

Trip Name : Mera La And Amphu Lapcha Pass Trek

Starting Point	Fly in KTM-Lukla
Ending Point	Fly out Lukla-KTM
Type	Fully Camping Trek
Grade	Hard
Duration	19 Days
Daily Walk	5-7 hours
People in Group	Minimum 2 and Maximum 12
Best Time	April to mid-May and September to mid-November
Max. Elevation	5800 mt.

### Trip Highlights:

- Nepal's one of the highest trekking routes
- Crossing of two major high passes-Mera la and Amphu Lapcha pass
- A stunning panorama which includes 5 of the World's 8,000m peaks
- A chance to venture into an isolated and un-spoilt wilderness of massive moraines, glacial lakes and spectacular peaks
- A side trip to the world famous Everest Base Camp and Kalapatthar
- Possibility of combining Mera Peak expedition

### Trip Details:

Mera La and Amphu Lapcha Pass trek is Nepal's one of the challenging off-the beaten-path trails that offers some outstanding Himalayan scenery en-route. The trek starts and concludes at the popular mountain airstrip of Lukla, in the Everest region of Nepal. The trail goes along the remote and wilderness mountain area, dramatic passes of Mera La (5,415m/17,766ft) and Amphu Lapcha (5,800m/19,029ft) making a circular loop back through the Sagarmatha National Park. After crossing the Mera La pass, we proceed towards Amphu Lapcha (Amphu Labtsa) pass dropping down into the uninhabited Hinku (Honku) valley situated to the east. The upper Hinku section is truly a wild valley where it is very unlikely to meet other trekkers. The valley is high and open, fringed with broad moraines and sharp white peaks and a wonderful place to camp. The glacial lakes and views of Chamlang (7,319m/24,013ft) and Baruntse (7,129m/23,390ft) are significantly attractive here. The crossing of the Amphu Lapcha pass is technically more demanding and adds an excitement of breathtaking views to the adventurous trekkers and climbers. The Amphu Lapcha pass is ascended with the protection of fixed ropes over straightforward ice-fall and the descent requires a short abseil to a broad snow terrace. The pass is tricky owing to steepness although it is at a lower altitude than Mera (6,654m/21,831ft) and Island Peak (6,160m/20,211ft). The trek connects with the Khumbu region at Chhukung. The trek to the Everest Base Camp and Kalapatthar is tremendous and visit of the pristine Sherpa villages and monasteries makes the trip memorable over a lifetime.

### Note:

- Mera Peak climbing can be associated with this trek.

### Season for Mera La and Amphu Lapcha Pass Trekking:

The best times for Mera La and Amphu Lapcha Pass trekking are from the beginning of April to mid May and from the beginning of September to mid November. The high passes are closed in winter till beginning of spring. The weather must be favourable in order to complete this trek.

**High Altitude Warning:**

Altitude sickness is a serious concern in the Mera La and Amphu Lapcha Pass trekking that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

**Experience Required:**

We have categorized Mera La and Amphu Lapcha Pass trekking as hard trek and are suitable for passionate trekkers who have courage to walk at least 5-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, this trek can be completed successfully. If you have any previous rope climbing experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

**How We Make This Trip Responsible?**

**Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.**

**Cost Includes:**

- Makalu-Barun and Sagarmatha National Park permits and TIMS (Trekking Information Management System)
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- A Sherpa Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Necessary equipment including high mountain Tents, Ropes, Mattresses, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Lukla-Kathmandu and ground transfers to/from airport
- First aid kit box
- Emergency co-operation service

**Complimentary:**

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

**Cost Excludes:**

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal equipment that may require for high passes such as Ice-axe, Crampons, etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff

- International Airfare and Taxes

#### **Add-Ons:**

#### **Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changuarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

#### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 224 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

#### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

#### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

#### **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

### **Rafting in Nepal**

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**Kali Gandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**Bhote Koshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

### **Bungy Jumping / Canyoning / Paragliding / Ultralight Flight**

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

### **Shopping Tours**

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

### **Trip Itinerary:**

**Day 01 :** Fly Kathmandu to Lukla (2,840m/9,318ft) and trek to Chutanga (3,050m/10,007ft).

**Day 02 :** Trek Chutanga to Tuli Kharka (4,320m/14,173ft) crossing over Zatrwa la pass (4,855m/15,929ft).

**Day 03 :** Trek Tuli Kharka to Tashing Dingma (3,650m/11,975ft).

**Day 04 :** Trek Tashing Dingma to Kothe (4,095m/13,435ft).

**Day 05 :** Trek Kothe to Thangnak/Tangnag (4,350m/14,272ft).

**Day 06 :** Trek Tangnag to Khare (5,100m/16,733ft).

**Day 07 :** Rest day at Khare for acclimatization.

**Day 08 :** Trek through Mera la Pass (5,415m/17,766ft) and Camp.

**Day 09 :** Trek to Hinku/Honku Valley (5,220m/17,126ft).

**Day 10 :** Trek Honku Valley to Panch Pokhari (4,500m/14,764ft).

**Day 11 :** Trek Panch Pokhari to Amphu Lapcha (South) Base Camp (5,200m/17,061ft).

**Day 12 :** Trek through Amphu Lapcha pass (5,800m/19,029ft) to Chhukung (4,730m/15,519ft).

**Day 13 :** Trek Chhukung to Lobuche (4,910m/16,109ft).

**Day 14 :** Trek Lobuche to Everest Base Camp (5,364m/17,598ft), return trek to Gorakshep (5,140m/16,864ft).

**Day 15 :** Trek/Climb Gorakshep to Kalapatthar (5,545m/18,192ft) and return trek to Thokla (4,620m/15,158ft).

**Day 16 :** Trek Thokla to Pangboche (3,930m/12,894ft).

**Day 17 :** Trek Pangboche to Namche Bazaar (3,446m/11,306ft).

**Day 18 :** Trek Namche Bazaar to Lukla (2,840m/9,318ft).

**Day 19 :** Fly Lukla to Kathmandu (35 minutes).