Mera Island Peak Climbing via Amphu labtsa La Pass

DURATION: 23 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Challenging

Accommodation Hotel / Guest House / Camping

Max Height 6461 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane / Jeep

Duration 23 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

The journey provides awe-inspiring scenery, personal stories, necessary equipment, and guidance for obtaining permits. Climbers need to be in excellent physical condition and possess experience in high-altitude climbing before attempting the ascent. The cultural experience involves engaging with local Sherpa communities and immersing oneself in their way of life. This experience is more than just conquering a mountain; it's about discovering one's abilities and forming enduring friendships.

Trip Itinerary

Day 1 Arrival in Kathmandu (1400 m)

Today is the day of your arrival in Kathmandu, Nepal. As soon as you come out of the Kathmandu airport, you will find our Mount Adventure Holidays representative waiting for you in the waiting area right outside the arrival lounge. You will be warmly greeted and welcomed by the representative and led to the vehicle. Our vehicle will take you to the trip hotel, most of the time in Thamel, which is a 20-30 minutes drive, depending upon traffic, from the airport. After you check into the hotel, you can take relaxing time on your own as there are no activities scheduled for today, except our trip briefing meeting. We will let you know about the briefing timing upon your arrival.

Day 2 Cultural Tours around KTM Valley / Trek Preparation

Breakfast, Lunch & Dinner

Enjoy your breakfast at the hotel. We come to take you for a wonderful cultural heritage tour of Kathmandu valley. As part of the tour, we are going to visit four of the UNESCO Heritage monuments in Kathmandu valley. The places we visit today are an incredible mixture of culture, history, spirituality, art, and stories. Overnight in Hote. Swoyambhunath Believed to have been created on its own, the thBuddhistist stupa is the oldest of all the monuments in Kathmandu valley. Standing atop a small hillock, Swoyambunath, known as monkey temple amongst tourists, provides a fascinating view of the valley, surrounding hills, and snow-cap mountains in at the distance on a clear day. Patan Durbar Square One of the three medieval palace squares, Patan Durbar Square holds its medieval art and architectural grande amazing skill of the artisans is evident in each and every building that stands in the square. The square comprises of medieval palace, temples, and museum. Pashupatinath This site is the most sacred Hindu temple area in the country. But, as the temple is strictly a Hindu-only area, non-Hindu tourists go there to watch the unique Hindu cremation rituals on the bank of the River Bagmati. The death rites of the Hindu family there are so engrossing and heart-touching which make you feel the moment. It's not any kind of intrusion in being there and watching somebody being cremated on open ground. It's a great cultural experience. Boudhanath This giant Buddhist stupa is considered the biggest one in the world. This small square with a giant shrine has a powerful presence of spiritual vibrations. It's an important pilgrimage site for the people following Tibetan Buddhism.

Day 3 Fly to Lukla (2810 m) trek to Chhutenga (3020 m)

4 Hrs Breakfast, Lunch & Dinner Guest House Plane & Walking 3020 m

After a day of wonderful immersion into Kathmandu vibes, we are ready to fly and trek into the higher elevation. We drive to the airport early morning to board our flight to Lukla to enter the Everest region. About half-hour of spectacular flight takes us to the small but beautiful town of Lukla where magical mountain peaks extend their warm welcome to us. Once we prepare for the day walk, we proceed walking towards Chhutenga as the destination for the day. The first day of the walk in the adventure trip to climb Mera peak takes us to Chhutenga to stay overnight.

Day 4 Trek to Thuli Kharka (4320 m) via Zwatra la (4610 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4610 m

Our destination for the day is Thuli Kharka. We take the breakfast and get ready to trek to the destination. The first part of the trek is an uphill walk towards Zwatra La pass that stands at an elevation of 4,610 meters above sea level. A good about two hour's effort on the uphill trail takes us to the pass that brings some spectacular views in the region. After crossing the pass, the trail descends all the way down to Thuli Kharka where we spend overnight under a tented camp.

Day 5 Trek to Kothe (4182 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4182 m

We take breakfast in the cool weather of Thuli Kharka before we get ready for the trek of the day. We trek to Kothe today mostly downhill towards Kothe. We can enjoy the beautiful Hinku valley view and the view of mountain peaks including Mera Peak. It's comparatively a short day walk that allows us ample time to exploit the joy of trekking and of the surroundings. Once we reach Kothe, we will have time to explore around.

Day 6 Trek to Thaknak (4356 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4356 m

Our walk to Thaknak today takes us through the trail that brings beautiful views of the valley and the surrounding landscapes. In about six hours of walking up and down the hill towards Thaknak, we will come across so many wonderful things along the trail that will make our day. Once we reach Thaknak, we establish our camp and laze around enjoying the pleasant atmosphere

Day 7 Trek to Khare (5045 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 5045 m

After our breakfast, we hike toward Khare (5045 m).

Day 8 Acclimatization Day in Khare

Breakfast, Lunch & Dinner | 5045 m

It is our acclimatization break at Khare today. We can utilize our time exploring around Khare. We go for a hike to a nearby peak to have captivating views of Mera Peak and Mera La. A full day of exploration and rest at and around Khare prepares us well for the further adventure of trekking tomorrow onwards towards Mera Peak.

Day 9 Trek to Mera Base Camp (5350 m)

5 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5350 m

Our trek for the day today takes us to Mera Peak Base Camp. Although a short walk for the day, it takes us through several wonderful sights all throughout. We reach Mera Peak Base Camp early in the afternoon which leaves us with ample time to adjust and acclimatize. We laze around the base camp trying to get familiar with the thinning level of oxygen in the air.

Day 10 Trek to High Camp (5780 m)

5 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5780 m

We wake up for crisp morning weather at the base camp of Mera peak that we are to the summit. As soon as we relish our breakfast, we get ready to trek to the High camp where we will spend the night today. When we reach the high camp, we will be already standing at an elevation of 5,780 meters above sea level. As our tented camp gets ready, we exploit the beauty of the view from there.

Day 11 Summit Day (6461 m) back to Base Camp (5350 m)

8 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 6461 m

It is the highlight of the trip today as we are going to go to the summit of Mera Peak, our destination. Our day starts really early, right after the middle of the night. Except for the final section near the summit, the whole section is non-technical. We reach the summit with the first rays of the day over the Himalayan peaks. Impressive views of the mountains like Mt. Everest, Lhotse, Makalu, Kanchenjunga, Cho Oyu, etc. make our time unforgettable. After spending some beautiful moments at the top, we start descending the mountain. We descent back to base camp through high camp and walk all the way decent to Kongma Dingma to stay overnight.

Day 12 Trek to Kongma Dingma (4850 m)

6 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 4850 m

We start trekking for the day to Kongma Dingma in the remote area of Honku valley. We are moving forward towards the remote and difficult part of the trip. The first section of the walk goes down on the trail that is full of screes so a very balanced and careful walk down the trail is required. We set our camp at Kongma Dingma in Upper Honku valley to spend our overnight today.

Day 13 Trek to Seto Pokhari (5035 m)

6 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5035 m

We start the trek early morning after breakfast at the camp and start walking towards Seto Pokhari to stay overnight. Panch Pokhari literally translates as five ponds and we see those five sacred ponds where Hindu pilgrims make holy pilgrimage tours. Before reaching Panch Pokhari, we walk across the trail filled with glacial moraine. Once we reach Panch Pokhari at the elevation of 5,400 meters above sea level, we establish our camp and relax.

Day 14 Trek to Amphulaptsa South Base Camp (5650 m)

6 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5650 m

It is the day to walk to Amphu Lapcha Base Camp today. Although a short distance walk, it brings spectacular views along the trail. Once we reach the base camp and set up our tents, we can laze around to explore more of the place.

Day 15 Trek to Amphulaptsa North Base Camp (5300 m)

Breakfast, Lunch & Dinner

We spend the day here at the camp resting and preparing for the climb to cross Amphu Lapcha tomorrow. Our crew members will fix all the technical equipment necessary for climbing this technical Amphu Lacha while we gather energy to do the adventure tomorrow. While resting at the base camp, we will enjoy some excellent views of Hinku Nup Glacier and Mingbo La. Our crew members will fix all the technical equipment necessary for climbing this technical Amphu Lacha while we gather energy to do the adventure tomorrow.

Day 16: Trek to Island Peak Base Camp (5090 m)

7 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5090 m

Today is an early start to cross the Amphu Lapcha pass at the elevation of 5,845 meters above sea level. This big day crossing pass will take around 3 hours of the climb to reach the Amphu Lapcha pass on the very first section. Its a highly challenging technical climb to the pass-on fixed line that is set up by our crew members. Once at the pass, we can enjoy a magnificent view of the towering Himalayan peaks. After spending a good time at the pass waiting for all the team members to arrive, we lower down on a fixed rope carefully. We walk down the Imja Glacier and set up our camp at the base.

Day 17 Climbing Clinic at Island Peak Base Camp (Rest Day)

Breakfast, Lunch & Dinner | Camping | 5090 m

We spend a full day today here at the base camp of Island Peak to acclimatize, train and rest for the summit push tomorrow. At the climbing clinic today, we will discuss and prepare the details about the climbing techniques, difficulties, and challenges along the climbing route, timings, and every detail that is required to go for the summit. It will be a good rest day as well so that we get well prepared, full of energy, for the highlight activity of the trip. We spend overnight at the tented camp at the base camp.

Day 18 Climbing up to Summit (6189 m) & back to Base Camp, Same day walk to Chhukung village

12 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 6189 m

Our start for the summit today is really early, almost right after the middle of the night. With the help of a flashlight and the expert guidance of our guide, we follow the sandy first and then a rocky trail that leads us up towards the summit. After struggling at the rocky path for a few hours, we reach the snow slope and summit gully where we need some technical activities to do. With the help of fixed ropes, we eventually summit the 6,189 meters high Island Peak. The summit provides excellent views of mountain peaks around including Lhotse, Nuptse, and Ama Dablam. After spending beautiful moments at the top, we start the descent back to the base camp. It will be a strenuous effort of about 10-12 hours to reach the summit and come back down to the base camp.

Day 19 Trek to Tengboche (3985 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3985 m

In case of the use of contingency day, we are trekking to Pangboche village. We trek past Chhukung village; cross Imja Khola and then trek up to Tengboche. Once we reach Pangboche, we can laze around exploring the area.

Day 20 Trek to Namche Bazar (3440 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3440 m

The journey back down to Namche Bazar will be of around six hours. We trek to Tengboche and visit the famous Tengboche monastery before descending to Namche Bazar. Once we reach Namche Bazar, we can take a relaxing stroll around Namche Bazar in the evening or just stay inside the comfort of the lodge.

Day 21 Trek to Lukla (2860 m) via Phakding

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2860 m

The final day of this trek is eventually here today. We walk back to Lukla via Monjo and Phakding along the Dudh Koshi River. A round trip on the Everest Base Camp trail comes to end here. We celebrate the end of the trekking part of the journey and thank our wonderfully amazing supporting crew members for their service and effort to take us to the base camp and back safely.

Day 22 Fly to Kathmandu (1400 m)

35 Hrs | Breakfast & Lunch | Hotel | Plane & Car | 1400 m

We get ready for the flight back to Kathmandu. We board the plane at the Lukla airstrip and fly back to Kathmandu. Once we land at Kathmandu airport, we go to the hotel and spend the whole day at leisure on our own. Finding relief massage, good food, souvenir shopping, and wandering around can keep you busy for the day. A farewell dinner is scheduled for this evening. We will let you know the departure time for dinner once we reach Kathmandu.

Day 23 Departure Day

On the final day of the trip, we drive you to the airport for your scheduled flight homebound or another destination. We will pick you up 3 hours prior to your flight schedule.

Cost Includes

- Airport picks up and drops off, upon arrival and departure in Kathmandu (International and domestic both).
- Pre-trek/ climb meeting.
- Island and Mera Peak climbing permit fee.
- Sagarmatha National Park entrance fee.
- Khumbu Pasang Lhamu Rural Municipality fee.

- Food during the trek and climb (full board with breakfast, lunch, and dinner).
- All guesthouse accommodation during the trekking period and North Face, Salewa, Mountain Hardware, or similar tented camp accommodation during the climbing period.
- High altitude climbing leader (Sherpa guide) licensed by Nepal Mountaineering Association (NMA).
- Well-experienced English-speaking assistant guide if the group size exceeds 5+ persons.
- Group climbing equipment including ropes, ice screws, snow bars, harness, carbine, eight-figure, etc.
- Domestic flight Kathmandu / Ramechhap - Lukla - Kathmandu / Ramechhap for guest and guide inclusive with all taxes and transfers.
- Satellite phone.
- Worst case, help with all rescue and evacuation arrangements.
- Mount Adventure Holidays sleeping bag and down jacket, duffel bag, area map.
- First aid medical kit
- All applicable taxes as per the government rules and regulations.
- All organizational requirements.

Cost Excludes

- Nepal visa (USD 25 for 15 days and USD 40 for 30 days).
- Your international flight to and from Nepal.
- Hotel Accommodation in Kathmandu.
- Travel insurance (for helicopter evacuation if needed whilst trekking /climbing).
- Porters to carry luggage (you can add a porter when booking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.
- Bar and beverage bills.
- Tips for guide, porter, driver.
- Excess baggage charges (if you have more than 10 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

- ✖ 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

Trip Map