



Mera Peak Climbing with Amphu Laptsa Pass Trekking - 20 Days



Trip Facts

Destination	Nepal
Duration	20 Days
Group Size	2-12
Trip Code	dwt003
Grade	Very Strenuous
Activity	Everest Treks
Region	Everest Region
Max. Altitude	6,476m, Mera Peak
Nature of Trek	Tea House /Camping trekking
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Selected hotel in Kathmandu, and tea house/Camping during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	N/A
Best Season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec
Transportation	Domestic flight and private vehicle (Transportation)

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Ascent of Mera Peak,(6,476m) Nepal's highest trekking peak is simply breathtaking with five of top ten world's highest 8,000m mountains on earth-Everest, Lhotse, Cho-Oyu, Makalu and Kanchenjunga and crossing of...

About the Trip

Ascent of Mera Peak,(6,476m) Nepal's highest trekking peak is simply breathtaking with five of top ten world's highest 8,000m mountains on earth-Everest, Lhotse, Cho-Oyu, Makalu and Kanchenjunga and crossing of the high spectacular as well as challenging Amphu Lapsa Pass in Himalayas -an extremely varied mountain adventure experience.

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

Highlights

What is Included?

- ✔ Airport and hotel transfer with private transportation.
- ✔ Kathmandu – Lukla – Kathmandu flight and airport departure taxes.
- ✔ Tea house, lodge accommodation/ tents during climbing in twin sharing basis. Including meals Breakfast, Lunch and Dinner.
- ✔ Group gears and supplies (ropes, ice screws, snow bars).
- ✔ All Camping Equipment (kitchen tent, dinning tent, toilet tent ,table, chair and kitchen utensils)
- ✔ Government License holder Discovery World Trekking experienced and qualified trekking / Climbing leader, cook, and porters to help trekkers luggage. (2 trekkers: 1 porter) max load 20 kg per porter.
- ✔ Coverage of guides and porter's meals, insurance, salary, lodging, transportation, flight and other necessary equipment.
- ✔ Permits for Mera Peak climbing.
- ✔ Sagarmatha National Park entry permit fee & TIMS Card.
- ✔ Garbage Deposit.
- ✔ Medical kit.
- ✔ Arrangement of sleeping bags and down jackets
- ✔ Catering extra dietary requirements
- ✔ All government and Local taxes.
- ✔ We use pulse oximeter on our clients everyday during the trekking for blood oxygen saturation level monitor to high altitudes as it is an important indicator to recognize early signs of impending altitude sickness and other potentially health risks.
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Discovery World Trekking's appreciation of certificate after the successful Trek/Expedition.
- ✔ Farewell Dinner.

What is Excluded?

- ❑ International Flight.
- ❑ Accommodation 3 meals (breakfast, meal and dinner) in Kathmandu.
- ❑ All Personal Expenses such as laundry, telephone calls, bar bills, beverages, snacks.
- ❑ Personal clothing and gear.
- ❑ Travel Insurance.
- ❑ Extra shower fees at lodges along the trail, battery re-charge fees, and incidental expenses along the trail.
- ❑ Tips for Guide and Porters.
- ❑ 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

Thrill of reaching the summit of Mera peak, standing over 6,461m-the high, challenging and classic Himalayan trekking peak in Nepal with technically straightforward, is an immensely rewarding achievement with unparalleled scenically magnificent panoramic views of the five world's 8,000m highest mountains- Everest, Kanchenjunga, Makalu, Lhotse, Cho-Oyu and many other peaks.

Mera Peak is the highest permitted trekking peak of Nepal dominated by Mt. Everest. J.O.M Roberts and Sen Tenzing first successfully ascended Mera Peak on May of 1953. An ascent to top of Mera is not an easy required crossing very high and difficult passes. Moreover, adding on this peak with Amphu Lapsa Pass makes a trip of the most impressive, more exciting, physically demanding and highly rewarding lifetime experience. As nontechnical peak, Mera peak is for those first time as well as experienced with fit trekkers who dare as well as desire to dream of standing on a Himalayan summit to glory the success for unforgettable once in a lifetime experience.

After the short exciting scenic mountain flight to the mountain airstrip of Lukla, initial start of trek begins to walk less trodden trails through beautiful forested hillsides remote sections of the Hinku valley of Pangkongma and Panch Pokhari on the way to base camp with proper gradual acclimatization. Taking part in our climbing training course relating to various aspects of climbing techniques and skills, glacier travel, rope fixing, ascending and descending before the summit push to ensure all of our climbers have necessary climbing skills and confidence to scale the summit successfully.

We setup Mera La base camp at 5415m, moreover, for Mera Peak climbing shorter and completely enjoyable, we establish the high camp at 5800m that offers breathing panoramic view of the best of its kind. The summit day starts early in the morning, the view seen from the summit of Mera Peak probably remains unrevealed with an amazing grandest surrounding majestic highest mountains Kanchanjunga and Makalu to the east, Everest appears over the massive southern aspect of Nuptse and Lhotse to the north- undoubtedly one of the most glorious views in the entire Nepal. Then, the crossing of the challenging Amphu Lapsa Pass to stand at the highest part of the Khumbu region of Everest-the moment always refreshed in mind. Trip returns via Namche Bazaar the heartland of Sherpa, the bustling bazaar and main gateway to expedition, and complete at Lukla after flight to Kathmandu.

This classic route to exceptional high altitude Mera Peak climbing with Amphu Lapsa Pass is prepared to offer the most wonderful extremely varied mountain adventure life changing experience in Nepal Himalayas.

Day to Day Itinerary

Day 1

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

You are heartily welcome to Himalayan kingdom of Nepal. Flight to Nepal always makes feel unique like doing adventurous journey while panoramic view 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 terminal of the Tribhuvan International Airport (TIA) at Kathmandu. Then you will be welcomed, greeted, and escorted to 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 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 full day Kathmandu valley sightseeing to the most significance culturally, religiously and historically 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 tour, there will be trek briefing orientation, guide introduction and final check of climbing equipment for trek to ensure well preparation 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 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 crews for Mera peak will be waiting to meet us and begin our trailhead heading eastwards the high above the spectacular Dudh Khosi, leaving for the busy trail to Everest Base Camp. Trek follows through hamlets and wood yards until we reach a tick forest of Silver fir, birch pastures and rhododendron and pine forests. There are many small streams with numerous places en route, whole of this area referred to as Chutanga which is a summer pasture. We spend the reminder of the day resting, acclimatizing and exploring the nearby villages.



Overnight in Lodge.



Included Meals (Breakfast, Lunch, Dinner).

Day 4

Chutang to Chhatrawbuk/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 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 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. 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 of 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 in 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, we 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 for 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 to 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 if 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 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 (6,476m) 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 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 hours 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 at the summit day, this day is used for covering for 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.

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 are 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 Lapsa 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 Lapsa Base Camp.


 Included meals: (Breakfast, Lunch, Dinner).

Day 15

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

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

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

 Included meals (Breakfast, Lunch, Dinner).

Day 16

Amphu Lapcha Base Camp to Pangboche (3930m) – 5 to 6 hrs

Today walk is though downhill along the moraine that connects to Chukkung, the starting point for the Island Peak. The wilderness of the remote Hinku Valley now introduces us to the civilization of 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

Pangboche to Namche Bazaar (3440m) - 5 to 6 hrs

Today we walk back down into greenery of pine forests, leaving the alpine desert. The path leads to a steep uphill climb into Tengboche. After making a brief visit to the Tengboche Monastery, we make a steep descent and the trail leads us back along the Dudh Kosi river. We keep a lookout for wild life such as mountain goats, snow leopards, colorful pheasants, etc., while we pass through the forest by the trail. After passing a Chorten, we reach the army camp at of Namche Bazaar where we want to take a long last look back to Lhotse, the tip of Everest and Tengboche. The final steep climb traverses the hillside taking us to Namche Bazaar. We take a nice hot shower and have very relaxed sleep in our room in Namche Bazaar.



Overnight in Namche Bazaar.



Included meals (Breakfast, Lunch, Dinner).

Day 18

Namche Bazaar - Lukla: 6 to 8 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 Lukla Lodge.



Included meals (Breakfast, Lunch, Dinner).

Day 19

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 20

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.

FAQ's

How to avoid altitude sickness in Trekking/climbing?

- ☞ Cut off caffeinated, alcoholic, and smoking items.
 - ☞ Drink at least 4 liters of water a day.
 - ☞ Trek slow.
 - ☞ Don't skip the acclimatization days.
 - ☞ Better to continue with Diamox (if any symptoms show up).
- Drink Garlic Soup.

How safe is trekking/climbing?

Discovery World Trekking guarantees 3S for the clients: safety, security, and satisfaction. The team members of Discovery World Trekking will be carrying all the necessary gear, equipment, and first aid kits and they have extensive first aid training. If a trekker falls sick at a high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking has a rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides an oximeter to monitor the oxygen levels at high altitudes and offers regular health check-up facilities.

Is Lukla Airport convenient for the flight?

Lukla is at 9,500 feet 2,850m above sea level. The higher the altitude, the lower the air density. So, the planes need to land at faster speeds. The weather in this area changes constantly and the cloud cover can be extreme, leading to major turbulence, which, though not dangerous, tends to be tough for passengers to endure. However, it is actually the country's busiest airport serving as the key port of entry and exit for trekkers hoping to ascend Everest. Discovery World Trekking will try to make your flight pleasant in any circumstances.

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 chartered 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.

Do I need any permits before starting the trek /climbing?

You need Climbing Permits and Sagarmatha National Park Entry Permit. Discovery World Trekking will help you with all those necessary paperwork and let you enjoy your holidays to the fullest.

Do I need Travel Insurance to trek/climb in Everest Region?

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members, which should be provided to us before you start your trekking. Discovery World Trekking will help you to get travel insurance for potential altitude sickness and unforeseen events due to sudden climate change.

What about the Insurance of guides and porters?

Yes, Discovery World Trekking ensures the expenses for insurance of its guides, porters, and all the crews along with meals, salary, lodging, transportation, and other necessary equipment.

What is the luggage limit for porter and flight to Lukla?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you to your destination. However, the weight limit on flights to the Everest region, basically to Lukla is a total of 10 kgs and you need to pay an extra amount per kg for the excess baggage. Discovery World Trekking pays up to 5 kgs of extra baggage making your total 15 kgs.

What is the weather condition at Everest region?

Weather on the trail to the Everest region is always changing and impossible to predict. Here is a list of probable temperature and weather conditions in each month.

Month	Temperature	Weather and Nature
January	Max 4°C in the daytime to min -17°C in the nights and mornings	Blue skies, freezing weather
February	Max 4°C in the daytime to min -15°C in the nights and mornings	Mild and humid, good visibility
March	Max 7°C in the daytime to min -12°C in the nights and mornings	Days are short and the temperature starts to warm up, chances of occasional snowfalls
April	Max 10°C in the daytime to min -5°C a night	Moderate temperature with amazing landscape, rhododendron, and wildflowers
May	Max 15°C in the daytime to min 0°C a night	Days are still long, warm, and sunny
June	Max 16°C in the daytime to min -1°C a night	Rainy season
July	Max 15°C in the daytime to min 2°C in a night	Hot and humid
August	Max 16°C in the daytime to min 2°C in a night	Max 16°C in the daytime to min 2°C in a night
September	Max 15°C in the daytime to min 2°C in a night	End of monsoon, no clouds
October	Max 12°C in the daytime to min -6°C a night	Stable weather condition
November	Max 6°C in the daytime to min -12°C a night	Days are sunny and bright, cold during the night, the sleeping bag is most.
December	Max 4°C in the daytime to min -14°C a night	Foggy and cloudy weather

Documents that I need to bring for trekking/Climbing?

You need to submit the following documents after the advance payment deposit and all the documents should be sent via email.

-  A copy of passport,
-  Passport size photos,
-  Flight details,
-  Copy of travel insurance (it has to cover heli rescue and medical evacuation).

What are the arrangements for night stay during the trek?

For the Everest Base Camp trekking/climbing, you will be staying at teahouses/lodges/camp, generally offering twin sharing room and healthy local foods. Generally, the toilets are outside the room or the house in a squat form. Hot showers/running water are available at extra cost in most of the

Is there pick service by the Company?

You will see personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets on her/his hand. S/he will take you to your selected hotel on private transportation conveniently.

I am a vegetarian. Am I supposed to get enough meal on my trek?

Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourage to avoid dairy and cheesy items and strongly suggest not to consume them during the trek. So, our packages are suitable for both vegan and vegetarians.

Is there a cancellation or refund policy?

Discovery World Trekking offers cancellation and refund facilities. You need to visit Discovery World Trekking's individual tour packages for more information.

What is the booking and payment method for trekking/climbing?

You need to pay 10% in advance and the rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged an extra amount as a service fee by the bank. So, Discovery World Trekking recommends you to pay in cash to enjoy the benefit of a discount. Any currency is accepted.

Do I need to tip my porter and guide?

Your porters are a big reason why you got a chance to feel something very few can have. Apart from guiding and carrying your necessities and being mindful of your safety, they want to see you happily succeeded more than anyone like family and help you successfully complete the trek safely. So, your tips reflect gratitude towards them. So, tipping is a recommended culture for porters and guide in Nepal as a gesture of thankfulness.

How is the drinking water in the trails to Everest ?

Bottled water is easily available at low cost. But you can not use plastic bottles in Everest region. So, they do not sell plastic bottled mineral water. You need to drink mineral water or boiled filtre water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu or Pokhara. Discovery World Trekking also provide water purifier pills.

Can I buy the gear in Nepal and sell

Discovery World Trekking will introduce you to dozens of shops selling knock-off gear in Kathmandu. You can also barter those gears at the knock-off places but be sure you keep the receipt safely. Moreover, you can rent the needed gears if you do not want to buy them.



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

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Quick Questions? Email Us

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Talk to an Expert

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