



# Mera Peak and Island Peak Climbing via Amphu Laptsa Pass - 25 Days

## Trip Facts

Destination	Nepal
Duration	25 Days
Group Size	N/A
Trip Code	dwt002
Grade	Very Strenuous
Activity	Peak Climbing In Nepal
Region	Everest Region
Max. Altitude	N/A
Nature of Trek	N/A
Activity per Day	N/A
Accommodation	N/A
Start / End Point	N/A
Meals Included	N/A
Best Season	N/A
Transportation	N/A

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

An exciting mountaineering expedition to the summit of Mera Peak (6,476m) and Island Peak (6,189m), two of the most popular trekking peaks in Nepal, for breathtaking panoramic views of five...

## About the Trip

An exciting mountaineering expedition to the summit of Mera Peak (6,476m) and Island Peak (6,189m), two of the most popular trekking peaks in Nepal, for breathtaking panoramic views of five of top ten world's highest 8,000m mountains on earth; Everest, Lhotse, Kanchanjunga, Makalu and Cho-Oyu, through the crossing of the high spectacular and challenging Amphu Laptsa Pass in the Himalayas- an ultimate diverse climbing adventures leading to a true

mountaineering experience.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

## Highlights

- 📄 Climb Mera & Island Peak with proper acclimatization and contingency days
- 📄 Stunning views from the summits of two of Nepal's classic "trekking" peaks
- 📄 Cross Amphu Laptsa Pass
- 📄 High and wild trekking in the remote Hingku valley
- 📄 Trekking through the Everest region to Namche Bazaar
- 📄 Sherpa Culture
- 📄 Explore the sights of vibrant Kathmandu during the full day sightseeing around the world heritage sites of Pashupatinath (a major Hindu shrine) and the giant Buddhist stupa at Boudhanath and monkey temple of Swyambhunath.
- 📄 Learn to use technical climbing gear
- 📄 Follow magnificent glaciers
- 📄 Experience Nepal's spectacular wilderness

## What is Included?

- ✔ Airport and Hotel transfers in Kathmandu with Private Transportation.
- ✔ Three night's accommodation in selected hotel in Kathmandu with Breakfast.
- ✔ Teahouse and tented accommodation during trekking and climbing.
- ✔ Full day Kathmandu valley sightseeing tour including cost of Tour guide, private transportation and entrance fees to World Heritage Sites.
- ✔ Domestic Kathmandu-Lukla-Kathmandu flight and airport departure taxes.
- ✔ Tea House/ Lodge accommodation including meals Breakfast, Lunch and Dinner during trek.
- ✔ Government License holder Discovery World Trekking English Speaking, experienced and qualified climbing guide, trekking guide, cook, and porter to help trekkers luggage..
- ✔ All necessary paper works; trekking permits and Mera Peak and Island Peak climbing permit.
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation, flight and other necessary equipment.
- ✔ Medical kit.
- ✔ Arrangement of Sleeping bags and Down Jacket for the climbing.
- ✔ Catering extra dietary requirements
- ✔ All Government and Local Taxes.
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Discovery World Trekking's appreciation of certificate after over the successfully trek.
- ✔ Farewell dinner.

## What is Excluded?

- ⊖ International Flight.
- ⊖ Excess baggage charges.
- ⊖ Lunch and Dinner in Kathmandu.
- ⊖ Extra night accommodation in Kathmandu due to early arrival, late departure, early return from trekking (because of any reason) prior to the plan scheduled itinerary.
- ⊖ Personal expense such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge

fee extra porters etc..

- ☐ Personal clothing and gear.
- ☐ Altitude chamber (PAC) or oxygen
- ☐ Personal climbing guide if requested
- ☐ Personal climbing equipments
- ☐ Travel insurance.
- ☐ Tips for guide and porters.
- ☐ Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.

## Overview

Feel unparalleled thrill of camping in the icy wilderness experience to explore untamed beauty of Island Peak (6,189m) and scale the height of Mera Peak (6,476m), two of the highly sought peaks in Nepal Himalaya after summits, through the remote Hinku valley linking with a crossing of the spectacular and technical Amphu Laptsa Pass (5,780m). This combined introductory expedition offers an opportunity to lead certainly to a true mountaineering experience.

Mera Peak 6,476m, to the south of Everest and into the heavily wooded Hinku valley, is the highest permitted trekking peak of Nepal. Island Peak in the heart of the Khumbu region is the part of the south ridge of Lhotse Sher encircled by truly exceptional view of semicircle Nuptse Sher in the north, Cho Polo and Makalu in the east. To the south are Baruntse, Amphu and Ama Dablam. Mera Peak is less technical peak in spite of involving in crossing very high, difficult passes and tough summit than Island Peak. Furthermore, the route to the summit of Island Peak is relatively steeper than Mera.

Mera Peak offers one of the most spectacular panoramic view of five 8,000m mountains; Chamlang, Kanchanjunga, Makalu and Baruntse in the east and the peaks of Cho-Oyu, Ama Dablam and Kangtega to the west. Everest can be viewed to the north over the massive unclimbed south face of Lhotse and the Nuptse ridge.

The exhilarating mountain flight lands at Lukla. To reach Mera Peak, initial days of journey follow off the beaten trail of Hinku valley leaving busy route to Everest. Our Sherpa climbing guide conducts training on various climbing techniques and skills before setting to rising higher peaks for successfully scaling on top summit of peaks. Rest day in high altitude, having spent several nights above 5,000m ensure extremely well acclimatized before ascending to the Mera Ia, High Camp for the final ascent to the summit. Island Peak's summit seems to view almost at the same level from the crossing of the most technical glaciated Amphu Laptsa Pass in the highest part of the Khumbu region of Everest. An ascent of Island Peak involves a comfortable scramble, an intriguing rock ridge and then onto a wonderful glacier with the gorgeous and breathtaking landscapes of surrounding peaks Nuptse, Lhotse, Cho Oyu, Ama Dablam and Baruntse. After the climb, we will descend back following the heartland of Sherpa. The route back to Lukla to complete the trip is shorter from here.

This expedition is designed for those who would like to climb a challenging Mera Peak, ascend the more technical Island Peak with proper acclimatization and arrangement of contingency days to maximize the chance of comfortably reaching on the summits. This trip is perfect for everyone with little or no previous experience of using an ice axe and crampons however requires an excellent level of physical fitness.

## Day to Day Itinerary

### Day 1

#### Arrival to Kathmandu (Tribhuvan International Airport – TIA) (1 , 350 m/4 , 450 ft)

You are heartily welcome to the Himalayan kingdom of Nepal. Flight to Nepal always makes feel unique like doing adventurous journey while panoramic views of snow-capped mountains beneath your plane. After clearing of immigration and customs formalities, you will see Discovery World Trekking representative member displaying your name on the company signboard at exit airport terminals of the Tribhuvan International Airport (TIA) at Kathmandu. Then you will be welcomed, greeted, and escorted to the hotel in a private transpiration in the middle of Thamel, which is a perfectly delightful place in the heart of the city. Thamel is a fascinating area of good restaurants and shops. After checking in at hotel, later in the evening, there will be meeting and trip briefing orientation program. Then, you are free to settle in and explore your vibrant surroundings. Our friendly staffs are on hand to provide any advice or assistance.

### Day 2

#### Full Day Tour, Kathmandu Valley Sightseeing

Today, after breakfast, our program is to visit the full day Kathmandu valley sightseeing to the most significance culturally, religious historic places around world heritage sites. The tour guide assists us explore the sacred Hindu Temple of Pashupatinath - biggest Hindu temples of Lord Shiva in the world, the famous “Monkey Temple” Swyambhunath-an ancient religious complex atop a hill in the Kathmandu valley and Buddhist shrine Buddhanath-an ancient largest Buddhist Stupa in the world that dominates the skyline. After completion of the tour, there will be trekking briefing orientation, guide introduction and final check of climbing equipment for trek to ensure well prepared for the exciting journey ahead.

### Day 3

#### Flight to Lukla (2850 m/9,350 ft)-30 Minutes, trek to Chutang (3020m) – 3 hrs

We reach Kathmandu domestic terminal of Tribhuvan International Airport (TIA) for an early morning flight to the dramatic mountain tiny airstrip at Lukla-the gateway to one of the great spectacular flights above natural scenery and white Nepali Himalayas. This is one of the most beautiful air routes in the world, culminating in a landing on a hillside surrounded by high mountains. Just 40 minutes flight takes us to land at Lula, which is the start of our trek to Mera. Upon arrival here, our rest of the crews for Mera peak will be waiting to meet us and begin our trailhead heading eastwards the higher above the spectacular Dudh Khosi, leaving for the busy trail to Everest Base Camp. The Trek follows through hamlets and wood yards until we reach a thick forest of Silver fir, birch pastures and rhododendron and pine forests. There are many small streams with numerous places en route, the whole of this area referred to as Chutanga which is a summer pasture. We spend the remainder of the day resting, acclimatizing and exploring the nearby villages.



Overnight in Lodge.



Included meals ( Breakfast + Lunch + Dinner )

### Day 4

#### Chutang to Chhatrwabuk/Thuli Kharka via Zatrwa La (4,620m) - 6 to 7 hrs

Trekking today is a steep climb to cross the Kalo Himal Ridge in the Nau Lekh range, from here we enter into the Hinku valley, leaving the Khumbu valley and there is a feeling of untouched remoteness. A steep uphill trial marked by some ancient collection of Buddhist chortens. We continue traversing to reach Zatrwa La pass (4610m) welcomed by traditional Buddhist style with prayer flags. After celebrating our first pass, in a clear day, it looks very impressive the views across the Dudh Kosi towards Karyolung and the Lumding Himal. Moreover, we get our first glimpse of the scenery across the rolling foothills of the Hinku river Valley. From here less than an hour, we reach Thuli Karkha where we spent the well-deserved night's rest.



Overnight in Lodge.



Included meals ( Breakfast + Lunch + Dinner )

## Day 5

### Chhatrwabuk to Kothe (4182m) – 4 to 5 hrs

Another spectacular day awaits to get admired beautiful hills dotted with rhododendrons-Nepali national flower. The trek is relatively short and downhill. The trail traverses ridges above the Hinku Valley, enjoying grand views of the South Face of Mera Peak. A pleasant walk leads through the beautiful forests of Himalayan pine and rhododendron, bamboo along a ridge to the Hinku River all the way up to Kothe.



Overnight at Lodge



Included meals ( Breakfast + Lunch + Dinner )

## Day 6

### Kothe to Thangnak (4356m) - 5 hrs

Today we realize entering into the high mountains of the Himalaya when we continue walking along the Ridge of Hinku, the first time seeing and enjoying River stream view on the destination surrounded by towering view of Mera Peak and other mountains. There are superb views of Kyashar (6,769m) and Kusum Karguru (6,367m). The walk is a steady and gradual climb up the valley, for the first section we walk near the river on a rocky trail. Then later on climb up to grassy yak pastures (kharka) above river level. We pass through the Gondishung, it is worth visiting an ancient monastery and a summer herder's settlement on the west bank of the Hinku Drangka. We trek for some time to reach Thagnang, which is a summer grazing area with some primitive lodges and little shops.



Overnight at Lodge.



Included meals ( Breakfast + Lunch + Dinner )

## Day 7

### Thangnak to Khare (5045m) - 4 to 5 hrs

Leaving for Khare, our hike heads eastwards and walk up slowly in destination acclimatizing and enjoying the surrounding scenery. Two and a half hour climb through the adventurous lateral moraine of Dig Glacier to walk on the large pasture of Dig Khraka, the dramatic views of the surrounding peaks continue to open up. The hike, then leads to a steep climb through moraines to the snout of the Hinku Nup and Shar Glaciers. 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 that provides an excellent view of Mera Peak.



Overnight in Lodge



Included meals ( Breakfast + Lunch + Dinner )

## Day 8

### Acclimatization and Preparation day in Khare(5045m)

Before progressing further, today we have a rest day for acclimatization, exploration and practice of essential ice-climbing course under the guidance of our experienced climbing guide. After breakfast, we head up to the start of the Mera Glacier by climbing a steep ridge that we will later follow to the Mera La pass. Here we will take the opportunity to practice skills needed for glacial travel and organize a session on the glacier. First, we instruct techniques on how to use crampons, rope and ice axe etc. Thereafter, we shall provide training on peak climbing techniques and the proper ways of using climbing gears such as the ice axe, climbing boots and crampons, harness, ascender, etc. The training will also include how to use the ropes to go up and down. This helps us prepare for the summit of Mera. Although it is not mandatory to have prior training/skills for this trek to Mera Peak Base Camp, we strongly believe that some training experience will boost your confidence and your climbing skills to increase the chances of scaling the summit as well as

to fully enjoy the experience. Later in the day, we return to Khare for over night's sleep.



Overnight at Lodge.



Included meals ( Breakfast + Lunch + Dinner )

## Day 9

### Khare to Mera La (5415m) to Base Camp (5350m) - 4 hrs

Today will be an exciting day as it is the first day of mountaineering where three hours over a boulder-strewn path up to the glacier, leading up to Mera La. After reaching the snout of the glacier where we gear up fully putting on crampons, harness, mountaineering boots and walking with ice axes. Our freshly learned crampon and ice axe techniques will come in useful while climbing into the glacier. This exposed pass serves as a camp before climbing up to Mera's high camp the next day. The views from the pass and first experience of mountaineering are spectacular. We first climb up to the Mera La (5,410m) and back up the ridge and then onto the back of the Mera base camp to settle in for a good night's sleep.



Overnight at Tented camp.



Included meals ( Breakfast + Lunch + Dinner )

## Day 10

### Base Camp to High Camp (5800m) - 4 hrs

Today, we head to high camp from base camp; the steep rocky trail leads to the high camp at altitude of 5,800 meters through Mera la pass. It provides an excellent launch pad for the final climb to the summit. Having gained the Mera La, the route turns left (south) and follows easy angled snow slopes. After a short distance an area of crevasses is come in. Under normal conditions, these can be walked around very easily, although looking into their deep, dark depths is always impressive. The crevasses soon give way to slightly steeper but open snow slopes that lead without difficulty to the high camp. Upon arrival at the High Camp, we are rewarded by an excellent panoramic views of Everest, Makalu and the Nuptse, Lhotse wall directly ahead. The setting sun casts an unbelievably magic light on these awesome mountains. We can also see the most of the route to the summit. We get an early night in to prepare for tomorrow's summit bid.



Overnight at Tented camp.



Included meals ( Breakfast + Lunch + Dinner )

## Day 11

### Mera High Camp to Summit and back to Khare(5045m)- 9 to10 hrs

We wake up early with hot cups of tea and start heading out into the cold on our way to the summit of Mera Peak. The going is relatively straight forward as we make our way up the Mera glacier and set a slow, steady pace. The route is still non-technical as we climb slowly but surely higher into the ever-thinning air. From the high camp to the summit bid will be made early in the morning, and take around 4 to 6 hours to get to the summit. The first rays of the sun hit the big peaks in an amazing red glow. At the foot of the final steep summit cone, we may attach to a fixed rope depending on conditions. 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. The 360 panorama is perhaps one of the most impressive as well as incredible views of Baruntse (7129m), Haling (7319m) and NauLekh (6360m) with Makalu (8481m) looming behind. We are far enough back so that the smaller peaks do not obscure the views, but at the same time are deep in the heart of this fantastic mountainous vista. We spend some time taking it all in before we finally descend back down to Khare for our overnight at lodge which is about 2 hour descent. This is a very long but satisfying day.



Overnight at Tent.



Included meals ( Breakfast + Lunch + Dinner )

## Day 12

### Reserve Day

We have allocated an extra day as a spare day or contingency day, set aside in case of problems with the weather or acclimatization. This extra day definitely gives some flexibility and use for a second summit attempt. This is also a buffer day in case of any other delays experienced along the way such as Lukla flight. If everything has gone smoothly and you succeed to climb on the summit day, this day is used to covering for the next day trek. If this day is not to utilize, as a contingency day, then it will use as a free day in Kathmandu.



Overnight camping.



Included meals ( Breakfast + Lunch + Dinner )

## Day 13

### Kongma Dingma to Seto Pokhara via Honku Valley (5035m) - 5 to 6 hrs

After a successful expedition to Mera peak, we walk today through the remote valley of the upper yak pastures of this. Throughout the route, we will enjoy panoramic views of the Himalayan valley. It is almost a shock to realize that the two majestic mountains we are heading straight towards being none other than Everest and Lhotse.



Overnight in camp at Seto Pokhari.



Included meals ( Breakfast + Lunch + Dinner )

## Day 14

### Seto Pokhari to Amphu Lapcha Base Camp through south (5650m) - 5 to 6 hrs

Trek through the remote parts of high altitude Himalayas to reach Amphu Lapcha base camp. This route is off the beaten trail, rarely we meet some other trekkers even in high touristic season. We steeply ascend just beyond White Lake, the first of a series of lakes that occupy the upper Honku Basin. Experience the wilderness of the Honku Valley. On the right is Chamlang (7321m) with hanging glaciers on its South-West and North-West faces, the Honku Valley is true mountain wilderness.



Overnight in Amphu Lapcha Base Camp.



Included meals: (B, L, D).

## Day 15

### Amphu Lapcha Base Camp (South) to Amphu Lapcha Base Camp (North) [5300m] - 6 to 7 hrs

We start our climb an early in the morning from the South base of Amphu Lapcha to the north base camp of Amphu Lapcha through the steep sections of rock and ice to take the pass when the snow is stable, before the sunlight melts the snow. Climbing ropes are likely to use wherever it seems necessary. The last sections of the climb to Amphu Lapcha winds up through snow shovels. On the other side, a steep descent awaits to be endeavored on fixed lines leading down to the moraine.



Reaching at the Amphu Lapcha North Base Camp, we camp and spend the night there.



Included meals ( Breakfast + Lunch + Dinner )

## Day 16

### Amphu Lapcha Base Camp to Chukung (4700m) – 5 to 6 hrs

Today's walk is though downhill along the moraine that connects to Chukung, the starting point for the Island Peak. The wilderness of the remote Hinku Valley now introduces us to the civilization of the Khumbu Region. The Imja Khola joins the Dudh Koshi river a little above the Pangboche Village. There is a famous monastery at Pangboche believed to have been the oldest in the Khumbu region. To reach Pangboche after a few long days of hard mountaineering and

trekking is a delight. Spending night in the comfort of the lodges in this occupied village is a warm welcome which we feel, is well deserved.



Overnight at Lodge.



Included meals ( Breakfast + Lunch + Dinner )

## Day 17

### Rest Day to Relax and Acclimatize at Chhukung

Despite rest day for proper acclimatization, we utilize this day as opportunity for preparation for climb under the guidance of Sherpa climbing guide, training on peak climbing techniques and way of proper using climbing gears such as climbing boots and crampons, harness, way of climbing up and climbing down on ropes will be conducted. Climbing over Island Peak does not require mandatorily prior training experiences. Although without doubt, such training opportunities will boost up climber confidence, sharpen climbing skills and increase the chances of scaling the summit. The training might be significantly useful for those who are doing their first expeditions though.



Overnight at Lodge.



Included meals ( Breakfast + Lunch + Dinner )

## Day 18

### Trek to Island Peak Base Camp (5,200 m / 17,050 ft)- 3 to 4 hrs

It will be another relatively easy day as we make our way from Chukung up an open valley with marvelous landscape and mountain viewpoints. We rise gradually to base camp along the glacial morain of ImjaTsho glacial lake. Overnight at Tented Camp.



Overnight at Lodge.



Included meals ( Breakfast + Lunch + Dinner )

## Day 19

### Summit Island (6,183m) Peak and return to Chhukung

Today we begin our climb with a predawn, lighting our way by headlamp up the rocky trail through rock gorge leading to glacier pass of the summit. Our guide will fix a rope up using crampons and ice axes whenever necessary into glacier of crevasses. We follow the guide's footsteps. The route is generally easy to follow and winds its way up snow gullies and rock bands before easing off to a small plateau, where we will be able to take a good rest and enjoy the first rays of dawn. We will enjoy a beautiful sunrise on the edge of the glacier. A short steep snow slope leads to cross an exciting ridge to the summit. It is unforgettable moment to be on the summit, we will have time for celebrating enjoyment of reaching successfully on the summit, observing the astounding panoramic views of mountains and snapping enough photos before descending back to Base Camp. We descend all the way to Chhukung for overnight stay.



This is a celebration time on the success of Island peak climb.



Included meals ( Breakfast + Lunch + Dinner )

## Day 20

### Contingency Day

This contingency day has arranged alternatively on the itinerary in case of unable to summit the Island Peak in the previous day due to bad weather, difficulties in acclimatizing and some other reasons. If there is no hassle and obstacles on the trip, runs smoothly, the day will be reduced accordingly with the adjustments on the itinerary.





Included meals ( Breakfast + Lunch + Dinner )

## Day 21

### Trek to Tengboche(3,855 m/12,850 feet) - 5 hrs

After a leisurely breakfast in Chukung, we will head down the valley through Dingboche and on to Tengboche. After yesterday's strenuous effort, we take it relatively easy today. We will have one more night near the monastery with excellent views of AmaDablam and much more.



Overnight at Lodge.



Included meals ( Breakfast + Lunch + Dinner )

## Day 22

### Trek to Namche Bazaar (3440 m/11,285 ft) - 6 hrs

From Tengboche, we make a return following our footsteps in back to Namche. First we drop down to cross the DudhKosiriver and then climb and contour to the town of Namche.



Overnight at Lodge.



Included meals ( Breakfast + Lunch + Dinner )

## Day 23

### Trek to Lukla (2850 m/9,350 ft) – 6 to 7 hrs

This will be our last day on the trekking trails and it will be a long but rewarding day as we make a return down the DudhKosi valley. From this direction the views will be entirely different. Eventually, we reach the large town of Lukla with airport where tomorrow we will have a flight back to Kathmandu.



Overnight at Lodge.



Included meals ( Breakfast + Lunch + Dinner )

## Day 24

### Fly back to Kathmandu

The flight to Kathmandu normally schedules for the morning if everything certainly goes according to schedule. The scenic morning flight back to Kathmandu gives us one last chance for close look the glimpse of the mighty snow capped Himalaya in the distance and say farewell to the mountains. Upon arrival in Kathmandu, your guide will transfer you to the hotel. You are free to spend the rest of the day at your leisure to relax, refresh, and perhaps take a trip to explore more of the city, before the group's final evening celebrating huge achievement with a special dinner.

## Day 25

### Final Departure to home country

We really hope that you have enjoyed the trekking holiday in Nepal's majestic hills with us. You have nothing more to do, but ready and excited about going back home. Therefore, you can provide your free time for last minute shopping for souvenirs or gift to your family, friends or relatives for you until your departure flight, 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. You bid Kathmandu and Nepal farewell until next time visit. 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.

## Trips Notes

### The beginning of the journey towards Mera Peak and Island Peak

You will arrive to Nepal, Kathmandu in Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon the arrival. Then the next day, at early morning we will start our journey towards Mera Peak and Island Peak.

### Don't Worry, We'll Pick You!

Discovery World Trekking provides free airport arrival and departure transfer on any flight for Mera Peak and Island Peak Climbing package. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to your hotel with all comfort possible.

### Accommodation Details During The Trek

Hot showers, Wi-Fi will be available at an extra cost in possible places.

### The Meals

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

### Best Time For Mera Peak and Island Peak

The weather is one of the most important factors to look at when deciding to hike to Mera Peak and Island Peak cause no one is beyond nature. People trek 12 months of the year up to Mera Peak and Island Peak but certainly, there is ups and downs in every season, It is best suited to trek during the spring and the autumn as sky is crystal clear from dusk till dawn, the rainy weather stops and thick sun-blocking clouds also fades. The Magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, the temperature is also exquisite with sunlight being warm and the environment after delving of the sun is not as cold as other months.

Tho during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, cold temperature but that's what excites many trekkers.

While climbing mountain, the temperature totally depends upon elevation. The higher elevation is, the lower the temperature becomes. Avrage temperature of this reason is given below.

Elevation 1500, Temperature ranges from 9 to 21 Degree C

Elevation 2500, Temperature ranges from 3 to 15 Degree C

Elevation 3500, Temperature ranges from -4 to 7 Degree C

Elevation 4500, Temperature ranges from -10 to 0 Degree C

Elevation 5500, Temperature ranges from -17 to -11 Degree C

Elevation 6500, Temperature ranges from -14 to -21 Degree C

For live weather forecast, [visit here](#).

The weather in the Himalaya is so unpredictable and the temperature may change quickly from day to night.

### Acclimatization

### Trip Grade: Fitness level, Medical, and Health

### Trekking group/single

## A typical day on the Mera Peak and Island Peak

Every day will be rewarded with a unique experience of trekking, climbing enjoying the scenery, taking photos and exploring the local villages. During the expedition, we are accompanied by experienced, friendly and qualified expert Sherpa's sharing information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage's. However, we will be carrying our small regular day bag pack of necessary items.

The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast, we set off on the day's walk around 7 AM to 8 AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served around midday on the route to the next destination and we continue after about an hour of rest.

The afternoon walk is generally shorter; about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will have free time to explore nearby places.

Dinner is served around 6 PM to 7 PM. After dinner and before going to bed, we indulge in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy on board games like monopoly, cards and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

## Communication on trek

On the Mera Peak and Island Peak, the use of internet service will be available only at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety proposes. We'll communicate all our valuable clients through our leader to at least once in a day to make sure you're fine, safe, feel right and have everything up there. You'll always be connected to Kathmandu's DWT office for any kind of help during the trek. Also, depending on the kind of network you use, there will be the signal but not very strong before the high altitude. On your request, we can provide you with a separate local sim card (Most of the places have wifi service available with an extra cost) for good access of connecting.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

## Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu is up to our clients themselves as all kind of hotels/lodges (both luxury & budget) can be booked easily online or even we can do it for on request. All our valuable clients will have to bring personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs etc. We recommend bringing cash (dollars) which can be changed to rupees here cause during the trek only Nepalese currency is accepted.

## Electricity and battery recharge, water on trekking

Throughout the available lodges at Mera Peak and Island Peak, electricity for the camera and mobile battery recharge is available with an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used the solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water purification pill is will be provided to make water drinkable.

You shouldn't drink water from river, tap, well up there cause it might not be drinkable as it seems.

## Travel insurance

This trip grade is ranked the challenging difficult as it entails the risk of high altitude trekking, potential altitude sickness and other unforeseen events including sudden climate changes.

Travel insurance is a significant part of our booking condition for The Mera Peak and Island Peak. All the members of trekking the must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude (up to 6000m) for trekking members.

We can recommend insurance companies to help you but we don't directly get involved in the sale of insurance policy. Members can be refused to be included in the trekking based on insufficient, improper or absence of travel insurance policy.

Trekking members are kindly requested to send their detailed insurance information once they book for the trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say in their website) make sure you call them and recheck if they have Heli-rescue and evacuation up to 6000m according to your trekking height.

### Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival in the Tribhuvan international airport. Visa can be extended at the central immigration office [www.immigration.gov.np](http://www.immigration.gov.np) The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of visa fee is the US \$40 for 30 days which have to be paid in cash on arrival on Tribhuvan International Airport. Citizens of China and the SAARC countries will receive a free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive the visa on arrival and so you will have to contact your local Nepalese embassy.

### Money exchange

Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = ~ Rs.100 NPR).

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel. The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined. Despite having security advantage of traveller's cheque, we prefer cash exchange to avoid hassles like a lengthy process and high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself.

There are quite several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank. During the trek, there are no banks and money exchange services so you should exchange your money in Kathmandu only, depending on how much personal expense you require as in Himalayan region people only accept Nepalese Currency

Most of the established banks in Asia will not accept foreign currency notes that are old, torn or faded. Please ensure that you have new, clean notes

### How Much Luggage can I take during Mera Peak and Island Peak Climbing

The weight limit for your luggage is 9kg per trekker, Porters will be assigned to carry your luggage, Two people will be assigned with one porter, combined luggage should not exceed more than 18 kgs. We never overload our porters. but a should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what is essentials, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and it'll be completely safe.

We'll recheck everything (Luggage, equipment, etc) in our briefing before we start our journey in our Office.

### Mera Peak and Island Peak Climbing Safety

Discovery World Trekking guarantees our valuable client's safety, security, and satisfaction. Safety is the utmost

important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

## Responsible travel

We strongly believe that our environment has to be protected as tourism may bring negative effects on it. We highlight the positive aspects of tourism on the environment. Furthermore, **Discovery World Trekking** works together with the **Kathmandu Environmental Education Project (KEEP)** and organizes eco-friendly trips about the most environmentally sensitive and culturally rewarding that meet the expectation of both travellers and communities.

## Discovery World Trekking Crews

During the trek to Mera Peak and Island Peak Climbing, you will be accompanied by our local best trained and well-experienced guides/sherpas to make your journey even more comfortable and memorable. All guides are well trained licensed with the prior experience they have spent years trekking / climbing the peak all over the world. Porters will also be assigned to carry your luggage. Two people will be assigned one porter, combined luggage **should not exceed more than 18 kgs**. We never overload our porters, we respect everyone's work. A proportion of one porter for two members and one assistant guide with 8 members (9kg per person). If required we can also have one porter per person. Our crew members are the local people of high **Himalaya remote areas** and their physical endurance and heredity nature can live easily and comfortably at high altitude without being affected. All our staff are very valuable to us, they are well paid and we take care of their insurance, clothing, food and lodging throughout the expedition. All our **Guides and Porters receive Medical care when ill or injured**. We always make sure that they are happy as we believe that only happy Crew can make our clients happy as DWT has three kinds of family, One is family by blood of everyone in **DWT** and the other one is all the employee working to run this company and last but not the least is our valuable clients, The local expert trek leader to guide you is specialized under the following subject. We provide basic accommodation for our guides and porters or tent with the sleeping gear we also provided them with food and warm drinks.

- Intensive wilderness first Aid
- Authorized certificate of Trekking Guide Training
- Fluency speaking English and other major Languages
- Conservation and biodiversity
- Rock climbing

## Tipping

Most importantly, tipping is at travellers discretion and should be relied on good service that does not form the part of wages for your Guides, porters and crew although they are very much appreciated. In Nepalese culture, the tip is accepted and honoured way to say thank you (**Dhanyabada**) for good service. Normally the tips are offered at the end of the trek and this is best done as a group. Most groups will give the trips on the last evening or last day of the trek, to mark the end of the trip. The amount of the tip is entirely a personal preference that may be more or less depending upon your perception of service quality, length of trip, budget and appreciation of their work as you'll be staying with crews for more long treks which builds a relationship. It is important to Discovery World Trekking crews who professionally take care of you all the time during the trekking, inspire excellent service and offer enriching journey- a trip of once in a **lifetime experience**. We ensure that all of our crews including guides and **porters are paid well and treated fairly with respect**.

## Booking and payment process

**Discovery world trekking** is a government authorized, registered, licensed and bonded as trekking and touring operator in Nepal. The company registered number is 87657/068/069. We are a member of Trekking Agency Association of Nepal (TAAN), **Nepal Mountaineering Association (NMA)**. Therefore, book Discovery World Trekking trip with confidence as we are reliable. 10 percent of payment in advance and other necessary documentation like passport copy, passport size photos, travel insurance policy, arrival and departure flight detailed can be made later but must not exceed within two weeks' period from booking the date. The number of domestic flights for **Lukla** is limited but being very busy during the trekking seasons. **Payment** is to be made by bank transfer, western union and online payment directly from our website.. The remaining trip cost can be paid whether in cash or by bank transfer and credit card when your arrival in Nepal. Furthermore, we put forward the necessary modes of payment details as per your **convenient by mail**.

# FAQ's

## **What is the best Season for trekking /climbing?**

Spring (March to June) and Fall (September to November) are the best seasons to trek Everest Base Camp. Discovery World Trekking can make arrangements if you wish to avoid the crowds in these seasons, DWT can make it happen in any season you want with all the safeties and fun.

## **How long do I need to walk per day during my trek/climbing?**

The hiking will be 5-7 hours a day depending upon the landscape and destination.

## **What if my flight to and from Lukla is cancelled or delayed?**

The flights are usually regular between October and May. But due to high altitude, bad weather, and unforeseen technical issues, you may experience a delay or cancellation of the flight. On the occurrence of such events, Discovery World Trekking charters a helicopter to make sure you are on the safe schedule either for the trek or for your flight back home which would cost extra charge as an unexpected event. However, if the visibility is less than 1,500 meters, it is unable to operate helicopter facilities and Discovery World Trekking will reschedule the flight.

## **Is meal easily available on the trek/Climbing?**

The meal on this trek is very convenient but not as in cities. Along with Western meals, chapati, rice, local tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tendu, noodles, and thukpa are amazing Himalayan cuisines for the trekkers. Discovery World Trekking will arrange meals in special areas for its clients.

## **What types of liquid do I need to drink at high altitude?**

Garlic soup is a must while trekking. Discovery World Trekking recommends trekkers to drink green tea, lemon tea, hot lemon, and ginger tea. However, it is better to avoid alcohol and alcoholic beverages, caffeinated items, and hot-chocolates at high altitude.



## Discovery World Trekking

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**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

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Quick Questions? Email Us

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Talk to an Expert

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