



Swiss Hope Sherpa
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Mera Peak

(Meals included, F=breakfast, M=lunch, A=dinner)

30.10 Departure for Nepal

Scheduled flight to Kathmandu.

Total flight time Zurich-Kathmandu 10 to 11 hours. These are two partial flights and one change in Istanbul.

31.10 Arrival in Kathmandu

We are met by Pasang at the airport and he takes us to our hotel near the Boudhanath Stupa. After a short rest, we have a briefing with Pasang. Then we have time to explore everything and arrive.

Overnight stay at the hotel in Kathmandu (1300 metres). (A)

01.11 Kathmandu

Today we spend a whole day immersed in the hustle and bustle of Kathmandu. We let ourselves drift and buy a few things for our trek in Thamel. In the evening we pack our bags. Maybe there will be some children's clothes for Chheskam. And we can leave something in Kathmandu.

Overnight stay in a hotel in Kathmandu (1300 metres). (A)

02.11 Jeep ride to Chheskam

We set off early in the morning. We are picked up at the hotel at 03:00. We are given a packed lunch for the journey. This is followed by an adventurous jeep journey through a beautiful landscape. Depending on traffic, the journey can take around 19 hours with breaks. Overnight stay in a good lodge in Chheskam (1869 metres). Jeep 19 hours (F,M,A)

03.11. Chheskam

Today we stay in Chheskam all day. There is an entertaining programme at the school. And of course we visit the construction site of our water project. We visit both springs.

Overnight stay in Chheskam (1900 metres) (F,M,A)

04.11 First stage

We leave Chheskam full of impressions and set off slowly. This is followed by a steep 5-6 hour ascent to Chaurikharka.

Overnight stay in lodge in Chaurikharka (2800 metres) Trekking 5-6 hours (F,M,A)

05.11 soon 4000 metres

After breakfast, we set off on a hike. The surroundings are beautiful. There are no teahouses on the way, but our crew conjures up a wonderful picnic. Then we walk a little further and soon reach our destination for the day.

Overnight stay in lodge in Cholemo Kharka (3600 metres) Trekking 4-5 hours (F,M,A)



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06.11 Strenuous pass / valley of the 5 lakes

This morning we leave the tree line behind us and approach a wild region where the Sherpas only herd their animals in the summer months. A strenuous day awaits us today with steep climbs and several mountain ridges to cross. We climb up stone steps to 4,300 metres and then continue to the Hurhure Pass at 4,470 metres. On a clear day, we have a breathtaking view of Kanchenjunga and its peaks. From the second col we descend to the beautiful sacred lakes at Panch Pokhari. Overnight stay in lodge in Khola Kharka (4000 metres) Trekking 6-7 hours (F,M,A)

07.11. High trail

There are no lodges on the way today, so we have a long morning and a late lunch, so take some snacks and plenty of water with you. From Khola Kharka, it's a 30-minute steep uphill walk to some prayer flags. Just around the corner, we have a great view of Numbur, Pike Peak and the Lamjura Pass. The route goes around the hillside and then descends very steeply to the Mojang Khola. We cross the river and descend even further to the Hinku Khola. A hilly trail leads us to a bridge over the roaring Hinku Khola and into the village of Kote. We have a late lunch at the lodge and in the afternoon we have time to wash up or explore the village. Overnight stay in lodge in Khote (4000 metres) Trekking 5-6 hours (F,M,A)

08.11 Long valley

A wonderful trek along the Hinku Kola. The trail follows the river on a rocky path that crosses several landslide areas. Shortly after leaving Kote, we can see the three peaks of Mera. As we ascend, the Kyashar peak appears, followed by Kusum Kanguru and the East peak. We reach Tangnag for a late lunch. We are now in a deep valley created by the high walls of Kyashar Peak, Kusum Kanguru and East Peak. Overnight in lodge in Tangnag (4300 metres) Trekking 5-6 hours (F,M,A)

09.11 4900 meter

A short day with about three to four hours of climbing after Dig Kharka to Khare. The trail climbs steeply from Tangnag to some prayer flags overlooking the glacier cascading down from the Kyeshar peak. The trail becomes easier as we climb up the valley via Dig Kharka, and then there is a final steep climb to the lodges at Khare. We have lunch in Khare and a free afternoon. From Khare we have a great view of Mera, Charpati Himal, Kyeshar Peak and other Himalayan giants. Overnight in lodge in Khare (4900 metres) Trekking 3-4 hours (F,M,A)

10.11 Acclimatise and try out crampons

We will have an acclimatisation day in Khare and there will be an opportunity to ascend to the glacier towards Mera La where we will practice our ice axe, crampon and rope techniques and use Jumar. Please note that equipment checks and all training sessions before the ascent are compulsory. Overnight stay in lodge in Khare (4900 metres) Exercises (F,M,A)



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11.11 High Camp 5800 meter

This is followed by a steep and tough ascent over the Mera La to High Camp. The trail climbs steeply out of Khare on a rocky path with great views of the Mera Peak summits. Further uphill the trail becomes steeper and there may well be snow and we will need crampons as we climb the very steep rocky gorge onto the glacier. Once on the glacier, the gradient eases slightly and we follow the glacier up to High Camp. From High Camp you can see five of the eight highest mountains on earth, stretching from Kanchenjunga in the east via Makalu, Lhotse and Everest to Cho Oyu in the west. This afternoon we prepare our clothes for tomorrow. After sunset (watch out for the last orange glow on the summit of Makalu) we retire to the warmth of our sleeping bags to rest up before tomorrow's summit attempt.

Overnight stay in tent High-Camp (5800 metres) Trekking strenuous 6 hours (F,M,A)

12.11 Mera Peak

An extremely long day with a very early (and usually very cold) start at 2am or earlier. You'll need to wear your crampons as we climb the wide, open glacier. The terrain here is not very steep, but due to the altitude the going is very slow and it can be very cold and windy. As dawn breaks, the path climbs steeply to the east of the left-hand ridge before turning right on easier ground to approach the summit. The last 50 metres to the summit are soon done. Once at the top, the view from the sun over Kanchenjunga to the east, past Makalu to the feathery Everest Himal in the centre and Cho Oyu to the west is worthwhile. We then climb back to High Camp, where we will rest. Then we return to Khare where we look forward to a rest.

Overnight in lodge in Kahre (4900 metres) Trekking 12-14 hours (F,M,A)

13.11 Short day

We hike from Khare to Kothe in about six hours on the same path as before. The descent is very pleasant and the views are as beautiful as they are relaxing. 15 km / 40 m ascent / 1260 m descent.

Overnight stay at the lodge in Kothe (3600 metres) Trekking 6 hours (F,M,A)

14.11 Back up again

From Kothe we follow the Hinku River and walk along mountain ridges. We leave the beautiful bamboo and pine forests and walk on ridges above the Hinku valley to Chhatrwabuk.

Overnight stay in lodge in Chhatrwabuk (4200 metres) Trekking 4-5 hours (F,M,A)

15.11 Off to Lukla, the home of Pasang

The ascent to the Zatrwa La Pass is steep and can be quite tricky when there is snow. As we are not yet acclimatised, it will be a long climb. Once we reach the pass, we look down towards Lukla and begin the short, steep descent to Chutang, where we have lunch. Now we continue downhill towards Lukla through pastures, rhododendron and pine forests

Overnight stay in a hotel in Lukla (2700 metres) Trekking 9-10 hours (F,M,A)



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16.11 Lukla

We enjoy Lukla and recover from the first week. Perhaps with a cappuccino? Or we enjoy the dolce far niente.

Overnight stay in a hotel in Lukla (2700 metres) Trekking 3-4 hours (F,M,A)

17.11 an alpine flight

Weather permitting, our flight to Ramechhap or Kathmandu will take place today. From the spectacular Lukla airport we fly back through the breathtaking Kathmandu valley. Depending on the weather, we can fly to Kathmandu, if not we can expect a 5-hour jeep journey from Ramechhap to Kathmandu. At the hotel we will enjoy a warm shower and a bag of clean clothes.

Overnight stay at the hotel in Kathmandu (1400 metres) (F)

18. -19.11 Kathmandu

Over the next few days, we'll have plenty of time to explore the city, go shopping or just chill out. Everyone what they want and how they want it.

Overnight stay in a hotel in Kathmandu (1400 metres) (F)

20.11 Journey home

Scheduled flight to Zurich.

total flight time Kathmandu - Zurich 10 to 11 hours. These are two partial flights and one change in Istanbul.



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Included in the price

- Jeep ride Kathmandu - Phablu
- Flight Lukla - Kathmandu
- Airport taxes and fuel surcharge
- All overland travel and transfers
- 3 nights in a hotel in a double room in Kathmandu
- All overnight stays in lodge and tent during the trek
- Full board during the whole trip, in Kathmandu only breakfast
- Mineral water, tea, coffee during meals (other drinks not included)
- Entrance fees for sightseeing according to the programme
- Trekking permits and summit permit
- Comfortable sleeping tents, dining, cooking and toilet tents, folding tables and chairs, cooking utensils and crockery
- Map of Nepal

exclusive

- Visa for Nepal
- Tip CHF 200 per person
- Lunch and dinner in Kathmandu
- extra night in Kathmandu (3 nights included)

Safety equipment from Pasang

- Comprehensive emergency first-aid kit
- Pulse oximeter for measuring oxygen in the blood
- Oxygen bottle
- Mobile altitude pressure chamber
- Satellite telephone

Price per person CHF 2750.- / plus flight



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Packing list:

- (*) Backpack (daypack)
- (*) T-shirts
- Pants
- (*) Outdoor trousers plus lined, wind-repellent trekking trousers (thermal trousers)
- (*) Shorts
- Trekking socks
- (*) Lightweight fleece jacket
- (*) Thick fleece jacket
- (*) Rain-repellent jacket with hood
- Sturdy pair of trekking shoes
- (*) A pair of flip-flops / flip-flops
- (*) Peaked cap (cap) recommended
- Microfibre towel
- (*) Telescopic poles (if you like)
- Toiletries, watch out for tubes and deodorant - risk of explosion! (wet wipes)
- Lip balm
- Sun cream factor 50
- Possibly soap for washing clothes (curd soap)
- (*) LED headlamp with spare batteries
- (*) Aluminium or plastic drinking bottle (can also be used as a hot water bottle at night)
- (*) Sleeping mat (if you want, one is included)
- Toilet paper
- Own pharmacy
- Long pants / thermal clothing
- (*) Warm hat
- (*) Gloves, light and very thick for the Merapeak
- Sunglasses opaque on the side (snow blindness)
- (*) Gaiters
- Crampon-proof mountain boots
- (*) Crampons
- Light trekking boots (for the first 10 days)
- Sufficient cash (next ATM only in Namche!)
- Various electronic chargers
- Sleeping bag we get from Pasang ONLY ONE INNER SLEEPING BAG!
- Dauna jacket we get from Pasang
- Clean clothes for after the trekking in Kathmandu
- (*) Can be bought anywhere in Nepal.

Day rucksack

- Drinking bottle(s)
- Toilet paper
- Camera / mobile phone
- Load of food for the small appetite
- A fleece in case it gets cold
- Light rain jacket
- Small first aid kit
- Your passport
- What else you like to have in your daypack