

mera peak expedition



trip highlights

Climb Mera Peak (6476m), the highest trekking peak in Nepal

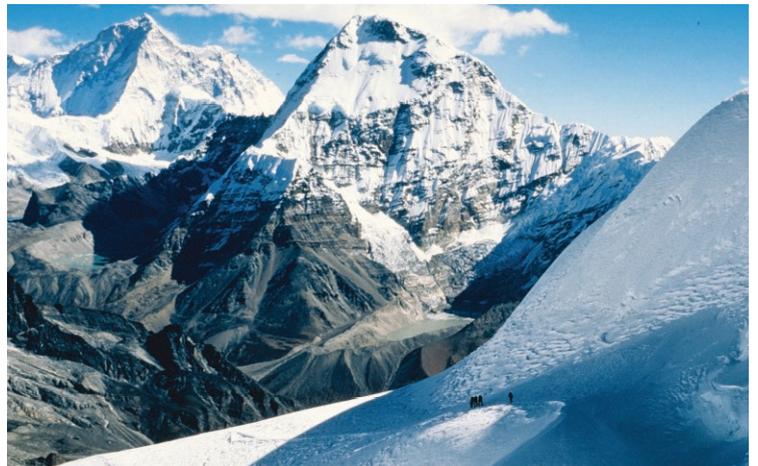
Take in stunning views of the world's highest mountains from the summit

Experience ample acclimatisation and a generous summit window

Be supported with a full service expedition including all meals above base camp

Embark on an excellent approach trek through the traditional Sherpa villages of the Solu Khumbu and the forest trails of the Hinku Valley

Take in the sights of Kathmandu



Trip Duration	23 days	Trip Code: MPE
Grade	Entry level Mountaineering or Exploratory Treks	
Activities	Mountaineering, Trekking	
Summary	23 day trip, 19 day trek/mountaineering, 18 nights wilderness camping, 3 nights hotels, 1 night eco-lodge	

welcome to World Expeditions

Thank you for your interest in our Mera Peak Expedition trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering expeditions in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya. Our Mera Peak expedition is accompanied by an experienced World Expeditions leader highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use comfortable 3 and 4 star accommodation in hand picked hotels, and well maintained, good quality equipment on the mountain and on trek. On all our challenging treks and expeditions in Nepal we carry a portable high altitude chamber and satellite phone. The highest standards of hygiene are strictly maintained, and our cooks will surprise you with a varied menu that's sure to please at the conclusion of each trekking day. World Expeditions are also the only company to provide food for our porters on trek. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

mera peak expedition

A fully supported expedition to Mera Peak (6476m/21,246ft)
the highest trekking peak in Nepal.



trip cost

Joining Kathmandu from: \$4399

All prices are per person

options & supplements

Hotel Only Single Supplement: \$130

H - High Season Climbing Permit Surcharge: \$140

Tent Only Single Supplement: \$360

Single Supplement: \$460

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\$950

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 Peak (6476m/21,246ft) is the highest trekking peak in Nepal and a suitable challenge for a first time climb in the Himalaya. Our carefully devised itinerary allows optimum time for building fitness and acclimatisation - key factors that have contributed to our success record. On our trek that leads through the traditional Sherpa villages of the Solu Khumbu and the blue pine and rhododendron forest trails of the Hinku Valley you appreciate why we have selected this magnificent approach to the base camp. Fully acclimatised we ascend to a high camp just below Mera La and prepare for our attempt on the Central summit of Mera Peak. While climbing at this altitude is physically challenging, the ascent is not technically demanding and unequalled views of five of the six highest mountains on earth will more than satisfy your aspirations on this fine Himalayan climb.

at a glance

DAY 1	JOIN KATHMANDU
DAY 2	GEAR CHECK & HALF DAY SIGHTSEEING TOUR. AFTERNOON AT LEISURE.
DAY 3	FLY TO LUKLA (2800M) AND TREK TO PUIYAN (2800M)
DAY 4	TREK TO PANGOM (2800M)
DAY 5	NASHING DINGMA (2,600M)
DAY 6	CHALEM KHARKA (3,600M)
DAY 7	CHUNBU KHARKA (4,200M)
DAY 8	REST DAY AT CHUNBU KHARKA.
DAY 9	TO HINKU VALLEY CAMP NEAR KOTE (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 MERA PEAK (6476M)
DAY 17	CONTINGENCY DAY
DAY 18	DESCEND TO TAGNAG (4350M)
DAY 19	DESCENDING THE VALLEY TO KOTE
DAY 20	TO THULI KHARKA (4300M)
DAY 21	TO LUKLA (2800M)
DAY 22	FLY TO KATHMANDU
DAY 23	IN KATHMANDU, TRIP CONCLUDES

what's included

- 22 breakfasts, 19 lunches and 19 dinners including all meals on trek valued at US\$950
- 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 23 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
- expedition medical kit
- high altitude chamber and satellite phone
- park entrance fees and permits
- porters to carry personal and group equipment and porter's insurance



mera peak expedition

A fully supported expedition to Mera Peak (6476m/21,246ft)
the highest trekking peak in Nepal.



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 - 01 Apr ■
06 Oct - 28 Oct

2020 08 Mar - 30 Mar
04 Oct - 26 Oct

important notes

■ - High Season

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 flights
- Airport and departure taxes.
- Visa
- Travel Insurance

detailed itinerary

DAY 1 Join Kathmandu

On arrival you will be met by a representative of World Expeditions and transferred to your hotel. You will meet your group leader and a trip briefing will be given in the late afternoon at the hotel. There are numerous preparations required before we embark on our expedition including a clothing and equipment check of all members by your guide, and distribution of gear (sleeping bag, down jacket and kitbag) and climbing packs (ice axe, crampons and harness). This evening welcome drinks are held in the Hotel with other World Expeditions clients – check with your guide about details.

meals: NIL

DAY 2 Gear Check & half day sightseeing tour. Afternoon at leisure.

This morning a group meeting with gear check will be held and at this time any necessary items will be hired 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) and trek to Puiyan (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 marvellous 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

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

mera peak expedition

A fully supported expedition to Mera Peak (6476m/21,246ft)
the highest trekking peak in Nepal.



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.

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 Pangum, 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. Pangum is a very old settlement little changed, with a new gompa and expansive views out over the valley.

meals: B,L,D

DAY 5 Nashing Dingma (2,600m)

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 (3,600m)

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 (4,200m)

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 near Kote (approx 3600m)

Our route now contours around many ridges on the eastern side of the Hinku, descending lower into forests of rhododendron and scree. Our campsite is on a pleasant grassy patch, on the higher bank of the rocky riverbed.

meals: B,L,D

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

mera peak expedition

A fully supported expedition to Mera Peak (6476m/21,246ft)
the highest trekking peak in Nepal.



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

Entry level Mountaineering or Exploratory Treks

These adventures are classed as expeditions. They involve either extreme trekking and or basic mountaineering. Expect remote and poorly defined trails in variable weather conditions for up to 12 hours a day (possibly more subject to weather conditions and altitude). This may include a number of demanding high pass crossings and evacuation may be difficult from remote areas. Suitable for first time mountaineers wishing to take the step from trekking into the realm of mountaineering. Prior experience trekking at altitude is preferable but not essential and you should be comfortable in adverse weather conditions. Prior technical mountaineering experience is not necessary. Terrain will involve low angle snow slopes. Ropes may be used during treks for glacier travel and steeper sections of ice and snow. When mountaineering, basic mountaineering instruction is given by our mountaineering guides.

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 Mera Peak (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 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

mera peak expedition

A fully supported expedition to Mera Peak (6476m/21,246ft)
the highest trekking peak in Nepal.



Suggested preparation: For grade 8-10 mountaineering expeditions you will need to be very fit and healthy. A minimum of 1 hour of aerobic exercise per session, four to five times a week is essential. Running and cycling in hilly areas is particularly beneficial as are multi day walks on the weekends. This is the ideal time to try out your boots and other gear to make sure you are prepared and ready for your expedition. If you are considering Intermediate or advanced level trips, you will need to discuss your preparation leading up to the trip with our expert staff.

technical grading

Basic

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.

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.

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 Contingency Day

Today is a contingency day allowed for inclement weather, and or poor conditions on the mountain. People not wanting or able to continue on to the summit bid on the mountain are able to stay comfortably at our base camp in a grassy hollow with easy short walks possible and mountain views all around. One or two of our staff at least will mind the camp along with the porters.

meals: B,L,D

DAY 18 Descend to Tagnag (4350m)

Feeling tired and exhilarated by our adventure, we pack up and descend the two hours to the permanent settlement in the valley and a climb party prepared by our cooks.

meals: B,L,D

DAY 19 Descending the valley to Kote

Retracing our steps we follow the pastures and juniper meadows for a couple of hours before dropping down to the river bed and walking through the boulder strewn path to Kote. Kote is a large collection of timber huts that have spilled out on to the river bed and very much a 'half way house' for porters and trekkers going to Mera.

meals: B,L,D

DAY 20 To Thuli Kharka (4300m)

After an initial meander through the forest and beside the river, the path then winds up through thick forest of birch, rhododendron and pine, seemingly forever. It is not long before we break out of the forest, to small shrub like rhododendron and then above the tree line altogether as we traverse around numerous ridges to our last camp at Chetrabu, or Thuli Kharka. It will be a solid seven hour day winding our way up to camp but we are also trekking fit now and have established a steady trekking pace that makes it manageable. In clear weather much of Mera Himal can be seen and remote valleys leading up to its south side, a small reward for our ascent.

meals: B,L,D

DAY 21 To Lukla (2800m)

A short steady climb up to the pass of Zatrwa La (approx 4600m), and then another 45mins or so onto another pass which is a little lower and our last before the long descent. The terrain and countryside is spectacular, with expansive views to the south and west; to Karyolug and Numbur and rows and rows of foothills. Initially it

mera peak expedition

A fully supported expedition to Mera Peak (6476m/21,246ft)
the highest trekking peak in Nepal.



is a steep descent over rock slabs, snow and ice, and then steep pastures down to the rhododendron forests which show the first signs of permanent farming activities. It is a long way to the relatively steamy environment of Lukla, so take your time, but maintain your pace or it will be a very long day. Most people don't need too much encouragement on our last day's trek, with the thought of cold drinks and so on and a chance to put your feet up.

meals: B,L,D

DAY 22 Fly to Kathmandu

All going well, we will fly out of this small mountain airstrip on a very spectacular flight back to Kathmandu. On arrival, we will be met and transferred to the Radisson Hotel where there is no fixed program for the rest of the day. You can relax or shop, explore as you please.

meals: B

DAY 23 In Kathmandu, trip concludes

The trip concludes after breakfast with a transfer to the airport.

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.

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.) 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

mera peak expedition

A fully supported expedition to Mera Peak (6476m/21,246ft)
the highest trekking peak in Nepal.



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.

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

mera peak expedition

A fully supported expedition to Mera Peak (6476m/21,246ft)
the highest trekking peak in Nepal.



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.

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.

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

mera peak expedition

A fully supported expedition to Mera Peak (6476m/21,246ft)
the highest trekking peak in Nepal.



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 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, as 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

mera peak expedition

A fully supported expedition to Mera Peak (6476m/21,246ft)
the highest trekking peak in Nepal.



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:

*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



mera peak expedition

A fully supported expedition to Mera Peak (6476m/21,246ft)
the highest trekking peak in Nepal.



FACEBOOK: @worldexpeditions

Like our page at facebook.com/worldexpeditions

INSTAGRAM: @worldexpeditions

Follow us at instagram.com/worldexpeditions

YOUTUBE: World Expeditions

Subscribe to our channel at 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.