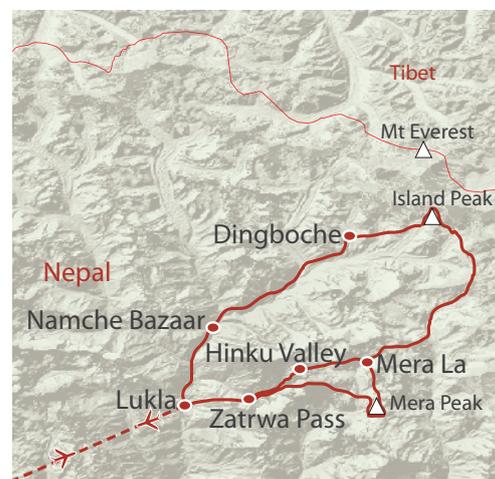


mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



trip cost

Joining Kathmandu from: \$4999
All prices are per person

options & supplements

Single Supplement hotel only:	\$130
H - High Season Climbing Permit Surcharge:	\$280
Single Supplement Tent Only:	\$460
Single Supplement:	\$590

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

inclusions valued at USD\$:

Meals:	USD\$1300
Internal Flights:	USD\$352

meals on trek :

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

the trip

Mera (6476m/21,246ft) & Island Peak (6189m/20,305ft) are two of the most popular trekking peaks in the Nepal Himalaya and this expedition combines climbs on both mountains with a trek through the remote Honku Valley and a crossing of the spectacular and technical Amphu Laptsa Pass. The generous itinerary ensures proper acclimatisation and we have plenty of contingency days in the event of inclement weather. Being slightly to the south of the main range, Mera offers spectacular views from Kanchenjunga in the east to the Langtang region in the west. Island Peak is situated right in the heart of the Khumbu area and although it is dwarfed by the enormous Lhotse Face to the north, the views from the summit are truly exceptional.

at a glance

DAY 1	JOIN KATHMANDU
DAY 2	GEAR CHECK. REST OF DAY AT LEISURE.
DAY 3	FLY TO LUKLA (2800M) & COMMENCE TREKKING TO PUIYAN (APPROX 2800M)
DAY 4	TREK TO PANGOM (2800M)
DAY 5	NASHING DINGMA (2600M)
DAY 6	CHALEM KHARKA (3600M)
DAY 7	CHUNBU KHARKA (4200M)
DAY 8	REST DAY AT CHUNBU KHARKA
DAY 9	TO HINKU VALLEY CAMP (APPROX 3600M)
DAY 10	TO TAGNAG (4400M)
DAY 11	ACCLIMATISATION DAY/PREPARATIONS
DAYS 12-13	TO BASE CAMP (5000M) AND PREPARATION DAY
DAYS 14-16	SUMMIT ATTEMPT ON MERA (6476M)
DAY 17	REST & CONTINGENCY DAY
DAYS 18-19	COMMENCE TREK INTO THE HUNKU VALLEY
DAY 20	REST DAY
DAYS 21-22	CROSS AMPHU LAPSTA (5845M) TO ISLAND PEAK BASE CAMP (5100M)
DAY 23	CONTINGENCY DAY
DAY 24	SUMMIT ISLAND PEAK
DAYS 25-27	TREK TO NAMCHE BAZAAR
DAY 28	TREK TO LUKLA (8-9HRS)
DAY 29	FLY TO KATHMANDU (1330M)
DAY 30	IN KATHMANDU, TRIP CONCLUDES

what's included

- 29 breakfasts, 26 lunches and 26 dinners including all meals on trek valued at US\$1170
- World Expeditions mountaineering leader
- the use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)
- World Expeditions duffle bag
- climbing pack including ice axe, crampons harness and helmet
- airport transfers if arriving on day 1 and 30 or if you booked pre/post tour accommodation at the Radisson through World Expeditions
- flight Kathmandu/Lukla/Kathmandu approx. US\$352
- 25kgs luggage allowance on Kathmandu/Lukla flights
- safety equipment including portable altitude chamber, group medical, satellite phone and oxygen cylinder for emergency use
- private transportation



mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

trip dates

2019 10 Mar - 08 Apr **H**
06 Oct - 04 Nov

2020 08 Mar - 06 Apr
04 Oct - 02 Nov

important notes

H - High Season

- all park entrance fees and trekking permits
- porters to carry personal and group equipment and porter's insurance
- sightseeing in Kathmandu

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- International Airfares
- Airline taxes and charges
- Visas
- Travel Insurance

detailed itinerary

DAY 1 Join Kathmandu

At the airport you will be met by a representative of World Expeditions and transferred to the Radisson Hotel where you will meet your group leader. Your kitbag containing sleeping bag, down jacket and equipment will be issued upon arrival and individual equipment/gear checks will be held during the afternoon. A pre-trek briefing will be held at approx 6.00pm and is a great opportunity to get acquainted with your fellow group members before heading out to dinner.

meals: NIL

DAY 2 Gear Check. Rest of day at leisure.

This morning final gear checks will be held and afterwards we will depart for Thamel where any necessary items will be hired, ie plastic boots, or purchased. A group sightseeing tour has been arranged, taking in the key attractions in and around Kathmandu. If time does not permit, the tour can be taken after the expedition when there is a full day at leisure in Kathmandu. Notwithstanding, the hotel is centrally located and a short walk from shops, cafes and other features of interest.

meals: B

DAY 3 Fly to Lukla (2800m) & commence trekking to Puijan (approx 2800m)

An early start to the airport to catch the 45 minute flight to the STOL airstrip at Lukla. It is a memorable flight, with marvelous views of the Eastern Himalaya. Our crew and porters assemble, loads are sorted and after a cup of tea, we are soon on our way down a trail below the air strip to the river at Surke Khola, which brings us adjacent to the racing glacial waters of the Dudh Kosi. Our route takes a southerly direction along old trade routes, a trail of farm settlements growing subsistence crops such as millet, corn and buckwheat and then as we trek higher, into stands of oaks, maple and rhododendron.

meals: B,L,D

mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



fast facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is not always possible on this trip. In many instances campsite size is limited and it will be necessary to share with another team member. This also applies to mountaineering expeditions. Single supplement in hotels is available. Please contact your World Expeditions Consultant or Travel Agent for specific details relevant to your trip.

Leader:

World Expeditions Accredited Mountaineering Leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Brochure Reference:

Himalaya and Indian Subcontinent

*Ask our staff for more information.

DAY 4 Trek to Pangom (2800m)

We follow the main trail briefly before turning up a path that leads into the forest and traverses around many ridges to the valley of the Kari Khola. Although our camp elevations are similar for the last days, we are undulating over two major ridges, the Chutok La (2945m) and the Khari La (3080m). As we approach Pangom, set in the base of a small bowl like valley immediately below the Pangum La, we travel through forests of rhododendron, pines and oaks. This is a little known trail used only by the local families and apart from a couple of small settlements along the way we see little evidence of human activity. Pangom is a very old settlement little changed, with a new gumpa and expansive views out over the valley.

meals: B,L,D

DAY 5 Nashing Dingma (2600m)

We climb the half hour or so to the Pangum La (3175m) and our gateway toward the Hinku Valley, and now start to head eastward and then in a northerly direction. Today is a solid descent to the Hinku River of at least 900 metres depending on which path we take, and then a climb up to our camp high on the other side near the Surke La. We are once again traveling through a mix of terraced slopes containing grain crops interspersed by undisturbed forests of the upper temperate zone; maples, rhododendrons and fir.

meals: B,L,D

DAY 6 Chalem Kharka (3600m)

Climbing up to the Surke La (3085m) we now follow the spine of the Surkie Danda ridge northwards towards Mera and the Hinku and camp part way along at a yak herders clearing or 'kharka'. These next few days are far from teahouse and trekkers trails and should be some of the finest Himalayan wilderness trekking of the trip.

meals: B,L,D

DAY 7 Chunbu Kharka (4200m)

Continuing along the ridge, we climb higher and higher over knolls (lumps in the ridge) of 4000 metres and then 4500 metres. The terrain has now elevated well above the tree line and is grassy slopes and rocky outcrops and cliffs, where birds of prey may be seen flying overhead such as Griffon vulture, lammergeier or eagles. We then descend to a camp set near a series of five lakes, Panch Pokhari, set beside the river of the Chunbu Drangka.

meals: B,L,D

DAY 8 Rest day at Chunbu Kharka

This is a good time in the program to have a rest day and a lovely natural setting to explore further.

meals: B,L,D

DAY 9 To Hinku valley camp (approx 3600m)

Our route now contours around many ridges on the eastern side of the Hinku, descending lower into forests of rhododendron and scree. Near the valley floor we encounter the devastation caused by a natural damn at the head of the valley bursting in 1998. The valley has been destroyed, leaving boulders, dead trees and silt where once there were old growth forests and meadows. Our campsite is on a pleasant grassy patch, on the now much higher bank of the rocky riverbed.

meals: B,L,D

mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

trip grading

Intermediate Mountaineering Expedition

Participants should be competent and self sufficient in the outdoors and have experience in multi day trekking at altitude. Prior experience on an entry level mountaineering expedition is highly recommended. The terrain will involve low to moderate angle snow slopes and traveling on crevassed glaciers. Experience using ice axe and crampons is preferred but not essential.

technical grading

Intermediate

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

DAY 10 To Tagnag (4400m)

We are now in the Hinku Valley proper, and cross over by way of a yak herders bridge and join the main trail. The first settlement we pass is the busy village of Kote, primarily servicing the trekking groups that come through for Mera. As a result of the tremendous washout of boulders and debris, the trail follows the riverbed mostly, a good trail among rounded stones and silt. We gain our first views of dramatic peaks of the valley; Kusum Kanguru to our left and an unnamed peak over 6700m that stands directly before us. The path then weaves up on to the pastures on the left hand side and pleasant easy trails through to Tagnag. Today we also enjoy our first views of Mera, initially at the confluence of the Sanu Drangka above Kote, if the weather is clear we see the dramatic south face, and then on our final approach into Tagnag. We are now among mountains and starting to prepare for our climb.
meals: B,L,D

DAY 11 Acclimatisation Day/preparations

Tagnag is a location to have an acclimatisation day and we will prepare and check our climbing gear also. There are many good ridges and slopes to trek up for a few hours and spend valuable time acclimatising ourselves at these greater heights. We aim to gain at least 500 metres following a ridge behind the village as a side excursion on this day. There are views of peaks towards Kusum Kanguru and across towards Mera.
meals: B,L,D

DAYS 12-13 To Base Camp (5000m) and preparation day

A steady approx 4hr climb out of the valley and up through lateral moraine and grassy culverts to our last camp below the snowline. Enroute we will be able to glimpse the remains of the Lake (Sabai Tsho) that has caused so much damage. It is directly fed by some massive, almost vertical glaciers and it is suspected that there was an enormous avalanche of ice into the lake, and subsequently, a wave that broke through the loose rocks forming the wall on it's far side. A day is set aside for further preparations for the climb, rehearsal of using harness, crampons and axe, and travelling roped up etc. All members will not travel up on to the mountain and glacier without being briefed and skilled beforehand. Whilst the route itself is fairly straightforward, there are objective hazards and good basic technique and awareness of changing conditions is vital for every individual. Your guide will supervise the entire proceedings on the mountain, from the route taken and timings, and equipment required (we only take what we need for the climb, and the rest of your gear remains at base) through to people's fitness (mental and physical) to proceed. This means that the guides decision is final; he or she is responsible for everyone's safety and well being throughout the expedition, and no compromise will be made on these aspects.
meals: B,L,D

DAYS 14-16 Summit attempt on Mera (6476m)

All going to plan and the weather on our side, we will move up to a rock and glaciated camp just off the Mera La saddle at approx 5400m. Plastic mountaineering boots are usually worn from base through to the summit bid and return. Whilst they feel clumsy they are perfect for the job, providing warmth, protection and stability for the variable terrain including loose rocks, snow and ice. Another camp is set half

mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

way up the long north slope of the mountain, at about 5700m near a rock knob. Although it is a shorter distance here, it can be difficult in poor conditions and you are at altitude and is harder and further than it first appears.

The summit bid will commence early in the morning (anywhere from 2 to 5am) from this high camp, and take around 4 to 6 hours to make the summit. Whilst the distance doesn't look far, we can assure you it will be hard work, and all the preparations and a positive, tempered attitude will pay off here. It is usually necessary to rope up for much of the summit approach due to crevasse hazards along the route. The route can vary depending on the conditions of the season but usually skirts around a major shoulder in front of us to the back side of the mountain and then traverse in a fairly straightforward approach to the summit knob. As the light comes, we enjoy incredible views across to Baruntse (7129m), Chamlang (7319m) and Nau Lekh (6360m) with Makalu (8481m) looming behind. Further to our left is Everest, Cho Oyu and in the distance on a clear day, Kangchenjunga. Please note that due to the unstable nature of the northern summit knob, it is highly likely that we will ascend the central summit (6461m) of Mera.

The exact schedule will depend on many factors, including the weather, condition of the route and condition of the members. Our contingency of equipment and experienced staff and a time buffer, gives us a fair amount of flexibility to achieve success for all who have worked hard from the beginning of the expedition. The day will be long, and this is where all the training beforehand, the trek approach, and the right attitude will combine to give you stamina and confidence to be part of a sound team, with optimum chances for the summit.

meals: B,L,D

DAY 17 Rest & Contingency Day

Today is set aside for a well earned rest and contingency day. We will make our last minute preparations to exit via the difficult Amphu Laptsa which takes us to the Khumbu Valley and our next objective - Island Peak. From our camp we have spectacular views into the Hinku and towards the La.

These high alpine passes will require the use of crampons, ice axes and ropes and it will be necessary for our staff to reconnoiter our route and fix ropes for some sections to ensure safe passage. For members, it will provide invaluable time to further prepare for our long day ahead...checking gear, familiarising one's self with appropriate climbing gear and resting before an early start the next day. Logistically pass crossings are always at a much larger scale than peak climbs, as all crew, porters, supplies and equipment, as well as members will be passing through the alpine terrain and a safe, methodical procedure is required for every load and party member. This takes time and your commitment and contribution as part of the team is absolutely vital.

meals: B,L,D

DAYS 18-19 Commence trek into the Hunku Valley

We will need to make a relatively early start today. Once our porters are organised we will commence our most remote stages of the expedition. We descend into the Honku valley near to five large glacial lakes which sprawl out before us. They are known as Panch Pokhari (five lakes). The Amphu Laptsa pass is situated immediately at the head of the valley to our right and is basically the low point on the ridge between the Hunku and the Imja valleys. For this day or so we are in the Hunku. A new vista of peaks span out before us including Ama Dablam to the distant westward, and many unnamed peaks. Camp is set close to the rocks that lead up to

mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



the pass. On these stages we ask that members be flexible and co-operative. Camps will be set where conditions allow, and your World Expeditions leader will keep you advised as to each days plan.

meals: B,L,D

DAY 20 Rest day

Final preparations and gear checks for our pass crossing.

meals: B,L,D

DAYS 21-22 Cross Amphu Laptsa (5845m) to Island Peak Base Camp (5100m)

An alpine start for our pass crossing. Once again, ferrying across all our loads together with all party members, crew, porters and members takes time. The approach to the pass from the Hunku is deceptive. Facing east and southward there is much more sun and little snow, just a collection of rocks that gradually lead up to the gap we travel through. On the north facing side we find steep slopes of snow that we must take care to descend by fixed ropes to the snow basins below and subsequent moraine and alpine valley beyond. The views from this 5780m pass crossing to the peaks of Khumbu are unmatched. Any spare moment one may have whilst we are climbing and descending will allow one to appreciate the spectacle of the peaks of the region.

meals: B,L,D

DAY 23 Contingency Day

Final preparations and a check of snow and weather conditions before attempting the summit of Island Peak.

meals: B,L,D

DAY 24 Summit Island Peak

An alpine start sees us climbing steeply up the lower flanks of the south-east face. The track is well used as this is a popular peak. At times there is a bit of rock scrambling and the rocky spur takes us to a snow ramp that leads to the upper snow fields. The peaks of Makalu and Lhotse come into view as we climb higher. Upon crossing the upper neve, it is necessary to fix ropes up a short but steep ice face that leads on to the summit ridge. The summit ridge is a classic alpine ridge and quite exposed, (we fix ropes here also) and traverse our way to the summit. Although Island Peak appears dwarfed by the seven and eight thousanders surrounding it, it provides a magnificent vantage point to all the peaks south of the stupendous Lhotse face. After some exhilarating moments on the summit we descend by the same route to our base.

meals: B,L,D

DAYS 25-27 Trek to Namche Bazaar

We begin our exit trek descending through the famous Khumbu Valley to Namche Bazaar. Namche is known as the Sherpa capital and it is a great place to wonder around, visit the Tibetan stalls or enjoy the Swiss bakeries. Our accommodation will be at our private eco campsites.

meals: B,L,D

DAY 28 Trek to Lukla (8-9hrs)

Today is long day of trekking however all members will be extremely fit by this time. We descend the slopes of Namche to the Dudh Kosi joining the main trail to follow at riverside through numerous villages to Phakding. On crossing the bridge, we

mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



trek a short distance up and around, to the broad flat spur that Lukla lies upon. The last night is always memorable for an end of trip celebration with all the crew and porters.

meals: B,L,D

DAY 29 Fly to Kathmandu (1330m)

This morning, we fly by Twin Otter aircraft to Kathmandu and transfer to the Radisson Hotel. The remainder of the day is at leisure to rest, relax or explore and shop in the town.

meals: B

DAY 30 In Kathmandu, trip concludes

The trip concludes after breakfast with a transfer to the airport or other arrangements as planned.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

Please note that mountaineering expeditions may conclude on a date different from the projected date in our itinerary, due to many factors including weather and group preparation. At times, the summit window occurs earlier than anticipated and we are able to take advantage of this good weather to make our summit attempt. In this case, the expedition may conclude a few days earlier than projected. As a result, group members will return to the city of commencement earlier than anticipated and any additional expenses, including accommodation and meals, will be at your expense.

suggested extensions

- Chitwan Safari
- Kathmandu to Delhi

am i suitable for this trip?

A Challenging trip is more difficult than any other program we offer. Each of these expeditions has an ambitious objective or goal that necessitates cooperation, contribution and a positive spirit from every member for it to be successful and ultimately rewarding and enjoyable for all. Being personally very fit and healthy will allow you to cope with the rigours of the trip through all conditions right through to the finish, and being mentally ready to embrace the variety of experiences involved is equally important. We strongly encourage intending participants to talk and meet with us directly as early as possible to discuss your ideas and ensure you have chosen the right trip for your level of experience and fitness.

physical fitness

For a challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking and climbing at altitude. Overnight or multi day bushwalks (on rough, loose and rocky terrain) should be incorporated in your training regime also, this develops skill and confidence on difficult terrain you will find on expedition. Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. (We hope that it will become a 'lifetime' thing.)

mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



With a solid training regime comes a more relaxed disposition, more energy and usually better walking and breathing technique, which ultimately leads to you having a great trip rather than some kind of survival experience. Likewise overnight camping bushwalks encourage you to become self-actualised and self-reliant, making the daily routine on trek, getting ready on time, keeping clean, helping out and so on, much easier and less stressful. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

mountain flights

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, World Expeditions will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilised. US cash, travellers cheques, or credit cards (Visa Cards, American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel insurance. The minimum cost will be US\$350 and maximum US\$650 depending on the number of group members. For Mountaineering trips, the maximum luggage allowance on these flights is 25kg per person including the weight of your hand luggage. These limits are strictly adhered to so please pack carefully.

a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

private eco campsites

The Everest area is a built up region. It's the homeland of the Sherpa people and the highest mountains on earth. As a result, it is Nepal's most popular tourism region for trekkers. Over time, villages in the area have grown with scores of lodges, restaurants and trekking equipment shops. We have observed many companies change over from camping to lodge/tea house trekking with these developments. These accommodations are reliant on wood from the region for heating, cooking and to generate warm showers. Some have solar technologies which are crude and not consistently functional as they rely on fine weather conditions. World Expeditions has always argued that lodge/tea house trekking is therefore a drain on a natural resource which is becoming increasingly scarce. We cannot consciously contribute to this problem which is now termed as a deforestation crisis. Our private eco campsites provide innumerable benefits. Firstly, we are able to continue our philosophy of offering camping treks which is the most sustainable type of trekking, whilst offering a greater level of comfort as a result of the

mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



construction of a permanent dining room structure which will replace the traditional mess tent. Meals will be taken in the dining rooms, and at the end of the trekking day, you may relax with cushioned seating and a pot belly stove that is fueled by yak dung and not wood, to warm the room. There are no smoke emissions in the room as the chimney carries it outside. An ablution block comprising of several toilets with composting western sit toilets and hand basins are also installed in our camps. Our camps create an atmosphere of privacy and exclusivity and come with fine views of the mountains - a place where our travellers and staff come together, and where camaraderie and friendships are formed. We know this to be a highlight of our camping treks and consistently receive feedback that overwhelmingly supports this. Finally, our camping treks employ many local people – a workforce of up to 25% more than a lodge trek provides.

Hot shower facilities are available at some locations in the Everest region. These locations are: Ghat, Namche, Deboche, Dingboche, Lobuche, Dole, Machhermo and Gokyo. There will be a small charge of between 300-650rps to utilise this service, and it is subject to availability. Most, but not all, World Expeditions trips in the Everest region visit one or more of these locations.

wilderness camps

Our wilderness campsites function without any permanent infrastructure. These are traditional expedition style camps which are set up when we arrive. These camps consist of a mess tent, kitchen tent, toilet tent and two person tents for sleeping. These sites have been handpicked for their scenic locations and permanent structures are not permitted under the national park rules.

eco lodges

In areas where there are no suitable campsites we chose to stay in carefully selected eco lodges. We have selected these lodges with our responsible tourism practices in mind and they use a mix of cow/yak dung/solar and generators for power. Our cooks will prepare all your meals, which means that we are able to maintain a high level of hygiene and a varied menu.

meals during the trek

We provide a full service while on trek. An important aspect of this service are the meals that are prepared for you and we are frequently complimented by returning travellers about the food provided. Ensuring that you stay healthy is one of our highest priorities. Therefore, each of our treks is accompanied by a trained cook as well as kitchen staff who provide you with three hearty meals each day. High levels of hygiene are engaged to ensure that our travellers stay healthy and fit. Our cooking staff has mastered the preparation of a varied and balanced menu and there is always plenty of food for those who may like seconds. Our cooks are trained to provide excellent food for vegetarians and anyone who has a limited diet including those who are lactose or gluten intolerant. Our meal inclusion on your trek is for your benefit and takes all the hassle, expense and worry out of your holiday. Typically, you can expect breakfast to consist of muesli or cereal, eggs, local breads and pancakes and hot drinks. Lunch will generally be vegetables, salads, bread, cheese pasta style dishes, tinned fish and meats and are normally eaten picnic style. Dinner is always three courses and includes soup, seasonal vegetables, meat, rice or pasta and bread with some local specialties also in the mix. Dessert is always served after the main meal each evening followed by hot beverages.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and

mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack. There may be times when your leader will request you carry extra equipment such as sleeping bag, sleeping mat and extra warm clothes in case of inclement weather conditions and the possibility of being caught out away from camp. It is very important that you follow the gear list recommendations found in the pre-departure information document. You will need a back pack which is big enough to carry these additional items - we recommend a minimum of 55 litres capacity.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



*A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.

*We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.

*We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.

*Porters also receive life insurance and income protection insurance.

*Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.

*Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.

*Porters are not to carry more than 30kgs.

*The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news! Head to our website to subscribe to our regular e-newsletter.

social networking

Connect with us on social

FACEBOOK: [@worldexpeditions](https://www.facebook.com/worldexpeditions)

Like our page at [facebook.com/worldexpeditions](https://www.facebook.com/worldexpeditions)



mera & island peak via amphu labsta

An exhilarating mountaineering expedition to Mera Peak (6476m/21,246ft) and Island Peak (6189m/20,305ft), two of the most popular trekking peaks in Nepal, combined with a crossing of the Amphu Labsta.



INSTAGRAM: @worldexpeditions

Follow us at [instagram.com/worldexpeditions](https://www.instagram.com/worldexpeditions)

YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.