

Mera and Island Peak

22 Days Challenging Trek



This combined traverse is a classic Himalayan odyssey: start in the remote Hinku Valley to climb Mera Peak (6,476 m), cross the dramatic Amphu Laptsa high pass, and descend into the Imja Valley to climb Island Peak (Imja Tse, 6,189 m) – all in one continuous expedition. Over roughly 25 days, you move from lush lower valleys and Sherpa villages into stark glacial amphitheaters, live at high camps beneath towering peaks, and stand on two of Nepal's most rewarding trekking peaks.

The route is the perfect synthesis of wilderness trekking, rich mountain culture, and approachable mountaineering: Mera offers broad, sweeping glacier climbs and an unrivalled 360° summit panorama of Everest, Makalu, Cho Oyu, Lhotse and Kanchenjunga; Amphu Laptsa delivers high-mountain drama, hanging glaciers, and a narrow notch that links two distinct worlds; Island Peak finishes the traverse with a technical headwall and summit ridge that reward climbers with intimate views of Lhotse and Ama Dablam.

This journey demands fitness, patience, and acclimatisation, plus basic technical skills (crampon and rope work). But for those who seek a sustained Himalayan experience – wilderness, quiet trails, summit triumphs, and an epic alpine crossing – the combined Mera, Amphu Laptsa, Island Peak route is one of Nepal's finest adventures.

About the Khumbu Region

The traverse threads two mountain realms. The Hinku / Mera area lies within the upper reaches of the Makalu Barun corridor – remote, wild, and populated by Sherpa and Rai communities. After Amphu Laptsa, you drop into the Imja (Island Peak) valley, part of the classic Khumbu landscape within Sagarmatha National Park, where teahouses, memorial stupas, and expedition logistics contrast with the rugged upper Hinku. Together they present an extraordinary cross-section of Himalayan life: monastery ceremonies, yak pastures, glacial moraines, and hanging glaciers under a skyline of some of the world's highest summits.

TRIP OVERVIEW

Duration: 22 Days

Difficulty: Challenging – high-altitude trekking plus two trekking-peak climbs and a technical high pass (Amphu Laptsa).

Max Elevation: Mera Peak Summit (6,476 m)

Secondary Summit: Island Peak (6,189 m)

Best Season: Spring (April-May) and Autumn (October–November)

TRIP HIGHLIGHTS

- Summit Mera Peak (6,476 m) – sublime 360° Himalayan panorama.
- Cross the dramatic Amphu Laptsa (5,845 m) glacial pass, a memorable high-alpine traverse.
- Summit Island Peak (6,189 m) with close-up views of Lhotse and Ama Dablam.
- Traverse from the remote Hinku Valley to the Imja Valley, two very different high-mountain ecosystems.
- Glacier travel, fixed ropes, and practical mountaineering training included.
- Authentic Sherpa and Rai village visits; quiet trails away from mass-tourism.

OUTLINE ITINERARY

Days 1–2: Arrival & Preparation in Kathmandu

Days 3–6: Trek to the Hinku Valley (Approach to Mera)

Days 7–10: Kothe to Khare

Days 11–13: Mera Peak Summit Phase

Days 14–17: From Mera Base Camp towards Amphu Laptsa Pass

Days 18–20: Cross Amphu Laptsa & Climb Island Peak

Days 21–23: Descent to Lukla via Pangboche & Namche Bazaar

Days 24–25: Return to Kathmandu & Departure

Note: In practice the exact sequencing and where you overnight between Mera and Amphu Laptsa can change with group pace and weather. The detailed day plan below presents a practical, commonly used cadence optimized for acclimatisation and safety.

WHAT TO EXPECT

Physical Challenge: Multiple long trekking days, two high-altitude summit efforts, and one technical high pass requiring ropework and careful route-finding. You'll need solid cardio fitness and experience with extended trekking days.

Accommodation: Teahouses in villages; tented camps at high base/high camps and on the Amphu Laptsa side.

Food: Traditional Nepali meals and simple western options in lower teahouses; hearty soups, dal bhat, noodles, and energy-rich high-altitude food at higher camps.

Weather: Cold nights above 4,000 m; potential high winds at Amphu Laptsa; generally best in spring and autumn when skies are clearer.

Support: Climbing Sherpa, guides familiar with both approaches, porters/BC crew, group climbing equipment (ropes, fixed lines, crampons, harnesses), and contingency plans for weather.

Detailed Itinerary

DAY 1: ARRIVAL IN KATHMANDU

Activities: Arrive in Kathmandu and transfer to your hotel in Thamel. Rest and recover from your journey.

Accommodation: Overnight in Hotel

DAY 2: KATHMANDU SIGHTSEEING AND TREK PREPARATION

Activities: Explore UNESCO World Heritage Sites such as Swayambhunath and Patan Durbar Square. Attend a detailed trek briefing and equipment check.

Accommodation: Overnight in Hotel

DAY 3: FLY TO LUKLA; TREK TO PAIYA

Activities: A thrilling mountain flight to Lukla opens your adventure. The trail winds through forests and across small ridges to Paiya, a quiet village surrounded by green hills.

Accommodation: Teahouse in Paiya.

DAY 4: PAIYA TO PANGKONGMA

Activities: Trek through rhododendron and bamboo forests, cross narrow bridges, and reach the charming Sherpa village of Pangkongma. The first views of Mera Peak appear on the distant horizon.

Accommodation: Teahouse in Pangkongma.

DAY 5 : PANGKONGMA TO NASHING DINGMA (2,600 m)

Activities: A descent through terraced hillsides leads to the Inkhu Khola River, followed by a climb through dense forest. The day ends at Nashing Dingma, surrounded by waterfalls and terraced farms.

Accommodation: Teahouse in Nashing Dingma.

DAY 6: NASHING DINGMA TO CHHATRA KHOLA

Activities: Trek through steep ridges and rhododendron forests with views of Kongde Ri. The route winds down to the serene Chhatra Khola, gateway to the Hinku Valley.

Accommodation: Teahouse in Chhatra Khola.

DAY 7: CHHATRA KHOLA TO KOTHE

Activities: Enter the pristine Hinku Valley, following the river upstream through bamboo and pine forests. The scenery shifts dramatically as towering peaks rise around you.

Accommodation: Teahouse in Kothe

DAY 8: KOTHE TO THAKNAK

Activities: Trek along the Hinku River past yak pastures and summer huts. Arrive in Thaknak, surrounded by glacial moraines and the dramatic view of Mera Peak's north face.

Accommodation: Teahouse in Thaknak.

DAY 9: THAKNAK TO KHARE

Activities: A gradual ascent brings you to Khare, base for Mera Peak. The trail follows glacial streams and moraine ridges, offering increasingly alpine landscapes.

Accommodation: Teahouse in Khare.

DAY 10: ACCLIMATISATION & TRAINING DAY IN KHARE

Activities: Essential acclimatisation day with basic glacier training such as using crampons, harnesses, and ice axes. The surrounding snow-capped ridges offer breathtaking acclimatisation hikes.

Accommodation: Teahouse in Khare.

DAY 11: KHARE TO MERA LA BASE CAMP (5,350 m)

Activities: Trek over rocky terrain to reach Mera La, the high pass connecting Khare and the upper Hinku Valley. Settle at Base Camp, surrounded by glacial landscapes.

Accommodation: Tent Camp.

DAY 12: MERA BASE CAMP TO MERA HIGH CAMP

Activities: A slow, careful ascent on snow slopes leads to High Camp, perched dramatically above the Mera Glacier. The views of Makalu, Baruntse, and Chamlang are awe-inspiring.

Accommodation: Tent Camp.

DAY 13: SUMMIT MERA PEAK & DESCEND TO KHARE

Activities: Begin before dawn with a steady climb up gentle glacier slope. The final ridge offers a spectacular summit panorama which includes five of the world's 14 eight-thousanders – Everest, Lhotse, Cho Oyu, Makalu, and Kanchenjunga all visible in one sweep. Descend safely to Khare.

Accommodation: Teahouse in Khare.

DAY 14: KHARE TO KOTHE

Activities: Easy descent through the upper valley. Time to reflect on the summit and to gradually return to lower elevations. Kothe's teahouses offer warmth and conversation with fellow trekkers.

Accommodation: Teahouse in ko.

DAY 15: KOTHE TO THULI KHARKA

Activities: A scenic day climbing toward alpine pastures and ridgelines. Thuli Kharka provides expansive views across the Hinku Valley and is an ideal overnight for steady acclimatisation before the pass approach

.Accommodation: Teahouse in Thuli Kharka.

DAY 16: THULI KHARKA TO ZATRWA LA / APPROACH TOWARD CHHUKUNG SIDE

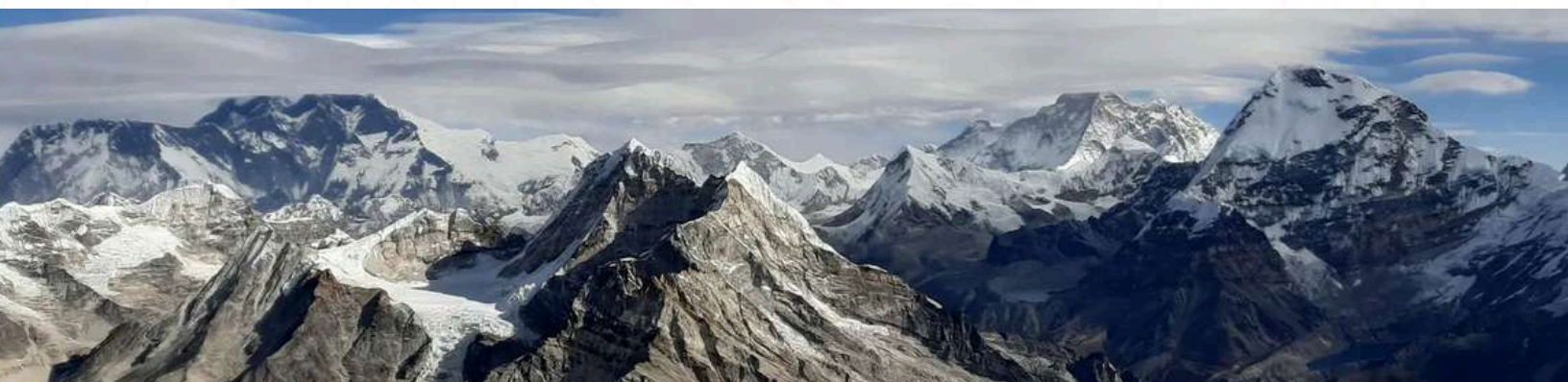
Activities: Depending on route choices and weather, travel toward the Zatrwa La corridor and descend toward the route that leads to the Imja/Chhukung approach. This day is transitional – expect varied terrain, some steep sections, and excellent mountain light.

Accommodation: Teahouse or Camp (depending on exact route).

DAY 17: APPROACH TO AMPHU LAP TSA BASE

Activities: Enter the higher glacial arena again, moving toward the Amphu Laptsa hanging glacier area. Terrain includes steep moraine, icy streams, and short glacier travel. Teams set tents and finalize crossing gear.

Accommodation: Tent Camp.



DAY 18: AMPHU LAP TSA PASS CROSSING — DESCEND INTO IMJA VALLEY

Activities: A seminal day of the traverse: rope-secured glacier steps, exposed notches, and careful route-finding through the Amphu Laptsa ice notch. Reaching the other side, you descend into the Imja Valley – the world of Island Peak and the Khumbu Region. The contrast is immediate and breathtaking.

Accommodation: Tent Camp / High Camp on Imja.

DAY 19: TREK TO ISLAND PEAK BASE CAMP

Activities: Descend moraines and follow the Imja Khola upstream to Island Peak Base Camp. Prepare ropes, crampons, and harnesses; rest in preparation for the summit attempt. The valley's walls close in, with Lhotse and Nuptse forming a dramatic bowl.

Accommodation: Tent Camp (Base Camp).

DAY 21: BASE CAMP TO PANGBOCHE

Activities: Descend through Chhukung and Dingboche, rejoining the main Everest trail at Pangboche. Celebrate your successful summit in the warmth of a cozy teahouse.

Accommodation: Teahouse in Pangboche.

DAY 22: PANGBOCHE TO NAMCHE BAZAAR

Activities: Retrace your steps through forests and suspension bridges to Namche Bazaar. The air feels rich again as you return to lower altitudes.

Accommodation: Teahouse in Namche Bazaar.

DAY 23: NAMCHE TO LUKLA

Activities: Enjoy your final day on the trail as you descend to Lukla. In the evening, celebrate your accomplishment with your fellow trekkers and the Karmaia Adventures team.

Accommodation: Teahouse in Lukla.

DAY 24: FLY TO KATHMANDU

Activities: Take an early morning flight back to Kathmandu. The rest of the day is free to relax, and to explore the vibrant city of Kathmandu.

Accommodation: Overnight in Hotel

DAY 25: Departure

Activities: Depending on the time of your flight, Karmaia Adventures team member will provide a drop-off service to your onward destination.

NOTES

- **Flexibility:** High-altitude itineraries require flexibility. Weather, flights, group pace, and snow conditions on Amphu Laptsa may require itinerary adjustments. The plan above prioritizes safe acclimatisation and conservative decision-making.
- **Technical Requirements:** You will receive glacier and rope-work training prior to both summit pushes. Guides will lead rope teams on glacier sections and the Amphu Laptsa notch. Competent use of crampons and a basic head-for-heights comfort is essential.
- **Accommodation & Food:** Lower villages: teahouses. High camps and Base Camps: tented camps. Meals are typically self-paid on trek; expect Nepali dal bhat, soups, noodles, and simple Western options where available.
- **Permits:** This traverse requires Peak Climbing permits for both Mera and Island Peaks, national park permits, and TIMS registration. Karmaia Adventures will arrange permits and local liaison.
- **Safety:** Supplemental oxygen is not usually used for these peaks, but guides carry emergency oxygen kits and evacuation plans. Evacuation by helicopter is possible from several points but depends on weather.
- **Fitness:** Train with long hikes carrying a pack, stair-climbing, and cardiovascular conditioning several weeks before departure. Prior trekking experience above 4,000 m is strongly recommended.



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