MDM Peak Climbing

DURATION: 15 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Easy

Accommodation Hotel / Tea House / Camping

Max Height 6215 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane & Jeep

Duration 15 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

MDM/Tsisima is a 6196-meter climbing peak in Nepal's Kanchenjunga mountain range, offering stunning views of various mountain ranges. The region is home to pine and hemlock forests, scrub and alpine plant communities, and over 118 bird species. The 35-day expedition starts in Kathmandu and includes a 10-day climbing route from various locations. MDM/Tsisima is an ideal starting point for mountaineering adventures and acclimatization and can be combined with the Kanchenjunga Circuit Trek for an additional 8 days.MDM Peak Climbing Peak, located in Nepal's Kanchenjunga region, is a popular trekking peak with a height of 6,476 meters, making it the highest trekking peak in the Himalayas. The climb requires physical fitness and basic mountaineering skills, including ice axes, crampons, and ropes. The best time to climb Mera Peak is during the spring and autumn, with stable weather and excellent visibility. Permits and regulations are required, and the typical itinerary takes 18 to 20 days.

The final push to the summit involves crossing glaciers and ascending steep snow slopes, offering breathtaking panoramic views of the world's highest peaks. Safety is crucial, and it is essential to consult a professional guide and consider a training program before attempting to climb Mera Peak or any other high-altitude peak Additionally, climbers should be prepared for extreme temperatures and harsh conditions, as well as the possibility of altitude sickness. It is important to acclimatize properly and have proper gear, including mountaineering boots, crampons, and ice axes. Following a carefully planned itinerary and being aware of potential hazards will greatly increase the chances of a successful and safe climb.

Trip Itinerary

Day 1 FLIGHT FROM KATHMANDU - BHADRAPUR (93 m) 45 MINUTES FLIGHT THEN DRIVE TO TAPLEJUNG (1820 m)

8 Hrs | Breakfast, Lunch & Dinner | Guest House | Plane & Jeep | 1820 m

Early in the morning, we take our flight to Bhadrapur from Kathmandu with the scenic view of the Eastern region. After 45 minutes of flight, we reach the Bhardrapur airport then we will take a car/jeep from Bhadrapur for Illam/Taplejunga which will take Approx 8 hours of drive. We will stop in the beautiful tea garden of Illam also known as the garden of Nepal for our lunch. After our Lunch, we will decent upward from Illam for our overnight stay in Taplejung.

Day 2 TAPLEJUNG - HELLOK (1740 m) DRIVE BY PRIVATE JEEP

5 Hrs | Breakfast, Lunch & Dinner | Tea House | Jeep | 1740 m

Today we will drive after breakfast head towards the Mitlung/Sinuwa by crossing the small river over the suspension bridge. Then our trail descends down to Tamor Riverwalk through villages and terraced fields. Some irregular villages give us an opportunity to meet local people. Upon arriving at Tamor River, we follow some narrow trails close to the river. Then a gradual uphill trail through the terraced fields and a few houses take to the village of Ranipul.

Day 3 SEKATHUM/RANIPUL- AMJILOSA (2308 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2308 m

After breakfast, we head to a series of impressive suspension bridges that leads us back and forth across the Ghunsa Khola to Jaubari, then across another bridge to the narrow trail leading up the steeply-sided slopes to Amjilosa.

Day 4 AMJILOSA - GYABLA (2730 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2730 m

After breakfast, we start our trek along the thickly forested region of dense rhododendron and venerable oak trees, past myriad waterfalls and the scattered villages lying quietly below the mountains in their peaceful valley. Eagles soar lazily above us, yaks graze solemnly in green pastures, and occasional signs of wildlife come into view among the trees or high on the slopes.

Day 5 GYABLA -GHUNSA VILLAGE (3595 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3595 m

After breakfast, we head towards the Tibetan refugee village of Phalle, and then we explore to tiny Tibetan refugee village and monastery along with lunchtime, making the steady climb to the picturesque town of Ghunsa and its superb view of the surrounding countryside.

Day 6 REST & ACCLIMATIZATION DAY- GHUNSA VILLAGE

Breakfast, Lunch & Dinner | Tea House | 3595 m

After breakfast, we explore tiny Ghunsa village and make a local hand made carpet and supports for local people economic rise, designated rest day to help the body acclimate to the high altitude, and Ghunsa is perfectly suited to the task by virtue of its scenic alpine surroundings and points of cultural

interest, including the local gompa.

Day 7 GHUNSA - KHAMBACHEN (4050 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4050 m

After Breakfast, we heading to Khambachen along the green forests concede to the frost-browned vegetation of the alpine regions of the Kanchenjunga region as we climb steadily to the upper glacial valleys on our path, with mighty Jannu standing before us in all its glory as we trek through the scenic landscape towards Khambachen.

Day 8 KAMBACHEN – LHONAK (4780 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4780 m

Today will be another challenging day and an early start is needed. We will trek through rocky fields and large boulders on the hillside along the riverbank and arrive at a waterfall. We will then cross a bridge to Ramtang monastery. After then we will cross a landslide section which we must pass through at a steady pace before descending to the river and finally arriving at Lhonak. We will stay overnight in Lhonak.

Day 9 LHONAK TO MDM PEAK BASE CAMP (5500 m)

7 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5500 m

MDM Peak Base Camp, our trail climbs up on top of a rocky ridge and from there we will gradually climb to reach a good camping site at 5500 meters. During our climbing trek, we will have glorious views of the Kanchenjunga Himalaya Range and surrounding high Himalaya valleys. Once we reach our campsite, our climbing sherpa team crew will set up the camp and make necessary checks on our health conditions and climbing gears needed for climbing the summit of MDM base camp peak.

Day 10 MDM PEAK (6215 m) summit back to MDM Peak Base Camp and same day Lhonak.

10 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 6215 m

Early in the morning, we all were desperately waiting for Fully acclimatized and properly equipped we started early with the aim to reach the top of the summit as the strong winds after midday can create obstacles in reaching the summit. Following the footsteps and guidance of our experienced climbing experts, we will overcome several technical sections and head towards the peak summit. Our tiring climb to the summit of Lhonak Peak is rewarded with magnificent views of Kanchenjunga, Kumbhakarna, Dhormo Peak, Nupchu, Mount Jannu, Nepal, ten Peak, Weds Peak, Makalu, Everest Lhotse, and some other snow-capped Himalaya range. We will spend a short quality time at the summit and then descend following the same route back to the Lhonak.

Day 11 LHONAK– GHUNSA/PHALLE VILLAGE (3475 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3475 m

From Lhonak, we will descend all the way to Ghunsa via Tibetan refugee village Phalle. It is the same route we took when we were climbing up.

Day 12 GHUNSA TO AMJILOSA (2308 m)

8 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2308 m

You will continue trekking further from Ghunsa village passing by several Mani walls and monasteries. You will then trek down via Phale and cross the Chhundatangka river. On the way, you will be accompanied by beautiful waterfalls and river streams. After then you will cross the Sumbung river and reach Amjilosa. You will stay overnight in Amjilosa.

Day 13 AMJILOSA – RANIPUL(QUEEN BRIDGE)/TAPLEJUNG (1270 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 1270 m

Today is the last day of trekking in the remote area of eastern Nepal. You will trek through the village of Solima and cross the Ghunsa river to the village of Sukathum. You will continue trekking through the terraced farm fields and scattered settlements and reach Ranipul. You will stay overnight in Ranipul.

Day 14 TAPLEJUNG TO ILLAM (800 m)

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Jeep | 800 m

Today we will drive through the Taplejung Bazaar with the private jeep/car then we will drive and see Nepali culture and lifestyle and a beautiful cardamom garden with a beautiful rice paddy field. After approx 6 hours of drive, we will reach Illam Bazaar and stay overnight in Illam. After reaching Illam we will do the sightseeing of Illam Bazaar and Illam Bazar is one of the most popular business hubs between India and Nepal. Illam is very famous for its local products like Tea, Cardamom, Ginger, Ghee, chilly, and many other household products.

Day 15 ILLAM TO BHADRAPUR BY PRIVATE JEEP AND FLIGHT BACK - KATHMANDU

5 Hrs | Breakfast & Lunch | Hotel | Plane & Jeep | 1400 m

We will drive from Illam to Bhadrapur by private jeep through the tea garden with small towns Kanyam, we can see many scenes of tea garden, Nepali lifestyle and we can buy varieties of tea and local products from Fickal Bazzar/ Kanya. Then we will drive to Bhadrapur airport for our flights and we will fly back to Kathmandu on the same day.

ADVENTURE HOLIDAYS

Cost Includes

- Airport/ hotel pick up and drop off by private vehicle
- Hotels in Kathmandu, inclusive of breakfast
- Three Times Meals during the trek
- Government licensed, experienced English speaking guide
- One porter per two people
- Food, accommodation, salary, insurance, equipment, and medicine for all staff.
- All government taxes
- One trekking map per person

- Kanchenjunga permit and conservation fee
- Sleeping bags and down jackets for the trek (should be refunded after the trek)
- Surface transportation
- First aid kit
- Domestic flight tickets KTM–BDR/Suketar.
- Fresh fruit during the trek.
- 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.
- MDM Peak climbing permit fee.
- All applicable taxes as per the government rules and regulations.

MOUNT ADVENTURE HOLIDAYS

Cost Excludes

- Travel and rescue insurance
- Beverage bills, bar bills, and personal expenses
- Nepal entry visa
- Tips for guide, porter, and driver
- Extra day Kathmandu Hotel
- 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)
- Optional trips and sightseeing if extended

MOUNT
ADVENTURE HOLIDAYS