



## Mera Peak 6,476m, Amphu Lapcha 5,845m and Island Peak 6,189m



### Introduction

#### Overview:

Mount Mera Peak, Amphu Lapcha and Island Peak in Khumbu: This two trekking peaks and high remote pass is one of the most popular among other Nepal's trekking peaks and passes in Nepal.

**Mera Peak:** Mount Mera Peak is a beautiful trekking peak in the Everest and Makalu borderline of Nepal standing at an altitude of 6,476m (21,247 ft). A mountain in the Mahalangur section, Barun sub-section of the Himalaya and administratively in Nepal's Sagarmatha Zone, Solukhumbu District. At 6,476 metres it is classified as a trekking peak. It contains three main summits: Mera North, 6,476 Mera central, 6,461m and Mera South, 6,065 as well as breathtaking views of Everest, Lhotse, Makalu, Cho Oyu, Kanchenjunga and many other great summits of 6-7000m ranging mountains.

**Amphu Lapcha La Pass:** One of the most beautiful, technically difficult and challenging trekking Himalayas pass in between Everest and hunkhu region, Situated on the top of upper Hunku valley. The crossing of the pass requires the use of technical climbing equipments and trekkers must be skilled in the use of this and be prepared. The trail will follow crossing Amphu Lapcha down to Everest classic route to Chukung but you'll head towards the Island Peak BC for another beautiful ascend.

**Island (Imja Tse) Peak:** Is a mountain in Sagarmatha National Park of the Himalayas of eastern Nepal. The peak was

named Island Peak in 1953 by members of the British Mount Everest expedition because it appears as an island in a sea of ice when viewed from Dingboche. And it is one of the most common trekking peak in Nepal. Climb this peak is not very difficult especially after Mera and Amphu Lapcha. But technical enough to climb. Basic technique and information of mountaineering (such as using crampons on boots, using climbing ropes, ice axe, harness, carabiners, Descender device etc ) is required to plan this trip. So you should have basic knowledge about this. After the joyful climb, you will get into the sherpa towns to taste the beers and fresh foods and hot showers;).

### Condition:

Technically, Mera peak is non technical peak that anyone can climb if they have some knowledge of the previous climbing. Although it's easy, you must have your own climbing gears that you are used to before, especially alpine or plastic boots, crampons and harness which should fit perfect to you.

### Facts

- Altitude: 6461<
- Duration: 22 days
- Grade: Moderate to Xtreme
- Group: 2 - 15
- Country: Nepal
- Best Season: Spring/Autumn
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Tea houses and tents
- Transportation: Tourist Car/ van/domestic flight

### Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Preparation and Visits historical monuments. Included meals: Breakfast Dinner
- **Day 3** : Kathmandu- Lukla 2,800m - Chhuthenga 3,474m. Included meals: Breakfast Lunch Dinner
- **Day 4** : Chutanga – Kharkateng 3,750m. 2-3 Hours trek. Included meals: Breakfast Lunch Dinner
- **Day 5** : Kharktang – Chhatra buk 4,350m. 4-5 hours. Included meals: Breakfast Lunch Dinner
- **Day 6** : Chhatra buk – Kothe 3,600m. 5-6 hours. Included meals: Breakfast Lunch Dinner
- **Day 7** : Khotey- Thagnak 4,300m. 3-4 hours. Included meals: Breakfast Lunch Dinner
- **Day 8** : Acclimatization day in Thagnak. Included meals: Breakfast Lunch Dinner
- **Day 9** : Thagnak- Khare 4,900m. 3-4 hours. Included meals: Breakfast Lunch Dinner
- **Day 10** : Acclimatization and final preparation for the Mera Peak ascend. Included meals: Breakfast Lunch Dinner
- **Day 11** : Khare- Mera La 5,300m. 3-4 hours. Included meals: Breakfast Lunch Dinner
- **Day 12** : Mera La- High Camp 5,800m. 3-4 hours. Included meals: Breakfast Lunch Dinner
- **Day 13** : High Camp- Summit 6,462m. Chhukungma Dingma 4,740m. 7-8 hours. Included meals: Breakfast Lunch Dinner
- **Day 14** : Khongmadingma-Seto Pokhari 5,000m. Included meals: Breakfast Lunch Dinner
- **Day 15** : Seto Pokhari-Panch Pokhari, 5,400m. Included meals: Breakfast Lunch Dinner
- **Day 16** : Panch Pokhari-Island Peak BC, 5,200m. Included meals: Breakfast Lunch Dinner
- **Day 17** : Island Peak Base Camp to High Camp [5,600m/18,372ft]: 2-3 hours. Included meals: Breakfast Lunch Dinner
- **Day 18** : High camp-summit Island Peak-Base camp : 8-9 hours. Included meals: Breakfast Lunch Dinner
- **Day 19** : Reserve Day for Contingency. Included meals: Breakfast Lunch Dinner
- **Day 20** : Chhukung to Namche Bazar: 7-8 hours. Included meals: Breakfast Lunch Dinner
- **Day 21** : Namche Bazaar to Lukla: 6-7 hours. Included meals: Breakfast Lunch Dinner
- **Day 22** : Fly back- Lukla to Kathmandu and transfer to Hotel. Included meals: Breakfast Dinner
- **Day 23** : Final Departure

**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

### Cost Includes

## Full Board Service Includes

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- High quality Tent VE-25 North Face tented accommodation during the climb
- All meals (breakfast, lunch and dinner) during the trek and climb
- All ground transportation on a comfortable private vehicle as per the itinerary
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- Highly experienced English speaking, trekking guide(leader), climbing guide (leader Everest Summitter) and assistant guides
- Thuraya SAT Phone (For emergency use only)
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- All necessary paperwork; trekking permits and Mera Peak climbing permit
- Required necessary High quality tents and kitchen utensils for camping
- Medical kit (carried by your guide)
- All government and local taxes
- Welcome and farewell dinners

## Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

## Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our website as that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit for mountain will be different during Spring and Autumn season. Normally most of the climbers climb Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
- 6.

Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.

7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in \_\_\_\_\_ or login to \_\_\_\_\_ for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Nepalese visa fee
- International airfare
- Excess baggage charges (if you have more than 15 kg of luggage, a cargo charge is around \$1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Altitude chamber (PAC) or oxygen
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Personal climbing equipment
- Personal climbing guide if requested
- Optional trips and sightseeing if extended
- Travel and rescue insurance
- Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guides and porters

