



Panoramic Himalayan view from the summit ridge of Mera Peak.

We like...

- Trekking through two of Nepal's most iconic valleys, the remote Hinku and the legendary Khumbu.
- Experiencing not one, but **two Himalayan summits** in a single journey: **Mera Peak (6,476 m)** and **Island Peak (6,189 m)**.
- Standing on Mera Peak, one of the highest trekking peaks in the world, with views of Everest, Lhotse, Makalu, and Kanchenjunga.
- Climbing Island Peak under the shadow of the mighty Lhotse face a true Himalayan mountaineering experience.
- A perfect introduction to high-altitude mountaineering, supported by our experienced Sherpa team
- The balance of adventure, culture, and acclimatization that prepares you for bigger Himalayan goals.



See dates on website or Private Trip
Mera Peak & Island Peak Expedition

Trip Facts

Maximum elevation:	6,476 m / 21,246 ft (Mera Peak)
Second summit:	6,189 m / 20,305 ft (Island Peak)
Location:	Nepal, Khumbu Valley region
Group Size:	2 – 10 people
Number of days	27

Rating

Steepness	▲▲▲△△
Fitness	▲▲▲△△
Risk	▲▲△△△

The trip includes a short section of a steep climb on ice and potential ladder crossing in good security conditions. No prior climbing experience is required and we will provide the necessary training.



Why climb with World Sherpas?

- Built by climbers and Sherpas, combining international expertise with **local knowledge**.
- **Learn directly from Sherpas** climbing techniques, altitude physiology, and effort management.
- **Professional photos and videos** to relive and share your adventure.
- Exceptional service and logistics, offering the best **value for money**.
- Garmin InReach satellite tracking, so your family can follow your progress **in real time**.



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Price

US\$6,200

Per Person

- Deposit: 30% at booking
- Balance: 70% one month before the departure date

<i>Included</i>	<i>Excluded</i>
• All arrival and departure transfer services to and from airport (both domestic and international) • Return domestic flight ticket Kathmandu / Lukla • Transport of 1 duffle bag of a maximum weight of 15 kgs during the trek to Base Camp and on domestic flights • 4 nights' accommodation at a good quality hotel in Kathmandu on B/B basis on a double basis (single option at extra cost) • Accommodation in lodges during the trek • Accommodation in shared tents at Island Peak and Mera Peak • Necessary staff including experienced guides, cook, kitchen staff and porters • Three meals a day (breakfast, lunch and dinner with tea or coffee) • All permits required by the local regulations • First aid medical kit • Satellite phone for emergencies (available to members as a paying service) • Welcome dinner in Kathmandu • 1 World Sherpas Duffle bag	• Tips (Sherpas Climbing guide Min \$300 per peak & Porters & Trek leader Min \$250) • Lunch and dinner in Kathmandu (except welcome dinner) • Extras hotel charge at Kathmandu (bar bills, laundry, additional nights) • Personal expenses in lodges during the trek such as battery charging (cameras, phone, laptops), showers, laundry, beverages, bottled water and snacks in lodges • Additional nights in lodges during the trek not planned by us • Internet access during the trek and at Base Camp (we can arrange a Nepalese SIM card and top-up card for you at Kathmandu for calls and internet) • Personal trekking and climbing equipment (see gear list) • Personal medical, travel & evacuation insurance (mandatory) • International airfare • Nepal entry visa fee

Location



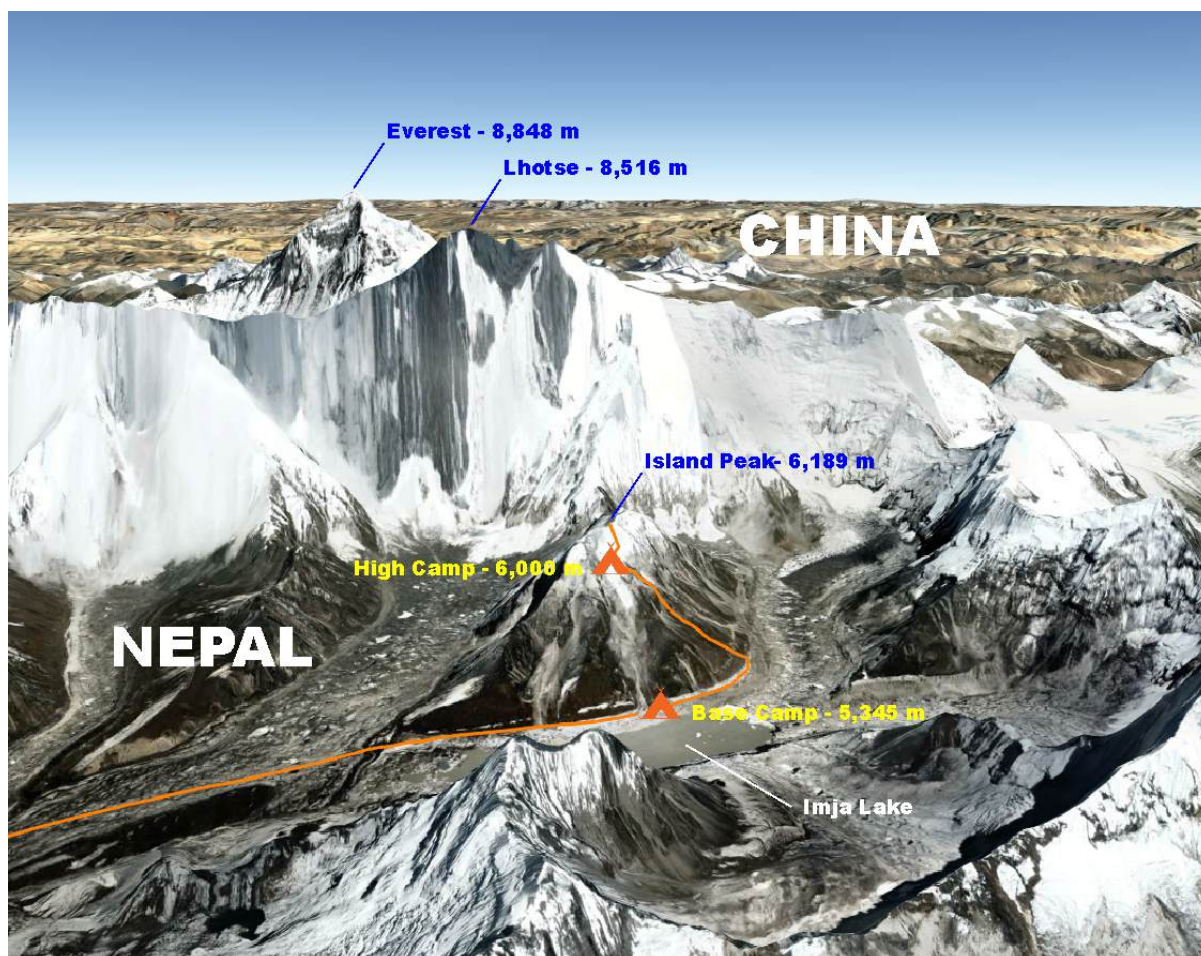
Climbing Route



Elevation and distance travel graph

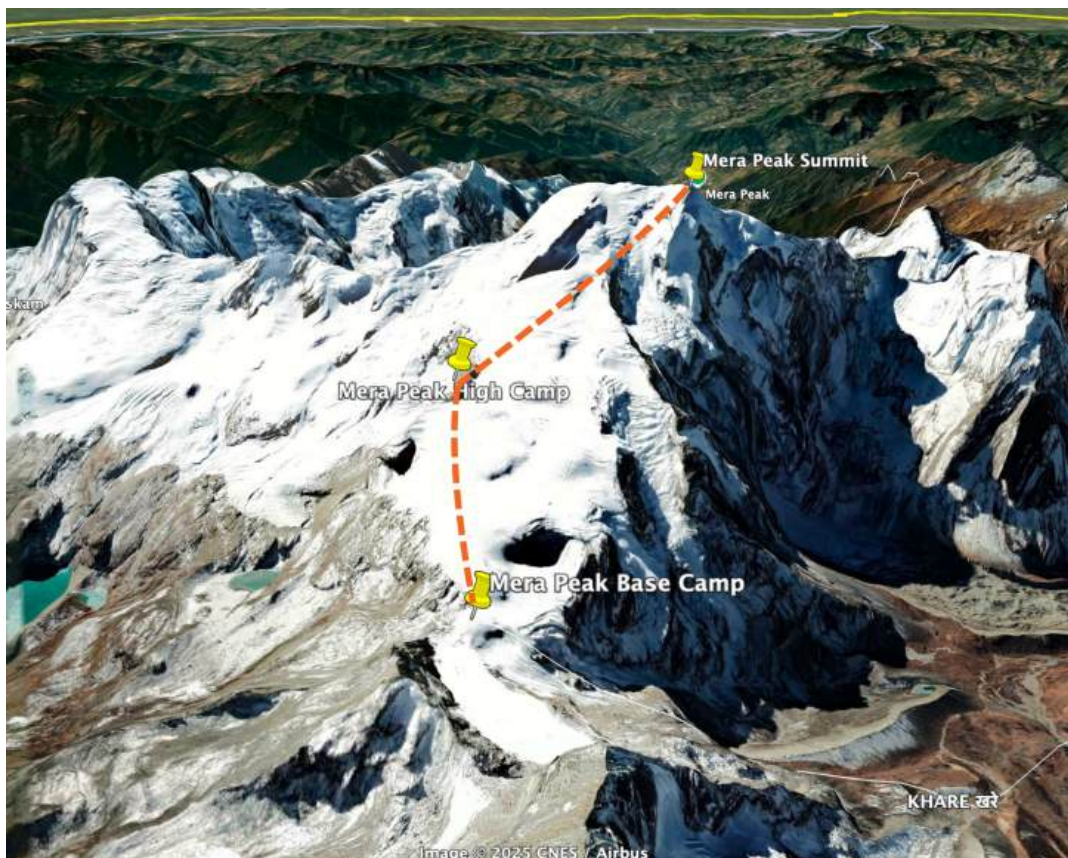


Island Peak surroundings



Island Peak at the end of the valley, with one of the biggest glacial lake in Nepal (Imja Lake) and the Lhotse towering 2,300m above the summit

Mera Peak climbing Route



Route from Mera Peak Base Camp (5,350 m) to High Camp and onward to the Summit (6,476 m), showing the final ascent section above Khare.





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Expedition Itinerary

Day	Location / Route	Altitude (m / ft)	Description
1	Arrival in Kathmandu & transfer to hotel	1,350 m / 4,430 ft	Arrival at Tribhuvan International Airport, meet our team, and transfer to hotel. Rest and short briefing about the expedition.
2	Preparation day in Kathmandu	—	Gear check, permits, and orientation meeting. Time to explore Thamel and buy last-minute trekking essentials.
3	Fly to Lukla → Trek to Paiya (Paiva)	2,860 m / 9,317 ft → 2,730 m / 8,956 ft	Early morning flight to Lukla with stunning mountain views. Begin trek through forests and Sherpa villages to Paiya.
4	Trek to Pangkongma	2,846 m / 9,337 ft	A scenic day passing through terraced fields, small villages, and suspension bridges. Overnight in local lodge.
5	Trek to Nashing Dingma	2,600 m / 8,530 ft	A mix of gradual ascents and descents through lush forest. Great acclimatization day.
6	Trek to Cholem Kharka (Camping)	3,600 m / 11,811 ft	Trekking into quieter alpine zones. First night camping under Himalayan skies.
7	Trek to Khola Kharka	4,200 m / 13,779 ft	Steady climb with incredible views of Mera range. Camp at Khola Kharka.
8	Descend to Khotte	3,550 m / 11,646 ft	Gentle descent to Khotte through rhododendron forest and river valleys.
9	Trek to Thangnag	4,360 m / 14,304 ft	Trek along the Hinku River with first close views of Mera Peak. Lodge or camp overnight.



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10	Rest & Acclimatization Day in Thangnag	—	Short acclimatization hikes and rest. Opportunity to explore nearby ridges.
11	Trek to Khare	5,100 m / 16,732 ft	Steep ascent through moraine and glacier terrain to Khare. Prepare for technical training.
12	Acclimatization & Training Day in Khare	—	Practice with crampons, harness, ropes, and ice axe. Review climbing techniques for Mera Peak.
13	Trek to Mera Peak Base Camp (Camping)	5,300 m / 17,388 ft	Short but challenging trek to Base Camp. Breathtaking glacial surroundings.
14	Trek to Mera Peak High Camp (Camping)	5,800 m / 19,028 ft	Gradual climb to High Camp, preparing for summit push. Early dinner and rest.
15	Summit Mera Peak → Descend to Kongma Dingma (Camping)	6,476 m / 21,246 ft → 4,850 m / 15,913 ft	Alpine start (around 2 AM). Reach summit for panoramic views of Everest, Lhotse, Makalu. Careful descent to Kongma Dingma.
16	Trek to Seto Pokhari (Camping)	5,650 m / 18,538 ft	Moderate ascent through glacial terrain. Camp near turquoise high-altitude lakes.
17	Trek to Pachpokhari (Camping)	5,484 m / 17,987 ft	Quiet day in remote valleys surrounded by dramatic peaks. Overnight in tents.
18	Trek to Amalapcha Base Camp (Camping)	5,500 m / 18,044 ft	Steady climb to the base of the Amphu Lapcha Pass. Prepare technical gear for crossing.
19	Cross Amalapcha La → Other Side Camp (Camping)	5,067 m / 16,619 ft	Technical crossing using ropes and fixed lines. Spectacular glacier views. Descend carefully to camp.
20	Trek to Island Peak Base Camp (Camping)	4,970 m / 16,301 ft	Trek down into the Imja Valley. Reach Island Peak Base Camp and reorganize gear.

21	Rest & Preparation Day at Island Peak Base Camp	—	Final rest day before summit. Short hikes and equipment checks.
22	Summit Island Peak → Return to Base Camp	6,189 m / 20,305 ft	Early alpine start. Mixed snow and ice climb to summit ridge. Stunning views of Ama Dablam and Lhotse. Return safely to Base Camp.
23	Trek to Namche Bazaar	3,440 m / 11,155 ft	Long descent through Chhukung and Tengboche to reach lively Namche Bazaar.
24	Trek to Lukla	2,860 m / 9,317 ft	Final day of trekking through suspension bridges and rhododendron forests. Celebration dinner in Lukla.
25	Fly Lukla → Kathmandu	—	Early flight back to Kathmandu. Rest day or explore the city.
26	Reserve Day in Kathmandu	—	Extra day for weather delays, sightseeing, or relaxation. Optional city tours or shopping.
27	Departure	—	Transfer to Tribhuvan International Airport for your onward flight. End of expedition.

The itinerary is indicative and is subject to changes according to weather and mountain conditions as well as other circumstances that the climbing guide will deem necessary for the safety and / or success of the expedition.

Mera Peak & Island Peak Expedition



Gear List

The gear list can be adapted to your experience and preferences. If you have a doubt, please have a chat with us.

Clothing	Head	Neck warmer / buff Warm hat Cap or sun hat
	Hands	Light gloves Insulated gloves (warm gloves for summit day) Liner gloves
	Torso Legs	Down jacket Thermal underwear top x3 Thermal underwear bottom Weatherproof jacket (light Goretex) Weatherproof trousers (Goretex) Soft shell jacket Light down jacket or lightweight warm fleece Trekking pants x2 Trekking Tee Shirts (can be used for climbing too) Short Underwear x3
	Feet	Trekking shoes (mid-cut or high-cut recommended for added protection and stability) Climbing boots (with platform for the crampon to attach to) Trekking socks x3 Warm socks x2

Gear	Camp	At least minus 20° C sleeping bag (four seasons) Sleeping bag liner (optional) Inflatable mat for high camp Pillow case and down pillow (optional) Sewing and repair kit
	Climbing	Rucksack 35 l to 60 l Crampons (not aluminum) Mountaineering simple harness Climbing helmet

	Glacier sun glasses x2 Snow / ski goggles Ice axe Ascender Belay/Rappel device (figure of eight) 3 metres of 8 mm climbing cord Karabiners Screwgate (x3) Quickdraws (x3) Slings 60 Cm (x2) Retractable trekking poles x 2 Bowl Plastic Mug Plastic spoon titanium or spork (spoon+fork) Penknife Head torch x1 Spare batteries for head torch Water bottle Nalgene 1 litre x2 Repair set (ties, duct tape)
Personal Gear	Sun screen protection 50+ x2 Lip block protection 50+ x2 Toilet paper for the trek x 3 (no paper in the lodges) Pee bottle (Nalgene Cantene strongly recommended) Toiletries bag Ear plugs (wind, snoring partner in the lodge can prevent you to sleep...) Water purification tablets Personal first aid kit Cleaning wipes (2 packs) Shower / shampoo gel Foot powder Antibacterial hand-wash gel
Energy bars	Dry fruits Energy bars / Glucose tablets
Transport	Expedition bag 100 l to 140 l (provided by World Sherpas) Padlock Waterproof stuff sacks to store clothing Set of bin bags
Personal items	Camera with memory cards, several batteries (batteries life time is much shorter with the cold) and a battery charger

	Phone (we can provide you at cost with a Nepalese SIM card with cheap international call rate) Battery charger / Solar panel USB key Books / Kindle Earphones for music lovers Playing cards
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Camp set-up

- Spacious double tents with sleeping mat.
- Mess tent for meals, with tables, chairs, and cutlery.
- Tea, coffee, and snacks available during the day.
- Toilet tent available at Base Camps.
- Heating provided in the mess tent during dinner.

Communications

- Phone network available in some trekking villages (Lukla, Namche, Khare, Chukhung).
- Company satellite phone available for emergencies (extra fee).

Gallery



A 360° panorama with Everest, Lhotse, and Makalu dominating the horizon



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Celebrating success on the summit



Training with Ama Dablam as the backdrop — preparing skills before the climb



Climbers making their way across rugged ridgelines, surrounded by towering Himalayan peaks



Tents lined up at high camp, ready for summit push



Technical climbing section