



20 DAY EBC + ISLAND PEAK

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Trip Duration: 20 days

Trip Difficulty:

Destination: Nepal

Begins in: Kathmandu

Activities:

INCLUDED

- Airport transfers
- 2 nights hotel in Kathmandu before/after trek
- Ground transportation
- Flights to/from Kathmandu - Lukla
- National Park fees
- Expert guides & porters
- Accommodations during trek, double occupancy
- Four season, 3 person double occupancy tents
- Meals & beverages during trek

EXCLUDED

- Airfare
- Lunch or dinner at hotel
- Beverages at hotel
- Personal gear & equipment
- Tips

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Ultimate Expeditions®

The Best Adventures on Earth.

Ultimate Expeditions® was born out of our need for movement, our connection with nature, and our passion for adventure.

We Know Travel. Our staff has traveled extensively to 40-50 countries each and have more than 10 years of experience organizing and leading adventures in all corners of the globe through the world's most unique, remote, beautiful and exhilarating places. We want to share these destinations with you.

Why Ultimate Expeditions®? We provide high quality service without the inflated cost. Our goal is to work with you to create the ideal itinerary based on your needs, abilities and desires. We can help you plan every aspect of your trip, providing everything you need for an enjoyable experience.

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Itinerary

DAY 1 Arrive Kathmandu

Our friendly Ultimate Expeditions representative will meet you at the airport and drive you to your hotel in Kathmandu. During this meet and greet your guide will discuss the daily activities of your trip.

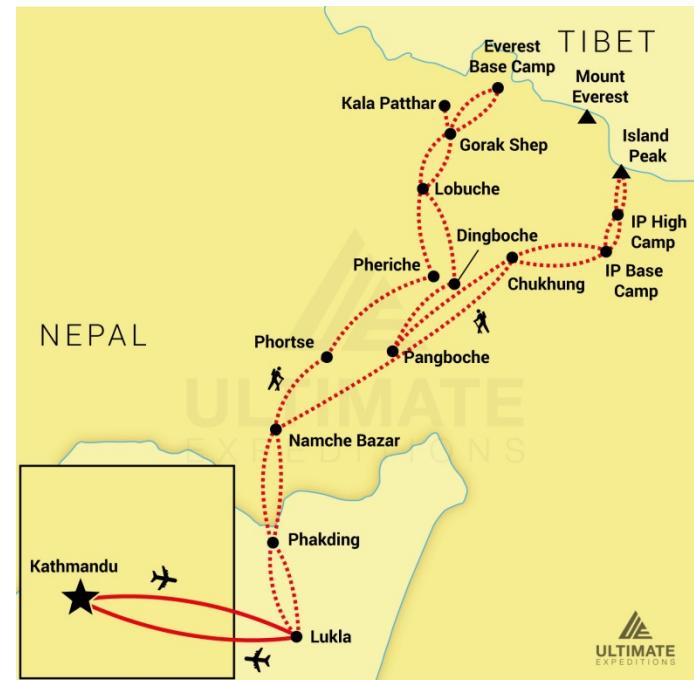


DAY 2 Flight to Lukla - Trek to Phakding (8,713 ft / 2,656 m)

The heart pumping flight from Kathmandu to Lukla is roughly 45 minutes and offers amazing views of the Everest region (from the left side of the aircraft). After landing on a mountainside runway you will meet the expedition crew and once the gear is sorted into loads the trek begins. The trail gradually descends on a well-marked trail to Phakding, approximately 4 hours of hiking.

DAY 3 Trek to Namche Bazaar (11,318 ft / 3,450 m)

We enter the National Park at Monjo as we continue to our next stop, Namche Bazaar the main trading village in the Khumbu region. The trail crisscrosses the Dudh Kosi (Milk River), these exciting crossings are over suspension bridges that sway high above the valley. The days trek is roughly 4.5 to 6 hours long and once in Namche Bazaar we are free to enjoy a coffee, brownie, chocolate doughnut or some other delightful baked goodie.



DAY 4 Namche Bazaar (11,318 ft / 3,450 m) *Acclimatization Day*

It is important to acclimatize our bodies as we push higher into the Everest region. The day will be spent in Namche Bazaar, which offers shopping opportunities as well as several lodges.

DAY 5 Trek to Phortse (12,687 ft / 3,867 m)

The trail hugs the side of the valley and climbs steeply through a rhododendron forest and crosses yak Kharkas, (summer settlements) until reaching Phortse.

DAY 6 Trek to Pheriche (13,950 ft / 4,252 m)

Today the trail descends through a forest that crosses the Imja Khola River and then climbs steadily to the village of Pangboche. Ama Dablam, 22,493 ft (6,856 m) comes into focus, rising high, offering incredible views.

DAY 7 Pheriche (13,950 ft / 4,252 m) *Acclimatization Day*

Another acclimatization day is required as we gain elevation. From Pheriche, Towache Peak towers above the small village with Cho Oyu and Lobuche Peak in the distance near the Tibet border. Choose to hike up the Imja Khola valley which offers a peek at Ama Dablam's north face. Alternatively, you can hike the ridge that overlooks Dingboche for more spectacular views of the region.

DAY 8 Trek to Lobuche (16,174 ft / 4,930 m)

As we trek closer to the Khumbu glacier the air becomes thinner and movements slower. Today the trail crosses the terminal moraine, passing several (Chortens) monuments which have been constructed for Sherpas and Everest climbers lost in expeditions over the years. The path climbs along the glacier to Lobuche.

DAY 9 Trek to Gorak Shep then Everest Base Camp (17,575 ft / 5,357 m)

Today's trek starts by following the broad valley which runs parallel to the Khumbu Glacier and a stop for lunch in Gorak Shep before reaching Everest Base Camp at 17,575 ft (5,364 m). This trek is roughly 3 hours' time and navigates through ice pinnacles and crevasses. On the return, a higher route can be taken for spectacular views of the notorious Everest Ice Fall that flows from the Western Cwm.

DAY 10 Kala Pattar then Dingboche (14,468 ft / 4,410 m)

A demanding hike to the top of Kala Pattar 18,221 ft (5,554 m) will begin early. The views from Kala Pattar are breathtaking; here you can gaze upon Everest and deep into the Khumbu ice field. We will then descend to Dingboche.

DAY 11 Trek to Chukhung (15,583 ft / 4,750 m)

Today's trek climbs gradually to the small settlement of Chukhung. Along the way you can take in the beautiful views of Island Peak and the pending challenge that awaits you.

DAY 12 Trek to Island Peak Base Camp (16,896 ft / 5,150 m)

Heading towards Island Peak Base Camp, we trek deeper into the Imja Valley. Today will be a short day on the trail.

DAY 13 Trek to High Camp (17,536 ft / 5,345 m)

As we reach higher elevations our trekking time becomes shorter, allowing our bodies to rest which helps with acclimatization. Today we climb approximately 656 ft (200 m) to reach High Camp. Here we will relax and make final preparations for the ascent of Island Peak in the morning.

DAY 14 Ascent of Island Peak (20,252 ft / 6,173 m)

Today starts very early in order to summit. The crossing of the Imja glacier is a fascinating experience, here you will harness, rope-up and put on your crampons. The glacier is followed by a steep snow slope that leads onto the summit ridge. Upon reaching the summit of Island Peak you will have a stunning view of Lhotse's south face and abundant dramatic mountain scenery in every direction. To get back to base camp you will descend along the same route.

DAY 15 Spare day

A contingency day allocated for weather.

DAY 16 Trek to Pangboche (12,959 ft / 3,950 m)

The trail descends to Chukhung and Dingboche where it joins the main Everest trail and we continue on to the village of Pangboche.

DAY 17 Trek to Namche Bizarre (11,318 ft / 3,450 m)

From Dingboche we follow along the river to Tengboche before making our way back to Namche Bizarre.

DAY 18 Trek to Lukla (9,186 ft / 2,800 m)

This is our last day of trekking and the trail follows the Dudh Koshi River from Namche Bizarre back to Lukla. This is a great time to reflect on your experience and celebrate a great accomplishment.

DAY 19 Fly to Kathmandu

After an early breakfast, you will catch a return flight to Kathmandu and stay overnight. You will have free time to roam the streets of Thamel, shop and enjoy the rich culture.

DAY 20 Depart Kathmandu

Our Ultimate Expeditions representative will drive you to the airport in Kathmandu for your return flight home or perhaps to your next destination.

NEPAL

Best Time to Visit

It is possible to visit Nepal year round, but spring and autumn are the two most favorable seasons for trekking.

March, April and May (Spring)

These months are considered to be the best in terms of weather and beauty; they are also the busiest months. Days are warm with an occasional rain shower that invites an array of blooming wildflowers, displaying vibrant colors on a lush backdrop. Hikers say it's the most pleasant time to trek.

June, July and August (Monsoon)

The monsoon season brings severe rains making the certain routes impassable. Lodges and trekking operations in some areas are closed during this time, but there are options for trekking around Annapurna and Manaslu which receive significantly less precipitation than the more southerly areas.

Mid-September – November (Autumn)

The weather is dry and skies are generally clear, with mild to warm days and cold nights. Nights can easily drop to below zero freezing temperatures.

November – February (Winter)

Generally dry with daytime temperatures cooler and very cold nights. The days are typically clear with occasional winter storms. Trekking during this mid-winter season can be more challenging in the high altitudes.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	60	63	70	77	79	80
Average Low (F)	40	44	50	57	63	69
Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	79	79	78	74	68	61
Average Low (F)	70	70	67	59	49	42

Entry Requirements

Most nationalities must hold a valid passport, with at least six months beyond your proposed date of your trip. Citizens of USA, UK, Canada, Australia and other European Union nations must have passports. We recommend obtaining a visa upon arrival at Tribhuvan International Airport.

Vaccinations

The following vaccines are recommended for travel to Nepal. Hepatitis A& B and Typhoid are recommended for all travelers. Polio - One-time booster. Yellow Fever – is



required when arriving from a yellow-fever-infected area. Measles, mumps, rubella (MMR) - Two doses recommended for everyone born after 1956, if not previously given. Tetanus-Diphtheria - Revaccination recommended every 10 years. Japanese Encephalitis - You may need this vaccine if your trip lasts longer than a month, depending on when and where you are visiting. Rabies - Only necessary if visiting lowland areas, like Chitwan.

Malaria – avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria. Talk to your doctor about how you can prevent malaria while traveling.

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Nepal. This will eliminate any credit card holds for fraudulent activity.

Currency

The best places to exchange money is in Kathmandu. Local currency is the Nepalese Rupee, however some establishment do accept USD. Better hotels, lodges, and camps will accept credit cards. It is advised to carry local currency when visiting remote areas and villages.

Government

The politics of Nepal function within a framework of a republic, with a multi-party system.

Religion

Citizens of Nepal identify themselves with Hinduism 81.3%, Buddhism 9%, Islam 4.4%, Kirat 3.1% and other 2.2%