

## Mera & Island Peak Crossing Amphu Lapcha



Mera Peak (6,476m) and Island Peak (6,189m) are both highly sought after summits. Although geographically fairly close together, they are separated by the formidable mountain chain dividing the Hongu and Khumbu Valleys. This expedition provides an opportunity for mountaineers to attempt both peaks, linking them with a crossing of the remote and stunning Amphu Labtsa Pass (5,780m). Mera Peak is the highest "trekking peak" in Nepal. It is less technical than Island Peak, but summit day is a tough outing, and it's often bitterly cold. Amphu Lapcha pass trekking is one of the best outstanding and spectacular alpine high pass trek leads adventurous trekking trail crossing Mera La and Amphu Lapcha pass, which is one of the most challenging pass situated in Southeast of Everest Region. This adventure high passes trek is one of the challenging trekking pass in the Nepal, which offers fascinating experience. This trekking trail is situated in quite high elevation and it demands physical fitness.

Duration: 25 days

Price: \$3550

Group Size: 2

Grade: Moderate

Destination: Nepal

Activity: Trekking

**Equipment Lists:**

**Recommended equipment list: Trekkers** need to provide their own personal clothing and equipment. Some items of equipment are available for hire from us as like Down Jacket

**Footwear :** Well broken-in walking shoes - these must be suitable for snow, thick socks, light socks, camp shoes.

**Clothing :** Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.

**Other equipment:** Sleeping bag (5 seasons), lock, day pack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve, gaiters.

**Other items:** Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit.

### **Itinerary:**

**Day 1:** International Arrival .Overnight in Hotel

**Day 2:** Sightseeing around Kathmandu valley. Overnight in Hotel B

**Day 3:** Fly to Lukla( 2800m/9,186ft) & trek to Chutanga (3450m/11,320ft) Overnight in Basic lodges BLD

**Day 4:** Chutanga to Tuli Kharka (4,250m/13,944ft) via Zatrwa La pass (4600m) Overnight in Basic lodges BLD

**Day 5:** Tuli Kharka to Gothey (3600m/11,812ft) Overnight in Basic lodges BLD

**Day 6:** Gothey to Thagnag (4,350m/14,272ft) Overnight in Basic lodges BLD

**Day 7:** Rest day for acclimatization at Thagnag Overnight in Basic lodges BLD

**Day 8:** Thagnag to Khare (5,025m/16,486ft) Overnight in Basic lodges BLD

**Day 9:** Ice climbing practice @ Khare Overnight in Basic lodges BLD

**Day 10:** Khare to Mera base camp (5,350m/17,552ft) Overnight in TENT BLD

**Day 11:** Base Camp to high camp (5,750m/18,865ft) Overnight in TENT BLD

**Day 12:** Summit day( 6476m/21,241ft) and descend to at Kongma Dingma (4415m) Overnight in TENT BLD

**Day 13:** Spare day for Bad weather. Overnight in TENT BLD

**Day 14:** Kongma Ding to Setopokhari ( 4785m) Overnight in TENT BLD

**Day 15:** Setopokhari to Amphu Lapcha High camp (5400m) Overnight in TENT BLD

**Day 16:** Amphulapcha High camp to Chukkung (4725m) Via Amphu Labtsa Pass (5,780m). Overnight in TENT BLD

**Day 17:** Rest day in Chukkung Overnight in TENT BLD

**Day 18:** Chukung Island Peak base camp(5050m) Overnight in TENT BLD

**Day 19:** Island Peak summit (6189m) & back to Chukung Overnight in TENT BLD

**Day 20:** Reserved day incase of bad weather Overnight in TENT BLD

**Day 21:** Chukung to Namche Bazar(3440m) Overnight in Trekking Lodges BLD

**Day 22:** Namche to Lukla(2810m) Overnight in Trekking Lodges BLD

**Day 23:** Fly to Kathmandu Overnight in Hotel B

**Day 24:** Free Day in Kathmandu. Overnight in Hotel BD

**Day 25:** Final Departure. B