

Mera Peak Express Climb 21,246 feet • 6476 meters

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IMG's Himalayan programs are recognized worldwide as simply outstanding, with a reputation of highly professional staff, first-rate logistics and our resulting safety and success record in the mountains.

The Mera Peak Express program climbs 21,246ft (6,476m) Mera Peak in less than three weeks, including travel time and contingency days. This program features a fantastic trek and a spectacular climb with world class summit views of five 8000-meter peaks clearly visible (East to West: Kangchenjunga, Makalu, Everest, Lhotse and Cho Oyu). We have also scheduled this program so climbers who wish to do some additional acclimatization and climbing can head to [Ama Dablam](#) after the Mera Peak Climb.

Using modern helicopters, like the [AS350B3](#), enables us to avoid the tough decision that has historically faced prospective Mera Peak climbers: how do we get into the Hinku Valley? To access the Hinku Valley on foot, you must either tackle the high Zwatra La pass very early in the trip (quite difficult) or take a much longer and more circuitous approach around from the south. Now, by flying via helicopter to Khote, we can save time and focus on a nice gradual acclimatization trek up the beautiful upper Hinku Valley. The small villages along the way (Khote, Thagnak, and Khare) are inviting to visit, and the scenery is absolutely first class.

Our trek route to Mera essentially wraps around the south, west, and north sides of the peak with the high camp on the Mera La (the 17,767ft / 5415m pass which leads to the Hongu Valley). We will practice our crampons and fixed rope technique before we move up to high camp, as we may need to cross some icy slopes to reach the pass. Near the pass we will erect our tents in a sheltered spot and prepare for our summit ascent. This climb is perfect for people with Mt. Rainier type skills. We will rope-up and use crampons and ice axes as we ascend the glacier. The final pitch is a short steep ice step which we will fix with climbing ropes if our Guide Staff believes it to be necessary.



The routes to Mera Peak. The IMG Mera Express team will fly by helicopter to Khote (courtesy of google maps)

This would also be a great trip for our Nepal veterans who would like to get back over and do a fun trip.

Hope you can [join us](#) on Mera Peak in 2021!

Greg Vernovage
Himalayan Program Director

Program Fees and Payment Schedule

NERA PEAK EXPRESS CLIMB

October 11 -- October 26, 2021.....Landcost: \$7,000

NOTE ON DATES: These dates begin the day you arrive in Kathmandu (October 11) and end on the day you are scheduled to depart from Kathmandu (October 26). To be on the safe side, we suggest adding a contingency day at the end, so schedule your international departure from Kathmandu either late in the day on October 27th or on October 28th. If you wish to have an extra day at the beginning of the trip to beat the jet lag, arrive in Kathmandu on October 10. We can help you make reservations if you arrive early and you can pay for extra nights in Kathmandu.

Costs included in trip fee:

- Transportation to and from airport in Kathmandu
- Double occupancy hotels with breakfast in Kathmandu for stated itinerary at beginning of expedition
- Welcome dinner
- Fixed wing flight to Lukla and helicopter flight to Hinku Valley
- All group camping supplies such as tents, stoves, etc.
- All meals while trekking
- Park fees
- Sherpas
- Radio comms and satellite telephone equipment
- Porters
- Hyperbaric bag and emergency medical oxygen

Costs not included in trip fee:

- International round-trip air fare and travel expenses to/from Nepal/KTM
- Meals in Kathmandu
- Single supplement accommodations in hotels
- Hotels in Kathmandu after the trek/climb
- Personal gear
- Excess baggage charges
- Airport taxes and Nepal entry visas (\$50)
- Tip pool
- Internet
- Satellite phone
- Personal sundries and beverages
- Costs incurred as a result of delays or events beyond the control of IMG
- Required Travel Insurance
- Customary but optional tips for Sherpas and IMG staff

REQUIRED Travel Insurance: IMG requires that all participants on Himalayan programs purchase Travel Insurance that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. Recommended insurance options are available on our website: mountainguides.com/travel-insurance.shtml. Your insurance should cover the dates of the published itinerary including all contingency and travel days, so that your trip is insured from door to door. If you need assistance with the various insurance options, contact Becky Kjørvestad in the IMG Office.

Tips: We will collect for a tip pool and ask the members to please contribute \$300. We will collect this in Kathmandu and distribute this after the trip on behalf of the team as a thank you gift to the many unsung people that make the whole operation run smoothly including the porters, trek staff, cooks, helpers, hotel staff, Kathmandu staff, climbing Sherpas, and others. You may **also** wish to provide additional tip to your Sherpas and IMG staff (figure 5% if you are looking for a generous number).

Fee Payment Schedule for 2021 Mera Peak Express Climb:

With Application	\$1,000
July 9, 2021	\$6,000

All IMG program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted above. Failure to submit payments on or before these due dates will result in forfeiture of fees paid and loss of program reservation. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.

Air Travel

International Mountain Guides has worked for many years with Ms. Pirjo Dehart and her staff at CTT Destinations to provide professional travel service for participants in our programs. We urge you to contact CTT Destinations at 800/909-6647 or img@cttdestinations.com for help with your plans.



Sunset on Makalu and Chamlang from Mera Peak (Eric Simonson)

“I just wanted to thank you and the rest of the IMG family... After close to 2 months on the mountain and seeing all the other expeditions, their resources and how they operate, I knew that I had chosen the best...”

—Zach Z.

“I wanted to say thanks for a great expedition. I was very impressed with the organization and facilities that were put together for the trip. Outstanding group of staff, and in general the trip flowed with great ease because of the groundwork you've spent years perfecting. Thanks for the fantastic adventure!”

—Kris E.

For more comments from IMG climbers, please see our website at: mountainguides.com/comments.shtml

2021 Mera Peak Express Climb Itinerary

Day	Date	Mera Peak Express Climb
1	Monday, October 11, 2021	Arrive KTM
2	Tuesday, October 12, 2021	Fly to Lukla (9,334ft / 2845m)
3	Wednesday, October 13, 2021	Fly by helicopter from Lukla to Khote
4	Thursday, October 14, 2021	Acclimatization hike
5	Friday, October 15, 2021	Trek up Hinku Khola to below Thagnak
6	Saturday, October 16, 2021	Trek to Thagnak (4350m)
7	Sunday, October 17, 2021	Thagnak (4350m). Acclimatization hike.
8	Monday, October 18, 2021	Trek to Khare (5000m)
9	Tuesday, October 19, 2021	Khare (5000m). Acclimatization hike.
10	Wednesday, October 20, 2021	Trek to Mera La (5415m)
11	Thursday, October 21, 2021	Summit Mera Peak (6476m), return to Mera La
12	Friday, October 22, 2021	Contingency
13	Saturday, October 23, 2021	Descend to Thagnak
14	Sunday, October 24, 2021	Descend to Khote and fly to Lukla by helicopter
15	Monday, October 25, 2021	Fly from Lukla to Kathmandu
16	Tuesday, October 26, 2021	Depart for Home

Ama Dablam Extension: Do you want to take advantage of your acclimatization and climb Ama Dablam after you return to Kathmandu? We can organize an accelerated [Ama Dablam](#) climb for you... let us know! Get in touch with us [here](#) to talk about adding Ama Dablam after your Mera Peak Climb.

Expedition Organization and Leadership

International Mountain Guides (“IMG”)

IMG is the oldest and most respected high-altitude climbing service in the world and its three principals, Eric Simonson, Phil Ershler, and George Dunn, have led and organized hundreds of expeditions worldwide since 1975. Each is an AMGA Certified Alpine Guide with Himalayan expedition experience including Everest, K2, Kangchenjunga, Lhotse, Shishapangma, and Cho Oyu. IMG’s Himalayan mountaineering programs are organized and directed by Eric Simonson and Greg Vernovage. Under their direction IMG has conducted over 60 Himalayan expeditions with a group of guides and Sherpas who are the best in the business. Since 1990, over 800 IMG team members have summited the world’s classic 8,000-meter peaks, including Everest, Lhotse, Cho Oyu and Shishapangma.

Ang Jangbu and the IMG Sherpa Team

A veteran of dozens of expeditions and an Everest summiteer, Ang Jangbu has worked with Eric Simonson on every IMG Himalayan program since 1991 and is a very popular leader. Ang Jangbu Sherpa and his Sherpa team do a great job!

References

Joining a high-altitude trek or expedition is a serious decision. You should be completely confident in the organization and leadership before you make that decision. Many of you have climbed with us before, and because your experience with us was good, you’re considering another climb with us. For those of you who haven’t climbed with us before, we strongly encourage you to interview us thoroughly and also talk to our past clients. When you’re ready to make the decision, we’ll be happy to provide you with a complete list of references.

Things to Consider

We know we're not the cheapest deal around, and we don't want to be. We spend more providing the best personnel, equipment, logistics and safety measures – things that many lower-cost programs cannot afford and do not have. We don't cut corners. As you shop around, consider the following:

- **IMG** leaders are professionals and are great teachers as well as strong climbers. All have done numerous high-altitude expeditions, including the Himalaya. Our clients enjoy the immense benefit of a core group that has climbed together extensively, producing a team that knows how to work well together.
- **IMG** always complies with all local, state, federal, and international regulations for the countries in which we climb. This includes proper visas and climbing permits, full insurance and equipment for our employees and Sherpa support teams, and complete adherence to all environmental regulations. Our great safety record allows us to operate with full liability insurance. All client funds are deposited in a regulated trust account. We take our business seriously!
- **IMG** Sherpas are top-notch. We hire the same great Sherpas every year, we treat them with respect, we pay them well and they like working with our teams. Most of them have been on many climbs with us over the years and many of them have multiple Everest summits. Our enthusiastic cooks do a great job and our menus are well considered. It makes a difference!
- **IMG** treks are supported by satellite communications, allowing us to maintain excellent emergency contact capabilities and keep friends and family informed of our progress during the long weeks away from home.



(From left to right) Everest, Lhotse and Makalu on the right (Kevin Kayl)

Mera Peak Express Climb

Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for a high-altitude trek or climb. Most items are required. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items. Don't cut corners on the quality of your gear.

Travel Items

- Duffel Bags: One duffel will accompany you on the trek to BC. Climbers will need a second duffel, which will be packed with the mountain equipment and which will go direct to BC. Duffels are carried by porters and yaks and should be sturdy and waterproof with name written on bag (in case tag is lost). Bags with wheels are nice for the airport, but the porters and yaks don't like to carry them, so don't bring wheeled bags. You will also store some travel clothes at the hotel in Kathmandu while trekking, so a smaller additional bag with a lock might be handy. Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.
- Daypack: Large daypack or bag with a shoulder strap, so you don't have to set it down while doing the duffel shuffle or handling travel documents while going through passport control and customs at the airport. It needs to be big enough to hold everything you'll need for an overnight stop.
- Locks: You'll want padlocks in Nepal and Tibet, but for flying out of the USA, it might be better to use plastic zip ties which can be cut by TSA staff if necessary (bring extra zip ties).
- Travel Wallet: Important for carrying your important documents including passport, extra photos, duffel inventory list, and money. We suggest that you use a travel wallet that you can hang around your neck and place inside your shirt, or around your waist tucked under your shirt or trousers.
- Passport (valid for at least 6 months after the trip ends with sufficient extra pages for visa stamps and in **same name as airline ticket** (or with endorsement-for women who changed name w/ marriage). Get your Nepal visa on arrival in Kathmandu at the airport (\$50 for climbers).
- Additional passport photos: one for Nepal visa (needed on arrival at KTM airport). If you plan on buying a local sim card (if you have a GSM cell phone) you will need one (also a copy of your passport).
- Photocopy of passport and photocopy of flight itinerary

Trekking Gear

- Trekking Poles: Get collapsible poles that can attach to your backpack.
- Backpacks: The "day pack" is great for a travel carry-on and may be big enough for the trek (need room for your clothes, water, camera, food, etc. during the day while hiking). Climbers will need a larger pack (60-liter size is popular) and this will also be fine for the trek. For the international flights put your backpack into the duffel bags but carry it on the plane for the Lukla flight.
- Pack Cover: Waterproof rain cover for your pack.
- Sleeping Bag: Rated to at least 0 degrees Fahrenheit. Synthetic or Down. Temperatures can get down to around 0-10 degrees F at night...so quite chilly.
- Sleeping Pad: Climbers should have a Thermarest, NeoAir, or similar lightweight pad to augment the closed cell pads in higher camps.

Footwear

- Lightweight Shoes: Running/tennis shoes and sandals for camp, around town, etc.
- Hiking Boots: Medium-weight hiking boots, waterproofed and broken-in.
- Gaiters: To keep snow, mud, and scree out of your hiking boots while trekking to Base Camp.
- Socks: at least 5 complete changes of socks, in a combination that you have used and know works for you. Make sure your boots are roomy enough for the sock combination you intend to use. Tight boots will make your feet cold. It is no problem to wash underwear, socks, etc.

Clothing

- Base Layer: 2 pair synthetic long johns: one midweight set and one expedition weight set.
- Mid Layers: One additional warm layer (wool sweater, fleece jacket, shelled vest, light puffy, etc.).
- Shell Jacket: Waterproof/breathable jacket with hood.
- Shell Pants: Waterproof/breathable pants (full side zips are best).
- Climbing/Trekking Pants: Look for construction that provides freedom of movement and/or stretch materials. Fabric should be a breathable synthetic that preferably holds up to abrasion and dries quickly. You can wear them over long johns if it is cold.
- Warm Parka: Down or synthetic. This should be big enough to go over other garments.
- Insulated pants for cold mornings and evenings.
- Trekking Clothes: Light hiking pants and/or hiking shorts for warm weather down low- NOT cotton. Shirts for hiking on nice days (t-shirts OK, quick-drying synthetic fabric far better.)
- Casual Clothes: For travel/meals in hotels. You'll want a shirt or two with a collar to wear on flights and for restaurants. A sweatshirt or light jacket might be nice in the evening.
- Bathing Suit: Some of the hotels have pools (e.g., in Bangkok).

Clothing Accessories

- Gloves:
 - o Light gloves for hiking
 - o Expedition weight gloves
 - o Mittens
- Hats:
 - o Warm wool or heavy fleece hat
 - o Sun hat
 - o Bandana or buff
- A "Buff" or light balaclava to breathe through in the cold dry air. Good for preventing "Khumbu cough"

Camp Accessories

- Headlamp: With several sets of extra batteries. Climbers should bring a second "back up" headlamp (Beware of headlamps which do not accept lithium batteries).
- Water Bottles: 2 water bottles with foam insulation shells.
- Pee bottle
- Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure) or Steripen.
- Camera: With spare batteries, and memory cards.
- Pocket Knife.
- 2 rolls of toilet paper

Personal Accessories

- Wrist Watch: With alarm and light for reading in the dark.
- Eyewear: Bring good glacier glasses. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions that cause blowing dust.
- Vision correction: Bring extra prescription eyeglasses or contact lenses if you wear them. Lens solutions are not widely available in Nepal, bring enough.
- Skin Care: Maximum SPF sunscreen and lip balm.
- Basic First Aid and personal: Bring plenty of hand sanitizer (Purell). Also, you'll want moleskin, tape, aspirin (many climbers take an 81mg aspirin every day to prevent stroke), ibuprofen / acetaminophen, Imodium and Pepto Bismol for diarrhea, Band-Aids, antacid, insect repellent, ear plugs, and several rolls of toilet paper (we will have a supply at Base Camp), small towel, soap/shampoo, a few disposable dust masks, hand cream (for chapped hands).

-- Mera Peak Equipment List Continued Next Page --

- Prescription Medications:
 - Two regimens of antibiotic for respiratory and GI problems (azithromycin / "Z-Pak");
 - Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week);
 - Sleeping pills for the first few days of jet lag
 - Malaria Chemoprophylaxis, if needed based on travel plans
 - Asthma medication, if any history (many climbers use Advair inhalers at high altitude to prevent Khumbu cough)
 - Nifedipine (for pulmonary edema) (3 tablets @ 30 ER)
 - Dexamethasone (for cerebral edema) (4 tablets at 4mg)
- Cold medicine (Sudafed, etc.), Chloroseptic or Tessalon Perles throat lozenges.
- Personal Snack Food: Approximately 5 pounds of personal snacks. Also, some drink mixes if you like these (add drink mix to your water bottle after giving iodine tablets 30 minutes of contact time).
- Books/ iPod/ Kindle/etc.

Climbers add the following

- Ice axe: We like a general-purpose axe in the 60-70 cm range. A wrist leash or tether to the harness is useful on steep slopes where losing an axe would be a big problem. A spike with a point is preferable to a tubular shape (which can glance off the ice at certain angles).
- Crampons: The number one rule with crampons is that they need to be compatible and stay on your boots, period! Petzl Vasaks, BD Sabertooth, Grivel G12 are all reasonable choices. Make sure your crampon straps are long enough to go around your big boots!
- Helmet
- Climbing Harness: We prefer a harness with a minimum of padding that can be adjusted to fit over bulky clothing with leg loops that open so you don't have to step into the harness.
- Ascender & Hardware:
 - 2 locking carabiners
 - Mechanical ascender
 - Rappel device (Figure 8 is good because it works on a variety of rope diameters from 7mm to 11mm)
 - 2X24" slings and 2 non locking carabiners
 - 30 feet of 7 or 8mm accessory cord to rig your ascender and safety sling (we will show you a good way to do this).
- Warm shelled mittens
- Plastic double boots, or equivalent
- Insulated pants. Great for a cold summit day.

Immunizations Checklist

- Tetanus-Diphtheria** - You should already have. Do you need a booster?
- Polio** -You should already have. Do you need a booster?
- MMR** -You should already have. Do you need a booster?
- Meningitis** - Recommended. Consult your physician.
- Hepatitis A** - Recommended. Consult your physician.
- Hepatitis B** - Not a bad idea. Ask your physician.
- Cholera** - Ask your physician. Not usually recommended any more.
- Typhoid** - Not a bad idea to be safe. The tablet form, Vivotif Berna, is good for five years.
- Rabies** - The new vaccine is easy. Kathmandu and Nepal have rabid animals.
- Malaria** – No problem in Kathmandu, since we are above the zone of malaria, but if you plan on traveling to lower elevations in Nepal, or to certain parts of Thailand before/after the trip then malaria chemoprophylaxis is highly recommended.

Consult your physician and visit the travel clinic at a major University Hospital or your local Public Health Department for the most up to date info on travel requirements, or check out the Center for Disease Control Website at cdc.gov.