



SNOWY HORIZON TREKS & EXPEDITION P. LTD.

P. O. Box- 11265, Satghumti Thamel, Kathmandu, Nepal



Island Peak Climbing- 20 Days

Itinerary Details of Island Peak Climbing

- Day 01:** Arrival in Kathmandu International Airport and transfer to the Hotel.
- Day 02:** Preparation, Briefings, Last minute shopping in Kathmandu.
- Day 03:** Flight from Kathmandu to Lukla; Trek (4hrs) to Phakding (2652m), lodge accommodation.
- Day 04:** Trek (6hrs) from Phakding to Namche Bazaar (3440m) through colorful Khumbu villages;
Lodge accommodation
- Day 05:** Rest day for acclimatization; you may hike to famous Everest View Hotel (3800m) (3hrs)
To see Everest; back at Namche visit Hilary and Sherpa museum
- Day 06:** Trek (5hrs) from Namche Bazaar to Tyangboche (3850m); visit significant Buddhist monastery; Lodge accommodation.
- Day 07:** Trek (4-5hrs) from Tyangboche to Dingboche (4350m); catch glimpses of Lhotse and Ama Dablam; lodge accommodation.
- Day 08:** Rest for acclimatization at Dingboche; enjoy pleasant and scenic Sherpa village
- Day 09:** Trek (2-3hrs) from Dingboche to Chhukung (4730m); lodge accommodation
- Day 10:** Trek (3hrs) from Chhukung to Island Peak Base Camp (5087m); camping
- Day 11-12:** Climb to Island Peak (6189m); camping
- Day 13:** Trek (3hrs) from Island Peak Base Camp to Chhukung; lodge accommodation
- Day 14:** Trek (4hrs) from Chhukung to Pangboche (3985m); enjoy Sherpa culture; lodge accommodation
- Day 15:** Trek (6hrs) from Pangboche to Khumjung (3790m.); lodge accommodation
- Day 16:** Trek (5hrs) from Khumjung to Monjo; All the way we walk downhill; En route we pass Namche Bazaar. Stay overnight at lodge in Monjo.
- Day 17:** Trek (3hrs) from Monjo to Lukla (2800m) through scenic Khumbu; this last evening in the Mountain is the ideal opportunity for a farewell party with our staff.
- Day 18:** We take again scenic flight from Lukla to Kathmandu, which takes about 35 minutes and
Transfer to Hotel.





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Day 19: Leisure day; sightseeing in Kathmandu (Durbar Square, Swoyambhunath, Boudhanath, Pashupatinath); Farewell-Celebration Dinner.

Day 20: Transfer to the airport for final departure or alternatively join other activities

Notes:

- The above itinerary is a guideline and standard pattern, which we provide you. This Climbing/Expedition itinerary can be modified according to your time and requirements.
- The Itinerary may be changed after understanding by both agency and client. Additional activities could be added or reduce as per client's request before confirming the trip. Price for reduced activities (service) could be deducted and additional activities (service) could be added as per mutual understanding.



Cost Include

- All arrival and departure transfer services to and from Airport both Domestic and International.
- Assistance at the International airport by Snowy Horizon's representative while arriving and departing.
- 4 Nights accommodations at hotels in Kathmandu on B/B basis.
- One day sightseeing in Kathmandu (Swayambhunath, Pashupatinath, Boudhanath and Durbar Square).
- Local English-speaking Guide for sightseeing in Kathmandu.
- Necessary staffs including experienced guides and porters during the trekking and climbing.
- Flight Tickets for Kathmandu-Lukla-Kathmandu sector to all climbing member and Staff.
- All trekking and camping equipments like camp furniture, kitchenware, dining tents, guest tents, etc.
- 3 meals a day (Breakfasts, Lunch and Dinners with tea or coffee) along with available accommodation at Hotel/Lodge/Guest Houses or tents for members and staffs during trek and climbing in twin sharing basis.





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- Per person 20kg baggage allowance during trekking or climbing carrying by porter/Yaks.
- Trekking Permit (National Park entry fee) and TIMS card (Trekking Information Management System)
- NMA Climbing permits for Island peak.
- Required Experienced, Trained and Government Licensed Climbing Guide(s) during Climbing Period as per the size of group.
- All wages, equipments, medical and accidental Insurances for all involved staffs.
- First Aid medical kits for the Group and the staffs.
- Appropriate food for high altitude and all climbing crew at base camp and above as required.
- Required fixed and dynamic rope during climbing period.
- Emergency Oxygen and mask regulator (if request by client and they have to payee Oxygen Cylinder cost if used by client).
- All necessary paper works, office Service charge and Government Taxes levied in Nepal.
- Complete pre-departure information, flight ticket reconfirmation and visa extension procedure services (if necessary)
- Farewell Dinner in a typical Nepali restaurant with domestic culture show in Kathmandu before departure.
- Snowy Horizon Special Gifts (T-shirt/Pashmina etc.).
- Our service Charges.



Cost Exclude

- Lunch and Dinner during your stay in Kathmandu (except farewell dinner).
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars.
- Items of personal nature, Laundry Expenses, Tips.
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phones And Internet expenses.
- Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking Gears.
- Any extra services or products or offers or activities which are not mentioned in the itinerary.





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- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations.
- Any additional staff other than specified.
- Rescue, Repatriation, Medicines, Medical Tests and Hospitalization expenses.
- Oxygen Cylinders, Masks, Hoses and Regulators. Though Snowy will provide the same, usage of Oxygen Cylinders, Masks, Hoses and Regulators will be charged extra.
- Medical Insurance and emergency rescue evacuation if required.
- Travel Insurance and helicopter rescue.
- Airfare of international flights.
- Nepal entry visa fee (Visa issuance is easy at the arrival).
- Ice fall Garbage Deposit fees (Sharing with other member) if applicable.
- Wake talkies & Filming permit.
- Tips, gifts, souvenirs.
- Any other item not mentioned in "COST INCLUDES" SECTION.

