# Mera and Island Peak Climbing with Amphu Lapcha Trek

## Facts

**Destination:** Nepal
**Trip Difficulty:** Streneous
**Trip Style:** Peak Climbing
**Transport:** As per Itinerary
**Food:** Breakfast,Lunch & Dinner(BLD)
**Group Size:** Min 1 Pax
**Max Elevation:** 6,476 m

Mera and Island Peak Climbing with Amphu Lapcha Trek is a challenging, adventurous, and once in a lifetime journey in the Himalayas. This venture will let you scale two famous peaks Mera Peak (6,476 m) and Island Peak (6,189 m) along with crossing Amphu Lapcha Pass (5,845 m). Individually these three themselves are the famous packages in the Khumbu region, and combining all of them in one package has made an ultimate adventure that one can go on. Mera and Island Peak Climbing with Amphu Lapcha Trekking is for those who dare to challenge themselves and seeking to explore unspoiled parts of the region.

Mera Peak Climbing with Amphu Lapcha Trek demands proper planning and well-made itinerary. You need to be guided by professionals to smoothly complete this journey, and therefore we Ascent Trails are glad to offer you our years of expertise and extensive Meraand Island Peak Climbing with Amphu Lapcha Trek package. During the trek, you will get to traverse hidden corners of the Everest region. The trail leads you along beautiful villages, where you get to see the lifestyle, culture, and tradition of the locals.

Likewise, you will get to visit ancient stupas and monasteries on the way.

## Highlights

- Thrilling flight to Lukla
- Adventurous and off-the-beaten trekking experience
- Get to see a wide range of flora and fauna throughout the trail
- Trek through beautiful villages observing rich culture and lifestyle of Sherpas
- Reach the top of Mera Peak and Island Peak
- Cross difficult Amphu Lapcha Pass
- Spend the night in Namche Bazar
- Trek through Sagarmatha National Park
- Witness astonishing landscape and panoramic views of the Himalayas

## Day to Day Itinerary

**Day 1: Arrived at Kathmandu and transport to the hotel.**

**Day 2: Sightseeing around Kathmandu and preparation day.**

**Day 3: Fly to Lukla and trek to Paiyan (2,730m); 6 hrs.**

**Day 4: Paiyan to Pangom (2,846m); 6 hrs.**

**Day 5: Pangom to Najing; 6 hrs.**

**Day 6: Najing to Cholem Kharka; 5 hrs.**

**Day 7: Cholem Kharka to Khola Kharka; 6 hrs.**

**Day 8: Khola kharka to Kothe (3,691m); 6 hrs.**

**Day 9: Kothe to Thangnak (4,358m); 4 hrs.**

**Day 10: Rest day.**

**Day 11: Thangnak to Khare (5,045m); 4 hrs.**

**Day 12: Rest day.**

**Day 13: Mera La (5,200m); 2.5 hrs.**

**Day 14: Mera La to High Camp (5,780m); 4 hrs.**

**Day 15: High Camp to summit Mera Peak (6,461m) to Kongma Dingma (4,850m); 10/11 hrs.**

**Day 16: Kongma Dingma to Seto Pokhari (5,035m); 6 hrs.**

**Day 17: Seto Pokhari to Amphu Lapcha Base Camp (5,650m); 5/6 hrs.**

**Day 18: Base camp to pass to Island Peak Base Camp and trek to Dobato; 7/8hrs.**

**Day 19: Rest day.**

**Day 20: High Camp; 3.5 hrs.**

**Day 21: High camp to summit to base camp; 9/10 hrs.**

**Day 22: Base camp to Pangboche; 5 hrs.**

**Day 23: Pangboche to Namche.**

**Day 24: Namche to Lukla.**

**Day 25: Fly to Kathmandu.**

**Day 26: Leisure in Kathmandu.**

**Day 27: Depart Kathmandu.**

## Cost Includes

- Arrival and departure transfer services to/from both airport as per itinerary
- Three-star or similar hotels for accommodation in Kathmandu
- Experienced and government-licensed trekking guide during the trekking & climbing period
- Schedule flight tickets for Kathmandu-Lukla-Kathmandu
- All trekking and mountaineering equipment like; kitchen tent, sleeping tent twin

basis, dining tents, toilet tents, tables, chairs, and cooking utensils

- Common climbing equipment (rope, ice bars, ice screws, snow bar, etc.)
- Cook and kitchen assistant, climbing sherpa and porters
- 3 meals a day (breakfast, lunch & dinner with tea/coffee) during the journey
- All food and fuel during the venture
- All necessary permits for Mera and Island peak climbing
- All wages, equipment, medicals, and accidental insurances for involved staff and porter
- Welcome & farewell dinner in a typical Nepali restaurant
- First Aid medical kits
- Satellite phone carrying by Guide for communication and available for members with the cost of US$ 3 per minute call
- Emergency Oxygen, mask, and regulator provided on requirement of guest with appropriate charge
- Trekking and climbing map
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Complete pre-departure information

- Flight ticket reconfirmation
- Visa extension procedure services (if necessary)
- Free Ascent Trails T-shirt, cap or duffel bag

## Cost Excludes

- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
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Extra transportation out of the itinerary program

- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Personal climbing gears
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Nepal custom duty for import of expedition goods
- Tips and gifts for involved staff and porter
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “COST INCLUDES” section