

NAMAS

ADVENTURE



LOBUCHE EAST PEAK 6119M & ISLAND PEAK 6189M /
EBC VIA GOKYO

LOBUCHE EAST PEAK 6119 M & ISLAND PEAK 6189M / EBC VIA GOKYO 25 DAYS

Type: Beginner/Intermediate level

Alpine grading/Difficulty: 2B

COST: \$4750 P/P

All inclusive. Book now, deposit : \$300 p/p required

Guaranteed departure. No extra hidden costs.

Please inquire about prices in your local currency. We accept payment in £/€/AUD

Best season for Expedition: April - May (Spring) - October - November (Autumn)
Groups: 2 - 8 max

LOBUCHE EAST PEAK OVERVIEW

Lobuche East Peak is one of the most popular 6,000+ m climbing peaks in Nepal. This 25 day expedition itinerary ensures you acclimatise gradually whilst trekking up the Khumbu Valley to Everest base camp and gradually progressing before reaching the summit of Lobuche East Peak. The peak is mostly used by Everest summit teams as one of the training peak before making attempting the summit.

ISLAND PEAK 6189M OVERVIEW

Island Peak is one of the most popular 6,000+ m climbing peaks in Nepal. The peak is actually an extension of the ridge coming down off the south end of Lhotse Shar. Imja Tse is a popular mountaineering objective for climbers in Nepal, with its standard climbing route having the difficulty rating of Alpine PD.

ITINERARY

Day 1 & 2 Arrival and Kathmandu (Equipment check, induction with Expedition leader)

Day 3 Lukla / Monjo 2800M (5 - 7 hours)

Day 4 & 5 Namche Bazaar/ Acclimatisation 3440M (3 hours acclimatisation trek, up-to 3375M)

Day 6 Namche / Dole 4080M (5 to 6 hours)

Day 7 Dole to Macahharmo 4400M (5 to 6 hours)

Day 8 Gokyo 4800 M (5 to 6 hours)

Day 9 Gokyo ri trek 5383 M (3 to 4 hours)

Day 10 Gokyo to Thanknag 4700 M (3 to 4 hours)

Day 11 Dzungla 4750M Via Cho-la-Pass 5363M (7 to 8 hours)

Day 12 Dzungla to Lobuche village or east base camp 4910 M (4 to 5 hours)

Day 13 Rest and training day

Day 14 Lobuche High camp 5600M (5 to 6 hours)

Day 15 Summit day 6118M / High camp or Lobuche village

(**Day 16** Contingency Summit day, incase of bad weather on day 15 to summit Lobuche east)

Day 16 Gorakshep / Everest Base Camp 5340M (7 to 8 hours)

Day 17 Kalapatthar 5545M / Dingboche 3600M (8 to 10 hours)

Day 18 Dingboche / Chukung 4730M (5 to 6 hours)

Day 19 Chukung / Island Peak base camp 5087M (3 to 4 hours)

Day 20 Ascend to Island peak summit 6189M / descent to Base camp 5087M (8 -10 hours)

Day 21 ISBC / Pangboche 3985M (5 - 7 hours)

Day 22 Pangboche / Namche Bazaar 3440M (5 - 6 hours)

Day 23 Namche Bazaar / Lukla 2800M (6 - 8 hours)

Day 24 Kathmandu (30 - 45 min flight)

Day 25 Departure

Included in the trip

- NMA Certified Sherpa Mountain Guide/assistants leaders
- \$300 Individual tip pool. * **Tip pool will be fairly distributed among all Namas staff members. (Guides, porters, drivers, hotel security and staffs). Guest may personally hand in extra tips to our guides and porters.**
- Namas Branded merchandise (Down Jacket, Cap, Buff)
- Arrival hotel in Kathmandu - 4* star hotels
- 1:2 NMA Certified Sherpa Guide
- 30 Kgs personal weight
- Tented accommodation/fooding during the climb
- All trekking/mountaineering permits (Khumbu Region Permit and TIMS)
- All internal-local transportation to and from the trekking trail head
- Breakfast, Lunch and Dinner on trek days. (one meal order)
- 1 Pot of Hot water every night
- Hydration tablets, frozen dried foods at BC and High camp
- Lodge accommodation during the trek
- Porter service
- Arrival pick up and departure
- Internal flights
- Basic First aid kit
- Welcome/Farewell leave Dinner

Not included

- Visas and travel insurance
- Entertainment and food (Kathmandu)
- Bottled drinks and beverages
- Evacuation (will be done in your account)
- Personal Tips
- Single supplement Charges
- Laundry, Phone services, Personal expenditure transactions
- Optional trips
- Tea breaks, chocolates or other snacks and any meals beside breakfast, lunch and dinner.
- Delay and cancellation because of natural phenomenon
- International flights to Kathmandu

Tips for our guides and porters.

Most of our guest give tips during the end of the trek/climb. Your booking payment already consist a tip pool of \$300. We will fairly distribute the tips among your drivers, assistant guides and porters. Guest also donates trekking equipments like jackets, trek poles, gloves or hats to porters which is greatly appreciated. Guest can also buy our porters dinner, during the final day of the trek for all their hard work and for making their trek possible.

+ Suggested Additional Summit Tips of \$300 Per Client

NAMAS Adventure

Why choose Namas Adventure team. (More on about us)

- Client safety is our primary focus and is implemented in all decision we make on our expeditions.
- We assemble best Sherpa, co-ordination and guiding team on all our expeditions.
- Use of highest quality gears and equipments on all treks and expeditions. (i.e. Tents, ropes, climbing gears, base camp essentials)
- Best experienced team to help you achieve your one of the greatest adventure.
- Creating a fun memorable experience and target successful summit on all our expeditions.

Namaste - " **Our soul recognises your soul** “

At Namas, core mission is to invoke sense of adventure, exploration and inspire human spirit through outdoor adventure activities.

Our Moto - Live Your Story

Namas Adventure is a premier adventure activity service provider specialising in hand picked adventure activities with trekking, motocross and expeditions to the peaks. We aim to provide the best adventure tours around the globe. What makes us different is also our commitment to responsible, ethical and sustainable tourism.

Our central aim is to help you attain your personal adventure/expeditions goals while experiencing the best of our planet, its unique cultures and environments. We aim to offer the highest quality adventure tours and expeditions at a great value while focusing on our primary goals: safety, success, and recreation. We hire only the best leaders and we don't cut corners on costs. Our adventures and expeditions strive to set the highest standards. We prioritize the wellbeing and safety of our teams, being responsible to the environments we operate in, respecting culture, contributing to local economies by employing regional partners and paying them higher than the industry standard or influencing higher pay when we feel the market has underpaid the working staffs and working in a self-sufficient and self-reliant way. We promote a sustainable/responsible approach to adventure travel by connecting people to the natural world and giving back to local communities. **(More on our about us website page)**

Live Your Story

ALPINE GRADING

1 or F: Easy These routes involve easy glacier travel and may require some rock scrambling. Except for the glacier sections, you can often climb rope less.

2 or PD: a little difficult. These routes involve some technical climbing sections and glaciers of higher difficulty. There may also be some short sections of steep terrain. They are good introductory climbs for beginners.

3 or AD : Fairly hard. These are physically demanding routes for experienced alpine climbers. They usually have steep and exposed climbing sections or snow/ice slopes over 50°. The descents are long and more complicated, and most of the route requires to be roped.

4 or D: Difficult. These routes involve sustained rock climbing, ice climbing or snow travel. They are considered a significant undertaking and demand a huge commitment.

5 or TD: Very difficult. Highly technical climbs that involve long distances, remote locations, and hard multi-pitch climbing sections. Besides, there are often other hazards like bad weather (extreme cold, strong winds) or poor protection on the routes.

6 or ED: Extremely difficult. These are extreme climbs (the most difficult in the world, actually!) with continuous difficulties. They take several days to be completed.

FITNESS GRADING

A - Fitness level to be able to enjoy multi day walks of 6-7 hours per day. Should be able to carry 5-8kg of weight during the activity days.

B - Good level of cardio-vascular fitness and strength fitness needed. Can train by running or cycling 30+ min 3/4 times a week combined with some gym session of endurance or lower body straightening. Should be able to carry 10kgs during the activity day.

C - High level of fitness level required both in strengthening and endurance fitness level. Should be able to carry 8 -12 kgs of load. Training or gym sessions are required to attain this level of fitness. Previous experience of multi-day hill walking is essential.

D - Exceptional level of all round fitness will be required to cope with the exceptionally strenuous nature of these expeditions. Experience is required to be able to take on tours of this physical grading.

E - Exceptional level of all round fitness coupled with ability to cope and resist in highest of the altitude. A resistance to extreme weather conditions over extended periods of time. Heavy loads over multiple days may need to be carried. Previous experience is highly crucial in order to prepare your body endure the high level of mental and physical toughness from both altitude and terrains.



GOKYO



LOBUCHE PEAK 6119M



ISLAND PEAK 6189M

Insurance

All our clients are required to have adequate insurance for their trip programs. When conducting research for insurance options, please look into the details of the policies covering the right requirements. Unexpected life events occur. Your travel plans might change due to illness while you are abroad or because of a family emergency even before you leave home. Our recommendation is that you protect your investment and welfare against these unexpected circumstances so you and your loved ones can prepare for your upcoming adventure with more peace of mind.

- **Cancellation or curtailment**
- **Helicopter rescue**
- **Repatriation**
- **The altitude that you are expected to attain**
- **Grade and Altitude of trek/climb/expedition**
- **Medical cover**

Namas Adventure X Global Rescue

Who Is Global Rescue?

Travel Protection, **Namas Adventure** partners with **Global Rescue** to offer the world's leading travel protection services. Medical and security emergencies happen. When they do, we rely on Global Rescue to provide our clients with medical, security, travel risk, and crisis response services. Without a membership, an emergency evacuation could cost over \$100,000. More than one million members trust Global Rescue to get them home safely when the unexpected happens. We highly recommend our clients enroll with Global Rescue. (*Insurance link - Click here*)

IMG Signature Travel Insurance

IMG Signature travel insurance is the perfect add-on to a Global Rescue membership, providing coverage against a variety of unforeseen expenses while you're traveling, giving you the added comfort of knowing the value of your trip is protected in case you need it.

TRAVEL INSURANCE LINK

Namas Adventure is a Global Rescue Safe Travel Partner.

Namas Adventure is committed to excellence in every aspect of your trip experience, especially when it comes to safety.

That's why we are a **Global Rescue Safe Travel Partner.**

Global Rescue is an industry leader, providing medical and security advisory and evacuation services to travelers around the world. Global Rescue offers field rescue from the point of your injury or illness. With operations centers staffed 24/7/365 by experienced personnel, when you call Global Rescue you speak to a real person on the first call to get you the help you need.

Purchase a Global Rescue membership for your next adventure and travel with peace of mind. Single trip, annual and family options are available – just ask us to learn more. [[Click here](#)]

Few other insurance provider which we recommend.

UK based clients

True Traveller: www.truetraveller.com Treks upto 4500M (Check Ultimate pack with Nepal trekking Box)

Austrian Alpine Club (UK) www.aacuk.org.uk (Expedition's mostly)

Snowcard: www.snowcard.co.uk

World Nomads: <https://www.worldnomads.co.uk/>

Dogtag: www.dogtag.co.uk

For non-UK based clients:

Ripcord: <http://www.ripcordrescuetravelinsurance.com/>

Travelex Ins. Services: www.travelexinsurance.com

True Traveller: www.truetraveller.com (Check Extreme pack or Ultimate pack with Nepal trekking Box)

Austrian Alpine Club (UK): www.aacuk.org.uk

These are some of the insurance companies that we trust but you are free to choose the one you have been using or trust during your travel. Please forward the details of your Insurance as soon as you have it: we need the insurance company's name, their 24 hour emergency telephone number and your insurance policy number – namas@namasadventure.com

Please be touch for your next high altitude expedition goal - namas@namasadventure.com

Expedition Fitness

When it comes to expedition the more fitter you are and more stronger the better your chances of successfully climbing to the summit and most of all enjoying the expedition. The grading system gives you an indication of the level required for each expedition both technically and physically. It is very important that you train and build your level of fitness depending on your choice of expedition and whilst on expedition if your fitness is deemed to be inadequate our leaders would ask you to remain at camp. Please discuss with our guiding leaders on how you feel and weather you can actually make that push during all climbing/expedition, as we take your and staff safety seriously and would not want any unchecked incidents or miss out on your successful summit bid.

Adventure Travel – Accuracy of Itinerary

It is on our best interest to operate our expeditions as printed in the itinerary but due to unseen circumstances it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. We would ask for your patience in this case as a lot of these can be out of our hands and we will best decide to plan alternatives.

Our assigned leader is responsible for the overall safety of the whole team during the expedition and will encourage the use of safe climbing practises during the expedition. They will ensure that every opportunity is taken to fulfil the objectives described in the trip's outline itinerary, but have the freedom to modify any plans subject to weather, delays or unforeseen circumstances which are deemed to be out of the control of Namas Adventure. The leader will maintain a good team spirit and attempt to keep morale high for the whole group. Wherever possible the leader will keep the Namas Adventure office informed of team progress and any emergency situations that may arise.



Namas Expedition leaders are experienced members of Nepal mountaineering associations. Local guides possess the detailed local knowledge we need to achieve our goals and support our teams. They do not guide in the same way as UIAGM/IMFGA Alpine Guides, but work in the more traditional sense as route finders and assistants to our expedition leader. We encourage our groups to work as teams, helping to support and trust each other throughout the duration of the expedition.

NEPAL MOUNTAINEERING ASSOCIATION

