Mera Peak 6,476m / 21,246ft, Nepal

A scenically stunning mountain. Mera Peak offers a superb challenge for the very fit, keen trekker

Group departures

See overleaf for departure dates

Holiday overview

Style	Trekking Peak
Accommodation	Hotels, Tea houses, Camping
Grade	Expedition Grade
Duration	22 days from London to London
Trekking / Walking days	On trek: 16 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	IFMGA Nepali Mountain Guide
Land only	Joining in Kathmandu, Nepal
Max altitude	6,476m/21,246ft , Summit day, Day 15

Private Departures & Tailor Made itineraries available

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Group Departure Dates and Prices

Group departures

2026 Dates:

Sat 21 Mar – Sat 11 Apr
Sat 10 Oct – Sat 31 Oct

2027 Dates:

Sat 20 Mar – Sat 10 Apr
Sat 09 Oct – Sat 30 Oct

Group prices
Visit the holiday page of our website for up-to-date land only and flight inclusive prices for all group departure dates https://www.mountainkingdoms.com/holiday/mera-peak-6476m-21246ft.

For a supplement, it is possible to request a single hotel room in Kathmandu. However, the option of a single room is not available in the tea houses on trek. Please see the 'Your Accommodation' section of this itinerary for further information.

Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly – we advise you to book early if you want to secure a place(s) on the dates of your choice.

No Surcharge Guarantee
The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide

IFMGA Nepali Mountain Guide
Our Mera Peak trips are led by fully qualified IFMGA guides with many years of mountaineering experience. For example, Gelje Sherpa (pictured) has a very impressive CV having summited Everest no less than six times, with his last ascent in the spring of 2019. He has also made successful summits of Manaslu and Annapurna 1 as part of international climbing expeditions, as well as numerous ascents of other Himalayan peaks. He is a IFMGA qualified guide and has completed several high mountain training and rescue courses as well as holding a Diploma in Mountaineering Medicine.

Your trip highlights

- Carefully planned route that provides the best acclimatisation as well as stunning Himalayan scenery throughout
- Led by a professional IFMGA mountain guide who will have several years' experience of climbing high peaks including Mera Peak.
- Accommodation in traditional tea houses except for two nights camping as you ascend Mera Peak
- Four star hotel in Kathmandu with time for rest and relaxation after your trek

At a glance itinerary

Days 1-3	Fly to Kathmandu. Drive to Manthali near Ramechap.
Days 4-5	Fly to Lukla. Trek to Puiyan and Pangom.
Days 6-8	Trek to Khola Kharka via Cholem, Najing Dingma and Pangma.
Days 9-11	Trek to Kote and Tangnag. Acclimatisation day.
Days 12-14	Trek to Mera Base Camp and to High Camp.
Day 15	Summit day! Climb Mera Peak, 6,476m/21,246ft. Descend and trek to Mera La.
Days 16-17	Trek to Tangnag and Kote.
Days 18-19	Trek to Tuli Kharka and back to Lukla over the Zetra La.
Days 20-22	Fly from Lukla to Ramechap. Drive to Kathmandu. At leisure. Fly to London.

Trip summary

This trip to Mera Peak is a highly scenic, exciting and challenging objective for the very fit and keen hill walker. Familiarity with rough and rocky terrain is essential and experience of walking on snow with ice axe and crampons is strongly advisable. The walk is very beautiful and takes you through the remote and forested Hinku and Hongdu valleys. Not only is the walk into Mera an excellent trek in its own right, but it provides invaluable acclimatisation for the peak. The standard route over the Zetra La does not provide such good acclimatisation. We use the Zetra La route for our return journey to Lukla, which means you are not re-tracing your steps and our route provides variety and contrast. An ascent of Mera Peak is a very physically demanding undertaking, so you should be in a good state of physical fitness. However, an ascent of the peak does not involve any technical difficulties. As you progress beyond the Mera La up to the High Camp and beyond, you are rewarded with an incredible panoramic vista of Himalayan giants such as Everest, Lhotse, Nupste, Cho Oyo, Kanchenjunga, Ama Dablam, Chamlang and Makalu.

Despite the physical demands of the trip, this is a fully guided and supported expedition, so all you need to concentrate on is the mountain. On the walk in you will stay in tea houses which have now been built along the route meaning you will camp for just two nights as you ascend Mera Peak. Your kit will be portered for you, so you just need to carry a light day sack. There is no load carrying involved. While camping, all your meals are cooked and provided in a dining tent. You will struggle to eat the quantity of excellent, nutritious and varied food provided by our cook. Hygiene is a priority too. We do our upmost to ensure you are well when you arrive at the foot of the mountain and with plenty of reserves to tackle the peak. Safety is also our priority, so this trip will be led by an experienced, IFMGA guide who has climbed Mera Peak several times. They will be assisted by Climbing Sherpas who have also summitted Mera Peak.

We believe you will have an unforgettable experience on Nepal's highest trekking peak.

Special notes

Lukla flights
Flights to and from Lukla are weather dependent, although less so from Ramechap than from Kathmandu. If very bad weather prevents the flights from going, then our agent may propose a helicopter flight for the group, which would be by consensus with the group, and would result in extra cost, payable to our agent at the time.

Climbing Sherpas
Your trip will be led by an experienced IFMGA guide assisted by Climbing Sherpas who will have previously climbed Mera Peak. For every 4 clients in the group there will be 1 Climbing Sherpa.

Your trip itinerary

Day 1: Depart London.

Depart London on your overnight flight to Kathmandu.

Overnight: In flight

Day 2: Arrive Kathmandu. Transfer to hotel.

On arrival in Kathmandu you will be transferred to your hotel.

Overnight: Kathmandu Guest House or Similar, Kathmandu (Meals: D)

Day 3: Drive to Manthali - approximately 4 hours.

Today you will make the drive from Kathmandu to the small town of Manthali which is conveniently located close to Ramechap Airport. The drive takes around 4 hours (traffic dependant) and you will wind your way through the Nepalese countryside before reaching the town and your hotel for the night.

Overnight: Freedom Resort or Similar, Manthali (Meals: B L D)

Day 4: Fly to Lukla, 2,866m/9,403ft. Trek to Puiyan, 2,835m/9,301ft - 6 hours.

This morning you will be transferred to nearby Ramechap airport for the flight to Lukla. This is one of the most spectacular flights in the world. Twin Otter aircraft fly this route above contrasting country, with the snow line of the Himalayan range to the north and the rugged foothills of Nepal immediately below and stretching away to the south. The landing at Lukla airstrip, 2,866m/9,403ft, adds considerably to the general excitement and expectation. On arrival you can have a cup of tea while the crew sort out the baggage.

As you leave Lukla, you take a sharp left turn and head south, descending through rhododendron forests, stunning when in bloom in spring. Dramatic views of the Dudh Khosi slicing through the steep forested valley greet you on your right.

It takes about one hour to weave your way down the trail to Surke, 2,339m/7,674ft. There is a good, flat piece of ground with the Surke Khola running through it, which provides a fine spot for a light lunch. You have good views of Mount Kumbila, 5,761m/18,900ft, looking back up the valley beyond Namche. It is a steady climb of around 2-3 hours to reach Chotak La, 2,945m/9,662ft, and then you contour for about an hour to reach Puiyan, 2,835m/9,301ft, which will be your base for the night. Puiyan is an attractive village with a scattering of lodges.

Overnight: Tea House (Meals: BLD)

Day 5: Trek to Pangom, 2,850m/9,350ft - 4-5 hours.

Today you begin climbing gradually until you can enjoy the view of Cho Oyo, 8,201m/26,906ft. After about an hour or so of walking and after crossing the Poya Khola, you turn off the main Jiri-Namche trail and onto the old trade route, climbing up to the ridgeline overlooking the Khare Khola. There you have good views of the old Everest expedition walk-in route from Jiri and the dramatic Dudh Kosi ('milk river'). You cross the Khari La, 3,081m/10,108ft, before descending through a spectacular rhododendron forest to Kharte, 2,683m/8,802ft.

You now leave the main trail and begin contouring to the east. Lunch is enjoyed by a subsidiary stream of the Khari Khola. After lunch, you contour round the hillside through sessile oak forest for about an hour before a steady climb for three quarters of an hour up to the attractive farming and trading village of Pangom.

Overnight: Tea House (Meals: BLD)

Day 6: Trek from Pangom to Najing Dingma, 2,850m/9350ft - 6-7 hours.

It is a short climb of about half an hour through rhododendron forest to reach the top of Pangkongma La, 3,178m/10,426ft. This is the watershed of the main tributaries of the great Dudh Kosi River and from the pass you will enjoy your first views of impressive, snow-capped Mera Peak. From the pass you make a steep descent for half an hour to the village of Sibuje, 2,770m/9,088ft. From Sibuje the trail undulates along the forested river valley to reach Najing Dingma.

Overnight: Tea House (Meals: BLD)

Day 7: Trek from Najing Dingma to Cholem Pati, 3,160m/10,367ft - 6-7 hours.

Today you have a steep climb to the tea house at Bhairum Danda at 3,280m/10,761ft where you will have stunning all round views of peaks and valleys. You then continue climbing to the high point for the day at 3,350m/10,991ft, before a steep descent back to the river and a welcome lunch stop. After lunch you follow a roller coaster trail through stunning forest, including some quite steep sections. At the end of the day you cross the river on a remarkable bridge made from a huge tree trunk to reach Cholem Pati.

Overnight: Tea House (Meals: BLD)

Day 8: Trek to Khola Kharka, 3,600m/11,811ft - 5-6 hours.

Heading north you follow the Hinkhu Khola, trekking through moss hung forest with many ups and downs as you negotiate side valleys and rocky ridges. Your overall height gradually increases until finally, after crossing a broad ridge of mixed forest you reach a sandy, boulder choked area known as Khola Kharka.

Overnight: Tea House (Meals: BLD)

Day 9: Trek from Khola Kharka to Kote Mausam Kharka, 3,691m/12,110 - 6-7 hours.

Today you are walking from one kharkha to another - a kharka being a high altitude grazing pasture for yaks and other animals. The trail today involves many ups and downs and you may be beginning to feel the altitude mildly.

Finally you arrive at Kote, a little village with a handful of newly built lodges located on a small plateau.

Overnight: Tea House (Meals: BLD)

Day 10: Trek to Tangnag, 4,350m/14,271ft - 5 hours.

You begin trekking gradually uphill besides the Hinku Kola on a boulder-strewn path. The scenery changes today, from woodland to scrub and moraine as you climb to in excess of 4,000m/13,000ft. You will undoubtedly feel the altitude today as you ascend. You have superb views of Kyashar, 6,800m/22,309ft, and Kusum Karguru, 6,100m/20,013ft, at the head of the valley.

After approximately 5 hours walking, you reach the settlement of Tangnag and its collection of huts and lodges.

Overnight: Tea House (Meals: BLD)

Day 11: Acclimatisation day at Tangnag.

A return trek to Dig Kharka, 4,660m/15,288ft, provides good acclimatisation. You leave Tangnag and begin trekking along a boulder-strewn path. After about an hour's gradual climb, you begin a gently rising traverse, until you reach a flat piece of ground known as Dig Kharka. The walk takes about two and a half hours to ascend and one and a half hours to descend. You have a good view of your route up towards the base camp and partial views of Mera from Dig Kharka. The scenery today is spectacular as you are encircled amongst snow-capped giants.

Overnight: Tea House (Meals: BLD)

Day 12: Trek from Tangnag to Khare, 5,000m/16,404ft - 5-6 Hours.

You trek towards the head of the valley, before a steep half hour's climb. The panoramic mountain scenery is magnificent as you continue to ascend more gradually all the way to Khare, 5,000m/16,404ft, at the head of the valley. There are a collection of huts and lodges here and good flat camping ground. You will have spectacular views, and can see your route climbing towards the ridge en route to the Mera La.

Overnight: Tea House (Meals: BLD)

Day 13: Khare acclimatisation day.

We recommend that you either trek up the ridge behind the campsite for an hour or so, or walk up towards Mera Base Camp. Your trek leader will advise on the possibilities.

Overnight: Tea House (Meals: BLD)

Day 14: Trek up to the glacier and cross glacier to High Camp, 5,800m/19,029ft - 6-7 hours.

Leaving Khare you walk on a good path up to the glacier where you don crampons and head out onto the glacier. After an initial steep slope the angle eases off and you walk to the Mera La, with spectacular views en route. From here you can see the rocky outcrop which is your High Camp at 5,800m/19,029ft. High Camp gives superb views of Kanchenjunga, Chamlang and Baruntse to the East, Everest, Lhotse and Nuptse to the North and Ama Dablam, Cho Oyo and Kantega to the West.

Overnight: Camp (Meals: BLD)

Day 15: Summit day! Climb Mera Peak, 6,476m/21,246ft. Descend and trek to Mera La, 5,400m/16,404ft - 9-10 hours.

Today, a very early morning start is required, so you will start your long day by walking in head-torch light. Dressed warmly, you slowly make your way to the summit (5-6 hours) where you will be rewarded for all your efforts with the most stunning panoramic views of 8,000m giants, including Mount Everest. From the summit, you head back down to High Camp for an early lunch and then continue down to the Mera La.

Today is a very long day, but extremely satisfying. In the event of inclement weather the 'spare day' (Day 17) will be used here to give a second chance at a summit attempt.

Overnight: Camp (Meals: BLD)

Day 16: Trek to Tangnag.

Re-trace your steps.

Overnight: Tea House (Meals: BLD)

Day 17: Trek to Kote.

Re-trace your steps.

Overnight: Tea House (Meals: BLD)

Day 18: Trek to Tuli Kharka, 4,300m/14,107ft - 6-7 hours.

You follow the Hinku Khola downstream for a short while before heading up to the right through rhododendron forest back up to Takthok - home to a solitary tea house. You can either have lunch here or continue upwards on the trail to Lukla for 1½ hours to a couple of huts. You continue weaving your way up the beautiful zigzag forest trail for a couple of hours before the path becomes narrow and precipitous, you then traverse around the hillside for half an hour or so. You eventually arrive at a col marked with a large chorten. An undulating path, on terrain not dissimilar to the Scottish Highlands, brings you to Tuli Kharka - a small hamlet comprising of a couple of tea houses, a few huts and plenty of good camping ground.

Overnight: Tea House (Meals: BLD)

Day 19: Trek back to Lukla over the Zetra La, 4,500m/14,764ft - 7 hours.

Quite a long day today with a lot of descent. You ascend for an hour or so to the first col, marked by chortens, on a good trail. After this you traverse for about half an hour to the Zetra La pass 4,500m/14,764ft, marked by prayer flags, before a fairly steep descent brings you to a tea shop and a well-earned rest! Descending from the pass can be fairly treacherous when covered with snow if you are ill-prepared. Ensure you are carrying crampons and have an ice-axe if it is snow covered. Leaving the tea shop, you continue to descend for an hour or so through rhododendron forest until you reach your lunch spot. After this you continue through denuded forest and then cultivated farmland to reach Lukla.

Overnight: Tea House (Meals: BLD)

Day 20: Fly to Ramechap. Drive to Kathmandu - 3½-4 hours.

This morning you will take the small fixed-wing flight back to Ramechap, to be met on arrival and transferred back to Kathmandu for some well-earned relaxation.

Please note that flights into and out of Lukla are sometimes delayed due to weather conditions; be reassured that our staff in Lukla and in Kathmandu will be doing everything possible to minimise the inconvenience caused if this happens. Your patience in the trying circumstances which can occur, will be greatly appreciated.

Overnight: Kathmandu Guest House or Similar, Kathmandu (Meals: B)

Day 21: At Leisure in Kathmandu. Group transfer to airport. Depart for London.

You will have time at leisure in Kathamandu today when you may do some sightseeing or shopping or simply relax at your hotel. Later there will be a transfer to the airport for your overnight flight to the UK.

Overnight: In flight (Meals: B)

Day 22: Arrive London.

Our grading system

Mera Peak is graded as an Expedition Grade trekking peak holiday, as described below.

Expedition Grade
These trips all involve long, hard days on trek and may include nights spent camping above the snow line. Ice axe, crampons and safety ropes may be used. These high altitude trips provide a considerable physical challenge and some technical experience may also be required.

Suitable for those with strenuous trekking experience in high mountain environments.

Trip altitude

Important - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend www.medex.org.uk as a good source of information.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ 19 x breakfasts, 17 x lunches, 17 x dinners
- ✓ This trip will be led by a IFMGA professional, Nepali, English speaking mountain guide
- ✓ 4* hotel in Kathmandu on a twin share, bed and breakfast basis
- ✓ Tea house accommodation on a twin-share, full board basis
- ✓ Full-service camping for 2 nights on a twin-share basis
- ✓ One night in a hotel in Manthali – twin-share, with evening meal and breakfast provided
- ✓ Support from Sherpas who have climbed Mera Peak
- ✓ A good quality down jacket, down sleeping bag and liner supplied in country.
- ✓ Costs of all porterage and their insurance
- ✓ Your guide will carry a satellite phone & Gamow bag (for emergency use)
- ✓ All internal flights and domestic transfers
- ✓ All road transport by private vehicles
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ A free high-quality Mountain Kingdoms kit bag

Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

What's not included:

- × Travel insurance
- × Visa fees
- × Lunch and evening meals in Kathmandu
- × Tips

Your accommodation

Hotels
We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.

Kathmandu Guest House or Similar, Kathmandu

The Kathmandu Guest House is a 4* hotel situated right in the heart of Thamel - the tourist hub of the city. Known as Kathmandu's 'original hotel ' it has been extensively renovated over recent years and has good quality rooms, a spa, gardens and a restaurant. The hotel also houses the excellent Museum of Nepali Art (MONA) which showcases traditional and contemporary works of art - admission is free for Mountain Kingdoms guests.

Freedom Resort or Similar, Manthali

Flights for Lukla now depart from the small airstrip at Ramechap and we use the Freedom Resort in nearby Manthali as a convenient stopover on the night before the flight. The Freedom Resort offers simple yet comfortable en suite rooms and also has a swimming pool, bar and in-house dining.

Tea Houses

Tea houses are a long established tradition in the trekking regions of Nepal, providing an important source of income for the local people. They vary in size and quality. Tea houses offer simple accommodation comprising twin bedded rooms and basic toilets - not usually en suite. Many tea houses also offer rudimentary hot showers for a small fee. Some tea houses have a limited supply of solar powered electricity but this is not always the case so have a head torch handy. Meals are taken in a communal dining area which is warmed by a wood or yak-dung burning stove. Most trekkers relax here for the evening.

For various reasons, it is not possible to guarantee single rooms in tea houses. If you are travelling without a companion and would like a single this may sometimes be possible upon payment of a small supplement on the spot (usually around $10). Alternatively, if the tea house has an odd number of guests on the night you may be lucky and find yourself in a room on your own. However it is more likely you will share with someone (of the same sex obviously). This would most likely be someone within your group but when the tea houses are busy, it could even be someone else. Be prepared for this! We do however offer the option of a single room in your hotel in Kathmandu for a supplement.

Camping
The staff complement of cooks, put up and take down tents, make the tea, cook the food, wash the dishes, and load the porters or pack animals. Your kit bag is carried for you either by porters or pack animals and you just trek with a light day sack.

Meal arrangements

Bed and Breakfast in Kathmandu, all meals on trek.

Flight arrangements

Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

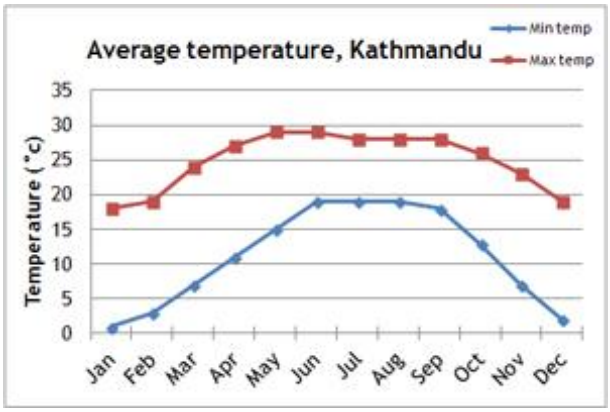
Further information

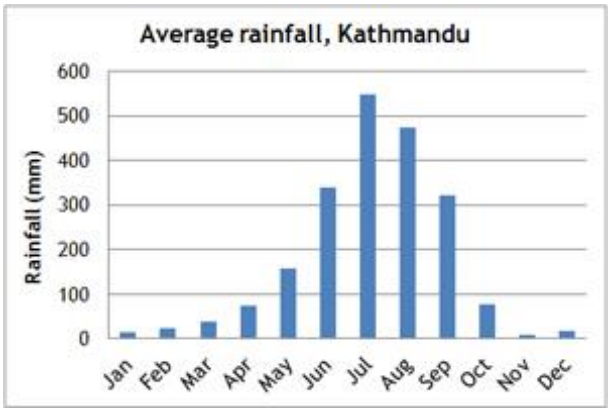
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

The nature of adventure travel

Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

Climate information





Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400.

Extra nights in Nepal

If you would like to extend your stay in Nepal, you can add extra nights at your group tour accommodation or choose from our range of distinctive properties in Pokhara and the Kathmandu area. We can offer luxury resorts, heritage hotels, tranquil lodges and characterful cottages. Our selection includes Dwarika's hotel in Kathmandu and its sister property - Dwarika's Resort at Dhulikhel, Pavilions Himalaya at Pokhara, Tiger Mountain Pokhara Lodge and Shivapuri Heights Cottage. Individual extension leaflets for all these options can be downloaded from our website or requested from our office.

Kathmandu Valley sightseeing excursions

We can arrange half day or full day sightseeing tours taking you to the key cultural attractions of central Kathmandu or the Kathmandu Valley including the World Heritage Sites of Bhaktapur and Patan. Your tour will be led by an English-speaking guide and you will have a private vehicle and driver.

Bhutan and Tibet extensions from Nepal

Whilst in the Himalaya, why not extend your Nepal holiday with a tour of the cultural highlights of Bhutan or Tibet. We offer several extension packages that include all accommodation, meals and sightseeing or we can tailor an itinerary to suit your exact requirements. Download extension leaflets for our Bhutan and Tibet extensions from Nepal, or contact the office to discuss various options.

Wildlife extensions in Nepal - Chitwan, Bardia & Koshi Tappu

Visit Chitwan or Bardia National Parks home to a rich variety of birds and animals including elephant, rhinos, leopard and Bengal tiger. Stay in a comfortable lodge and enjoy a range of wildlife viewing activities. Alternatively visit the renowned Koshi Tappu Wildlife Reserve - one of the finest birdwatching and wildlife areas in all Asia.

Lumbini

Enjoy a three day extension to the birthplace of Buddha, one of the most important Buddhist pilgrimage sites in the world. Take the short flight from Kathmandu, and spend two nights in a comfortable 3* hotel, just steps from the Lumbini temple complex, with a full day to explore the fascinating UNESCO World Heritage Site in the company of your expert local guide.

Why book this holiday with Mountain Kingdoms?

- The best route and best acclimatisation - the route we take provides excellent acclimatisation and does not involve crossing the Zetra La twice.
- The trip will be led by a professional, IFMGA qualified, English-speaking Nepali guide who will have several years' experience of climbing high Himalayan peaks. They will be assisted by experienced Climbing Sherpas in the ratio of 1 Climbing Sherpa to every 4 clients.
- The best available tea houses on trek plus two nights camping using good quality equipment and quality tents
- We supply a Gamow bag and satellite phone.
- A good quality down jacket and down sleeping bags, supplied in country, free of charge, for use on trek.
- Good food and hygiene to keep you well is one of our main priorities. Our cooks and trekking staff are well trained to ensure your food and drinking water is safe. in the tea houses, your guide will be supervising the kitchen.
- The right time to go – dates are chosen to fit with the best chance of good weather.
- Fully portered - your main kit bag is portered throughout the expedition so that you only need to carry a light day sack even on summit day.
- 4 star hotel in Kathmandu – it's nice to have a high quality hotel to relax in after your trek.
- Our office has first-hand experience – Niki Morgan in our office has summited Mera Peak and is happy to answer any questions you may have.
- Our maximum group size is 12 for this trip. This provides for a genuine small group travel experience and helps reduce the negative aspects often associated with larger trekking groups.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and exciting activities.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights team for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say

A fantastic experience, organised by professionals and guided by super human Sherpas and porters.The ultimate experience. Nothing was too much trouble. It was unbelievable. Already booked my next trip with them.
-Rob the Sloth

Fantastic experience with Mountain Kingdoms! We had a party of 4, all of whom summitted Mera Peak on 11 April 2019. We had an excellent guide and team looking after us, changes to the itinerary and route that were made necessary due to heavy snowfall were dealt with smoothly and professionally. A good overview of our acclimatisation progress was kept by our guide, to gauge our readiness for the summit attempt. We were provided good food, snacks and hot drinks, even on the trail. The support of the local organisation was superb and we all thoroughly enjoyed our trip.
-Mr G, Netherlands

What an amazing experience, with so much in the news at the moment on the Alternative 'tourist' trails this one left us spoilt with spectacular scenery and relative quiet. Superb organisation and a fantastic highly experienced crew, we were never in doubt that we were in good hands. I'd highly recommend MK and would certainly use them again, as a first timer on a trek like this it was great to have such thorough organisation.
-Mr H, Surrey

It was my first trip with MK. As such it was an unforgettable experience. Very well lead, ideal acclimatisation.
-Mr G M, Derby

Excellent trek, very enjoyable though very tough. Group leader was excellent. Mera Peak is certainly one of the experiences you'll never forget.
-Mr G, Leeds

As this was my 5th trek with MK, it is the service you provide from beginning to end, from the brochure through to the assistance given with any queries one may have.
-Mr B, Essex

An excellent trip all round, especially the compatibility of the clients, and the firm and cautious leadership.
-Mr V S, South Africa

Mountain Kingdoms – distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday – it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to a hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.

RESPONSIBLE TOURISM STATEMENT

For almost four decades, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now have trips to all corners of the globe but are conscious that our holidays can have a detrimental impact on the world around us and want to do all we can to reduce that.

We have focused our main responsible tourism efforts on reducing the carbon emissions produced by our holidays, and counterbalancing this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole.

Carbon offsetting

Since 2007, we have donated a percentage of our client and staff flight costs to the Ecoan tree planting project in Peru. Ecoan are a trusted local NGO who use the funds directly to purchase seedling trees with the long-term goal of restoring 2.5 million acres of Andean land.

Ecoan maintains over 100 tree nurseries across Peru where their tree saplings are grown and then transported to planting sites during the rainy season. They use native trees such as the Polylepis, as these can survive at high altitudes. As well as sequestering carbon, they help protect against soil erosion, landslides and the effects of extreme weather on local crops. As such, they are enormously beneficial to the economic well-being of the surrounding communities. This is very much a community-led conservation project, with the local Quechuan people coming together to plant tens of thousands of saplings in the Andean highlands where they live. During the annual Queuña Raymi (tree festival), over 150,000 native trees can be planted in a single day!

For every person booking a long-haul, flight inclusive holiday with us, Ecoan can purchase and plant 20 trees in Peru, and for short-haul flights, 7 trees. Typically, we send over $7,000 per year to Ecoan, which is over 7,000 trees.

Reducing carbon emissions

- ✓ We offer the majority of our clients a free, filtered Water-to-Go bottle to help reduce the need for single-use plastic bottles during their travels.
- ✓ We predominantly use locally-owned hotels and guesthouses rather than multinational chains. In some of our destinations, such as Bhutan, we use homestays. Not only does this type of small-sized, locally-owned accommodation have a much-reduced carbon footprint, but it also helps support communities.
- ✓ We evaluate our flights to make sure we are using the most fuel-efficient airlines with the youngest fleets and, where possible, choose direct flights for each trip.
- ✓ We have stopped offering unnecessary optional flights, such as Everest sightseeing. We try to minimise internal flights where possible.
- ✓ We recycle as much of our office waste as possible and have introduced a client portal to reduce paperwork and to make it easier for clients to manage their trips online.

Wider commitment to responsible and sustainable tourism

- ✓ We are signatories to the Tourism Declares a Climate Emergency initiative to stand alongside other like-minded travel companies to initiate best practices to make tourism as sustainable as possible.
- ✓ We will continue to support several charities with whom we have a long-standing relationship, such as Shiva Charity in Nepal.

Over the years, we have given sizeable payments to emergency relief when a disaster has occurred in the countries we operate in. We always try to ensure that these funds go directly to those who need them most to help rebuild their lives.

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