



## Mera and Island Peak Climbing

<b>Trip code</b>	
<b>Package name</b>	Mera and Island Peak Climbing
<b>Duration</b>	24
<b>Max. elevation</b>	6476 m
<b>Level</b>	MODERATE
<b>Transportation</b>	<p> Domestic flight (Kathmandu - Lukla - kathmandu)</p>
<b>Accommodation</b>	3***hotel, Lodge and Camping twin sharing bed basis during the trek and climbing session.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Lukla - Payain - pangom - Ramailo dada - Chatra Khola - Kothe - Thagnak - Khare - Mera High camp - Mera Summit - Kongma Ding - Seto pokhari - Amphu lapcha base camp - Amphu lapcha pass - Island Peak Base camp - Island Peak Summit - chhukung - tengbuche - Namche Bazar - Lukla - Kathmandu.
<b>Cost</b>	USD 3,640 per person

## Highlights

- o Climb two of the finest Treking Peaks in Khumbu region; Mera Peak and Island Peak
- o Crossing Amphu Labtsa Pass is a challenging and beautiful expereince
- o Trekking in the remote Hinku and Khumbu valley
- o Excellent Trekking and Climbing experience in the Himalaya of Nepal.
- o Enhance and test your mountaineering skills with this challenging expereicne
- o Well set up support and logistics at camps during the camping period
- o Trek and climb with our certified and experienced Sherpa Climbing Guides

## Overview

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**Mera Peak and Island Peak Climbing is an elite climbing adventure that takes you to the summit of two of Nepal's most popular trekking peaks. It is a challenging high-altitude journey that takes you across the dramatic river valleys in the Khumbu Region. Walk across thick jungles, picturesque Sherpa villages, rhododendron forests, and high suspension bridges. Traverse high mountain passes, glaciers, and stunning mountain lakes. To reach the twin summits, you navigate dangerous crevasses and climb steep ice walls. Enjoy close up views of 8000 and 7000-meter peaks.**

You begin your journey from Kathmandu with flight to Lukla, the 'Gateway to Everest.' You walk across the wild and uninhabited Hinku valley to Mera Peak Base Camp. This part of the trail lies off-the-beaten-path and trekkers rarely visit this area. Enjoy walking in solitude while taking in the pristine views of the forest and snow-covered peaks. You spend a night camping at Mera High Camp before making the final summit push to Mera Peak. The summit of Mera Peak is the highest point of your trip.

After your summit, you push ahead and cross the Hongu Valley. En route is the challenging and difficult crossing of Amphu Lapsa pass. This is one of the most dangerous mountain passes in the Himalayas. Technical climbing skills are required to cross this pass. Using fixed ropes, jumar and harness you climb up the ice shelves and cross the ridge. The steep descent over a rocky slope is challenging even for seasoned climbers.

Walking across the Imja Glacier, you reach the Island Peak Base Camp. Island Peak, which is locally known as Imja Tse, was named by Eric Shipton as it looks like a frozen island rising above the Imja Valley. From the base camp, we attempt to reach the summit of Island Peak via a straightforward route. There are crevasses en route where we use ladders to get across. The last section of the climb involves using a fixed rope to climb up an ice wall to reach the summit. Surrounded by the giants of the Himalayas, it feels awesome to stand on the top. It is a grueling but satisfying descent to Chukkung.

You return to Lukla via the Dudh Koshi valley. The stops at the Sherpa villages of Pangboche, Namche, and Lukla will give you an insight into the Sherpa lifestyle and culture. During your journey, you will be staying at teahouses and tented camps. While camping the local crew will prepare nutritious and healthy meals for you.

The best seasons for Mera and Island Peak Climbing 23 – 24 days are spring and autumn. The weather remains stable and clear most of the time during these seasons which makes climbing easy. It is also possible to take this trip during early winter if you are not very concerned about the extreme cold.

This is a challenging adventure which people with experience of high altitude trekking and hiking can do. A high degree of physical fitness and endurance level is a must. The previous climbing experience though not required, will be helpful. Novice climbers will be taught basic climbing skills at the pre-climb training camp. An experienced climbing and trekking crew led by a Sherpa climbing guide with more than two decades of experience will help you achieve your goal. Safety procedures will be strictly followed. All permits are included in the package.

## Mera Peak and Island Peak Climbing Permits and costs:

The most popular and stunning Mera Peak expedition is require special climbing permits and Trekking Permits before heading. There are various peak climbing permit costs on a seasonal basis. Spring is the high season which cost USD 250 and in autumn the (low season) cost is USD 125 per person and at least USD 100 need for insurance to Sherpa Guide. The trekking permits are TIMS, Local Gov fees, and National park free. Altogether the trekking permit cost is \$60 per person additional than peak permits.

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- Insurance for Sherpa Guide is USD100

## Trip Itinerary

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### **Day 1 : Arrive in Kathmandu (1,400m/4,593ft) and Transfer to hotel**

Upon your arrival at Tribhuvan International Airport in Kathmandu, a representative from our agency will welcome you and transfer you to your hotel. You can spend the rest of the day exploring the vibrant streets of Kathmandu or relaxing at your accommodation.

### **Day 2 : Trip preparation and sightseeing in Kathmandu**

After breakfast, you will embark on a guided tour of Kathmandu's UNESCO World Heritage Sites, including Pashupatinath Temple, Boudhanath Stupa, and Kathmandu Durbar Square. In the afternoon, you will meet your climbing guide for a briefing and equipment check. Any necessary gear can be rented or purchased in Kathmandu. He will share some important tips and inform you about the condition of the route. There will be a final gear and equipment check after the briefing.

### **Day 3 : Fly to Lukla and trek to Paiya (2,730m/8,956ft) - 25 min flight / 5 hrs walk**

An early morning flight from Kathmandu takes you to Lukla, the starting point of the trek. After meeting the rest of the trekking crew, you will begin your trek to Chutok, also known as Paiya. The trail descends through lush forests, crossing several suspension bridges over the Dudh Koshi River, before reaching Chutok for an overnight stay.

### **Day 4 : Trek to Panggom (2,846/9,337ft) 6-7 hours trek**

Leaving Chutok, you will ascend through a mix of forested trails and open landscapes, passing small settlements and terraced fields. The route provides glimpses of Mt. Everest, Makalu, and other peaks. You will reach Panggom, a traditional Sherpa village, where you will spend the night.

### **Day 5 : Trek to Ramailo Danda (3,276m/10,748ft) 5-6 hours trek**

Leave Panggom and make your way towards Ramailo Danda. It is an upward ascent through a pristine rhododendron forest to Pankongma La (3174m), a mountain pass. We cross the Dudh Koshi River Valley and walk into the Hingku Valley. En route, we savor breathtaking views of Numbur Himal, Kongde, and Manju Peak. We stop briefly at Ningsow for lunch. Afterward, trek up and down to Ramailo Danda. From here we get our first view of Mera Peak.

### **Day 6 : Trek to Chhatra Khola (2,800m/9,186ft) 4-5 hours trek**

There are no human settlements or villages en route and the trail is wild and challenging. The park is home to Snow leopard, Red panda, Himalayan Tahr, musk deer, and many rare species of birds and plants. We stop at a quiet spot and have our packed lunch. Climbing stone staircases and walking past rocky paths we finally arrive at Chhatra Khola, our stop for the night

### **Day 7 : Trek to Kothe (3,691m/12,109ft) 6-7 hours trek**

Following the course of the Hinku River, the trail leads you to Kothe. You will walk alongside beautiful rhododendron forests and traverse several bridges along the way. Kothe is a small settlement surrounded by stunning natural beauty, with the Hinku Valley opening up before you.

### **Day 8 : Trek to Thaknak (4,358m/14,297ft) 3-4 hours trek**

After Kothe, we reach the Upper Hinku valley where the treeline disappears. There are no villages en route only 'kharkas' the summer camps of yak herders dot the landscape. Walk past Gondishung and Lungsumgpa Gompa, a two-centuries-old Buddhist shrine. Lying underneath an enormous boulder, the local crew pay homage to deities burning incense.

En-route enjoy amazing views of Charpati Himal, Mera Peak, Kusum Kanguru, and Thamserku. After walking for about an hour we reach Thaknak, a summer camp of yak herders. Charpati Himal lies close to the teahouse and we can see the whole mountain.

### **Day 9 : Acclimatization day in Thaknak (4,358m/14,297ft)**

At the elevation of 4,358m asl, Tangnang is an expanding cluster of tea houses and an ideal place for acclimatization purposes. But not just its altitude, this village also offers a side-trip to Charpate Himal Glacier, which is great as well as essential for trekkers and climber in order to adapt as per the surroundings with lower oxygen density. We can observe the close view of Charpate Himal (6,770m) – a sacred mountain for the Sherpas community, close to the side of Mera north and other snow-capped mountains from here. Eventually, we'll move back to Tangnang.

### **Day 10 : Trek to Khare (5,045m/16,486ft) - 4 hours**

Today's walk involves an ascent to the Dig Glacier and the Charpati Tal, a mountain lake. With stunning views of the Kyeshar glacier, Mera Peak, and Charpati Himal we walk down to Dig Kharka. A tough crossing of the Hinku Nup and Shar glaciers brings us to Khare. Khare lies at the bottom of Mera Peak and is also known as Mera Peak Base Camp. We climb Mera Peak from here

### **Day 11 : Acclimatization Day in Khare and Pre-Climb Training**

Today you will spend your time acclimatizing and practicing your climbing moves at the pre-climb training camp. Our Sherpa climbing guides will teach you how to properly use climbing equipment like jumar, carabiner, belay device, ice axe, harness, etc. They will teach you the basic and safe techniques to scale an incline using a rope and harness.

This training is valuable and helpful if you are a novice climber. A final gear and equipment check will be followed by final packing for the summit push. Please keep in mind climbing boots of size 12 and greater are not readily available in Nepal. If your shoe size is 12 or 12 plus you need to bring it with you from your home country.

### **Day 12 : Trek to Mera High Camp (5,780m/18,958ft) 5-6 hours trek**

Take the steep and rocky path to Mera La. The three summits of Mera Peak – Mera North(6476m), Mera Central(6461m), and Mera South(6065m) – gleam invitingly. We will be climbing the summit of Mera Central. Crossing the Mera glacier we reach Mera Peak high camp. It is an easy hike up a slope with no technical climbing involved.

On reaching Mera High Camp, the crew serves us hot drinks. Enjoy views of five of the fourteen highest peaks in the world- Mount Everest (8848m), Lhotse (8516m), Makalu(8485m), Cho Oyu(8188m), and Kanchenjunga (8586m). Chamlang (7319m), Gaurishanker (7134m), and Baruntse (7129m) also appear close. A single sleeping tent will be given to each climber. Food will be

prepared by the local crew in a kitchen tent.

### **Day 13 : Summit Mera Peak (6,461m/21,1907ft) and trek to Kongma Dingma (4850m/ 15,912ft) - 10hrs**

At 2 AM we prepare for the final summit push. After breakfast, we head out and rope up. A man-rope will secure our group. Hike up the glacier in a single file. No technical climbing is required in this section. The thin air and cold are the only factors that make the ascent difficult. Above 5000 meters we struggle to breathe properly and taking a step forward takes a lot of effort.

The last 40-50 meters to the summit is the most challenging portion. It is a steep incline and fixed rope and jumars are used to climb to the summit. By 9 or 10 AM we reach the summit. Amazing views of Mount Everest (8848m), Makalu (8481m), Kanchenjunga (8586m), Cho Oyu (8201m), Lhotse(8516m), and other peaks surround us.

After spending 5 or 10 minutes savoring the victory and taking pictures we head down via the same route. We reach Mera High Camp have some refreshment. Later we hike down to make a quick descent to Mera – la. Then, we head east. Taking a downward trail we reach Kongma Dingma where we rest for the night.

### **Day 14 : Rest day at Kongma ding (4850m/ 15,912ft)**

An extra day to rewind, relax and recharge your energy for the crossing of Amphu Lapcha.

### **Day 15 : Trek to Seto Pokhari (5035m/16,520ft) - 5 hrs walk**

Leaving Kongma Dingma we walk past yak pastures and summer camps of yak herders. We proceed towards Seto Pokhari enjoying captivating views of Baruntse and Chamlang Himal.

### **Day 16 : Trek to Amphu Lapcha Base Camp South (5,650m/18,538ft) 5-6 hours trek**

Climbing up a snowy moraine we reach the beautiful Seto Pokhari, a glacial lake. Head to Amphu Lapcha Base Camp enjoying views of Mount Everest and lakes along the Hongu basin. A walk past the Hongu Pokhari above the Hongu valley brings us finally to the Amphu Lapcha Base Camp.

### **Day 17 : Cross Amphu Lapcha (5,845m/19,177 ft) and trek to Island Peak Base Camp 5,200m/17,061ft 9 hours trek**

After leaving the base camp you make your way across a snowy trail to Amphu Lapcha Pass. You are in the dramatic Upper Hongu Valley which is one of the wildest areas in the Everest Region. Cold, Harsh, and challenging, no human settlements are found at this place.

After walking for about 4 to 5 hours you arrive at the pass. The pass looks stunning but daunting. Covered with ice shelves and serac cliffs, it is a steep incline and you use fixed rope, jumar, and ice axe to ascend the pass. This is one of the most difficult sections of your trip. The top is a narrow

ridge filled with rocks. You get down using a fixed rope again. A walk through the Imja Glacier brings you to the Imja Tsho Lake in the Imja Valley. From here climb up a rocky moraine and head to Island peak Base Camp.

### **Day 18 : Rest day at Island Peak Base Camp (5,200m/17,061ft)**

The crossing of the Amphu Lapcha pass is grueling and leaves you exhausted. Rest and get your energy back. There will be checking of gear and equipment before the summit push. Have an early night for the big day tomorrow

### **Day 19 : Summit Island Peak (6,189m/20,306ft) and trek to Chukkung (4,730m/15,519ft) - 9 hrs Walk**

After breakfast, we carry your pack and head out at 1 AM. Our daypack consists of snacks, camera, packed lunch, water, and any memento we want to leave at the summit.

After ascending a rocky path you reach High Camp. Continue on a slope for about 3 hours to reach Crampon Point, the place where we put on our crampons as the trail becomes icy and snowy. We move ahead on a frozen trail in a group. From 5700m onwards the group will be secured by a man-rope. Walking on a narrow ridge brings us to the base of Imja Glacier. The sunrise over the Makalu, Ama Dablam, Baruntse, and Chamlang look stunning. As the slope is at an angle of 45 to 50 degrees the ascent is not that technical. The guides fix the ropes at the glacier.

As we near the summit Lhotse appears very close. Lhotse hides the summit of Everest, so Mount Everest is not visible from Island Peak. The climb up a vertical wall using fixed rope before reaching the summit is the toughest part. We ascend the anchor points and cross crevasses using ladders.

Holding on to the fixed rope and we walk along the ridgeline to the summit. The views are amazing. We have done it! At the summit, we take pictures and return via the same route. The descent is long and exhausting. We need to be extra careful as most of the accidents at Island Peak happen during descents. On reaching Base Camp we take rest and celebrate our victory. Later in the day, we hike down to Chukkung.

### **Day 20 : Trek to Tengbuche 3870m - 5 hrs walk**

After the hard couple of days over the two high hidden pass in between the massif peaks, our route from here leads to a pleasant walk on the downhill slope to Dingboche then Pangboche village. After two hours of easy walk brings us at Dingboche village. Dingboche is a beautiful patchwork of field enclosed by stone walls, protecting the crops of barley, buckwheat and potatoes from the cold winds and grazing animals. Dingboche has about more than ten teahouses and it is also the gateway to Chhukung and farther beyond for the most challenging traverses towards Makalu area and Hinko Valley. From Dingboche a gentle walk leads towards the Imjatse River with excellent views of Ama Dablam, Kangtenga and Tawoche peaks the trail leads to a small wooden bridge, from the bridge an easy walk to Pangboche village. Staying at over night here or option for heading to Tyangbuche.

### **Day 21 : Trek to Namche Bazar 3440m - 4 hrs walk**

Cross the Chukkung glacier and walk down to the Dudh Koshi River valley. Walk past Dingboche and descend to the Imja Khola(river). After crossing the river an upward trail brings you to the Sherpa village of Pangboche.

Leaving Pangboche you climb down a path filled with amazing alpine scenery and views of Ama Dablam. Cross the village of Debuche and arrive at the small settlement of Tengboche. Spend some time exploring the village and visit the magnificent Tengboche Monastery. This is the oldest and the most important monastery in the Khumbu Region. Later take the trail to Namche. After you arrive in Namche you can enjoy a hot shower and a good meal of your choice.

### **Day 22 : Trek to Lukla (2,800m/9,187ft) 6-7 hours trek**

Crossing the metal bridges covered with prayer flags and pine forests you descend to Lukla. Walk past the village of Monjo and the gate of the Sagarmatha National Park. An easy descent via the village of Phakding brings you once again to Lukla. Celebrations follow and you spend a joyous evening with the local crew celebrating your achievement.

### **Day 23 : Fly to Kathmandu (1,400m/4,593ft) - 25 min flight**

Bid goodbye to the mountains and fly to Kathmandu. Once you reach Kathmandu, check-in at your hotel and take a rest. Evening or late afternoon you can explore Thamel by yourself and shop for souvenirs.

### **Day 24 : Departure to Homeland**

It's time to bid farewell to the enchanting land of Nepal. You will be transferred to Tribhuvan International Airport for your departure flight. Depart with incredible memories and a sense of accomplishment from your Mera and Island Peak climbing expedition.

## **Inclusions**

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### **What is included?**

Arrival and departure transfer services for Airport – Hotel – airport.

Domestic flight ( Kathmandu - Lukla - Kathmandu )

Hotel accommodation in Kathmandu including breakfast.

Trekking Lodge/teahouse and tented accommodation during trekking and climbing session

Professional Trekking Guide and 2 guests 1 Trekking Porter

Very Professional Climbing Guide and Crews

Trekking staff foods, accommodations, salary, insurance

All Meal ( Lunch , Dinner and Breakfast ) & 3 tea/coffee every single day during the Trek and Climbing.

Trekking Permits & Climbing Permit

Assistant Cook and Transportation: Trekking assistant cook and necessary kitchen helper on the basis of Member and they carry of camping equipment and tent from Khare,



Camping Equipment Utensils: EPI Gus, Gas stove or fuel stove for cooking, fuel or Kerosene oil, cooking pots, mattress, walkie talkie (talkback) etc.

Staff salary and allowance: climbing staffs and porters daily:  
wages/equipment/food/clothing/insurance

High Altitude Tents: North FaceDome Tent Space for two pax. Wall/cabin tent for dining and kitchen, etc.

High Camp Lodging & Foodservice: chocolate and Three Meals (Breakfast, Lunch and dinner) a day for members and staff.

Drinks and Beverages for climbing: Tea with cookies and hot drinking water during the climbing period and Hot Washing water in case required.

Fixing Gear: fix rope, main rope, snow bar, ice crew, rock pitons as well as Heli Rescue/charter Arrangement.

## What isn't included?

Lunch and Dinner during your stay in Kathmandu (except Breakfast ).

Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, health bars.

Items of personal nature - laundry expenses, tips.

Rescues, repatriation, medicines, medical tests, and hospitalization expenses.

Medical insurance and emergency rescue evacuation if required.

Travel insurance and helicopter rescue.

Airfare of international flights.

Nepal entry visa fee (easy to obtain the visa on arrival at Tribhuvan International Airport – Kathmandu). \$25 USD for 15-day visa.

Personal climbing gear.

Tips, gifts, souvenirs.

Tips for the guide, porter, and driver (tipping is expected)

## Complimentary