

# Island Peak

## Everything You Need To Know



## OVERVIEW

Imja Tse peak or also popularly known as Island Peak stands tall with a modest height of 6,189m. English Mountaineer Eric Shipton named it an Island Peak in 1953. He thought it resembles an island in a sea of ice seeing it from Dingboche.

With very few technical aspects, it is perfect bridge from trekking to mountaineering for beginners. Hence, it is one of the most popular choices among the 6000m.

K2 and Mt Everest summiteer Jason Black personally guides this expedition.

The expedition begins after landing at Lukla airport then trekking up to Namche Bazaar spending a couple of nights to acclimatise. The climbers acquaint themselves gradually while trekking up through the Kumbu valley, visiting the beautiful sherpa villages along the way.

Once arriving at Dingboche we have an extra day set aside to arrange your climbing gear rental and also to complete a mornings training on crampons and rope skills required for Island peak. Dingboche is a really important village and altitude for climbers to familiarise them-self with the climatic condition before actually pushing to the summit. While Island peak is classified as not a very difficult climb, it requires a very high level of fitness to be successful.

After reaching the top, you will be greeted to an exquisite view of Lhotse Shar, Makalu, Baruntse, and AmaDablam. Island peak was first ascended by Tenzing Norgay who was a part of the British Team preparing for the Everest Triumph. After reaching the summit, you descend via the main Everest Trail to Lukla Airport.

## TRIP FACTS



COUNTRY

Nepal



DURATION

17 days



GRADE

Moderate



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



## ESSENTIAL TRIP INFORMATION

- This expedition starts in Kathmandu on day one.
- Due to the demands of travelling at high altitudes a passenger self assessment form is required for this trip.
- A single supplement is available if you'd prefer not to share a room on this trip.
- You must bring an emergency fund of USD 500 in cash or Visa with you on this trip, which you may need to use in case of delayed or cancelled flights, as itinerary changes will be at the travellers expense.
- We advise allowing a few extra days in Kathmandu at the end of your trip should your return flights from Lukla be delayed due to weather conditions.
- The minimum age for this trip is 15 at time of travel.
- Your health and safety is our priority. Your expedition leader may delay or stop your ascent based on your medical conditions and AMS symptoms.
- Please ensure your insurance includes coverage for activities above 3000m, mountain rescue, and helicopter evacuation costs.
- Without adequate insurance cover, helicopter evacuation requires upfront payment
- Please be aware that in the event of an emergency evacuation, we will require your insurance companies approval for the paid extraction



## COST INCLUDES

- **DOMESTIC FLIGHT** Expedition start from lukla
- **AIRPORT PICK-UP & DROP** : Airport – Hotel transfers – Airport (Pick Up and Drop).
- **ACCOMMODATION IN KATHMANDU** : 3 nights hotel in Kathmandu (3 Star Category) on a bed & breakfast
- **WELCOME DINNER** : Jason Black mountaineering welcome team dinner in Kathmandu.
- **PERMITS** : All necessary paper works: Island Peak climbing Permit from NMA, Sagarmatha National Park entry permit, TIMS CARD & Pasang Lhamu Rural Municipality entry fee.
- **GARBAGE** : Expedition garbage fees.
- **STAFF INSURANCE** : Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and climbing.
- **CLIMBING STUFF TRANSPORTATION** : Necessary all equipment Transportation for all Members and Staffs from Kathmandu to Phaplu (by air cargo) and to Base camp (by Porters)– While returning: Base camp to Lukla (by porters) and Lukla to Kathmandu (by air cargo).
- **MEMBER LUGGAGE** : Up to 15 Kg per member for personal baggage during the trek carrying by porters.
- **FOODS & LODGING** : 3 Food 3 meals a day (BDL; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek.
- **DRINKS** : 2 liters of boiled water to carry on thermos per day per member.
- **PORTERS** : Porters (1 member: 1 Porter) during the trek.
- **CLIMBING SHERPA** : 1:2
- **CLIMBING SHERPA SALARY & ALLOWANCE** : Climbing Sherpa Salary, Equipment, Food, and Clothing.
- **STAFF SALARY & ALLOWANCE** : All Nepalese staff & porters' daily wages, salary, equipment, food & clothing.
- **OXYGEN BOTTLE (O2)** : Oxygen bottles will be in stock at base camp in case of an emergency (with appropriate charge).
- **HIGH CAMP SERVICE** : Necessary cooking gas, cooking pot for a member, high altitude tent (sharing basis), high food for a member, Sherpa, and climbing crews. Group climbing gears, and fixed and dynamic rope during the climbing period as required.
- **LIGHT** : Necessary light at all tents. \* if required.
- **MEDICAL KIT** : Comprehensive Medical kit.
- **SUMMIT CERTIFICATE** : Island Peak climbing certificate issued by Nepal Mountaineering Association (after climbing the Island Peak successfully).

---

## 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 \$70 single \$100 Double
  - **INSURANCE :** Travel and high-altitude insurance, accident, helicopter evacuation.
  - **PERSONAL EXPENSES :** Internet, battery recharge, hot shower, laundry
  - **EQUIPMENT HIRE :** Boots, Crampons, Harness - hardware, Helment - \$150
  - **PORTER TIP :** \$150 per person
  - **SHERPA SUMMIT BONUS :** \$200 (split between two climbers :1 sherpa ratio)
- 

## ADDITIONAL SERVICES

- Single hotel room supplements €30 per night
  - Extra hotel room €80 per night
  - Nepal - Helicopter transfers
    - Kathmandu - Lukla \$ 2500.00 (5 passangers)
    - Basecamp - Lukla \$ 1300.00 (5 passangers)
    - Basecamp - Kathmandu \$ 3500.00 (5 passangers)
- 

## TRAVEL INSURANCE (MANDATORY)

### TRAVEL INSURANCE (MANDATORY)

It is your responsibility to ensure that you have sufficient personal for this expedition.  
Your policy must provide cover for:

1. Medical injury or sickness
2. Mountaineering above 6,000 metres
3. Helicopter evacuation in an emergency situation
4. Repatriation to country of residence.

We recommend <https://partner.globalrescue.com/jasonblackmountaineering/index.html>



# ITINERARY

Days	Itinerary
Day 1	Arrival in Kathmandu & Transfer to the Hotel
Day 2	Fly from Ramechaap – Lukla
Day 3	Fly from Lukla to Phakding (2,800m)
Day 4	Trek from Phakding 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	Acclimatisation at Dingboche with pre climb training
Day 9	Trek from Dingboche to Basecamp
Day 10	Hike from Basecamp to Island Peak High Camp. (5,550m)
Day 11	High Camp to Island Peak Summit (6,189m) and Back to Basecamp
Day 12	Trek from Basecamp to Dingboche

## EXTRA OPTION 1:

Day 13	Helicopter to Lukla to meet early morning flight to Ramechhap and bus to Kathmandu. Heli extra price is \$300 pp
Day 14	Airport transfer to return home.

## EXTRA OPTION 2:

Day 13	Trek from Dingboche to Namche Bazaar
Day 14	Trek from Namche Bazaar to Lukla
Day 15	Domestic flight from lukla to Ramachhap and bus to Kathmandu. Please allow 2 extra days for poor weather flight delays out of lukla.
Day 16	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
- ☐ Duck 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 REQUIREMENTS

## 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.

---

# ACCOMMODATION

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.

## CAMP SERVICE

High Altitude - Members will share tents in high camps.

---

# 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.

## PETTY THEFT AND CRIME

Pickpocketing is common, especially in tourist areas. Be cautious at night, avoid walking alone, and don't carry large sums of cash. Use hotel safes for valuables. Bars and restaurants close at midnight. Increased police presence aims to reduce crime in tourist districts. Contact police if affected by crime.

# 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](mailto: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

