi river at Benkar, climb up little passing Chhumoa, we arrive at Monjo. There is the entrance of the Sagarmatha national park, the entrance fee is collected or checked when we pay from Kathmandu. When we cross a long suspension bridge and take the road along the left bank, Jorsale lies ahead. From here you enter a forested mountainside and rocky area. After crossing high, winding path you descend to the riverbed of this V shaped valley, the river forks in the right is DudhKoshi and one the left is Bhotekhosi that leads to Nangpa La. Crossing the highest bridge over the DudhKoshi the trail zigzags uphill, you emerge to a ridge of TopDanda, offers a excellent view of the Mt. Everest (8848m) and Lhotse (8516m). The climb eases somewhat, and Namche Bazaar appears ahead as you travel along the path surrounded by pine forests. Namche bazaar is surrounded by Mountains in 3 sides and open facing to Bhotekoshi on the south. It is biggest town in the Khumbu valley is a central hub.

Day 04: Acclimatization day at Namche Bazaar.

Today we visit to the view point at National park headquarter in the morning to see the view of Mt. Everest(8848m), Lhotse(8516m), Nuptse(7856m), Amadablam(6856m) and many other snowy mountains as well visiting the National park museum. Also you can make a day hike up to Everest View Hotel.

Day 05: Namche Bazaar to Tengboche. 5-6 hrs walking

After climbing to the top of the ridge, it comes to a level path that offers and excellent panorama of the mountains again. To the right there is steep cliff drops down to DudhKoshi river, and visible the lower valley floor. Walking around ridges, arrive at Kyangjuma, further ahead there is trail junction leading left to the Gokyo valley and right to the Everest base camp. Descend passing teahouses of Sanasa and pine forests, cross the wooden bridge over DudhKoshi and arrive Phunki Tenga for Hot Lunch. After Phunki Tenga, it is long climb to Tengboche; the first half is especially steep. As you climb through the blue pine and Rhododendron forests. Continue climb the Mountain diagonally until come to a stone gate, which marks you arrive at Tengboche. It is a large plateau and in front is the splendid monastery, where you can visit and participate for meditation. Overnight stay in the Lodge.

Day 06: Tengboche to Dingboche. 5-6 hrs walking

Descend a Rhododendron covered area to emerge to a pleasant level area of Dibuche. Pass the long Mane walls and there is a nunnery. Walk a while and cross the bridge over Imja Khola. Climb up on mountain side looking up at AmaDablam (6856m), Kangtega and Thamserku on the opposite bank. As you ascend the chorten lined area, take the level path to Pangboche, village of famous climbers. Pass through the village and cross a stream, the path leads to a rocky area following Somare village. Climbing from here, the hills open up. The Lhotse(8516m) can be seen up ahead, becomes more formidable as we approach it. Leaving the main trail ascending to the left, along hills from Tsuru, straight ahead we cross a wooden bridge, Passing over the hills, we arrive at the valley where Dingboche starts to become visible. The highest settlement of the Sherpa and the place where the people grow the barley.

Day 07: Hiking to Nakarsang peak(5070m) for acclimatization

After breakfast start climb straight up from Dingboche. The view from the way to Nakarsang is very beautiful. You can see many mountains including the famous trekking peak, Island peak, Peak 38, Lhotse(8516m), Makalu(8463m), Cho-oyu(8201m), Tawache peak, Cholatse, Kangtega, Thamserku and the unfamiliar view of the AmaDablam. Walk down to Dingboche for Lunch and free afternoon.

Day 08: Dingboche to Lobuche. 4 -5 hrs walking

Climb the small hill section passing the chortens, the trail is almost level on the mountain sides. We walk through yak pastures and cross the wooden bridge, reach at Thukla. The small Mountains of stones and pebbles straight ahead are the terminal moraine of the Khumbu glacier. From Thukla the trail is hard, you begin to feel the effects of the high altitude. At last the ascent ends, there is a many memorials lined on the hill dedicated to Sherpas who have met with disaster on Everest expeditions. Then walk around the lateral moraine of Khumbu glacier, cross a stream and reach at Lobuche. Overnight in Lodge at Lobuche.

Day 09: Lobuche to Gorakshap and Hiking to Everest Base Camp(5364m) 7-8 hrs hours walking

Walk through level path of the valley enjoying the ray of the morning sun. After a short steep climb, you see down upon Khumbu glacier and Changri glacier on the left. Then follow a rocky Changri glacier trail over few hills and straight ahead is looking Kalapatthar, below is Gorakshap. Afternoon visit Everest Base camp. Pass the sandy field and frozen lake, emerge on the right bank of the Khumbu glacier. Then follow footpaths and cairns to the centre of the glacier where you can see the basecamp, your ultimate destination.

Day 10: Day hike to Kalapatthar (5545M) and trek to Dingboche. 8-9 hrs walking

We start climbing very early in the morning because it is very windy if we arrive late. The climb in the beginning is very difficult because it is extremely steep. After finishing this climb, the trail is less steep but long walk. Everest finally shows itself. The rocky ridge to the right side with prayer flags is the true summit of Kalapatthar (5545m). The view from the top is splendid enough to forget all your difficulties. Long awaited Mt. Everest(the world s highest peak) including Lhotse, Nuptse, Amadablam, Pumori, Kangtega, Thamserku, Cholatse, Tawache and many other peaks at 360 degree panorama. We trek down to Lobuche for Lunch, continue walk to Dingboche.

Day 11: Dingboche to Chhukung. 3-4 hrs walking.

We follow the path on the right bank of the ImjaKhola into the interior for Chhukung. The valley widens and a path becomes level

one atop a terraced hills. As we walk further ahead, it comes to the village of Bibre with a small teahouse. Just before the huts, descend the terraced hill to the river bed along the path surrounded by small scrubby trees. Then crossing the rocky area created by the glacier, we arrive at Chhukung. From here we will be able to see the Gigantic Lhotse's south cliff and a complete different shape of Amadablam. Also the Numbur Himal and the mountains in the Rolwaling seen far in the southwest corner.

Day 12: Chhukung to Island Peak Base Camp. 4 hrs walking

Crossing a small bridge over the stream which originates from Lhotse glacier. Climb the lateral moraine to emerge to the riverbeds of the Imja Khola. Continue walk on with view of Island peak and Baruntse straight ahead; the riverbed trail ends and climb up the lateral moraine of Lhotse glacier again. The path passes between Imja Glacier and Lhotse Glacier. Walk through the wide sandy field to the Imja glacier's right bank. After crossing the rocky area will arrives the Island peak Base Camp. Today we do basic trainings/ rope works of climbing.

Day 13: Base camp to high camp. 3-4 hrs walking

Walk up around the rocky ridge and begin to climb the footpaths. Soon we arrive at the gully, continue to ascend on the right, following footpaths and cairns and come to the high camp. This is short distance to High Camp but steeply walking all the way.

Day 14: Summit to Island peak (6189m) and back to Base Camp

Following the footpaths we climb up through the rocky gully. After two hours walk we reach to a small snow covered field. Where we use our crampons and walk in the main rope even it is easy climbing, first to the left side and then turn on the right, wide snowfield. We reach at the bottom of the steep ice cliff below the ridge summit. Climb the steep sections to the ridge. It is an easy climbing to the summit atop the snow-covered ridge as we enjoy the view of surroundings as Makalu(8463m), Lhotse and Lhotse Shar, Cho polu, Peak 38, Amadablam, Chamlang peak, Baruntse, Amphu peak and many more. The beautiful view from Island peak is made even more meaningful by the joy of your successful ascent. Climb down carefully and reach at camp.

Day 15: High Camp to Dingboche. 5-6 hrs walking

Base Camp to Dingboche. Same way back.

Day 16: Dingboche to Tengboche. 4-5 hrs walking

Dingboche to Tengboche. Same way back.

Day 17: Tengboche to Monjo. 6-7 hrs walking

Trek down to Phunki Tenga and climb back to Namche Bazaar where we stop for lunch then continue walk down to Monjo.

Day 18: Monjo to Lukla. 4-5 hrs walking.

Monjo to Lukla. Same way back.

Day 19: Lukla to Kathmandu(1340m)

Lukla to Kathmandu. Early morning flight back to Kathmandu and transfer to the Hotel.

Day 20: Final departure back to home.

Drive to International airport for your departure flight back to Home.

Cost Include:

- Airport transfers to/from by private vehicles.
- Deluxe accommodation 3 night at 3 star hotel(Twin Sharing Basis) in Kathmandu with breakfast and including all govt. taxes.
- Round trip transportation Kathmandu/Lukla/Kathmandu by regularly scheduled or Chartered flight, airport taxes and surcharges.
- full board meals and all drinks(Tea/coffee/Chocolate)after departing Kathmandu to before arriving back in Kathmandu.
- Sagarmatha national park permit fee.
- Service of Guide, Climbing sherpa, Cook + Kitchen crews and porters during the trek and also their wages, foods ,insurance.
- Transportation cost for the staffs.
- Island peak climbing permit fee
- Climbing sherpa's equipment charge.
- All necessary equipments for climbing such as ropes, Snow bars, Epi gas, Ice screws etc.
- Garbage deposit fee(our company will deposit).
- Agency service charges and government applicable fees.

Cost exclude:

- All meals (lunch/Dinner) during staying in Kathmandu.
- Air travels to and from Nepal.
- Visa fee US\$ 40.00 Per Person .
- All personal expenses, travel insurance, rescue charge in emergency.
- Extra cost due to flight cancellation/road conditions.
- Purchases of bottled water while on the trek, gifts and alcohols.
- All personal clothing and climbing equipments including sleeping bag.
- Any tipping and donations to the trek staffs.

Other Features:

- Activity: Trekking & Climbing
- Max. Altitude: 6189m
- Trip starting from: Lukla, Nepal
- Trip ending at: Lukla
- Transportation: Flights & private vehicles
- Accommodation: Hotels, Lodges & Tents.
- Meals: All Meals during the Trek