

There are three itinerary options for Island Peak Mountaineering Instruction Course

- A. Self acclimatizing, and joining the course in the mountain village Zongala to Zongala . (6 days)**
- B. Guided trip from Kathmandu Kathmandu. (23 days)**
- C. Guided trip from Kathmandu- Kathmandu climbing both Island Peak and Lobuje Peak (28 days)**

Option 1. Zongala to Zongala cost \$ 950 .

Lobuje Peak 6119 m , 6 Days , **Spring** departures dates , cost and details.

Self acclimatizing, and joining the course in the mountain village of Zongala . Meet 2 pm our Climbing group and Team .
Lobuje Peak 6119 m / 6 Days – feb 11 – 16 / 17 – 22 / 23 – 28 March 1 to 6 / March 7 – 12 / Mar 13 – 18 / 19 – 24 / 25 – 30 / 31 -5
April /April 6 -11 / 12 – 17 / 18 – 23 / 24 – 29 / 30 – 5 May / May 6 – 11 / 12 – 17 / 18 – 23 / 24 – 29 / 30 – 4 / June 5 – 10 / 11 - 16 .

Details Itinerary what we cover on 6 Days

Day 1st Interdiction, fixing gear and some rope work (knot practice)

Day 2nd abseiling and jumpering on rock and demonstration about crevasse rescue.

Day 3rd training about walking in glacier and snow with crampons and main rope, and practice crevasse rescue and self rescue.
top rope Ice climbing and belay technique.

Day 4th pack your gear and after lunch move to base camp.

Day 5th summit and back to base camp.

Day 6 – EXTRA FLOATING DAY FOR THE WEATHER OR HELATH.

**For Climbing The Cost includes , Climbing Permit , all meal hot and cold drink , All Camping , Kitchen and all Climbing Equipments , Climbing instructor , Sherpa , Yak (Porter) and Kitchen Team .
Only Climbing Boot extra that you can hire at Namche and chukung also that will cost \$ 5 per day Max .**

Option 2 . Zongala to Zongala cost \$ 750 .

Lobuje Peak 6119 m , 4 Days , **Spring** departures dates , cost and details.

Self acclimatizing, and joining the Team and Group in the mountain village of Zongala .
Lobuje Peak 6119 m / 4 Days / Feb 13 – 16 / 19 – 22 / 25 – 28 March 3 – 6 / 9 – 12 / 15 – 18 / 21 – 24 / 27 – 30 / April 2 – 5 / 8 – 11 / 14 – 17 / 20 – 23 / 26 – 29 / May 2 – 5 / 8 – 11 / 14 – 17 / 20 – 23 / 26 – 29 / June 1 – 4 / 7 – 10 And 13 – 16 .

Details Itinerary for the 4 Days .

Day 1 -- Arrive Zongala around after 2 pm and join our Climbing Group and Climbing crew , check all climbing Equipment , we will provide you Tea , coffee , Snacks and dinner 7 PM rest .

Day 2 -- pack your gear and after lunch move to base camp.

Day 3 -- summit Island peak 6160 M and back to chukung .

Day 4 – EXTRA FLOATING DAY FOR THE WEATHER OR HELATH.

**For Climbing The Cost includes , Climbing Permit , all meal hot and cold drink , All Camping , Kitchen and all Climbing Equipments , Climbing instructor , Sherpa , Yak (Porter) and Kitchen Team .
Only Climbing Boot extra that you can hire at Namche and chukung also that will cost \$ 5 per day Max .**

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<http://www.youtube.com/user/equatorexpeditions>

<http://www.youtube.com/watch?v=SLIyoZwAXKM>