



## **Mera Peak 6,416m. Climbing and Amphu Lapcha 5,845m**



### **Introduction**

Amphu lapcha pass trekking via Mera peak climbing (Mera Peak 6,461m), is the most popular and highest trekking peak in Nepal at Khumbu Valley. an exciting and scenically stunning mountain, Situated on the edge of famous Khumbu Region and dominated by Mt. Everest, Climbing Mera Peak is an opportunity to all the adventure seekers.

Amphu lapcha pass trekking via Mera peak climbing is one of the most challenging adventurous pass climbings and trekking through the tranquil route of Everest, It is suitable for those who seek the adventurous and challenging trekking trail in the tranquil and undamaged Himalayan region. Makalu trek region to Khumbu region the trek to Amphu Lapcha 5,845 m (19,177 ft) passes through wilder upper Hongu Valley. Which is to be passes technically to reached the other side of pass to Chukkung. The crossing of the pas required the knowledge of safety and strong physical fitness a well use of technical climbing equipment's. On the altitude of 5,845 m which is the remote and less crowded tourist area of Khumbu/Makalu region. In this trek you see the excellent view of the Mt. Makalu (8463m.), Mt Everest (8,848m.), Mt. Lhotse 8,416m, Mt. Pumori 7,161m, Mt. Amadablam 6,816m, Mt. Nuptse 7,868m, Mt. Baruntse 7,129m and Kanchenjunga 8,586m etc. This trekking region is protected by Makalu Barun National Park. In this trek, trekkers can explore the varieties of flora and fauna, culture of the ethnic people.

### **Facts**

- Altitude: 6654m<

- Duration: 20 days
- Grade: Strenuous
- Group: 2-15
- Country: Nepal
- Start/Ends: Lukla 35 minutes fly from Kathmandu

## Highlights

- Trek and climb on the hidden areas of Everest and Khumbu region around pristine Inkhu valley'
- Amphu Lapcha Pass 5,845m. (one of the most challenging high passes in Khumbu region. It requires technically enhanced and experienced trekker to complete the trail. The trek to Amphu Lapcha Pass is through upper Hongu valley.
- Trek and Climb of stunning Mera Peak within high hidden valley of Khumbu and Everest region
- Exploring high altitude Sherpa villages enriched with ancient culture of Buddhist religion
- Walking into lovely woodland of tall rhododendron-magnolia-firs-pines and junipers trees
- Adventure in complete wilderness away from main flow of trekkers within high mountains
- Scenic short flight both ways from Kathmandu and Lukla with awesome mountain panorama

## Itinerary

- **Day 1 :** Arrive at Tribhuvan International Airport (KTM) Kathmandu: Arrival in Kathmandu [1300 m/4264 ft] Arrive at any time, Xtreme Climbers vehicle and represent we'll pick you up from Tribhuvan International Airport and take you to the hotel. Your included activities consist of refreshments, introduction to your guide, as well as an introduction on The Trek. Meal includes:Breakfast/Dinner
- **Day 2 :** Fly to Lukla (2804 m) and trek to Chutok (2800 m). Included meals:Breakfast Lunch Dinner
- **Day 3 :** Trek to Zatrabok (4600 m) via Zatravala Pass (4704 m). Included meals:Breakfast Lunch Dinner
- **Day 4 :** Trek to Kothe (3600 m). Included meals:Breakfast Lunch Dinner
- **Day 5 :** Trek to Tangnang (4356 m). Included meals:Breakfast Lunch Dinner
- **Day 6 :** Acclimatization day at Tangnang. Included meals:Breakfast Lunch Dinner.
- **Day 7 :** Trek to Khare (5045 m). Included meals:Breakfast Lunch Dinner
- **Day 8 :** Acclimatization at Khare. Included meals:Breakfast Lunch Dinner
- **Day 9 :** Trek to Mera La (5415 m) and Base Camp (4800 m). Included meals:Breakfast Lunch Dinner
- **Day 10 :** Trek to High Camp (5200 m). Included meals:Breakfast Lunch Dinner
- **Day 11 :** Climb to Mera Peak (6461 m) & return to Khare (4900 m). Included meals:Breakfast Lunch Dinner
- **Day 12 :** Kongma Dingma: Yes! Included meals:Breakfast Lunch Dinner
- **Day 13 :** Kongma Dingma to Seto Pokhari (5150m/16519 ft): 5-6 hours. Included meals:Breakfast Lunch Dinner
- **Day 14 :** Seto Pokhari to Amphu Lapcha Base Camp (South) (5,650m/18,536 ft): 5-6 hours. Included meals:Breakfast Lunch Dinner
- **Day 15 :** Amphu Lapcha Base Camp to Chhukung (4730m/15,580 ft): 9-10 hours. Included meals:Breakfast Lunch Dinner
- **Day 16 :** Chhukung to Phortse or Namche Bazaar (3,438m/11,280 ft): 5-6 hours. Included meals:Breakfast Lunch Dinner
- **Day 17 :** Phortse or Namche Bazaar to Monjo or Phakding (2,800m/9,184ft): 6-7 hours. Included meals:Breakfast Lunch Dinner
- **Day 18 :** Monjo or Phakding to Lukla. Included meals:Breakfast Lunch Dinner
- **Day 19 :** Fly back to Kathmandu Included meals:Breakfast Dinner
- **Day 20 :** Final Departure, Your adventure in Nepal comes to an end today! There is nothing to do but trade emails with your travel companions and organize your photos. A representative from Xtreme Climbers will take you to the airport, approximately 3 hours before your scheduled flight. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal. Included meals:Breakfast

**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 VE-25 North Face Tented accommodation during the climb and Camp.
- Entire necessary required high quality tents and kitchen equipments for B.C
- 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)
- English speaking, trained and experienced trekking guide(leader), climbing guide (Everest Summitter leader) and assistant guides as per required.
- 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
- Thuraya SAT Phone (For emergency use only, carried by Guide for communication and available for members with the cost of US\$ 5 per minute call.)
- Radio Walkie Talkie
- Medical kit
- All government and local taxes
- Well Come /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 members that due to the following reasons mentioned below we have not included the cost of each package in the complete website.

1. Climbing season: The climbing permit for mountain will be different during Spring and Autumn season. Normally most of the climbers climb during 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 to and from Kathmandu
- Excess baggage charges (if you have more than 15 kg luggage, 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)
- Travel and rescue insurance
- Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Personal climbing equipment
- Personal climbing guide if requested
- Optional trips and sightseeing if extended
- Tips for guides and porters
- Services not listed in the 'What is included' section

