

Mera Peak 2017

With Mark Inglis



Mera Peak (6461m) is the highest trekking peak in Nepal and a safe and delightful introduction to climbing in the Himalaya. The route follows the blue pine and rhododendron forest trails of the Hinku Valley.

When acclimatised we climb to a high camp just below Mera La and prepare for the attempt on the main summit of Mera Peak. The ascent is not technically demanding and has unequalled views of Everest, Lhotse and Makalu making this a fine Himalayan climb.

The team that you will join with Mark is his team from climbs of Cho Oyu and Everest, the very experienced Sherpa, cook and porter staff that make all the difference in achieving your goals!

By traveling with Mark you get a unique insight to not just the mountains but also the people of the Himalaya.

Best Seasons:

Late March to late April 2017



Climb Itinerary:

Day 1 Fly Kathmandu – Lukla, overnight camp in Thukdingma.

Day 2 Thukdingma trek to Tsetre overnight camp

Day 3 Tsetre trek to Thaksingdingma

Day 4 Thaksingdingma trek to Thagnak overnight camp

Day 5 Rest day

Day 6 Thagnak trek to Khare

Day 7 Khare trek to Base Camp

Day 8 Rest day for acclimatization (You can explore around or climb up for a few hours and come back to the Base Camp for the night)

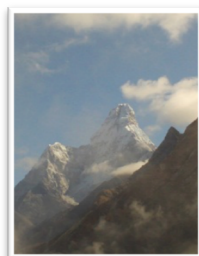
Day 9 High camp and make preparation for the next day to get to the summit.

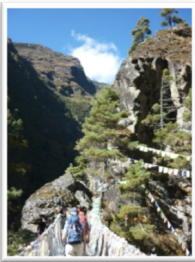
Day 10 Today we go to the summit and the views of Pumori (7161m), Lhotse (8516m) Makalu (8463m), Lobuche (6145m), Cho Oyu (8201m) and of course Everest (8850) are spectacular from the summit. We retrace to Base Camp

Day 11-16 Mera Peak Base Camp - Lukla. We follow the same route and come back to Lukla

Day 17 Fly Lukla – Kathmandu

Day 18, 19 Kathmandu





What is a typical day?

The day normally starts at 7am with a cup of hot tea and a warm bowl of wash water at your tent door.

After packing for the day breakfast is served – while that is happening, porters will pack your tents up and distribute loads.

After breakfast it is out on the trail, most days are 4 – 6 hrs of slow and steady trekking – no racing at altitude! You will be carrying just what you need for the day – a warm jacket, hat and gloves, any drinks and snacks and of course your camera, a very light load.

On long days lunch will be served enroute otherwise a late lunch will be enjoyed at the evening campsite.

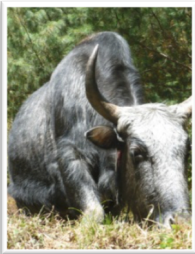
Afternoons are free to immerse yourself in the local environment, afternoon tea and a wash bowl always a delight.

Dinner is usually 6 – 7pm, the rest of the evening is a great chance to have some fun around the dining table with your other trekkers and Sherpa.

Food:

All of our chefs are very well trained for making different dishes such as Chinese, continental, Nepali, Tibetan etc. The delicious meals will be prepared hygienically and in cleanliness within our camp.

We use both local supplies and imported foods. Special diets, including vegetarian should be requested when booking. We strive to cater to all your requirements; however, at remote locations the possibility of your dietary requirements being met isn't always possible.



Transportation:

Nepal is famous for its roads, vehicles and drivers - not!!

We are pleased to say that we run a very modern fleet with safety being our greatest concern. All drivers are given a medical check up twice a year to make sure that they are in good health. Also we use the most reliable and up to date airline for all flights.

Expedition Equipment:

All team equipment (such as high quality tents) are provided.

All stoves, kitchen gear, closed cell foam mattresses, folding tables & chairs are provided though a 'Thermarest' style sleeping pad is recommended.

We provide a comprehensive first aid kit including a Gammow Hyperbarric pressure bag and all members are supplied with a warm down jacket and Everest standard sleeping bag.

A comprehensive list of crucial and suggested equipment will be provided.



Accommodation:

We recommend either the Radisson (5 Star) or Hotel Tibet (3 Star) for your Kathmandu stay (twin share basis will be quoted, please request other options at booking).

Pricing is based on Hotel Tibet.

On the trek pricing is based on share twin tents – Single occupancy tents are available at an extra cost.

Where lodges are required they are of the best standard for the region we are in.

Guest Services:

All of our guides speak fluent English as well as a few other languages. They are always ready to help you sort out a problem or answer an inquiry.

Pricing:

\$4500 NZD ex Kathmandu

Price Includes:

All airport transfers in Nepal

4 nights accommodation in Kathmandu and 2 team dinners

All your meals on trek prepared by our staff

The services of our professional Sherpa team

All group equipment (such as mattresses, sleeping, dining and toilet tents, crockery etc.)

Sherpa equipment allowance and insurance

Daily wages for our staff, including Sirdar, Sherpa, cook, kitchen and porter staff and insurance for them

Domestic tax and flights Kathmandu/ Lukla/Kathmandu

Group First Aid medical kit and Gammow bag

National Park and trekking fees



Price Excludes:

International travel to and from Kathmandu
2 evening meals and lunches in Kathmandu
Sightseeing in Kathmandu
Medical and Travel insurance
Personal expenses such as gratuities, laundry, phone calls etc.
Personal clothing and equipment (A down jacket and sleeping bag are provided)
International departure airport tax
Any emergency rescue flight
Visa fees

My approach, Expedition Sherpa Tipping:

It is customary to allow at least \$4USD per day for a general Sherpa/ Cook/Porter tip, to be presented to the staff at the end of the trip. The funds are pooled and the team leader (Mark) and the Sirdar divide it up in the fairest way possible. (allow approximately \$100USD)

The Sirdar is also generally tipped at this time, allow \$3USD per day for this tip also.

(approx \$70-100USD for this)



Mountain Experience Pvt Ltd - Quality Service:

Mountain Experience Nepal is a well established Trekking and Expedition Company in Nepal.

Mark has been to the summit of both Cho Oyu and Everest as well as trekking the valleys of the Khumbu with the team from Mountain Experience.

What makes ME special is that they always try and go one step further to making sure that you, our clients, receive the best treatment that can be offered.

They believe in doing their best for their staff and for the environment, areas that many other companies pay no attention to.

This is why Mark uses them time and again. It is a great satisfaction that the majority of the business comes from the recommendations of past clients.

first class equipment is supplied, excellent catering and some of the most friendly and experienced staff in the business.



Contact:

94 Woodbank Road
Hanmer Springs 7334
New Zealand

m: +64 21 639 899
e: mark@markinglis.co.nz
www.markinglis.co.nz