



# EBC + LOBUCHE + ISLAND PEAK CLIMBING [DOUBLE 6000ERS]

For people with a sufficient time frame, an excursion to nearby Lobuche Peak, 6119m., is a great way to ensure you are well acclimatized before you start the Mt. Everest Expedition. Imja Tse peak or also popularly known as Island Peak stands tall with a modest height of 6,189m. English Mountaineer Eric Shipton named it an Island Peak in 1953.

---

## TRIP FACTS:

PEAK NAME LOBUCHE + ISLAND PEAK	SERVICE FULL BOARD (1:1 SHERPA)	COUNTRY NEPAL
DURATION 21 DAYS	ROUTE STANDARD	GRADE MODERATE
RANGE KHUMBU HIMAL	BEST SEASON SPRING AUTUMN	MAX ELEVATION 6,189M/20,305 FT
WALKING PER DAY 4 - 6 HOURS	NATURE HOTEL + LODGE + TENT	GROUP SIZE 2-10 PAX
ARRIVAL 07 April 2023	DEPARTURE TO LUKLA 08 April 2023	TRIP ENDS 27 April 2023



---

## REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m.) is recommended and required to sign up for this expedition.

---

## OVERVIEW:

**Everest Base Camp (EBC) Trek** is an adventure of a lifetime; it's more than just a trek, it is the journey above the clouds. The EBC lies in the core of Khumbu Valley. Khumbu Valley itself is a great tourist destination for tourists around the globe. EBC is the stunning terminus for those who wish to see the spectacular view of the entire Mount Everest just so near to them. Mount Everest, the highest peak in the world with an elevation of 8,848m.

The Lobuche peak consists of two different summits, via. East and West with heights of 6,119 m and 6,145 m respectively. A continuous ridge connects them but there is still a sharp gap and a considerable distance between them. The East Peak is recognized as a trekking peak, whereas the West is known as an Expedition Peak. Lobuche being an attractive mountain offers various existing routes and also a potential for new ones. The dark triangle of its rocky East face rises over the moraines of the Khumbu Glacier to a spectacular skyline, forming the south ridge.

Imja Tse peak or also popularly known as Island Peak stands tall with a modest height of 6,189m. English Mountaineer Eric Shipton named it an Island Peak in 1953. He thought it resembles an island in a sea of ice

seeing it from Dingboche. In 1983, Island Peak again got its new name, Imja Tse. Island peak climbing is done along with the Everest Base Camp Trek. With very few technical aspects, it offers itself even to beginner climbers with competitive endurance. Hence, it is one of the most popular choices among the 6000m. Island Peak welcomes hundreds of climbers' groups each year luring them to their peak.

The trip begins after landing at Lukla airport. Spending a couple of nights in Namche Bazaar the climbers acquaint themselves gradually before actually climbing the Island Peak. It takes four to five days to reach the Base camp of Island Peak. Here in the base camp climbers have to familiarize themselves with the climatic condition before actually pushing themselves to the summit. The ascent to the top starts along a ridge where climbers use a foot traction device popularly known as crampons along with a rope to elevate upwards. The way across the glacier is easy with occasional fractures in them. After reaching the top, an exquisite view of Lhotse Shar, Makalu, Baruntse, and Ama Dablam is seen. This peak was first ascended by Tenzing Norgay who was a part of the British Team preparing for the Everest Triumph. After reaching the summit, you descend via the main Everest Trail to Lukla Airport.

" We await to serve you our service and share our experience with you "

---



## ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu & Transfer to the Hotel (1,400m)	07 Apr	X	Hotel
2	Fly from Kathmandu – Lukla, and trek to Phakding (2,800m)	08 Apr	B/D	Lodge
3	Trek from Phakding to Namche Bazaar (3,440m)	09 Apr	B/L/D	Lodge
4	Acclimatization at Namche Bazaar: (rest day)	10 Apr	B/L/D	Lodge
5	Trek from Namche Bazaar to Dibucho (3,870m)	11 Apr	B/L/D	Lodge
6	Trek from Dibucho to Dingboche (4,243m)	12 Apr	B/L/D	Lodge
7	Trek from Dingboche to Lobuche (4,940m)	13 Apr	B/L/D	Lodge
8	Trek from Lobuche to Everest Basecamp and back to Gorakshep (5,170m)	14 Apr	B/L/D	Lodge
9	Trek from Gorakshep to Kalapatthar 5,545m (Sunrise view) and back to Lobuche	15 Apr	B/L/D	Lodge
10	Trek from Lobuche to Lobuche High Camp (5,400m)	16 Apr	B/L/D	Tent
11	High Camp to Lobuche Peak Summit (6,119m) and Back to the Lobuche	17 Apr	B/L/D	Lodge
12	Trek from Lobuche to Chhukung (4,730m)	18 Apr	B/L/D	Lodge
13	Trek from Chhukung to High Camp (5,550m)	19 Apr	B/L/D	Tent
14	High Camp to Island Peak Summit (6,189m) and back to Chhukung	20 Apr	B/L/D	Lodge
15	Contingency Day (Due to bad weather)	21 Apr	B/L/D	Lodge
16	Trek from Chhukung to Tengboche	22 Apr	B/L/D	Lodge
17	Trek from Tengboche e to Namche Bazaar	23 Apr	B/L/D	Lodge
18	Trek from Namche Bazaar to Lukla	24 Apr	B/L/D	Lodge
19	Fly from Lukla to Kathmandu & Transfer to the Hotel	25 Apr	B	Hotel
20	Sightseeing around Kathmandu Valley	26 Apr	B	Hotel
21	Transfer to the Tribhuvan International Airport for final Departure	27 Apr		Breakfast

B= Breakfast, L= Lunch and D= Dinner.



## **COST INCLUDES [FULL BOARD SERVICE]:**

- 1. ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- 2. HOTEL ACCOMMODATION IN KATHMANDU:** 4 nights hotel in Kathmandu (4-star category) - single room on bed and breakfast plan.
- 3. WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office Staff.
- 4. CARGO CLEARANCE:** Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
- 5. PERMIT:** Expedition Royalty and permit fee of Nepal Mountaineering Association (NMA) to climb Lobuche and Island Peak, Sagarmatha National Park, and Pasang Lhamu Rural Municipality entry permit and fee.
- 6. GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit fees.
- 7. INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- 8. MAP:** Trekking and climbing map.
- 9. DUFFLE BAG:** One Seven Summit Treks' Duffle Bag.
- 10. MEMBER TRANSPORTATION:** - (Domestic Flight) Fly from Kathmandu – Lukla and while returning Lukla - Kathmandu, as per itinerary.
- 11. EXPEDITION STUFFS TRANSPORTATION:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Lukla (by air cargo) and Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo).
- 12. MEMBER LUGGAGE:** Up to 25 Kg per member as personal baggage during the trek to be carried by porters.
- 13. FOOD AND LODGING:** 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek. Hygienic and fresh green vegetables, and fresh meat, will be served during the trip.
- 14. DRINKING:** Per day 2 Liters of boiled water per member to carry on a thermos.
- 15. PORTER:** Porters per member up to the Base camp and from the Basecamp (both ways).
- 16. HIGH ALTITUDE CLIMBING SHERPA:** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back.
- 17. ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
- 18. CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa's Salary, Equipment, Food, and Clothing.
- 19. STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- 20. OXYGEN BOTTLE (O<sub>2</sub>):** Oxygen bottles will be in stock at base camp in case of an emergency (**with an appropriate charge**).
- 21. OXYGEN MASK & REGULATOR:** 1 Set of Summit Oxygen masks will be in base camp in case of an emergency.
- 22. HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** High Altitude Tent, Lights, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other



crews. Group climbing gears, fixed and dynamic rope during the climbing period as required.

23. **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).
24. **WEATHER FORECAST:** Weather forecast report during the entire expedition.
25. **GUIDE:** Local government licensed Guide (English speaking) during the trek and sightseeing in Kathmandu valley.

26. **VALLEY SIGHTSEEING:** Sightseeing in Kathmandu Valley [Swoyambu (Monkey temple) and Kathmandu Durbar Square] by a professional guide.

27. **MEDICAL KIT:** Comprehensive Medical kit for members and staff.

28. **CERTIFICATE:** Lobuche and Island Peak climbing certificate issued by NMA (after climbing both peaks successfully).

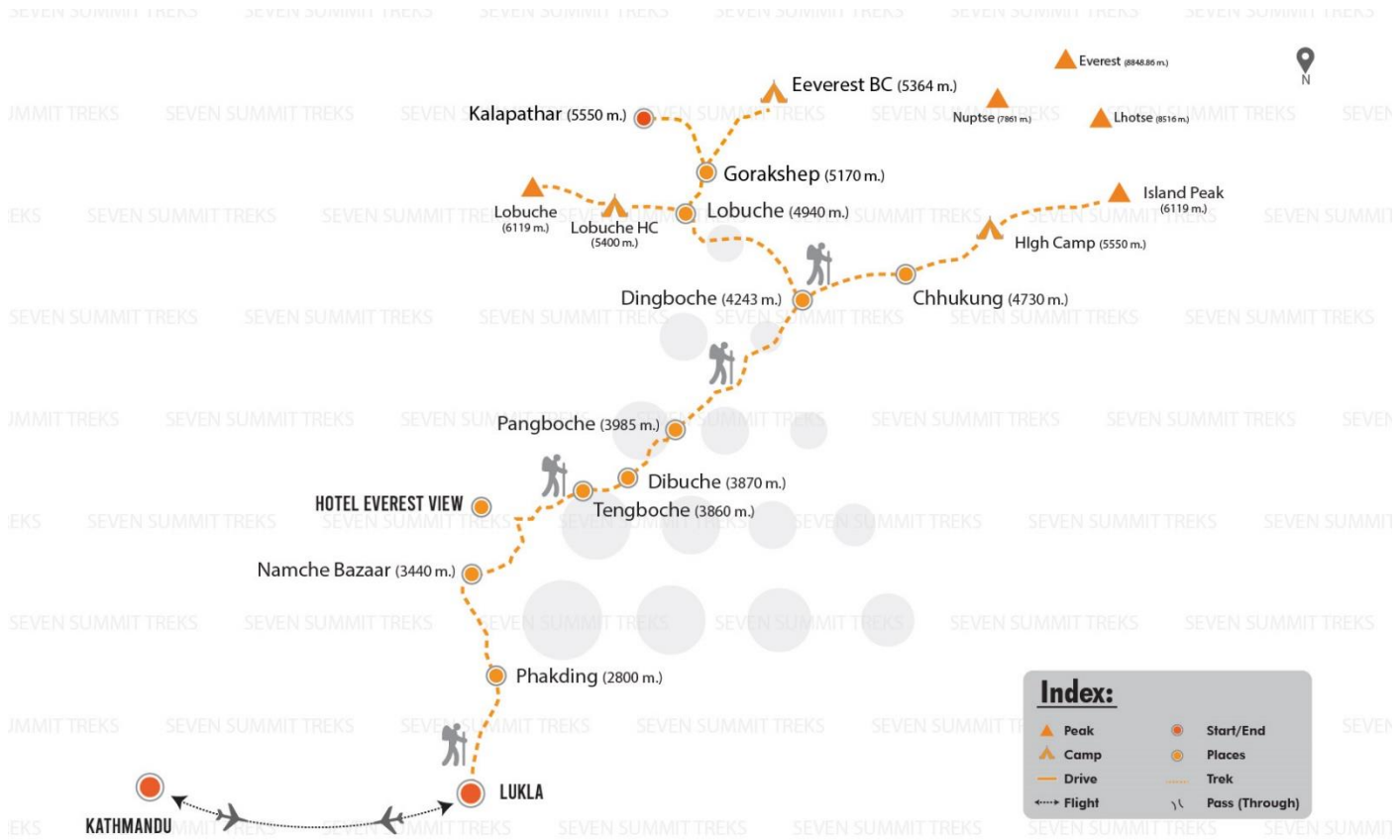
*\*\*Note: All expedition stuff and equipment have to be returned after the expedition.*

## COST EXCLUDES:

1. **AIR FARE:** International flight airfare (from and to Kathmandu).
2. **NEPAL ENTRY VISA FEE:** Nepalese Visa fee \$ 50USD for 30 Days.
3. **LUNCH & DINNER:** Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
4. **EXTRA NIGHT IN KATHMANDU:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
5. **INSURANCE POLICY:** Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.) \*Mandatory
6. **PERSONAL EXPENSES:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
7. **PERSONAL CLIMBING EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
8. **TOILETRIES:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
9. **FILMING:** Special Filming, Camera, and Drone permit fee.
10. **INTERNET SERVICE:** Not included during the trek and the expedition.
11. **SUMMIT BONUS:** Summit bonus for climbing Sherpa - Minimum **500 USD**. (for both peaks)
12. **TIPS:** Calculate some tips for high camp and other staff – Minimum **200 USD**.
13. **EXTRA:** Any other services or activities, which are not mentioned in the itinerary and other items not listed in the “Cost Includes” section.



# ROUTE MAP:



All Reserved @ Seven Summit Treks!!



## EQUIPMENT LIST

(EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST)

### TRAVEL DOCUMENTS

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER AND CONTACT ADDRESS.
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

### FOOT WEAR

- SUMMIT BOOT - 7000 M.  
(KAILAS / LASPORTIVA / MILLET)
- NORMAL SOCKS (5-6 PAIRS)
- SUMMIT SOCKS (2 PAIRS)
- TREKKING SHOES (GORE-TEX)
- LIGHT TREKKING/SPORTS SHOES
- CAMP BOOTIES (1 PAIR)
- SLIPPER (1 PAIR)

### UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
- FLEECE JACKET (2 PCS)
- GORE-TEX JACKET (1 PCS)
- WARM JACKET (1-2 PCS)
- WIND-PROOF JACKET (1 PCS)
- DOWN JACKET (1 PCS)
- COTTON T-SHIRT (2-4 PCS)

### LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
- FLEECE TROUSER (1PCS)
- GORE-TEX PANT (1 PCS)
- HEAVY WEIGHT PANTS (1-2 PCS)
- MID WEIGHT PANTS (1-2 PCS)
- LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
- GAITERS FOR TREKKING BOOTS
- DOWN PANTS (1PCS)
- UNDER WEAR (3-5 PCS)

### HEAD

- SUN CAP
- DESERT CAP
- BALACLAVA
- FLEECE HAT/ WARM HAT (1-2 PCS)
- NECK GAITER (2-3 PCS)

### HANDS

- THIN FLEECE GLOVES (2 PAIRS)
- WIND STOPPER / SCREEN TAP GLOVES
- HEAVY GLOVES (GUIDE GLOVES)
- SUMMIT GLOVES - 7000M

### SLEEPING BAGS

- SLEEPING BAG -30°C TO -40°C
- THERMAREST MATTRESS (CELL FOAM)
- SLEEPING BAG LINER
- INFLATABLE PILLOW

### CLIMBING EQUIPMENT

- CLIMBING HELMET
- CRAMPONS (FIT WITH BOOT)/PACKING COVER
- ICE AXE WITH SPIKE & AXE PROTECTOR
- HARNESS
- BELAY DEVICES/ FIGURE OF 8/ATC GUIDE
- JUMAR / ASCENDER
- LOCK CARABINER (3 PCS)
- UNLOCK CARABINER (2 PCS)
- TAPE SLINGS/240 CM
- HEAD LIGHT 400-500 LUMENS SPARE
- BATTERY (ENERGIZER ULTIMATE LITHIUM)

### BAG PACKS

- RUCKSACKS 35L - 50L
- DUFFLE BAG 90 L -120 L (2 PCS)
- WATER PROOF STUFF SACKS/DRY BAG - SMALL/ MEDIUM/ LARGE (2-3 PCS)

### SUN STUFFS

- SUN CREAM (-50 SPF)
- LIP GUARD -30 TO -50 (SPF)
- SUN GLASSES (UV PROTECTION)
- GLACIERS GLASSES (ANTI-FOG, POLARIZED, UV PROTECTION)
- MOISTURIZER / LOTION

### TOILETRIES (PERSONAL)

- HAND DISINFECTANT
- TOILET PAPER / WET TISSUE
- TOOTHPASTE, TOOTHBRUSH
- SOAP, SHAMPOO
- TOWEL
- GARBAGE BAG

### EATING & DRINKING

- 1 LTR. WATER BOTTLE
- 1/ 1.5 LTR. THERMOS
- MUG, SPOON, FORK, BOWL (OPT.)

### MEDICAL/FIRST AID

- BRUFEN / IBUPROFENS
- ANTIBIOTIC
- DIAMOX
- PARACETAMOL
- HANDY PLASTER, CRACK BANDAGE
- TINCTURE IODINE
- ONDEM
- CETIRIZINE
- ELECTROLYTE
- MINIL 10MG (PALPITATION, ANXIETY)
- CODOPAR (HEADACHE & CHEST PAIN)
- SALBETOL 4MG (BREATHLESS)
- AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
- FLUPEN 250MG (PREVENT WOUND INFECTION)
- ALLEGRA 120/180MG (ALLERGIC TONSIL)

### MISCELLANEOUS

- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- NAIL CUTTER
- UMBRELLA / RAIN COAT
- HOT WATER BAG
- PEE BOTTLE
- TENACIOUS TAPE REPAIR (DOWN JACKET/SLEEPING BAG REPAIR KITS)
- ALTIMETER WATCH
- SATELLITE PHONE WITH CREDIT (OPT.)
- GPS TRACKER (RECOMMENDED)
- POWER BANK
- CAMERA

## ADD. SERVICES

Personal High Camp Tent	\$ 400.00	To avoid the pandemic scenario or if you are looking for a quiet and silent time at the high camp, you may request a separate high tent.
Single Room on Trek	\$ 500.00	Single room (Upgraded) during the entire trekking days (both ways).
<b>Helicopter</b>		A helicopter ride saves your trekking days. If you would like to use the helicopter riding option (Kathmandu to Lukla, Lukla to Basecamp, Basecamp to Lukla or Namche, or direct to Kathmandu) during the expedition period, please let us know a few days earlier.
- Kathmandu - Lukla	\$ 2500.00	
- Basecamp - Lukla	\$ 1300.00	
- Basecamp - Kathmandu	\$ 3500.00	

## INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to the plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the

requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.

Please find the details about insurance before buying the policy [here](#).





## BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three months preparation period is necessary to ensure the maximum safety and satisfaction of the clients.

The client must dispense 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and for receiving approval from governmental authorities. Another 30% of the total charge should be deposited one month before the flight to Nepal. The remaining 40% of the total charge should be paid after you arrive in Nepal, before the start of your adventure.

Name of the Bank	: HIMALAYAN BANK LTD.
Beneficiary Account Holder's Name	: Seven Summit Treks Pvt. Ltd
Beneficiary Account Number (USD \$)	: 01902853840022
Swift Code/BIC	: HIMANPKA
Address	: Thamel, Kathmandu, Nepal
Mobile	: +977 9851111187
Zip Code	: 44600
Email	: <a href="mailto:info@sevensummittreks.com">info@sevensummittreks.com</a>

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website which will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult with our [expert team](#). We will provide information about personalized strategy, customization, progression planning, expert guidance and coaching, insight, and advice on how to accomplish your adventure goals.

Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).



## EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

<https://www.sevensummittreks.com/page/ebc-lobuche-island-peak-climbing-double-6000ers.html>

For all expedition inquiries and bookings

[info@sevensummittreks.com](mailto:info@sevensummittreks.com)

---

## FOLLOW US:

  [@SEVENSUMMITTREKS](https://www.instagram.com/SEVENSUMMITTREKS)

