

The background of the entire page is a photograph of a high-altitude mountain range. In the foreground, a climber wearing a red jacket, a red beanie, and a large black backpack is ascending a snow-covered slope. The climber is using a rope and a climbing tool. The middle ground shows a wide, flat expanse of snow with some small depressions. In the background, several jagged, snow-covered mountain peaks rise against a clear blue sky. A logo for 'Adventure Consultants' is overlaid on the upper part of the image.

**ADVENTURE
CONSULTANTS**

HIGH ALTITUDE EXPEDITIONS

ISLAND PEAK

EXPEDITION 2018

TRIP NOTES



ISLAND PEAK CLIMB Nepal 2018

Departure 1 April 26 - May 19, 2018 (pre-monsoon)

Departure 2 October 15 - November 7, 2018 (post-monsoon)

Trip Notes

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Adventure Consultants offers this expedition twice a year; during both the post-monsoon and pre-monsoon seasons. An ascent of Island Peak is an ideal entry into Himalayan climbing. We provide the most affable and experienced Western guides working in conjunction with our excellent Sherpa friends, promising you an experience of a lifetime!

Island Peak or Imja Tse stands centrally at the head of the Imja Khola, a tributary of the mighty Khumbu. The climbing is not technical, being on glaciated snow and ice up to 40 degrees. This satisfying summit is the culmination of a long steady trek through breathtaking landscapes and fascinating villages. Throughout this trip you will be rewarded with exceptional views of the surrounding Himalayan giants of Everest, Nuptse, Lhotse, Lhotse Shar, Baruntse, Makalu and Ama Dablam.

Trip Outline

The 24-day adventure starts and finishes in Kathmandu. A flight to Lukla delivers us to the Khumbu Valley, where the trek begins. After our second day on the trail, we arrive at Namche Bazaar, where we spend two nights acclimatising and exploring the local villages with time to become familiar with the local markets. Continuing up the valley we explore the Tengboche Monastery and take time out to enjoy the exquisite lemon meringue pie in the local coffee shop!





We then continue our trek towards Everest Base Camp and the scenic viewpoint of Kala Patar. We sleep in the high Sherpa villages of Dingboche, Lobuche and Gorak Shep along the way. All this time we are preparing ourselves for the rigours of climbing at altitude.

After our 'Everest Experience' we trek to the Island Peak Base Camp via a high alpine pass, the Kongma La; the views from up here are nothing short of stunning. Island Peak enjoys spectacular views of the North Side of Ama Dablam, the sweeping flanks of Nuptse and the world's fourth highest peak; Lhotse. You need to be fit and energetic to climb Island Peak, and whilst being an advantage, previous climbing experience is not compulsory. Your trip leaders are all experienced Western and Sherpa guides, providing the highest level of safety to

ensure a safe passage on the journey.

An excellent first expedition objective, this ascent will satisfy your desire to experience Himalayan climbing. Our many years of Himalayan experience allows us to introduce you to the best food, accommodation, destinations and experiences that are available on this expedition.

NOTE:

We travel in tandem with our Khumbu Trek creating a perfect opportunity for friends or family to share the adventure. While you are climbing the trekkers enjoy escorted tours of the trails and lookouts around the Island Peak region. At the completion of your ascent, you re-join for the descent back down the valley and on to Kathmandu.

There is also the option to extend the trip by including a side trip to the Gokyo Valley.

Itinerary

Trip 1: April 26 - May 19, 2018 (pre-monsoon)

Trip 2: October 15 - November 7, 2018 (post-monsoon)

- Day 1 Arrive Kathmandu
- 2 Gear check, optional sightseeing Kathmandu Valley
- 3 Fly Kathmandu to Lukla (2,860m), walk to Phakding (2,610m, 3hrs)
- 4 Phakding to Namche Bazaar (3,440m, 5hrs)
- 5 Sightseeing in Namche Bazaar, day walk to Khumjung (3,780m) and Khunde (3,840m)
- 6 Namche Bazaar to Deboche (3,860m), visit Tengboche Monastery (5hrs)

- 7 Deboche to Dingboche (4,410m, 5hrs)
- 8 Rest day Dingboche
- 9 Dingboche to Lobuche (4,940m, 4hrs)
- 10 Rest day Lobuche
- 11 Lobuche to Gorak Shep (5,160m, 3hrs), climb Kala Patar (5,550m, 3hrs)
- 12 Gorak Shep to Everest Base Camp (5,300m) then down to Lobuche
- 13 Lobuche to Kongma La Pass (5,535m); descend to Chhukung (4,730m, 9hrs)
- 14 Ropes training and rest day in Chhukung
- 15 Chhukung Ri ascent (5,546m, 6 hrs)
- 16 Chhukung to Island Peak Base Camp (4,970m, 3 hrs)
- 17** Summit bid on Island Peak (6,189m, 10-12hrs)
- 18 Rest Day / Contingency Day and or move to Chhukung
- 19 Chhukung to Pangboche (3,985m, 3-5 hours)
- 20 Pangboche to Namche Bazaar (5 hrs)
- 21 Namche Bazaar to Lukla (7 hrs)
- 22 Spare day in case of weather delays
- 23 Lukla-Kathmandu flight
- 24 Trip ends – depart from Kathmandu

** On this day Khumbu Trek members will explore the valley above Chhukung with a Sherpa trekking guide.

Gokyo Extension

Extend and enhance your Nepal experience by joining our Gokyo extension. Trek over the challenging Cho La Pass to visit the Gokyo Lakes region. This is a highly recommended extension for fit and experienced trekkers. The Gokyo Extension costs **US\$450 per person** and adds 4 days to your itinerary, contact our office for additional details.

Expedition Fee

The cost of the Island Peak Expedition ex Kathmandu, Nepal is **US\$4,900 per person**.

This is an inclusive cost and covers the following:

- Nepalese Government peak royalty fees
- All trek organisational requirements
- All trekking permits
- Airport Transfers in Kathmandu
- Air transport and accommodation in lodges or tents ex Kathmandu
- All group equipment for the trek and Island Peak climb (tents, ropes, kitchen etc.)
- All trek staff, including Western and Sherpa guides, porter support
- Transport of 20kg of personal equipment
- Breakfast, lunch and dinner ex Kathmandu
- Backup Medical services
- dZi Foundation support for their “revitalise a village” programme – likely to include support for a Nepalese child’s education for a year

The trek fee does not include the following:

- Air travel to and from Nepal

- Hotel accommodation and meals in Kathmandu
 - Purchases of bottled water while on the trek, gifts or alcohol.
 - Entry visas for Nepal (suggest getting 30 day tourist visa for Nepal on arrival into KTM)
 - Personal clothing and equipment
 - Personal expenses whilst trekking such as laundry, showers, internet use
 - Personal travel/trip cancellation insurance
 - Excess baggage charges for the flights to/from Lukla
 - Any rescue costs
 - Gratuities
-

Deposit

A deposit of **US\$500** is payable to secure a place on the expedition trek.

Balance

The balance is payable by **26 February 2018** for Trip 1 and **15 August 2018** for Trip 2.

Payments

All payments should be made by bank transfer to the following bank and account:

**Bank of New Zealand
Offshore Branch
1 Willis Street
Wellington
New Zealand**

for the account of **Adventure Consultants Limited**

Account # **1000-594771-0000**
Account Type: **US Dollars**
Swift Address: **BKNZ NZ22**

Note: All bank transfer charges are for the **remitter's account**.

We can also accept your deposit by credit card (Visa, Mastercard or Amex), and your balance payment by credit card plus a 3% credit card fee.

Cancellation and Refund Policy

Once you have paid your deposit your trip is confirmed, subject to payment of the balance

of fees owing 60 days prior to your trip commencement date. An expedition trek member may then cancel his/her participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.
- For cancellations made within 59-30 days of the trip commencement date, we reserve the right to retain 50% of the balance payment.
- For cancellations within 29 days of the departure date, a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent.

Group Size

For the Island Peak climb, we will take a **maximum of 12 people** hence spaces are limited.

Visas

Members will be required to obtain an entry visa into Nepal at the beginning of the expedition. This is easily procured at Kathmandu airport on arrival. Currently, a 30-day visa costs US\$40. (The trekking and climbing permits are a separate matter dealt with by the expedition agent.)

Food

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements. In the Khumbu Valley during the trek, we will be dining in lodges and when at Island Peak Base Camp, we will be eating in the Adventure Consultants mess tent. Our Base Camp equipment and ample, nutritious meals are always the envy of other groups on the mountain!

Equipment List

Expedition members will be sent a list detailing all necessary clothing and equipment to be individually provided.

Medical Examination

Expedition members will be provided with a medical questionnaire and asked to visit their family physician to receive a full medical examination. This information will be sighted only by the expedition doctor and treated with full confidentiality. Advice on immunisations will be provided at this time.

Documentation and Photographs

Expedition members will need to provide 3 passport photographs for trekking permits and a copy of their passport bio-data page.

The Advantages of Trekking and Climbing With Us

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised Expedition leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

How to Join This Expedition

If you would like to join the expedition please request an Expedition Application Form or use our online booking form and forward to us along with the deposit for the trip. If you require more information please contact us at:

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Wanaka, 9343, New Zealand

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Email: info@adventure.co.nz

Web www.adventureconsultants.com



Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

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