High Route Adventure Pvt Ltd.

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1. Mera & Island Peak Climbing via Amphu Labtsa Pass

2. Overview

Mera Peak (6,416m/21,193ft) and Island Peak (6,189m/20,305ft) are the two most popular trekking peaks in Nepal. This exciting expedition combines climbing both Mera and Island Peak, trekking through the remote Hinku and Hongu valleys, and…

3. Itinerary

Day 1: Arrival in Kathmandu and Transfer to Hotel

Altitude: 1300m/4,528ft | Stay: Hotel

Arrive at Kathmandu International Airport, navigate immigration and customs, and transfer to your accommodation in Kathmandu. Enjoy the vibrant atmosphere and relax after your journey, perhaps exploring nearby sights or sampling local food. Overnight stay in Kathmandu.

Day 2: Kathmandu Valley Sightseeing and Trip Preparation

Altitude: 1300m/4,528ft | Meals: Breakfast | Stay: Hotel

Today is a free day to explore the significant landmarks of Kathmandu City. We can organize a guided sightseeing tour of Kathmandu Valley upon your request. After exploring the city, prepare for an exciting Mera and Island Peak climbing in Nepal's capital city. Attend the small meeting where the expedition leader will brief you about the **highlights of the Mera and Island peak climbing itinerary** and check your trekking gear and equipment. If you want to shop for an expedition, do it in Thamel, Kathmandu. Overnight stay in Kathmandu.

Day 3: Fly to Lukla (2,840m/9,318ft) & Trek to Paiya - 3 to 4 hours

Altitude: (2,730m/8,954ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today, the Mera and Island Peak climbing journey begins with a thrilling mountain flight to Lukla. Early in the morning, grab breakfast and head towards the airport. The scenic flight to Lukla is an amazing experience, flying above beautiful landscapes of green hills and verdant valleys. Enjoying a magnificent panorama of Himalayan peaks, you'll land at Lukla airport. Lukla airport is full of trekkers, guides, and porters. Upon landing at this Sherpa town, you'll get the vibes of mountaineering/trekking. Team up with the remaining expedition team at Lukla and proceed toward the day's destination, Paiya. Since today is the first day, take it slow. Following the trail beside the hillside, you come across dense forests of lush rhododendrons, pine, and oak. Passing through the quaint settlement of Surke, you reach Paiya. Overnight stay in Paiya. ***Important Note: During the peak seasons of autumn (October and November) and spring (March to May), the Lukla flight operates from Manthali Airport at Ramechhap. It's 5 to 6 hours drive from Kathmandu to Ramechhap.***

Day 4: Trek from Pangkoma - 3 to 4 hours

Altitude: 2,850m/9,348ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today, you'll cross the splendid mountain pass of the Everest region, i.e., Kari La Pass, at an altitude of 3,080 meters. After having breakfast, start the trekking adventure. Begin with a bit of descent, and arrive at a wooden bridge, and after crossing it you arrive at the base of Kari La Pass. The trail is uphill and slippery, so take it slowly. In any village, you'll briefly stop for lunch and rest. Following the lunch, continue trek through the rhododendron and bamboo forests. From here, the trail is narrow until you arrive at Pangkoma village. En route, catch superb views of Dudhkoshi River Valley and Dudh Kund Himal. It is one of the traditional farming and trading villages of the Khumbu region. Overnight stay in Pangkoma.

Day 5: Trek to Nigmsa/Shibuche - 4 to 5 hours

Altitude: 2,745m/9,005ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

After breakfast, you'll descend along the rocky paths that lead into a forested trail. The trek to Nigmsa offers stunning vistas of alpine forests, rivers, and scenic landscapes. The trek route is a mix of uphill and downhill throughout the day. You'll witness the magnificent sight of the south face of Mera Peak and Naulek Peak. Finally, after walking for several hours, you arrive at Nigmsa. Overnight stay in Nigmsa.

Day 6: Trek to Chetra Khola - 7 to 8 hours

Altitude: 3,150m/10,332ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

After breakfast, you'll head towards Chetra Khola. The trail is narrow and full of steep ascents and descents. Be cautious as you pass through a landslide area. The trail leads through forested areas until you reach a stream where you'll stop for lunch. Take in the thundering sound of the crystal-clear stream while enjoying a meal. Further continuing the walk, the trail enters the Makalu Barun National Park known for its diverse flora and fauna. Keep an eye out for Red Pandas along the trail. Upon arrival in the village, enjoy tea and rest at the teahouse. Enjoy dinner with lively conversations before retiring for the night to prepare for an early start the next day. Overnight stay in Chetra Khola.

Day 7: Trek to Kothe - 6 to 7 hours

Altitude: 3,600m/11,808ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today, you head towards Kothe/Kote, a small settlement in a valley beside the Hinku River. It is a prominent stop for trekkers making their way to Mera Peak. Along the way, you'll encounter a fine vantage point from where you can admire the incredible views of Mera Peak and Hinku Valley. Later, continue walking through bamboo and pine forests on a narrow trail. Throughout the trekking journey, Mera Peak will loom continuously on your side. En route, you may encounter some wild animals, including sloths, jungle cats, and others. After climbing the final ridge, you arrive at Kothe. Once you arrive at a tea house, it's crucial to rest and allow your body to acclimate to a higher altitude. Remember to stay hydrated and get a good amount of sleep. Overnight stay in Kothe.

Day 8: Trek to Thangnag - 3 to 4 hours

Altitude: 4,350m/14,270ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Begin your trek walking towards the upper part of the Hinku Valley. From here, you start to notice that the tree line disappears. En route, there are no settlements; there are only summer camps of yak herders, also called in Nepali 'Kharkas'. Continue walking, and you'll encounter two ancient Gompas: Gondishung and Lunsumba. Along with these significant Buddhist shrines, you'll be treated to the marvelous mountain views of Charpate Himal, Mera Peak, Kusum Kanguru, and Thamserku. Finally, after walking for a few hours, you arrive in Thangnag. Thangnag is a picturesque place for night stopovers close to the Charpate Himal, giving you fabulous mountain scenery to admire. Overnight stay in Thangnag

Day 9: Acclimatization Day: Hike to Charpate Himal Glacier

Altitude: 4,350m/14,270ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Once you are above 3,000 meters, it's advisable not to ascend more than 300-500 meters daily. It's essential to have an acclimatization day for every 1000 meters of altitude gain. A rest day actually means something other than sitting idle. These days, it's a good idea to hike to a higher altitude and then get back to sleep at lower altitudes. Today in Thangnag, take a short hike to Charpate Himal Glacier. After breakfast, start a short hike to Charpate Glacier. From there, enjoy the eye-catching sights of the north face of Mera Peak. This glacier holds religious significance as the Sherpa people worship it. After spending some staggering moments at the glacier, return to Thangnag. Overnight stay in Thangnag.

Day 10: Trek to Khare - 2 to 3 hours

Altitude: 5,045m/16,486ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

As the day passes, you delve deeper into the Himalayas. Today, you'll approach Khare, the base camp of the alluring Mera Peak. Grab breakfast and start trekking to Khare. Today's walk involves a challenging ascent to the Dig Glacier and the Charpate Tal, a lovely mountain lake. Enjoy marvelous scenes of ice giants, Mera Peak, and Charpate Himal as you descend to Dig Kharka. Afterward, continue your walk along the Hunku Nup and Hunku Shar Glacier. The terrain is rough, so watch your speed carefully. Finally, passing this challenging terrain, you arrive at Khare, which sits at the bottom of the Mera Peak. Here, you'll encounter several climbers preparing to summit Mera Peak. Colorful tents fill the area, creating a lively atmosphere where you can connect with fellow climbers and share your stories. Overnight stay in Khare.

Day 11: Trek to Mera Base Camp - 3 to 4 hours

Altitude: 5,300m/17,384ft | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

Today, you'll trek to Mera Base Camp through increasingly rugged terrain. En route, relish the sight of Sabai Tsho, a pristine glacial lake. Catch glimpses of the Sabai Glacier and Khare Glacier on the left side of the trail. Next, descend to Mera La Pass at 5,415m, navigating steep and rocky paths. Exercise caution, especially if the trail is covered in snow, as it may be slippery. From the Mera La Pass, savor the captivating vistas of Mera Peak's three summits: Mera North (6,476m), Mera Central (6,461m), and Meral South (6,065m). Continuing along the rocky boulders of the Mera Glacier, you reach the base camp of Mera Peak. Until this point, technical climbing is unnecessary; however, the challenges of extreme weather and high altitude are significant. Once you arrive at base camp, rest for a while, and start a pre-climbing training session. In this training session, you'll learn to use climbing equipment like jumar, crampons, carabiners, belay devices, ice axes, harnesses, etc. In addition to this, you'll learn the basic and safe techniques to ascend a steep slope using a rope and harness. After completing the training session, return to the base camp. Prepare equipment and check your gear for the next day's trek to the high camp. Overnight stay at Mera Base Camp.

Day 12: Trek to High Camp - 4 to 5 hours

Altitude: 5,780m/18,958ft | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

Today, it's time to move slowly towards Mera Peak High Camp. You'll climb back onto the glacier from where you descended yesterday and follow the easy-graded snow slopes. After a short distance, you'll arrive at an area of crevasses, requiring careful navigation as this section can be tricky. Along the way to High Camp, take moments to look behind for fantastic views of Everest, Makalu, Nuptse, and Lhotse. The high camp lies behind a rocky section, offering limited space with some drop-offs on the right as you enter. Now, it's time to rehydrate and recover in preparation for the summit push. Overnight stay at Mera High Camp.

Day 13: Summit to Mera peak (6,461m/21,190ft) and Descend to Kongma Dingma - 9 to 10 hours

Altitude: 4,800m/15,748ft | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

Today is your big day as you set out to climb to the summit of the Mera Peak. Unlike other days, wake up at 2 am, have breakfast, and begin ascent. With headlights on, you'll ascend with the help of fixed ropes secured by our expedition members, guiding your way to the summit. After crossing the Mera Glacier, make a gradual climb. Remember, while terrain may not be technically challenging, the cold air and low oxygen levels at such height can affect your climb. As you gradually climb, you reach the nearby summit, around 40 to 50 meters below the actual summit, which is considered the most challenging part of the Mera Peak climb. Our expedition team members will tackle this steep action with fixed ropes and jumars. Finally, after climbing the snowy dome of Mera Peak, you'll be at the summit. Celebrate your achievement and enjoy the close-up panorama of eight-thousanders, including Everest, Makalu, Kanchenjunga, Lhotse, and Cho Oyu. After capturing these remarkable moments and taking memorable snaps, you'll head down to Kongma Dingma. ***Important Note: You'll be spending only 5 to 10 minutes at the summit due to the high altitude, as prolonged stays are not recommended.***

Day 14: Trek to Hinku Valley - 5 to 6 hours

Altitude: 4,900m/16,076ft | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

Departing from Kongma Dingma after breakfast, begin the uphill climb towards the picturesque Hinku Valley, nestled at the base of the impressive Chamlang mountain (7,321m). The Hinku Valley is a remote and less-traveled area of the Everest region. On the way, there are numerous beautiful camping spots, one of the highlights being Seto Pokhari Camp. This camp is located near Seto Pokhari, or White Lake in Nepali. Tonight, you'll set up camp near these lakes. Overnight stay in Seto Pokhari.

Day 15: Trek to Amphu Laptsa Base Camp - 5 to 6 hours

Altitude: 5,500m/18,045ft | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

After breakfast at the campsite, start the trek in the remote Himalayas. Along the way, you'll be fascinated by the sights of the backside of Ama Dablam Peak. You'll traverse rugged terrain, passing through glaciated lakes, moraine, and ice sections. After a continuous walk, you'll reach the end of Hinku Valley, marked by the end of the ridge. As you approach Amphu Labtsa Base Camp, you'll catch a wonderful glimpse of a lake enclosed by a mountain ridge. In the distance, the spectacular Amphu Labtsa Glacier comes into view. Continuing around the lake, you'll reach the campsite for tonight. Overnight stay in Amphu Labtsa Base Camp.

Day 16: Trek to Chukhung via Amphu Labtsa La pass (5,845m/19,177ft)- 10 hours

Altitude: 4,750m/15,585ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today is another challenging day as you prepare to traverse the technically demanding mountain pass of Amphu Labtsa. After breakfast, ensure that all your gear and equipment are in order, ensuring you have everything necessary for the crossing. Navigating through the snowy path, you'll gradually move towards the Amphu Labtsa Pass. Along the way, you'll reach the Upper Hongu Valley, always blanketed in snow. Following a continuous steep climb lasting 4 to 5 hours, you'll eventually reach Amphu Labtsa Pass. From the top of the pass, relish the amazing sights of the Everest region, towering peaks, and the Imja Valley stretching out before you. After soaking in the scenery, descend towards Chukhung village. Due to the pass's technical challenges, fixed ropes may be necessary for assistance. En route to Chukhung Valley, an astonishing picture of Imja Tsho (Lake) and Amphu Labtsa Tsho will bless you. Overnight stay in Chukhung.

Day 17: Rest day in Chukhung

Altitude: 4,750m/15,585ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today is dedicated to giving your body the rest as it needs after yesterday's long and strenuous journey. Take advantage of the opportunity to recharge and rejuvenate in Chukhung Valley. If you feel energetic, hike to Chukhung Ri (5,546m). This hike promises the Everest region's unforgettable scenery of Lhotse, Island Peak, Ama Dablam, Makalu, and many more iconic peaks. Overnight stay in Chukhung.

Day 18: Trek to Island Peak Base Camp - 5 to 6 hours

Altitude: 5,200m/17,067ft | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

Feeling well-acclimatized today, you'll begin the trek from Chukhung and retrace steps down the valley toward Island Peak Base Camp. En route, you'll be treated to the alluring sights of Imja Glacial Lake, Imja Glacier, and Lhotse Shar Glacier. Continuing the trek across rocky moraine terrain, you'll eventually arrive at Island Peak Base Camp. From here, enjoy the striking panorama of the southwestern face of Island Peak. Take the opportunity to enjoy a short hike around Imja Glacier, followed by walking down to Imja Tsho Lake from base camp. Overnight stay in Island Peak Base Camp.

Day 19: Trek to Island Peak High Camp - 2 hours

Altitude: 5,500m/18,044ft | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

Today, you'll trek to Island Peak High Camp, bringing one step closer to summit attempts on Island Peak. Upon arrival, take time to explore the area. The Sherpa team will prepare all the ropes and equipment necessary for moving to higher altitudes. Use this time to rest, recover, and gather energy to prepare for tomorrow's summit attempt. Overnight stay in Island Peak High Camp.

Day 20: Climb Island Peak (6,189m/20,305ft) and Descend to Chukhung - 10 to 12 hours

Altitude: 4,730m/15,518ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

You'll summit Island Peak on this much-awaited day and descend to Chukhung. The day starts as you wake up early at around 2 am, followed by breakfast and preparation for the final summit push. Ensure you have all the necessary gear and equipment for the climb while the Sherpa guide and team members work on fixing ropes for the ascent. The Island Peak climb involves navigating through snow and crevasses, with the final stretch comprising a challenging vertical section on snow and ice slopes. You'll cross steep sections with the help of fixed ropes and crampons. Once you reach the summit, soak in the majestic beauty of the surrounding peaks, including Ama Dablam, Lhotse, and Makalu. Finally, after the exhilarating climb of Island Peak, you'll descend to the tranquil Chukhung Valley. Exercise caution on the descent, as the trail may be slippery with snow and boulders. Overnight stay in Chukhung.

Day 21: Trek to Tengboche - 5 to 6 hours

Altitude: 3,860m/12,664ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

After breakfast and packing your belongings, return to Tengboche village. You'll pass through quaint settlements and Ama Dablam Glacier. Continuing alongside the Imja Khola, you'll gradually descend towards Tengboche village. En route, you'll pass picturesque villages such as Somare, Pangboche, and Deboche/Deuche, known for their rich Sherpa culture and scenic beauty. Upon reaching Tengboche village, explore Tengboche Monastery, offering commanding vistas of Mt. Ama Dablam. Overnight stay in Tengboche.

Day 22: Trek to Namche Bazaar - 4 to 5 hours

Altitude: 3,440m/11,286ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today's destination is Namche Bazaar, a bustling Sherpa town. After breakfast at Tengboche, continue your walk through hillsides blanketed by rhododendrons and juniper trees. After crossing the Dudh Koshi River, the trail descends rapidly through pine forests, following the gorge. Here, witnessing wildlife is possible; if lucky, you might

spot a Snow Leopard. Finally, you arrive in Namche Bazaar after passing through the army camp. Later in the evening, stroll around the Namche Bazaar, the hub full of cafes, pubs, and restaurants to enjoy the food and drinks you most missed during the expedition. Overnight stay in Namche Bazaar.

Day 23: Trek to Lukla - 6 to 7 hours

Altitude: 2,800m/9,186ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today, you'll embark on the final trekking day of the Mera and Island Peak Climbing via Amphu Labtsa Pass, which takes you from Namche Bazaar to Lukla. The journey will take a few hours and presents an opportunity to make your trip more memorable as it draws to a close. You'll cross the Bhote Koshi River multiple times during the trek, adding to the day's adventure. Passing through Monjo village, you exit the Sagarmatha National Park and begin descending amidst rhododendrons, oak, and pine trees, covering much of the deep forested trail. As you near Lukla, you'll walk downhill along the Dudh Koshi river, savoring the last moments amidst the majestic Himalayas of Everest. Upon reaching Lukla, stroll around the village and soak in the atmosphere. Overnight stay in Lukla.

Day 24: Morning Flight to Kathmandu.

Altitude: 1300m/4,528ft | Meals: Breakfast/Dinner | Stay: Hotel

Wake up early to catch a breathtaking sunrise amidst the Himalayan setup. Enjoy breakfast and take an early morning flight back to Kathmandu from Lukla. Once again, you'll have a fantastic experience flying above beautiful landscapes, including snow-capped Himalayas, lush-green valleys, flowing rivers, and verdant valleys. Once you land in Kathmandu, resume exploring the gorgeous capital city or indulge in souvenir shopping, massage spas, yoga retreats, or ayurvedic therapy to relax and detoxify the body. Overnight stay in Kathmandu.

Day 25: Departure Day

Meals: Breakfast

Today is your departure from Nepal, and as you bid farewell to this majestic landscape, carry memories of the challenges that you conquered. Depending on your flight time, a representative from High Route Adventure will ensure safe transport to Kathmandu International Airport. Remember to arrive at the airport at least three hours before departure. If you want to continue your adventure in Nepal, we are happy to recommend additional adventurous activities, cultural tours, or jungle safaris. Safe travels on your onward journey.

5. Cost Includes

Airport Pick-up & Drop Services

- International Airport arrival pick-up
- International Airport drop-off on your final departure day
- Domestic Airport drop-off from the hotel
- Domestic Airport pick-up & transfer to the hotel
- Kathmandu to Rameshhap to Kathmandu drive by sharing transportation (In case of Lukla flight based in Ramechhap)

Accommodation Services

- Three nights 3-star hotel in Kathmandu on BB Plan

- Fourteen nights best available teahouse accommodation during the trek
- Seven nights of tent camp while climbing Mera, Island, and Amphu Labtsa Pass

Trekking Permit

- Sagarmatha National Park Permit
- Makalu National Park Permit
- Local Government Entry Permit
- Climbing Permit for Both Peak

Domestic Flights

- Kathmandu to Lukla flight ticket
- Lukla to Kathmandu flight ticket
- Ramechhap to Lukla to Ramechhap flight ticket (In case of Lukla flight based in Ramechhap)

Food Services

- 24 Breakfast: Local & continental choice
- 21 Lunch during the trek
- 21 Dinner during the trek
- Welcome & farewell dinner in Kathmandu for the best restaurant

Guide & Porter Services

- English- speaking government- licensed Climbing and Trekking Guide
- Local Sherpa for carrying Luggage (up to 25 kg Max)
- All Meals for the guide & porter
- Insurances for guide & porter
- Well-paid salary as per Government rates
- A first-aid kit box carried by the team leader

Other Services

- Down jacket and sleeping bag (Returned after trip completion)
- The HRA Brand Duffle Bag for the Trip, Campany T-shirt, and Baseball Cap
- Half-day guided city tour with included entrance fees to world heritage sites
- Oximeter - To determine your normal oxygen range
- Fresh seasonal fruit after dinner during the trek
- All government and local taxes

6. Cost Excludes

- International airfare and Nepal Visa
- Personal travel, medical, and rescue insurance
- Personal gear, internet, alcoholic beverages, mineral water, hot shower, and hot drinks.
- Additional hotel in case of early arrival and late departure
- Tipping to staff (as an appreciation).

7. Equipment / Packing List