

Island Peak

Everything You Need To Know



Price Per Person
€4,799

OVERVIEW

Island Peak (Imja Tse, 6,189m) stands as one of Nepal's most celebrated trekking peaks, offering the perfect gateway to technical Himalayan mountaineering within an efficient 14-day expedition. This adventure combines the iconic **Everest trail** with genuine alpine climbing, providing an unforgettable high-altitude experience that balances cultural immersion with technical challenge. Your journey begins with a dramatic flight into Lukla, gateway to the **Khumbu Valley**, before following the legendary **Everest trail** through traditional Sherpa villages, ancient Buddhist monasteries, and breathtaking mountain vistas. As you trek beneath the towering faces of **Ama Dablam**, **Lhotse**, and **Everest** itself, your body naturally acclimatizes while you absorb the rich culture and spirituality of the Himalayan heartland.

The transition into the high **Imja Valley** marks the shift from trekking to mountaineering as **Island Peak Base Camp** comes into view. Technical training at Base Camp prepares you for summit day, where the climb presents a thrilling challenge involving glacier travel, fixed rope sections, and steep snow slopes leading to a spectacular ridgeline finish. While graded as moderate to difficult, the ascent demands confident crampon technique, rope work, and strong physical conditioning, with approximately 8 hours of daily activity throughout the expedition. The summit rewards climbers with one of the most panoramic viewpoints in the entire Himalaya, surrounded by giants of the **Khumbu region**.

Following your summit achievement, an exclusive helicopter departure directly from **Island Peak Base Camp** provides an extraordinary finale to your adventure. This scenic flight over the dramatic **Khumbu icefalls** returns you swiftly to **Lukla** for your onward journey to **Kathmandu**, eliminating several days of descent trekking and ensuring the entire expedition fits comfortably within 14 days. Led personally by **Jason Black**, K2 and Everest summiteer, with integrated medical support and small team dynamics, this expedition represents the ultimate Island Peak experience where technical skill meets strategic planning at **6,000 metres**.

TRIP FACTS



COUNTRY
Nepal



DURATION
14 days



GRADE
Moderate
Difficult



MAX ALTITUDE
6189 m
20305 ft



DAILY ACTIVITY
Approx
5-8 hrs



SEASON
Spring
& Autumn

DESTINATION

NEPAL

Nepal, home to the majestic Himalayas, offers an unparalleled adventure experience for travelers and mountaineers alike. Known for its breathtaking landscapes, rich cultural heritage, and iconic peaks, it's a paradise for those seeking both serenity and thrill. Among its countless trekking routes and climbs, the Island Peak expedition stands out as an ideal stepping stone for aspiring mountaineers. With expert guidance and views of legendary peaks like Ama Dablam and Lhotse, Nepal is the ultimate destination for those looking to explore nature's extremes and challenge themselves at altitude.

REQUIRED EXPERIENCE

It's crucial to prepare for the physical demands of hiking in low oxygen environments and carrying daily loads. Engage in stair master and incline treadmill workouts four days a week, starting with minimal weight and increasing over time. Complement this with a longer endurance session each week and incorporate weight training for your legs and core. Aim for 6 to 12 hours of training per week, progressively increasing weight and intensity. Consider a fitness test to tailor your training efficiently. We offer support to help you develop a personalized program that aligns with the specific challenges of the Island Peak trek.

ROUTE MAP – ISLAND PEAK



COST INCLUDES

- **DOMESTIC FLIGHT** : Ramachapp to Lukla and Lukla to Ramachapp
- **PRIVATE HELICOPTER** : Island Peak Basecamp to Lukla.
- **AIRPORT PICK-UP & DROP** : Airport – Hotel transfers
- **ACCOMMODATION IN KATHMANDU** : 3 nights hotel in Kathmandu (3-star category) on a shared room bed & breakfast basis. Single rooms are €80 extra per night.
- **WELCOME DINNER** : Team welcome dinner in Kathmandu.
- **PERMITS** : Expedition Royalty and permit of Nepal Mountaineering Association.
- **RUBBISH** : JBM removal fees.
- **STAFF INSURANCE** : Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and climbing.
- **MEMBER LUGGAGE** : Up to 15 Kg per member during the trek carried by the porter.
- **FOODS & LODGING** : 3 meals a day (B-L-D including tea and coffee) along with accessible accommodation at Hotel/Lodge/Tea house/Camp during the trek and the high camps.
- **PORTER** : 1 member: 1 Porter ratio.
- **BASE CAMP STAFF** : Experienced Base Camp Cook & kitchen team.
- **STAFF SALARY & ALLOWANCE** : All Nepalese staff & porter's daily wages, equipment, food, clothing & Insurance.
- **HIGH CAMP TENT** : Each member will have an individual tent in Base Camp.
- **SHERPA** : 2 : 1 Ratio
- **OXYGEN BOTTLE (O2)** : Oxygen will be in stock at base camp and on the climb in case of an emergency.
- **HIGH CAMP SERVICE** : Necessary cooking gas, cooking pot for a member, high altitude tent (sharing basis), high food for a member, all climbing and cooking crew. Group climbing gears, and fixed and dynamic rope during the climbing period as required.
- **MEDIC** : High altitude specialist and Emergency first responder on every expedition.
- **SUMMIT CERTIFICATE** : Island Peak summit certificate issued by Nepal Mountaineering Association

COST EXCLUDES

- **INTERNATIONAL FLIGHT**: from and to your home land.
- **NEPAL VISA FEES** : Nepali Visa fee \$50 per person for 30 days paid at airport on arrival.
- **LUNCH & DINNER** : Lunch & dinner during the stay in Kathmandu
- **EXTRA NIGHTS IN KATHMANDU** : Extra Accommodation per night €80 single €100 Double
- **INSURANCE** : Travel and 6000m high-altitude insurance, accident, helicopter evacuation.
- **PERSONAL EXPENSES** : Internet, battery recharge, hot shower, laundry etc
- **EQUIPMENT HIRE** : Boots, Crampons, Harness, Jumar, Belay plate, Cows tails, Ice Axe, Helmet – \$150
- **PORTER TIP** : \$150 per person
- **SHERPA SUMMIT BONUS** : \$200 per person

ESSENTIAL TRIP INFORMATION

- **Peak Altitude:** 6,189 meters (Island Peak / Imja Tse, Nepal)
 - **Total Duration:** 14 days from arrival to departure
 - **Expedition Grade:** Moderate to Difficult with technical climbing
 - **Daily Activity Level:** Approximately 8 hours of trekking and climbing
 - **Starting Point:** Flight from Kathmandu to Lukla, then trek through Khumbu Valley
 - **Route:** Everest Base Camp trail via Namche Bazaar, Tengboche, Dingboche, and Chukkung Valley to Island Peak Base Camp
 - **Acclimatization:** Gradual ascent following the classic Everest trail with rest days for altitude adaptation
 - **Summit Day:** Technical climb involving glacier travel, fixed ropes, and steep snow slopes from Base Camp to 6,189m peak
 - **Return Method:** Helicopter flight from Island Peak Base Camp to Lukla (included in expedition)
 - **Group Size:** Small, purpose-built teams with minimum 4 members for optimal safety and success
 - **Leadership:** Led personally by Jason Black (K2 and Everest summiteer) with integrated medical support
-

TRAVEL INSURANCE (MANDATORY)

Participants must carry travel insurance that covers hillwalking/scrambling (non-technical) up to 6200 m in Nepal, including trip interruption and medical cover.

Bring your policy details in the event required.

We recommend [True Traveler](#)

ITINERARY

Days	Itinerary
Day 1	Arrival in Kathmandu & Transfer to the Hotel
Day 2	Briefing, prepare permits, gear check
Day 3	Fly from Ramechaap – Lukla
Day 4	Trek to Namche Bazaar (3,440m)
Day 5	Acclimatisation at Namche Bazar (rest day)
Day 6	Trek from Namche Bazaar to Tengboche (3,870m)
Day 7	Trek from Tengboche to Dingboche (4,243m)
Day 8	Trek from Dingboche to Chhukung (4730m)
Day 9	Acclimatisation at Chhukung with pre climb training
Day 10	Hike to Island Peak Base Camp. (5,100m)
Day 11	High Camp to Island Peak Summit (6,189m) and Back to Basecamp
Day 12	Helicopter From Island Peak basecamp to Lukla
Day 13	Extra contingency day
Day 14	Airport transfer to return home.

PACKING LIST

Travel Documents

- ☐ Passport 6mts Valid
- ☐ Debit/Credit Cards
- ☐ Insurance Papers
- ☐ Photocopy of passport

Base Layers

- ☐ Merino Wool Underwear (4 pcs)
- ☐ Merino long sleeve base layer (1 pcs)
- ☐ Merino long pants base layer (1 pcs)
- ☐ Merino Short Sleeve T Shirt (2 pcs)

Mid Layers

- ☐ Tech Fleece (1pcs)
- ☐ Tech fleece with hood (1pcs)
- ☐ Hiking shorts (2pcs)
- ☐ Heavyweight Hiking Pants (1pcs)
- ☐ Lightweight Hiking Pants (2pcs)

Windproof/Rain Layers

- ☐ Hard Shell Jacket (1pcs)
- ☐ Hard Shell Pants (1pcs)

Insulation Layers

- ☐ 800+gram Goose Down Jacket with hood
- ☐ Insulated Pants
- ☐ Lite puffer jacket

Headwear

- ☐ Warm Hat (2pcs)
- ☐ Balaclava (1pcs)
- ☐ Baseball Cap (1pcs)
- ☐ Bandana or Buff (2pcs)

Eyewear

- ☐ Cat 4 Glacier Glasses
- ☐ UV Nose protector
- ☐ Ski Goggles

Gloves

- ☐ Lightweight Liner Gloves
- ☐ Shell Guide Glove with Insulated Liner
- ☐ 7000m Expedition Mitts

Footwear

- ☐ Liner Socks (2 pairs)
- ☐ Wool or Synthetic Socks (3 pairs)
- ☐ Double Skin Mountaineering Boots 6000 (Kailas /Lasportiva / Millet)
- ☐ Trekking Approach Shoes
- ☐ Refuge Shoes - crocs or sandals.
- ☐ Gaiters (optional)

Sleeping Equipment

- ☐ Sleeping Bag -20°C
- ☐ Inflatable Sleeping Pad
- ☐ Earplugs
- ☐ Inflatable Pillow

Mountaineering Gear

- ☐ Large 120ltr Duffel Bag
- ☐ Trekking Backpack 35L-50L
- ☐ Trekking poles (optional)
- ☐ Ice Axe (1pcs)
- ☐ Crampons
- ☐ Climbing Helmet
- ☐ Ascender/Jumar
- ☐ "Y" Rig for ascender & carabiner
- ☐ Accessory Cord: 9m of 6mm.
- ☐ Proper Climbing Harness
- ☐ Locking Carabineers (4pcs)
- ☐ Un-locking Carabineers (2pcs)
- ☐ Sling / 240 cm (1pcs)
- ☐ Belay/Rappel Device (2pcs)
- ☐ Headlight 500-700 Lumens (2pcs)

Additional Food Items

- ☐ Snack food
- ☐ Salty-sweet bars
- ☐ Summit gels
- ☐ Nuts
- ☐ Beef jerky

PACKING LIST

Travel Items

- ☐ Travel Clothes
- ☐ Cash
- ☐ Visa Card
- ☐ ATM card

Medical

- ☐ Personal First-aid kit
- ☐ Compeed blister packs
- ☐ Sutures & steri strips
- ☐ Ibuprofen
- ☐ Paracetamol
- ☐ 250mg Diamox 10 days
- ☐ Medicated throat lozenges
- ☐ Medicated throat spray
- ☐ Antibiotic Azithromycin 500mg
- ☐ Laxatives
- ☐ Imodium
- ☐ Mosquito repellent
- ☐ Menstrual products
- ☐ Electrolytes
- ☐ Nail cutter
- ☐ Duct tape - Repair Kit
- ☐ Hand & Feet chemical warmers

Toiletries (Personal)

- ☐ Toilet Paper
- ☐ Toothpaste & Toothbrush
- ☐ Bio Baby wipes (2pcs)
- ☐ Soap
- ☐ Shampoo
- ☐ Shaver
- ☐ Towel
- ☐ Small nail-brush
- ☐ Sunscreen: SPF 50
- ☐ Lip Screen: SPF 30
- ☐ Aftersun

Additional Items

- ☐ Compression Stuff Sacks
- ☐ Water Bottles 1- liter (2pcs)
- ☐ Pee Bottle 1- litre
- ☐ Female Urination Device (FUD)
- ☐ Knife or Multi-tool (optional)

Optional Electronics

- ☐ Country-appropriate power adapters
- ☐ Adventure Sports Watch
- ☐ [Sherpa 100AC Power Bank](#)
- ☐ Phone camera
- ☐ Batteries
- ☐ Charging leads

Additional Personal Items

(Add your own personal items here)

- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----

Training Plan

Here is our suggested 6000–7000m 12 week training program to climb Island Peak:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
1	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 – 1min Zone 2 – 1min	Trekking on the mountains
2	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 – 1min Zone 2 – 1min	Trekking on the mountains
3	Run 30 min Zone 2	Strength Training	Hill repeats: 7 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 – 1min Zone 2 – 1min	Trekking on the mountains
4	Run 35 min Zone 2	Strength Training	Hill repeats: 7 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 – 1min Zone 2 – 1min	Trekking on the mountains
5	Run 35 min Zone 2	Strength Training	Hill repeats: 8 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 – 1min Zone 2 – 1min	Trekking on the mountains
6	Run 40 min Zone 2	Strength Training	Hill repeats: 8 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 – 1min Zone 2 – 1min	Trekking on the mountains
7	Run 40 min Zone 2	Strength Training	Hill repeats: 10 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 – 90 sec Zone 2 – 1min	Trekking on the mountains
8	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 – 90 sec Zone 2 – 1min	Trekking on the mountains
9	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 – 90 sec Zone 2 – 1min	Trekking on the mountains
10	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 – 90 sec Zone 2 – 1min	Trekking on the mountains
11	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 – 90 sec Zone 2 – 1min	Trekking on the mountains
12	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 – 90 sec Zone 2 – 1min	Trekking on the mountains

Every training season must include 15min warm up and 15 to 20 min of cool down after training.

PASSPORTS, VISAS ENTRY REQUIREMENTS

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites.

Nepalese Visa fee is \$ 125 for 90 Days.

MEDICAL AND HEALTH INFORMATION

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

AIR POLLUTION

Air quality in Nepal can be poor, especially in winter. Some towns, including Kathmandu, experience very high levels of seasonal smog and heavy particulate pollution. Seek medical advice if you're concerned about the effects of air pollution.

FOOD AND DIETARY REQUIRMENTS

FOOD IN NEPAL

We know from experience that the altitude and physical exercise can mean trekker's appetites differ quite widely. The menus in the teahouses are varied, ranging from traditional Nepalese dhal bhat to pizza and apple pie. Vegetarians are well catered for in Nepal.

ALCOHOL & CAFFEINE

Alcohol and trekking don't mix. We highly recommend that you limit your alcohol consumption in Kathmandu prior to your trip. Celebrate your achievements after your trek. Both alcohol and caffeine increase dehydration. Limit your intake of both when hiking at high altitudes.

ACCOMODATION

Kathmandu Hotel, Mountain Teahouse, High Altitude Tenting

HOTEL

Our expedition is 3 star standard. Rooming is typically on a twin-share basis, pairing solo travellers with someone of the same gender as indicated on their passport. If your gender identity differs from your passport, please contact us to discuss rooming options. Single supplements are available on most trips for those who prefer their own room with an additional single supplement. Please advise us during booking.

TEAHOUSES

Accommodation at Local lodges, known as teahouses, are simple but comfortable. Toilets and washing facilities are shared, and the food is plain and filling. In a teahouse, travellers are provided with small twin share rooms with twin beds, mattresses and pillows. At times, in high seasons, and in places where there are limited number of teahouses, travellers may have to make do with dormitories. In some places, teahouses don't have access to electricity, depending on solar powered lighting instead. In more remote regions, teahouses don't have running water and toilets can mean just a hole in the ground. Hot shower facilities are available in some teahouses for a price but occasionally a hot shower means a bucket of hot water, enough to wash your body. Electricity to charge devices as well as WiFi is usually for an additional fee when available.

WiFi / CONNECTIVITY

Most hotels and cafes have WiFi in Kathmandu, or you have the option of buying a local SIM card for a data connection. In the mountains you can pay for WiFi in most lodges and higher up there is a network which allows you to connect.

A local Nepal SIM will not get you connectivity in the mountains.

You can pay to charge devices at the lodges and I would suggest you bring a power bank, but do keep all devices warm as cold will reduce your batteries.

To charge your phone you must bring a two pin round plug adaptor.

The output is 110V.

MOUNTAINEERING AT HIGH ALTITUDES

OVERVIEW

Our treks include strenuous activities at altitudes over 2500m and are suitable only for those in excellent health and fitness. With over 30 years of experience, we maintain a strong safety record. Proper training and preparation is crucial.

ALTITUDE SICKNESS (AMS)

Trekking above 2500m poses a risk of Acute Mountain Sickness (AMS), which can be life-threatening if untreated. Common symptoms include:

- Sleeplessness
- Loss of appetite
- Vivid dreams (2500–3800m)
- Shortness of breath
- Periodic breathing
- Blocked nose, dry cough, mild headache

If you experience nausea, dizziness, or other severe symptoms, inform your group leader immediately. Pre-existing conditions or medications may affect your ability to acclimatize. Consult your doctor before booking and discuss the use of Diamox for Acclimatisation.

SAFETY MEASURES

Our trips adhere to strict altitude safety measures, and our leaders are trained in First Aid. Descent will be arranged if continuing is deemed unsafe. Be aware that some ascents may exceed recommended rates, but our safety protocols ensure acceptable risks.

MEDICAL AND INSURANCE

Ensure your travel insurance covers high altitudes and helicopter evacuation. Carry proof of insurance for verification by your group leader.

MOSQUITO-BORNE ILLNESSES

Malaria, dengue fever, and Japanese encephalitis are risks in Nepal. Use insect repellent and wear appropriate protection, especially in areas like Chitwan National Park and Kathmandu.

MEDICAL FACILITIES

Medical care in Nepal is limited, with quality services available mainly in Kathmandu, requiring up-front payment. Ensure you have adequate health insurance and accessible funds for potential medical expenses, including evacuation.

For any concerns or further information, consult your medical professional prior to your trip.

TRANSPORT

LUKLA FLIGHTS

Flights going to and from Lukla may be operated out of Ramechhap Airport, in an effort to alleviate congestion at Kathmandu's Tribhuvan International Airport by the Civil Aviation Authority of Nepal. Lukla is the gateway port to the Everest region and flights throughout Nepal – particularly in high mountain areas – are often delayed or cancelled due to poor weather conditions. In order to maximise our chances of boarding a flight to Lukla, any departures affected will need to wake up quite early on Day 2 to drive the 130 kilometres (approximately 5-hours) from Kathmandu to Ramechhap Airport. A private vehicle transfers will be provided at no additional cost. In addition, flights back from Lukla may also land at Ramechhap Airport, therefore sufficient time is needed for land transport back to Kathmandu. Travellers have on occasion missed international connections as a result of this. Ensure you have adequate travel insurance and contact numbers for your airlines before departure.

LUGGAGE LIMITS

Domestic flights in Nepal have strict weight limits – 15kg of check-in luggage and 5kg of carry-on hand luggage per person is included with your flight ticket. Excess baggage (up to 5kg per person only) will be charged at your own expense.

ROAD TRAVEL

Roadworks and infrastructure projects can cause significant delays on major roads within cities and highways between destinations. Road travel can also be disrupted due to demonstrations and bandhs (strikes) without warning. Major roadworks are currently ongoing in and around Kathmandu and the roads to Chitwan National Park. Delays, heavy traffic, poor road conditions and dust are a reality of road travel in Nepal.

MONSOON

The monsoon season is from June to September and weather conditions can disrupt travel during this time due to flooding and landslides. Disruption of air travel and airport closures are also possible. Be prepared that the itinerary may need to change at short notice.

SAFETY

GENERAL SAFETY

Check your government's travel advice before departure and ensure your travel insurance covers all destinations and activities. Use a neck wallet or money belt for valuables, and leave jewelry at home. Many hotels offer safety deposit boxes. Secure your luggage with a lock.

GROUP ACTIVITIES

Your group leader will accompany you on included activities, but you'll have free time for personal pursuits. Optional activities are not part of the itinerary, so use good judgment when selecting them. The group leader can amend or cancel parts of the trip for safety reasons.

STRIKES AND DEMONSTRATIONS

Strikes and protests are common and can lead to curfews or roadblocks. Businesses may close, and vehicles might be restricted. Avoid demonstrations and political gatherings, and follow local advice.

MONEY MATTERS

CURRENCY AND MONEY MANAGEMENT IN NEPAL

- **Official Currency:** Nepali Rupee (NPR), symbol Rs. USD is also widely accepted.
- **ATMs:** Available only in Kathmandu, Pokhara, and Bhaktapur. Carry sufficient cash when traveling outside these cities.
- **Money Exchange Facilities:** Available in Kathmandu, Namche, Pokhara, Chitwan (outside the park), and Bhaktapur. Credit cards are not widely accepted.
- **Important Note:** The import, export, and use of 500 and 1000 Indian rupee notes are banned in Nepal. These notes will be confiscated, and you may be fined.
- **Currency Conditions:** Establishments in Asia, including Nepal, typically do not accept old, torn, or faded notes. Ensure you carry new, clean notes.
- **Trekking Preparation:** Ensure you have enough Nepali currency in smaller denominations for meals and drinks. Larger notes (e.g., 1000 NPR) can be difficult to change, and there are no ATMs on treks.
- **Blocked Currency:** Nepali Rupee cannot be exchanged outside Nepal. Exchange any leftover currency before leaving.

SPENDING MONEY AND CONTINGENCY FUNDS

- **Budgeting:** Consider your spending habits and budget for optional meals, drinks, shopping, activities, and laundry. Review the itinerary and inclusions to understand what is covered.
- **Contingency Funds:** Have access to an extra **\$500** for emergencies (e.g., severe weather, natural disasters, civil unrest) or unavoidable itinerary changes (e.g., transport strikes, airport closures).

Key Tips

- Carry sufficient cash outside main cities.
- Avoid 500 and 1000 Indian rupee notes.
- Use new, clean currency notes.
- Prepare enough small denomination NPR for treks.
- Exchange leftover NPR before leaving Nepal.
- Budget for optional expenses and have contingency funds.
- Tip appropriately for good service.

EXPEDITION GUIDE

All Expeditions to Island Peak are guided by Jason Black personally and all trips are supported our Jason black mountaineering high altitude group guide(s).

We aim to take the hassle out of your travels and to help you have the best trip possible.

Jason Black Mountaineering provides the services of one of the worlds leading high altitude expedition guide to give you the best chance of summit success and safety on the mountain. We will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects.

At Jason Black Mountaineering we aim to support guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group guide can recommend a local guide service in most of the main destinations of your trip.

COMMUNITY GUIDELINES

At Jason Black Mountaineering, we uphold a zero-tolerance policy towards violence, harassment (physical, verbal, or sexual), and disrespect towards fellow travelers, team members, or local communities. Group leader decisions are final for the wellbeing of all participants. Any behavior that disrupts the itinerary, breaks local laws, or violates these guidelines may lead to the denial of your booking or removal from the trip. For any concerns during your travels, contact your group leader immediately or email Jason@jasonblack.ie.

TRAVELLING ON A GROUP TRIP

Group trips offer unique pleasures and potential frustrations. Your group will likely be diverse in nationality and age. We ask for patience and understanding towards the varying needs and preferences of your fellow travelers. Timeliness and respect for group dynamics contribute significantly to a positive travel experience. Due to privacy reasons, we cannot provide contact details or personal information about fellow travelers before departure.

SOLO TRAVELLERS

Our travel style is ideal for solo travellers looking to meet like-minded people. Rooming is typically on a twin-share basis, pairing solo travellers with someone of the same gender as indicated on their passport. If your gender identity differs from your passport, please contact us to discuss rooming options. Single supplements are available on most trips for those who prefer their own room with an additional single supplement. Please advise us during booking.

DRESS CODE

In tourist areas of Kathmandu and Pokhara, dress codes are relaxed, but more conservative attire is expected in other parts of the country. Remove shoes before entering certain temples and holy places, and be aware that non-Hindus may not be permitted at some religious sites. Dress modestly, avoid causing offense, and consult your group leader or local representative if unsure about appropriate attire.

BOOKING & DEPOSITS

Our deposits are low with a percentage refund time policy to protect both parties. We are very flexible with final payment dates on a case by case basis (if required please contact us).

We want to reassure clients that any money which is paid to the company for a trip is kept in a client account and not touched until the trip is due to depart.

Cancellation of bookings must be notified to us by letter or email by the party leader as soon as possible. Your notice of cancellation will only be effective when it is received in writing by us.

Except as set out in paragraph 8 below, the following cancellation charges will be payable.

For more information about our refund terms, please visit [this link](#)

WHY JASON BLACK MOUNTAINEERING?

Jason Black Mountaineering is a boutique mountain guide service specialising in leading expeditions to climb the world's most famous peaks, notably "Mount Everest", "Amadablam" and all the worlds "Seven Summits".

As a part of our guided climbs, Jason Black Mountaineering provides the education and training for climbers who aspire to become self-sufficient, aware, and respectful of the local mountain culture, carers of the environment, and for whom safety is the number one priority in all climbing endeavours.

Our safety standard, mountain knowledge and adventure travel experience is exceptional. Our small group approach has huge advantages, including better guide to client ratio, reduced environmental impact and stronger team dynamic.

MORE INFORMATION

For trekking dates, and all the latest information about this expedition please visit:

[Island Peak Page](#)

FOLLOW US

