

Team Ascent

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## Mera Peak Expedition 2010

### Meeting in Kathmandu on the evening of 10<sup>th</sup> October 2010 for 23 days.

#### Mera Peak trek and expedition 2010:

Mera Peak is the highest trekking peak in Nepal at 6476 m/ 21,246 feet.. It is a non technical climb and idea for climbers who know how to use crampons and ice axes, but is really a very straight forward climb. After our approach trek we initially camp at the Mera La and this is usually camping in tents on rock and earth, however high camp is on snow and is a great experience., The route to the summit rises quite easily until there is a steeper summit ridge which can be exposed but never the less straightforward enough. From the summit one can be rewarded with fantastic views of several 8000 meter peaks. The descent is by the route of ascent and is again quite easy. However one should keep in mind that it is all at high altitude and good acclimatisation and a good level of fitness is required. Our approach walk is carefully planned to ensure you get the best possible chance to acclimatise. After climbing the mountain our return trek to Lukla is much more direct and only takes a few days.

On this trekking expedition you will be joined by some other climbers who are going on to climb Baruntse. But you will all trek in to Mera as one team, and make the ascent of Mera peak together. After the ascent of Mera peak, the Baruntse climbers will split away and go on to the Bruntse climbing base camp while you return with our sherpa leaders to Lukla and your flight to Kathmandu.

It's important to note that while we will do our best to keep to the itinerary there is a chance that variations may be necessary. Many factors can effect climbing high mountains. Individual abilities vary as does their ability to acclimatise. At Team Ascent we are very keen to give plenty time to any member who is slower to acclimatise and consequently sometimes we will use some of our "spare" days early on in the trip to ensure that everyone gets time to acclimatise. Adverse weather and snow pack stability may leave the mountain in a dangerous and difficult condition. Any of these factors may mean that for safety reasons we have to re-arrange the programme but you will see from the itinerary below that we have several

spare days built into or programme and to date as a experienced Himalayan guide Sandy has always managed to complete the trip and reach the summit.

### **Itinerary**

**Day 1:** Meet in Kathmandu at the pre booked hotel. Our agents will meet you off your international flight and take you to the hotel. We will have an introductory welcome brief and outline the detailed plans for the following days. We will all meet together and hopefully go for an evening meal together.

**Day 2:** We have planned a guided sightseeing tour of the city. Also we have built in time for you to be able to pack your equipment and clothing for the Lukla flight. Again in the evening all members will meet up and dine together.

**Day 3:** After an early breakfast we will drive to the domestic airport and take the internal flight to Lukla (2800m) and normally we have enough time to meet our porters and trek to Piuyan (2800m)

**Day 4:** We trek from Piuyan to Pangom (2800m).

**Day 5:** Trek to Niumso (2600m)

**Day 6:** From Niumso we have quite a strenuous trekking day which takes us to the forest camp in Chetra Forrest (3400m).

**Day 7:** From the forest camp we trek to Khote (3600m), this is moderately strenuous day.

**Day 8:** At Khote we have what we call a rest day but normally we take a bit of a walk just to check out the area and help with acclimatisation.

**Day 9:** From Khote we trek to Tagnag 4356m.

**Day 10:** We stay at our camp at Tagnag but take a walk towards and maybe to the summit of Kusim Kaunguru Ri and return to Tagnag.

**Day 11:** We trek to Khare or Dig Kharka (5025m)

**Day 12:** Trek/ Acclimatise, around Khare  
**Day 13:** Trek/ Acclimatise around Khare  
**Day 14:** Trek and move up to the La and camp (Mera La Camp 5415m)  
**Day 15:** Move up to High Camp (5800m)  
**Day 16:** From High camp we go to the summit (5415m) and return to Khare  
**Day 17:** Spare summit day  
**Day 18:** Begin trek out to Khote (3600m)  
**Day 19:** Trek Out to Tulli Kharka (4000m)  
**Day 20:** Trek over pass and down to Lukla (2900m)  
**Day 21:** Fly from Lukla to Kathmandu  
**Day 22:** Spare and free day in Kathmandu (we take you to cultural Celebration Nepalese meal with local dancing)  
**Day 23:** Depart from Kathmandu for your international flights. Our Agents will take you from the hotel to the airport and see you safely to departures.

### **MERA PEAK TREK AND CLIMB 2010**

**PRICE:** Our Team Ascent price is: £2150.00 per person based on group of 4 .

### **OUR COST DOES NOT INCLUDE:**

Your own personal mountaineering and travel insurance. We recommend BMC insurance.  
International air fares and visas\* and departure taxes\*

Personal climbing and trekking clothing and equipment

Main evening meals in Kathmandu

Tips and other cost of a personal nature such as laundry, drinks and telephone calls.

- Visa are granted at the point of entry ( Kathmandu airport). Last year it cost of \$US 30.00: you need to bring US \$ cash and two passport size photos with you
- Departure taxes have been included in the flight price for the past year and no additional payments were necessary last year.

### Our Price does include:

All peak fees and park fees and climb permits

4 nights hotel in Kathmandu on a bed and breakfast basis, normally two at the beginning and two at the end of the trip.

Domestic air fare for a round trip Kathmandu to Lukla - return.

Airport transfers.

All camping equipment, feeding and meals, climbing and lead Sherpas, porter and kitchen staff. Climbing equipment, first aid kits including Gamov Bag and emergency Oxygen for medical purposes. Insurance and clothing for all Local staff including porters.

Climbing equipment to make the ascent safe and possible and of course a IFMGA mountain guide. So once you leave Kathmandu, everything is really included although you may need some money for local extra drinks, snacks and buying local crafts and tips.