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Mera Peak Climbing and Amphu Lapcha Pass Trek - 19 Days

Climbing Mera peak (6,476m), the tallest trekking peak in Nepal with Amphu Laptsa Pass is a 20 day trekking and climbing adventure that offers a once-in-a-lifetime adventure and leads you to one of the least visited trails in the Everest region. Standing at Mera peak, climbers get simply splendid views of five of the top ten world's highest 8,000m mountains on earth-Everest, Lhotse, Cho-Oyu, Makalu, and Kanchenjunga and crossing the high spectacular as well as challenging Amphu Laptsa Pass in the Himalayas -an extremely varied mountain adventure experience. It is the best journey for those who have previous high-altitude trekking experiences such as Everest Base Camp, Manaslu Circuit, Annapurna Base Camp, and so on.

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Mera Peak is the highest permitted trekking peak in Nepal and it was first successfully climbed by J.O.M Roberts and Sen Tenzing in 1953. Climbing Mera Peak is not that technical and includes a straightforward way. Moreover, adding on this peak with Amphu Laptsa Pass makes a trip the most impressive, more exciting, physically demanding, and highly rewarding lifetime experience.

As a non-technical peak, Mera Peak is for those first-time as well as experienced fit trekkers who taunt as well as desire to dream of standing on a Himalayan summit to glory the success of a remarkable once-in-a-lifetime experience. It will be a combined experience; trekking, hiking, climbing, and expedition together.

Trekking Route

A 19 days adventure to Mera Peak and Amphu Laptsa begins with a short yet scenic flight to Lukla from Kathmandu. It is a just 35-minute flight to Lukla from Kathmandu. After that, we walk following less-trodden trails through beautiful forested hillsides and remote sections of the Hinku Valley to reach Chhutang.

From here, we will follow the trail that gradually ascends and steepens as we head towards the crossing of Zatrawala Pass at 4600 meters. Upon reaching the top of the pass you will be rewarded with magnificent views of Numbar Himal, Kongdi Ri, Karyolang Peak, and several other magnificent peaks. At the end of the day, we reach Thuli Kharka and spend our second night of the trek there.

On a subsequent day, we hike to Kothe, one of the popular stops. Now, we are in Hinku Valley and will cross the Hinku River time and again to reach our destination. The next day, we trek to Tangnang for an overnight stay. From here, we walk to Khare, following the moraine of Dig Glacier towards Dig Kharka where plenty of awesome views of surrounding peaks.

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On the Way Amphu Lapts...

In Khare, we will have an acclimatization day. It is the day for practicing climbing techniques and using the gears appropriately as well. Taking part in our climbing training course relating to various aspects of climbing techniques and

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skills, glacier travel, rope fixing, ascending, and descending before the summit push helps us to get the necessary climbing skills and confidence to scale the summit successfully.

From here, we begin our climbing journey and reach the top of Mera Peak. After a successful climb, we hike back to Kongma Dingma (4850m). From here we set another journey for Amphu Laptsa. Our other camp will be at Seto Pokhari. The next day, we hike to Amphu Laptsa Base Camp. From here, we will walk to crossing Amphu Laptsa and will descend to Chhukung village for an overnight stay. In the next two days' trek, we will reach Lukla to end our trekking adventure. From Lukla, we fly to Kathmandu and end our entire adventure.

All in all, we follow the route of Kathmandu – Lukla – Chutanga – Thuli Kharka – Kothe – Tagnag – Khare -Mera Peak High Camp – Mera Summit – Konga Dingma – Seto Pokhari – Amphu Laptse Base Camp –Amphu Laptse Pass – Chhukung – Namche – Bazaar – Lukla – Kathmandu

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PRICE INCLUDES

Transportation

- Private vehicle for transfers as per in itinerary; airport pickup & drop, sightseeing
- Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes

Accommodation and Food

- 4 nights in Kathmandu in a 3-star category hotel [Twin Sharing] while in Kathmandu
- 8 nights in the best available teahouses/local lodges [Twin Sharing] during the trek
- 5 nights in a tented camp [Twin Sharing] during the climb
- All standard meals [Breakfast, Lunch, and Dinner] during the trek and climbing
- Available seasonal fruits throughout the trek/climb
- Breakfast at a hotel in Kathmandu
- Farewell Dinner in Kathmandu

Staff

- A Government licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- A porter for two trekkers/ climbers ratio including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment
- A Government licensed English-speaking climbing guide including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.

Permits and Tariffs

- Makalu Barun National Park Entry Permit
- Mera Peak Climbing Permit and Taxes
- All other government, local taxes, and official expenses

Extra

- A Gortex Duffle bag [100% waterproof] to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)

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- Mera Peak Climbing trekking map and Outward Adventure t-shirt
- Outward Adventure Appreciation Certificate after the successful climb
- A first aid medicine bag in each group

PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, 01 USD per KG extra, can pay directly to the airline.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides, drivers and porters (Tips are appreciated)

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ITINERARY IN DETAIL

Day 1: Kathmandu (1,338m/4,390ft) Arrival

Welcome to this Himalayan Kingdom of Nepal. The journey to Nepal always makes your experience irreplaceable like doing the adventurous journey with the astonishing sceneries of snow-clad peaks just beneath your flight.

Once you complete your custom formalities and visa processing etc at Tribhuvan International Airport, you will see Outward Adventure Treks representative member displaying your name on the company signboard at the exit airport terminal. Then you will be welcomed, greeted, and escorted to the hotel via a private car in the Thamel.

Thamel is a flawlessly amusing place in the heart of Kathmandu Valley. It is a captivating area of good restaurants, shops, bars, hotels, banks, souvenir places, and many more. After checking in at the hotel, later on, in the evening, there will be a meeting and trip briefing for your upcoming trekking and expedition. Your climbing leader will suggest to you if there is any gear needed to buy which you can buy in the nearby shops.

Then you are free to settle in and ramble around the vibrant surroundings. Our office staffs are on hand to provide any assistance like exchanging money or buying any gear, clothing, etc.

Day 2: Kathmandu: Sightseeing and Trek Preparation

It is our exploration day. After breakfast, our program is to explore Kathmandu Valley and its major religious, cultural, and historical World Heritage Sites. One of the tour leaders from Outward Adventure will take us to Swyambhunath, an antique religious shrine (Stupa) at the top of a hill nearby your hotel at Thamel.

Then we will move towards Patan Durbar Square, one of the historical Durbar periphery situated in the Lalitpur district, one of the three districts of Kathmandu Valley. It offers beautiful temples and surroundings, historic Durbar Palace, yards, arts and architecture (both wooden and metal), historical stone taps, and so on.

The successive journey will take us to Boudhanath Stupa, one of the ancient most Buddhist complexes and one of the largest Stupas in the world which dominates the skyline. At last, we visit the Pashupatinath Temple, one of the best Hindu temples in Nepal.

Cremate place, the main temple, and its periphery are worth visiting here. After completion of the tour, there will be a trek briefing orientation, a guide introduction, and a final check of climbing equipment for the trek to ensure well preparation for the exciting climb ahead.

Day 3: Fly Lukla (2,860m/9,383ft) and trek to Chhutang (3,100m /10,170ft) - 4 hours

Early in the morning, after an early morning, we reach the domestic terminal of Tribhuvan International Airport (TIA), for an early morning flight to the mountain flight to dramatic mountain tiny airstrip at Lukla.

Lukla is the gateway to one of the great spectacular flights above natural scenery and majestic Himalayas. It is a just 40-minute flight and from here we begin our trip to Mera. Upon landing here, we meet the rest of our crews for Mera Peak

and begin our trailhead heading eastwards the higher above the spectacular Dudh Koshi River. We leave the busy route of **Everest Base Camp** and catch an off-the-beaten route and follow through the hamlets and backwoods leaving the thick forests of silver fir, and birch pastures along with rhododendron, and pine trees.

On the way, we encounter many small streams with occasional views of the giant hills and mountains. At the end of the day, we reach Chutanga which is a summer pastureland. The rest of the day, we spend resting, acclimatizing, and exploring the nearby villages.

There are many small streams with numerous places en route, the whole of this area is referred to as Chutanga which is a summer pasture. We spend the remainder of the day resting, acclimatizing, and exploring the nearby villages.

Day 4: Trek Chhutang to Tulikharka (4,300m/14,107ft) - 8 hours

The journey today takes you to one of the most popular trekking destinations of the entire trekking route – Thulikharka. We enter Hinku Valley today leaving the Khumbu Valley by crossing a steep climb to cross Kalo Himal Ridge in the Nau Lekh range and continuing to Zatrwa La Pass (4610m). We will be welcomed by traditional Buddhist chortens, traditional Buddhist shrines, and prayer flags.

During our passes, on clear and sunny days, we can see the impressive views across the Dudh Koshi towards Karyolung and the Lumding Himal. More than this, we will get our first glimpse of the entire Hinku River valley. From the pass, within a short time, we will reach Thuli Kharka where we will spend our overnight.

Day 5: Trek Tulikharka to Kothe (3,580m/11,745ft) - 7 hours

Leaving the beautiful scenery of Thulikharka, we start our trek towards Kothe. We begin our trek after witnessing the magnificent sunrise over the lush hills. After crossing some ups and downs, we trek past Chetarwa, a popular vantage sport with magnificent views of Mera and its neighboring peaks.

With ups and downs from the settlement of Thuli Kharka in this trail, we shall then trek past Chetarwa, a viewpoint with beautiful views of Mera Peak and other mountain peaks, and join the Mera Peak Trek trail at Tashing Ongama.

From here we pass some seasonal settlements with some tea shops and move through the track through the dense backwoods of pine, rhododendron along with mosses and so forth. Now, we reach the summer grazing lands at the foot of Gondishung Peak.

The trek takes now to past some streams to reach our day destination – Kothe. It is a small settlement that is surrounded by huge boulders and high hills. En route, we shall pass several ridges, steep and long sections today. Overnight will be at Kothe.

Day 6: Trek Kothe to Tangnang (4,358m/14,297ft) - 6 hours

After breakfast in our teahouse, we shall begin our trek keeping our feet on the peaceful off beaten paths and acclimatizing ourselves before ascending the Mera Peak. We begin our hike from the riverbank of the Hinku River and

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continue via the rocky trail which will be similar to a glacial outburst, upstream of the river.

Gradually and on, we enter the high heights of the purlieu of the Himalayas walking past the summer pasturelands of yak and sheep above the river. Gradually, we reach Gondishung which is a seasonal herder's settlement and a widespread spot for lunch among climbers.

Here we can visit an antique Tibetan–styled monastery that is around two centuries old that sits on the west bank of Hinku Drangka. Continuing the journey, we shall have to pass some loos boulders, the confluence of Sanu Drangka and Hinku River, and have the picturesque views of Peak 43 and Kusum Kangaru before reaching our day destination – Thangnag, a summer settlement with primitive lodges and some tea shops.

Day 7: Trek Tangnang to Khare (5,045m / 16,552ft) - 5-6 hours

Our journey proceeds for Khare leaving Thangnag. We continue walking eastwards and walk gradually to reach our daily destination. On the way, we enjoy the surrounding sceneries and get to acclimatize ourselves in the tinner air.

After two and a half hours climb through the adventurous lateral moraine of Dig Glacier to walk on the giant pasture of Dig Kharka, we are welcomed by the dramatic views of the surrounding peaks and which keep opening up in the further walks.

Our journey then leads to a steep climb via moraines to the snout of the Hinku Nup and Shar glaciers. Further, we cross the stream and follow the trail across the boulder-strewn hillside for just over an hour. The steep climb brings us to Khare which offers panoramic views of the Mera and its surrounding peaks.

Day 8: Rest day at Khare – Acclimatization and Ice Climbing Practice

Before moving ahead for the actual climb to Mera Peak, we have a rest day for acclimatization and an ice climbing practice day which is essential. The ice climbing course will be run by our experienced climbing guide.

After breakfast, we head up to the beginning of the Mera Glacier by climbing a steep ridge that we will later follow to the Mera La Pass. Here, we will have a practice camp; we will walk on glacial lands and will learn the techniques to use crampons, ropes, ice axes, and so forth.

Then, we will provide training on peak climbing strategies and the appropriate ways of using climbing gears including, crampons, harnesses, ascenders, and so on. The training will also include how to use the ropes to go up and down. This helps us prepare for the summit of Mera.

As it is not mandatory having prior training/skills for this expedition, we truly believe that some training experience will boost your confidence and your climbing skills to enhance the chances of scaling the summit as well as to fully enjoy the journey. At the end of the day, we get back to Khare for overnight sleep.

Day 9: Trek Khare to Mera High camp (5,750m/18,865ft) - 5-6 hours

After having the first meal, we hike up a rocky path to Mera La. We can view the three summits of Mera Peak – Mera

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North (6,476m), Mera Central (6,461m), and Mera South (6,065m). Our summit will be at Mera Central. We traverse the Mera Glacier to arrive at the Mera Peak High Camp. Up to this point, no technical climbing is involved.

Upon reaching our destination, the High Camp, our Sherpa Crews will prepare our tents, serve us hot drinks and refreshments, and sitting our tents, we enjoy the magnificent sceneries of the five tallest peaks of the planet including Mount Everest (8,848.86m), Kanchenjunga (8,586m), Lhotse (8,516m), Makalu (8,485m), and Cho Oyu (8,188m).

We shall also have close views of Chamlang (7,319m) and Baruntse (7,129m) and several other neighboring peaks. A sleeping tent will be provided and we shall have nutritious meals prepared by our Sherpa cook and other team by the local crew.

Day 10: Climb Mera High Camp to Summit to Mera Peak (6,476 m / 21,247 ft) and back to Kongma Dingma (4850m/ 15,908ft) – 9-10 hours

This is one of the most popular days of our entire journey. We are ascending to 6,476 m / 21,247 ft above sea level. For that, we wake early in the morning (at around 2-3 am) and get ready for walking up with hot cups of tea and some dry food.

Going to the peak is relatively straightforward as we make our journey up the Mera glacier and we maintain a slow, steady pace. The climbing path is still non-technical as we climb gradually but surely higher in the ever-thinning air.

It takes approximately four to six hours to get to the summit. We shall have magnificent views of the sun rays which hit the giant massifs in an amazing red glow. At the foot of the final steep summit cone, we shall attach to a fixed rope depending on conditions.

Now the summit is only a few meters away. Shortly ahead is that moment we have all been working so hard to achieve: the summit itself.

The slope steepens for a section behind the ridge and the summit comes back into view. There will be 360 panoramas in the impressive and incredible views of the mountains behind.

We are far enough back so that the smaller mountains will not obscure the views, but at the same moment are deep in the heart of this amazing mountainous vista. Spending some time, capturing the moments on our cameras, we climb back to High Camp and further to Kongma Dingma to spend overnight following the glacial route and crossing the ridges and so forth. It is a very lengthy yet satisfying day.

Day 11: Reserve Day

We have scheduled a spare day as an extra day or contingency day. This is because, on the previous day, we can aside the problems with the weather or acclimatization. If we could not summit earlier, this day gives a second chance to summit attempt.

We can use this day in other conditions as well; in case of any delays or cancellation of the Lukla flights, acclimatization

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in another place than the scheduled ones. And if everything runs smoothly and you succeed in climbing on the summit day, this day can be used to cover for the next day's trek. If this day is not utilized, it will be used as an exploring day in Kathmandu.

Day 12: Trek from Kongma Dingma to Seto Pokhari (5035m/16,520ft) 5 to 6 hours trek

On this day's trek, we shall walk to the Seto Pokhari from Kongma Dingma. We again walking in 5000m elevations. So, we have to maintain the proper pace. We shall pass the Honku valley and reach Seto Pokhari.

At first, after a downhill hike from Kongma Dingma, we shall transverse into the upper yak pastutrelands in the rural lands of this magnificent valley. Continuing the trek, we shall trek northwards afor the Amphu Laptsa Pass.

On the way, we shall have magnificent views of the Chamlang Peak and in the further trek, we will get the close up views of the Mt. Baruntse and several other 6000 to 7000m peaks. Here, we shall walk by the glacial river of Hongu River. Gradually, we reach to the Panch Pokhari and Seto Pokhari. At the end of the trek, we will get the beautiful views of Mt. Lhotse and Mt. Everest. Here, we shall spend overnight at the tented camp.

Day 13: Trek from Seto Pokhari to Amphu Laptse Base Camp (5,650m/18,538ft) - 5 to 6 hours

We are heading to the base of Amphu Laptsa today. Walk past the remote lands of the region in the high Himalayan foots, we reach Amphu Laptsa Base Camp. Most of the trekking route is off the beaten one where we meet some other trekkers and climbers even in the high trekking season.

We ascend just beyond White lake using the steep trail. Honku Basin occupies the series of lakes and the White Lake is one of them. We now experience the wilderness of the Honku valley.

On the right we can see the Chamlang Peak (7321m) with droopy glaciers on its South-West and North-West faces, the Honku Valley is true mountain wilds. Upon reaching there, we get rest in the tented camps set by our Sherpa crews.

Day 14: Cross Amphu Lapcha (5,845m/19,172ft) and trek to Chukkung (4,730m/15,515ft) - 9 to 10 hours

Another BIG day for us! Today we will cross challenging Amphu Laptsa and reach the beautiful place of Khumbu – Chhukung. The journey starts walking over the Amphu Laptsa Glacier and the lateral moraines of the glacier, and the landscape surrounded by the moranies with the magnificant views of majestic mountains of the entire Khumbu region. After crossing the Pass, we hike gradually to the Chhukung to spend our overnight there.

Day 15: Trek from Chukkung to Namche Bazar (3,440m/11,284ft) – 6 to 7 hours

We walk back to amazing greeneries today. We have transverse from Hinku and Hongu valley to the Khumbu valley. We are now in Sagarmatha National Park crossing the Makalu Barun National Park. Leaving the alpine desert, we trek back to the pine backwoods.

In the trek, till reaching the beautiful village of Tengboche, it is steep uphill. Visiting the Tengboche Monastery, one of the

largest and the most popular monastery of the entire region, we make our descent hike which leads us back along the Dudh Koshi River.

On the way, we see several Himalayan fauna including mountain goats, snow leopards, colorful pheasants, etc in the forested trail. Looking back to the mighty peaks such as Lhotse, and the tip of Everest for the last time, we enter in the Namche village. We take a nice hot shower and have very relaxed sleep in our room in Namche Bazaar.

Day 16: Trek from Namche Bazar to Lukla (2,860m/9,383ft) - 7 to 8 hours

It is the last day trek of our entire journey. Today, we begin our trek with a steep descent from Namche to reach the mighty Dudh Koshi River and then across the vertiginous suspension bridge at Larja Dobhan.

We walk gradually as we all have shaky legd battling against the rocky lands which eventually turn into easier and leveled trekking trail. We exit the sanctuary of Sagarmatha National Park, the highest elevated National Park of this planet at Monjo and proceed ahead in the trail across several suspension bridges decorated with prayer flags, beautiful valleys, culturally rich settlements, Mani walls and prayer wheels, dense forest of rhododendron, oak, and pine to reach Lukla.

Day 17: Fly from Lukla to Kathmandu (1,338m/4,390ft)

Leaving the beautiful Khumbu region catching an early flight to Kathmandu. The beautiful flight takes us over amazing valleys, terraced fields, green valleys, cascading mountains, and fast-flowing rivers with the close up views of the mountains.

Upon landing in the domestic terminal of Kathmandu airport, we transfer you to the hotel. After check-in in the hotel, we leave you there and the rest of the time can be spent your own way; either exploring the streets of Thamel or resting in the hotel.

Day 18: Extra Day in Kathmandu

Another spare day is scheduled in Kathmandu. This is because if there is flight cancellation of Lukla or could not reach Kathmandu for any reason, the flight might miss or you should reschedule that one.

If everything goes as per the itinerary, you can explore the rest of the Heritage Sites of Kathmandu Valley or can go hiking around the city like Nagarkot or Chandragiri.

In the evening, you will be invited to the farewell dinner organized by Outward Adventure Treks and Expedition. Get prepared for the final departure.

Day 19: Drive to the Airport; International Departure

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We are hopeful that you have really enjoyed the trekking holidays in Nepal in the lap of majestic Himalayas. You have now nothing more to do for this adventure. Promising to be back again, it is time to get ready with excitement for departure.

Approximately 3 hours before your scheduled flight; our personal representative will accompany you by private vehicle to the international airport for your final departure home. On the way back to home, you will memorize the unforgettable experience trips and set up plan to next adventure in the wonderful country of Nepal.

Wish you a very safe journey!