

# PIONEER EXPEDITIONS

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Do something extraordinary

**Island Peak • Nepal • 23 Days • £1675**

This is the most popular trekking peak in Nepal. From Dingboche the mountain is seen as an island in a sea of ice. The summit is interesting and attractive with a highly glaciated west face rising from the Lhotse Glacier. The mountain itself is the extension of the South Ridge of Lhotse Shar separated by a small col. The ridge rising to the south from this point leads to the summit of Island Peak. The extension of this ridge descending south-west is the part of the normal route of ascent and leads to the South Summit. Imja Tse not only provides an enjoyable climb but also provides some of the most spectacular scenery of Himalayas in the Khumbu region. Seen from the summit the giant mountains, Nuptse (7,879m), Lhotse (8,501m), Lhotse Middle Peak (8,410m) and Lhotse Shar (8,383m) make a semi circle in the north. The views of Makalu (8475m) in the east, Baruntse and Amadablam in the south add more charm for climbing Island Peak.

### **South East Flank and South West Ridge**

Normally, the base camp is set at Paresahaya Gyab (5,087m), between Imja Tse and the lateral moraine of the Imja Glacier. It should not be forgotten that the place is more likely for avalanche in the event of heavy snow fall. From the base camp, a well acclimatized party in good conditions can make the summit and return to the base camp in a day. However, most of the climbers prefer establishing a High-Camp which helps a safe ascent. From the base camp the route skirts south east around and base of Imja Tse and climbs steep grassy slopes and small rocky steps.

We scramble up on open gully which leads between two ridges to the site of high camp on the left-hand ridge below and to the right of a small hanging glacier (5,280m). From the high camp, the left hand ridge scramble across the broad open gully. After crossing a gully, a steep snow and ice ramp leads upward for nearly 100 meters to the summit ridge. Climbing near the summit is a little difficult due to steep climbing. In recent times the snow slopes below the summit has developed some large crevasses making the final ascent to the top difficult.

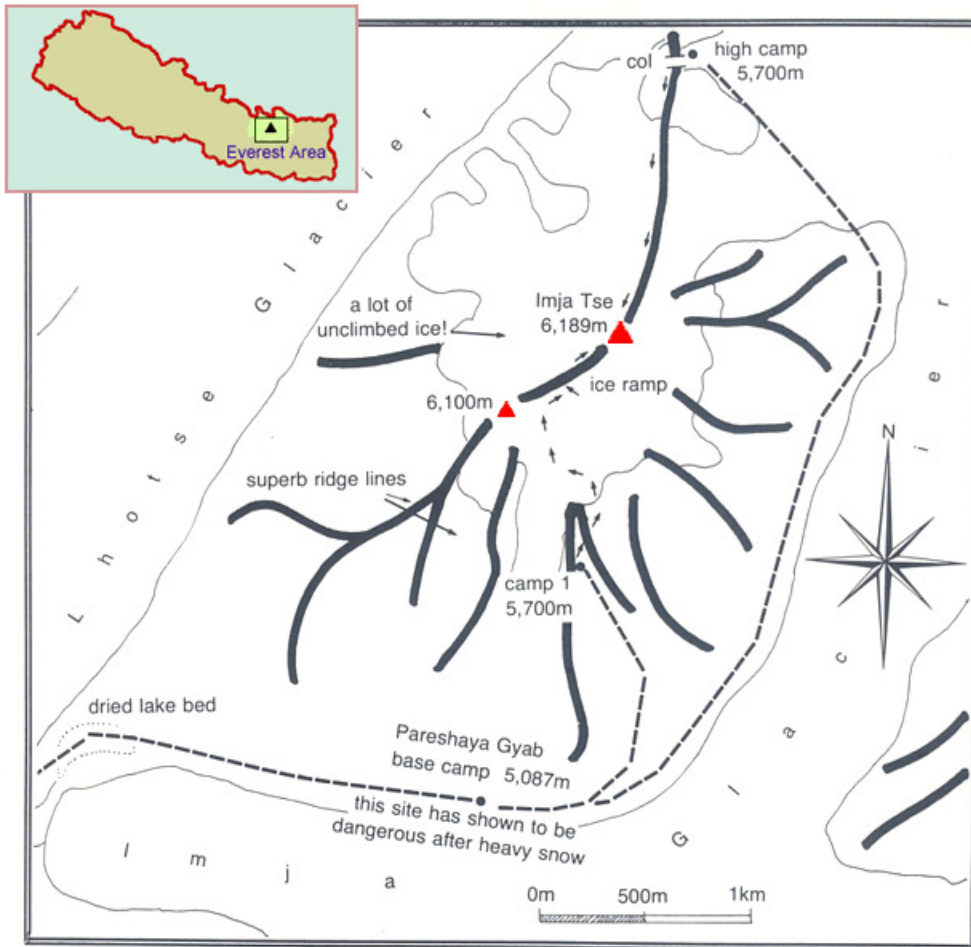
### **Alternative Route**

#### **North Ridge Line**

First ascent was in 1958 by Alf Gregory, Dick Cook and two Sherpas. North of the main summit the ridge continues to a col (5,700m). The route climbs the ridge from the col, which is reached by following the true right bank of the Imja Glacier and later the moraines on the right bank of the Lhotse Sar Glacier, before climbing north-west over snowy slopes to the col. On the first ascent, a camp was placed on the col. From the col, follow the ridge which is a magnificent snow arête, due south. This steepens for the final summit pyramid. This is a long ridge that would be difficult under soft snow conditions and may under other conditions have a marked cornice. The climb is a little more difficult than the normal route, and is graded alpine PD+.

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## IMJA TSE (Island Peak)

### Itinerary : Kathmandu - Kathmandu

**Day 01:** Arrive in Kathmandu and transfer to Hotel

**Day 02:** Explore Kathmandu and purchase last minute supplies.

**Days 03-12:** Fly Kathmandu to Lukla. Meet trek guide.

Trek to Everest Base Camp and Kala Pattar. Lodges.

Climbing Portion starts:

**Day 13 (1):** Trek to Chukhung. Meet climbing Instructor/guide.

Afternoon briefing, equipment check, AMS lecture. Camp.

**Day 14 (2):** Acclimatization and instructional day. Camp.

**Day 15 (3):** Acclimatization and instructional day. Camp.

**Day 16 (4):** Trek to Island Peak Base Camp (5200m). Camp.

**Day 17 (5):** Summit day. Start at 2 a.m. Return to Base Camp.

**Day 18 (6):** Extra day in case of bad weather. Camp.

End of climbing portion.

**Days 19-21:** Trek to Namche and Lukla. Lodges.

**Day 22:** Fly Lukla to Kathmandu.

**Day 23:** Transfer to Airport or next destination.



## **DATES**

Please email us for details of departures. We are also able to organize private expeditions for those that want familiar people to join them or if scheduled departures or itineraries don't suit. The price listed is based on a minimum of 2 people. Depending on the number of people in your group, private expeditions can be cheaper than scheduled departures so ask us if you would like to organize something special for yourself.

## **EXPEDITION GRADE – Alpine**

Extremely demanding treks sometimes in very remote areas on rough terrain and perhaps including ( in Nepal) one or more of the so called 'trekking peaks' - maximum altitude, Mt. Mera at 6,461m/21,192ft. Participants should have at least a basic knowledge of use of crampons and ice axes, though first time climbers may be accepted on some of the so called 'easy' routes on these peaks. Medical certificates are required prior to acceptance on any climbing treks.

## **EXPEDITION INCLUSIONS**

- Standard accommodation in Kathmandu for three nights twin share (2 night before the flight to Lukla and 1 night at the end).
- Greeted at the airport transfer to their hotel
- Airfare return to Lukla
- Down jacket, sleeping bag and crampons
- All meals while on the expedition (not in Kathmandu)
- Guide
- Porters
- Rescue arrangement and staff insurance
- Equipment for porters and guides
- Experienced trekking staff
- First Aid and eco-trained staff
- Permits and conservation fees
- Climbing permits for expeditions
- Medical Kit Bag on every trip
- All other accommodation while on expedition

## **EXPEDITION EXCLUSIONS**

- Personal insurance
- Bottled drink (these are personally purchased)
- Meals in Kathmandu
- Visa for Nepal



## GENERAL INFORMATION

### Supporting Local Communities

We support a primary school in the Gorkha District and we also distribute free first aid and medicines 2 times a year in the village where the school is located. We also adhere to guidelines that protect the porter's interests such as insuring them from injury.

### Pre-Departure Information

Once your expedition is confirmed we will send you detailed Pre Departure Information which includes a list of recommended clothing and personal equipment, along with many other relevant information to help you prepare for your trip. Prior to the trip departure from Kathmandu, you will attend a detailed trip briefing and orientation meeting to make sure that you are well prepared for your river trip and trek. These trips are led by No Roads.

### Flights

Have you made your air reservation yet? Please note that space on flights in and out of Nepal is very tight, especially during the tourist seasons. Therefore, we would like to suggest that you work on your for your air seats. We can help you with dates for treks, raft trips and other services that you need so that you can make your decision.

All domestic flights in Nepal are operated using small planes seating 15 to 20 people. There are only a few flights to each destination every day. During the busy trekking/tourist season these flights get full very fast. To improve your chances of getting on these flights it is best to confirm your trips as early as possible. The sooner we get trip confirmation, the better your chances.

### Nepal Tourist Visa

Nepal Visa is readily available on arrival at the International Airport in Kathmandu (or any other land entry points to Nepal). Single Entry Visa: US\$30 per visa (valid for 60 days)

Multiple Entry Visa: US\$80 per visa (valid for 150 days). Please bring exact change if possible.

2 passport photos will be required. (Nepal Visas are also available in all Nepalese Embassies and Consulates located in several countries and cities around the world.)

Information and Support

If you have any comments, questions or want more information, please let us know. We are here to support you with all information to help you prepare for your travels to the Himalayas.

### What are the trekking peaks?

The "Trekking Peaks" of Nepal gives hobby-climbers an opportunity to tackle a high Himalayan peak without having to organize a major expedition. Although these peaks are lower than their more famous cousins - the 8000 meter peaks - many of the climbs are no less demanding and adventurous in nature. These Trekking Peak climbing trips offer a chance to climb a Himalayan summit and, a taste of being in the 'white wilderness,' without burning a big home in your pocket! The Trekking Peak climbing trips we offer are run in the popular trekking areas with relatively easy access to the mountains. Most of these trips can be completed within a short period of time. For instance Naya Khang in the Langtang valley can be completed in less than twenty days with plenty of time allocated for acclimatization. If you have an urge to trek in some of the most beautiful places in Nepal, interact and make friends with the local people without having to sleep in a cold and lonely tent, Lodge Trekking is just the thing for you. Make sure you are with No Roads Expeditions and we will make sure that you have a memorable time without having to spend a small fortune.

Whereas on the Pisang & Chulu trip, you can 'bag' two summits in under one month with an itinerary that also takes you on the famous Annapurna Circuit trek. In the Everest region the popular peaks are Mera Peak in the remote Hinku Valley, Island Peak, Khongm-tse, and Lobuche peaks near the Everest Base Camp area. Though most of these climbs require little or no previous mountaineering experience, it is

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essential that participants are in excellent physical condition and have some outdoor background.

Knowledge of use of ice-axe, crampons and ropes will come in handy.

Before the actual climb begins we will teach you the basics of handling ropes and other climbing devices including safety considerations. All our climbing treks are guided by trained guides who are registered with the Nepal Mountaineering Association (NMA). Each of our climbing guides are local lads who are intimately familiar with the mountains and routes they guide on. Join one of our Trekking Peak climbing treks to experience the pains and joys of climbing in the high Himalayas - a privilege that once was reserved only for the fabled 'expedition climbers.