



LIFE  
HAPPENS  
OUTDOORS

#comebackdifferent

NERA PEAK · NEPAL

# NERA PEAK

A 21 day Himalayan climbing expedition

CLIMB

21 DAYS

NEPAL

[EXPLORE THE CURRENT TRIP](#)



WHY MERA PEAK

# A Himalayan climb, built step by step

Trek the Hinku Valley, learn glacier skills and prepare for Mera North with time to acclimatise.



01

LEARN

Crampons, rope travel and practical mountain habits with your guides.

02

ACCLIMATISE

A gradual approach, purposeful rest and two contingency days.

03

DECIDE

Readiness, weather and conditions determine the next step.



AT A GLANCE

# The expedition, in one view

Current dates, prices and availability can be found on our live trip page.

21

DAYS

Trekking, glacier training and a summit window

6,476 m

MERA NORTH

The published summit objective

2

FLEXIBLE DAYS

Contingencies within the mountain itinerary

12 kg

PERSONAL DUFFEL

Porter carried allowance per guest

[SEE CURRENT TRIP DETAILS](#)

NEPAL · KATHMANDU · HINKU VALLEY

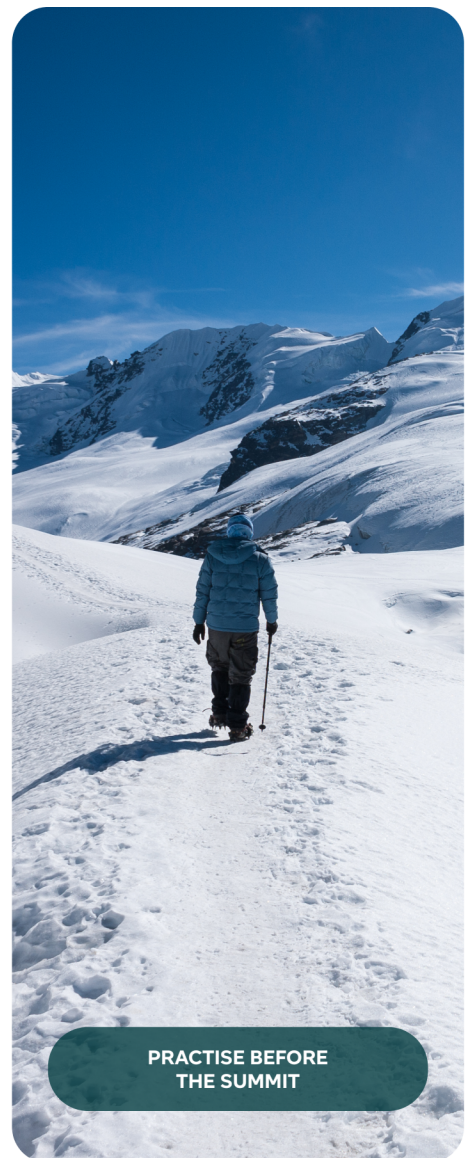


EXPEDITION SKILLS

# What you'll learn

Your guides teach skills on suitable terrain and assess readiness before progression.

- Movement in insulated boots and crampons
- Roped glacier travel and crevasse awareness
- Pacing, layering, hydration and energy management
- Fixed rope ascent, jumar use and controlled descent
- Responding to hazards and accepting a changed plan



PRACTISE BEFORE  
THE SUMMIT





LIFE  
HAPPENS  
OUTDOORS

#comebackdifferent

PART ONE

# FIT FIRST

Arrive with a strong hiking base, the capacity for repeated long days and the patience to move at mountain pace.



SELF QUALIFICATION

# Is it right for you?

Mera can be a first mountaineering expedition for very fit trekkers. Previous high altitude trekking is strongly recommended.

## YOU'RE BUILDING TOWARD READY

- You train consistently and hike sustained terrain
- You recover well across consecutive active days
- You can carry your backpack on long climbs and descents
- You accept guidance, cold, basic stays and uncertainty

## PAUSE AND PREPARE FIRST

- Your endurance base is still developing
- Extended trekking days are unfamiliar
- You need a guaranteed summit
- You cannot accept changes or a decision to descend

[EXPLORE TREKKING TO CLIMBING](#)

[Read the current Mera requirements →](#)

# Technical skills can be new. Your hiking base comes first.

## YOU CAN LEARN HERE

- Crampon technique
- Rope systems
- Glacier movement
- Following mountain decisions

## YOU NEED TO BRING

- A strong hiking base
- Consistent training
- Resilience on long days
- Openness to adapt or stop



PROGRESSION

# How the next step is earned

A booking does not guarantee a summit attempt. Acclimatisation, readiness and mountain conditions shape progression.



**THE TEAM CAN ADAPT THE PLAN OR TURN AROUND.**

PART TWO

# TRAIN FOR THE MOUNTAIN

Build steady endurance for weeks on the trail and a long summit day at altitude.



TRAINING

# Build capacity, then confidence

Develop your hiking base gradually and practise with the pack and boots you will use.

01

AEROBIC BASE

Regular aerobic sessions at a sustainable effort.

02

VERTICAL ENDURANCE

Long climbs, controlled descents and repeated days on your feet.

03

STRENGTH

Leg, calf and trunk strength for carrying a pack.

04

RECOVERY

Sleep, steady fuelling and enough recovery between sessions.

TRAIN FOR HIGH ALTITUDE HIKING

Fitness supports the journey. It does not guarantee acclimatisation.

PART THREE

# GEAR THAT WORKS

Bring the full kit, test the fit and resolve equipment questions with LHO before travelling.

EQUIPMENT

# Gear list • Sleep & base layers

Check quantities and warmth before buying or renting. The guide team confirms the final kit.

## SLEEPING

- [ ] 1× sleeping bag  
Comfort minus 15°C
- [ ] 1× sleeping bag  
liner
- Optional

## FACE + HEAD

- [ ] 1× balaclava
- [ ] 1× buff or scarf
- [ ] 1× sun hat
- [ ] 1× warm beanie
- [ ] 1× category 3 or  
4 sunglasses
- [ ] 1× snow goggles

## BASE + MID LAYERS

- [ ] 2× warm upper  
base layers
- [ ] 5× quick dry  
shirts
- [ ] 1× long sleeve  
sweater
- [ ] 2× fleeces

### UNDERSTAND SLEEPING BAG SHAPES

The article explains bag shapes. Use the Mera warmth requirement above.



EQUIPMENT

# Gear list • Outer layers

A complete layering system covers warm approach days, rain, wind and extreme mountain cold.

## UPPER BODY

- ☐ 1× warm down jacket  
800 fill power or above
- ☐ 1× softshell jacket
- Optional
  - ☐ 1× waterproof jacket
  - ☐ 1× rain poncho

## LOWER LAYERS

- ☐ 2× warm lower base layers
- ☐ 1× fleece pants
- ☐ 1× down pants
- ☐ 2× trekking pants
- ☐ 1× trekking shorts

## LOWER SHELLS

- ☐ 2× Gore Tex mountaineering pants
- ☐ 1× waterproof rain pants
- ☐ Check shell fit over your warm layers

### HOW TO CHOOSE WATERPROOF LAYERS

Fill power alone does not define warmth. Confirm the complete system with LHO.

EQUIPMENT

# Gear list • Hands & feet

Test footwear before the trip and confirm boot, crampon and gaiter compatibility with LHO.

## GLOVES

- ☐ 1× liner gloves
- ☐ 1× waterproof gloves
- ☐ 1× down mittens

## FOOTWEAR

- ☐ 1× waterproof high ankle trekking boots
- ☐ 1× insulated climbing boots
- La Sportiva G2 or equivalent
- ☐ 1× trainers
- ☐ 1× gaiters

## SOCKS + FIT

- ☐ 2× warm trekking socks
- ☐ 4× light trekking socks
- ☐ Try boots with your summit socks
- ☐ Check crampon fit before departure

## SYNTHETIC & DOWN INSULATION

This article explains insulation. LHO confirms the required mountaineering boot model.

EQUIPMENT

# Gear list • Packs & climbing

Personal technical gear is excluded unless LHO confirms an item is supplied or rented for you.

## CARRY + WATER

- ☐ 1× 30 litre backpack
- ☐ 1× 60 litre backpack
- ☐ 1× waterproof pack cover
- ☐ 2× waterproof duffels
- 70 to 90 litres and 90 to 120 litres
- ☐ 2× 1.5 litre bottles

## MOVEMENT

- ☐ 1× trekking poles
- ☐ 1× headlamp with spare power
- ☐ 1× outdoor watch
- Optional
- ☐ 1× mountaineering ice axe

## CLIMBING KIT

- ☐ 1× harness
- ☐ 1× climbing helmet
- ☐ 1× C2 crampons
- ☐ 1× jumar
- ☐ 1× belay device
- Not an auto locking Grigri
- ☐ 2× locking carabiners

### WHY TREKKING POLES HELP

Porter carried personal duffel allowance is 12 kg per guest. Confirm how to use both bags.



EQUIPMENT

# Gear list • Personal items

Keep essential documents and personal items accessible throughout the journey.

## PERSONAL ITEMS

- ☐ 2× sleepwear sets
- ☐ Toiletries  
Biodegradable preferred
- ☐ Personal snacks
- ☐ Small SPF 50+ sunscreen
- ☐ Reusable earplugs
- ☐ Personal first aid kit

## DOCUMENTS

- ☐ Flight information
- ☐ Insurance details and emergency contacts
- ☐ Passport
- ☐ Required visa

## CONFIRM WITH LHO

- ☐ Final kit and rental plan
- ☐ Boot and crampon fit
- ☐ Items supplied by the team
- ☐ Luggage allocation
- ☐ Power for three camp days
- ☐ Personal medication

REVIEW THE CURRENT MERA PLAN

Keep copies of essential travel and insurance documents accessible offline.

EQUIPMENT

# Optional ski touring kit

For experienced ski tourers with a separately confirmed add on. The standard expedition descends on foot.

## TOURING SYSTEM

- ☐ Touring skis
- ☐ Touring bindings
- ☐ Compatible touring boots
- ☐ Climbing skins
- ☐ Ski touring poles

## MOUNTAIN KIT

- ☐ Ski helmet
- ☐ Snow goggles
- ☐ Full Mera climbing kit
- ☐ Insulation for transitions
- ☐ Guide confirmed compatibility

## CONFIRM FIRST

- ☐ Your ski experience
- ☐ Equipment and rental plan
- ☐ Specific rescue cover
- ☐ Add on booking and scope
- ☐ Conditions for cancellation

EXPLORE MERA PEAK SKI TOURING

A splitboard is not confirmed by the current ski offer. Ask LHO before planning snowboard equipment.

THE 21 DAY JOURNEY

# A route built around acclimatisation

Schematic sequence of the published itinerary. Guides adapt timing and movement to the team and conditions.

| APPROACH                                                                   | MOUNTAIN                                                                                  | RETURN                                                                                |
|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Kathmandu → Lukla<br>Puyan<br>Pangum<br>Ningsow<br>Chhetra Thanga<br>Kothe | Thangnak · rest<br>Khare · skills<br>Mera base camp<br>High camp<br>Mera North<br>6,476 m | Khare → Kothe<br>Thuli Kharka<br>Zatrwa La<br>Lukla<br>Kathmandu<br>Weather dependent |

|            |              |               |              |               |                 |              |
|------------|--------------|---------------|--------------|---------------|-----------------|--------------|
| DAYS 1 + 2 | DAYS 3 TO 8  | DAYS 9 TO 11  | DAYS 12 + 13 | DAY 14        | DAYS 15 TO 19   | DAYS 20 + 21 |
| ARRIVE     | HINKU VALLEY | REST + SKILLS | HIGH CAMPS   | SUMMIT WINDOW | ADAPT + DESCEND | RETURN HOME  |

HOW ALTITUDE ACCLIMATISATION WORKS



ITINERARY

# Day 1 • Kathmandu arrival

Airport welcome, the first team meeting and time to settle in.

01

**AIRPORT + HOTEL**

An LHO representative meets you at Kathmandu airport and takes you to the central hotel. Your Team Leader welcomes you and helps you settle in. Keep LHO informed of changes to your arrival details.

02

**YOUR FIRST AFTERNOON**

If you arrive early, the Team Leader can suggest places to visit nearby. Leave time to organise your luggage and recover from the journey before meeting the full team.

03

**WELCOME DINNER**

Meet at 19:30 for the welcome dinner with your fellow climbers, LHO Team Leader and local lead guide. Hear the expedition overview, ask questions and finish the evening with an early rest.

**SEND YOUR FLIGHT DETAILS TO LHO BEFORE TRAVEL.**

ITINERARY

# Day 2 • Kathmandu preparation

A city introduction, full equipment check and the latest aviation plan.

01

## EXPLORE THE CITY

Visit Durbar Square and the Monkey Temple with the team, followed by lunch together. This is also the day to settle into the group before leaving the city.

02

## COMPLETE THE GEAR CHECK

Review the equipment for trekking, camping, glacier travel, high camp and summit day. If you have booked the ski option, check that equipment too. Resolve any missing or unsuitable item before the approach begins.

03

## CONFIRM THE LUKLA PLAN

Your itinerary includes one helicopter sector and one fixed wing sector between Kathmandu and Lukla. Conditions determine the direction. An alternative airport can require a road transfer and an overnight stay closer to that airport. Dinner follows the confirmed plan.

AVIATION ARRANGEMENTS CAN CHANGE WITH CONDITIONS.

ITINERARY

# Day 3 • Lukla to Puyan

Flight or helicopter to Lukla, then the first day on the trail.

01

MEET THE TRAIL TEAM

Travel to Lukla using the confirmed aviation plan. Meet the local support team, hand over the porter duffels and organise your daypack before setting off.

02

SURKE + CHHEUBAS

Walk south past the Tenzing Hillary runway and descend through forest toward Surke. The route then climbs gradually through small settlements, including Chheubas, as the walking rhythm begins to settle.

03

PUYAN

Continue to Puyan and settle into the tea house. Dinner and the evening briefing introduce the next stage of the approach. Keep your essential layers, water and personal items in your own daypack.

KEEP THE FIRST DAY’S PACE STEADY.

ITINERARY

# Day 4 • Puyan to Pangum

A pass, forest trails and the climb to the Pangum plateau.

**01**

## **KHARI LA**

Pack your duffel before breakfast so the support team can organise the day. Walk toward Khari La, a pass at about 2,860 metres.

**02**

## **FOREST + LUNCH**

Descend through forest to the lower ground below Pangum. Stop for a hot lunch at a tea house before the afternoon climb.

**03**

## **PANGUM**

Climb onto the plateau and continue to Pangum. Settle into the tea house, organise your kit and join the evening meal and briefing before resting.

**PACK YOUR DUFFEL BEFORE BREAKFAST.**



ITINERARY

# Day 5 • Pangum to Ningsow

Cross Pangum La and enter the Hinku Valley.

01

PANGUM LA

Climb toward Pangum La at about 3,010 metres. Beyond the pass, the route opens into the Hinku Valley and the next part of the approach.

02

BHUSME

Continue to Bhusme for lunch. This is the last permanent village for a while, so the following trail stages feel more remote.

03

FIRST CAMP

Follow the rolling trail to Ningsow and settle into the first camp. The expedition chef prepares dinner, and the team gathers in the mess tent for the next day's briefing.

CAMP ROUTINES BEGIN AT NINGSOW.

ITINERARY

# Day 6 • Chhetra Thanga

A demanding day through forest, river crossings and steeper terrain.

**01**

## HINKU KHOLA

Head north beside the Hinku Khola through pine forest and open hills. The trail descends to cross the river before rising again.

**02**

## PANGKONGMA

Climb toward Pangkongma and stop for lunch. Take the guide's pace through the sustained climbing and descending rather than trying to rush the distance.

**03**

## RIVER JUNCTION CAMP

Continue through dense forest and steep terrain to Chhetra Thanga. Camp near the river junction, then use the evening to recover, eat and prepare for the next stage.

**DISTANCE ALONE DOES NOT DESCRIBE A HARD TRAIL DAY.**

ITINERARY

# Day 7 • Kothe

Ridges and thinning forest lead back toward the river.

01

RIDGE TRAIL

Climb onto the ridge as the trees begin to thin. The route meets the higher pass trail coming from Thuli Kharka.

02

HINKU DRANGKA

Continue toward the Hinku Drangka River and follow the route into Kothe. Arrive for lunch and some recovery time after the previous day’s effort.

03

OVERNIGHT PLAN

Stay in a tea house when it is open, otherwise the team sets up camp. Your guide and Team Leader confirm the arrangement and the following day’s plan.

TEA HOUSE OR CAMP DEPENDS ON LOCAL OPERATING CONDITIONS.

ITINERARY

# Day 8 • Thangnak

A narrowing valley, moraines and the mountain landscape around Sabai Tsho.

## 01

### UP THE HINKU VALLEY

Walk north through the narrowing valley, with cliffs on either side, Peak 43 ahead and Mera on your right. Stop for a picnic on the way.

## 02

### MORAINE APPROACH

Continue across moraine toward Thangnak. Camp near Sabai Tsho Lake, in the area where the Kusum, Kyashar and Mera glacier landscapes meet.

## 03

### SETTLE AT CAMP

If energy and conditions allow, make a short walk toward a lake viewpoint. Return for dinner in the mess tent, the next briefing and rest before the acclimatisation day.

SAVE ENERGY FOR THE DAYS AT HIGHER ALTITUDE.

ITINERARY

# Day 9 • Acclimatisation

A second night at Thangnak with a flexible day above camp.

01

A SLOWER START

Leave the main luggage at camp and begin later. The aim is to support acclimatisation while preserving energy for the climb ahead.

02

WALK HIGHER

The guide may lead a day walk higher before returning to sleep at the same camp. The team's energy, weather and response to altitude determine how much walking is appropriate.

03

RECOVERY AT THANGNAK

The plan may be shortened or become a camp rest day. Lunch and dinner are at camp. Report how you feel and avoid turning an acclimatisation walk into an exhausting training session.

THE DAY ADAPTS TO THE TEAM'S RESPONSE TO ALTITUDE.



ITINERARY

# Day 10 • Khare

Move through the moraines to the final major stop before climbing.

01

**MERA’S NORTHWEST FACE**

Walk northeast through connected moraines around Mera’s northwest face. Keep the steady rhythm established during the approach.

02

**HINKU SHAR + MERA LA**

Continue along the terminal moraine toward the Hinku Shar glacier and Mera La area. Khare is the last major stop before the glacier camps.

03

**PREPARE FOR TRAINING**

Use a tea house if one is open, otherwise camp. After lunch, organise technical equipment and hear the briefing for the glacier training day. Dinner and rest complete the day.

**KHARE IS THE BASE FOR YOUR FIRST GLACIER SESSION.**

ITINERARY

# Day 11 • Glacier training

A second night at Khare after a full practical skills day.

01

REACH THE TRAINING AREA

Carry your mountaineering boots, crampons, ice axe, harness and helmet in your daypack. Follow dry trail and scree to the glacier entry selected by your guides.

02

PRACTISE THE SYSTEMS

Learn crampon technique, ice axe use and gradual movement as a rope team. Practise fixed ropes, jumar ascent and abseiling under direct instruction, with time to become familiar with the equipment.

03

RETURN TO KHARE

Take a picnic during the session, then return to Khare for another night. Discuss any fit, confidence or technique issue before the following day's move onto the glacier.

ASK QUESTIONS WHILE THERE IS TIME TO PRACTISE.

ITINERARY

# Day 12 • Mera base camp

Roped glacier travel, camp routines and further technical practice.

**01**

## ONTO THE GLACIER

Leave Khare early and pass the previous training area. Move south over the broad, crevassed glacier in rope teams, following the line chosen by your guides.

**02**

## BASE CAMP

Reach base camp, eat lunch and rest. Settle your sleeping system and organise equipment so it remains accessible in the colder camp environment.

**03**

## REFINE YOUR TECHNIQUE

The afternoon may include crampon work, fixed rope practice, keeping weight on your feet and controlled descent. Conditions may allow a short climb higher before returning to camp. Dinner and the briefing set the next plan.

**GLACIER TRAVEL REMAINS UNDER GUIDE DIRECTION.**

ITINERARY

# Day 13 • High camp

A move to the rocky camp above the glacier, followed by summit preparation.

## 01

### CROSS THE MERA LA GLACIER

Continue south across crevassed terrain to a rocky spur on the glacier's eastern side. Use the movement and rope systems already practised with your guides.

## 02

### HIGH CAMP

Settle at high camp, with views that may include Ama Dablam, Makalu, Lhotse, Nuptse and Everest. Conditions may allow further practice. Ski participants use skins only when the Team Leader authorises it.

## 03

### SUMMIT BRIEFING

Eat lunch, rest and prepare for an early night. The briefing covers equipment, food, departure time, pace, rope systems and the descent. The team makes the final plan from current conditions and readiness.

**REST AND ORGANISATION MATTER BEFORE THE SUMMIT PUSH.**

ITINERARY

# Day 14 • Mera North summit

The planned objective is Mera North at 6,476 metres, followed by descent to Khare.

## 01

### START IN THE DARK

Guides confirm the start, typically between midnight and 03:00. Eat a light breakfast and keep sugary snacks accessible. Climb gradually toward the southern shoulder above the icefall, watching the guide's instructions around snow covered crevasses.

## 02

### FINAL DOME

Turn toward the final summit dome. Fixed rope sections and the abseil are managed one person at a time. Any summit pause is brief and depends on weather, energy and traffic. The panorama can include Everest, Lhotse, Makalu, Cho Oyu, Shishapangma and Kangchenjunga.

## 03

### DESCEND TO KHARE

Follow the guides down to high camp, collect equipment and continue to Khare. The descent is a major part of the day and requires energy and attention. The separately booked ski option has its own conditional plan on the next page.

**THE SUMMIT AND SKI DESCENT ARE BOTH CONDITIONAL.**



ITINERARY

# Day 14 continued • Optional ski descent

A separately booked option for experienced ski tourers and confident off piste skiers.

01

A SEPARATE SKI DECISION

The LHO Team Leader leads the optional ski descent and decides whether the conditions support it. Snow, visibility, route state and individual capability may change or cancel the ski plan.

02

TRANSITION + DESCENT

Prepare equipment at the agreed transition and follow the Team Leader’s instructions. The intended descent reaches high camp, then continues toward the snowline when conditions allow. Skiing at this altitude demands efficient transitions and strong judgement.

03

REJOIN THE TEAM

The local high altitude climbing guides lead the standard foot descent. Ski and foot teams regroup at Khare for dinner. If skiing is unsuitable, ski participants follow the confirmed descent on foot.

SPEAK TO LHO ABOUT SKI EXPERIENCE, KIT AND INSURANCE BEFORE BOOKING.

ITINERARY

# Day 15 • Contingency day one

Flexibility within the expedition for weather, acclimatisation and movement.

01

**PROTECT THE MOUNTAIN PLAN**

This day can absorb a delay to the approach, training or ascent. It gives the guides room to respond to conditions without promising a second attempt or a particular outcome.

02

**FOLLOW THE DAILY BRIEFING**

The team reviews weather, route state, acclimatisation and energy before deciding how to use the day. Its position within the itinerary may shift with the wider plan.

03

**IF IT IS NOT NEEDED**

Unused time may support recovery or the descent arrangements. It cannot be exchanged for extra Kathmandu hotel nights. Continue to follow the guide and Team Leader’s updated schedule.

**A CONTINGENCY DAY PROVIDES FLEXIBILITY, NOT A GUARANTEED EXTRA ATTEMPT.**

ITINERARY

# Day 16 • Contingency day two

A second flexible mountain day within the published itinerary.

## 01

### ROOM TO ADAPT

The second contingency can support weather delays, acclimatisation, training or the timing of the ascent. The team decides where it provides the most useful flexibility.

## 02

### REASSESS TOGETHER

Guides consider weather, snow, route conditions and the team's remaining energy. A longer wait does not automatically make a summit attempt appropriate.

## 03

### CONTINUE THE JOURNEY

When no longer needed for the climbing plan, the day supports the descent schedule. Unused contingency days do not create additional included city hotel nights.

THE GUIDE'S DECISION ALWAYS FOLLOWS THE CURRENT CONDITIONS.

ITINERARY

# Day 17 • Khare to Kothe

Retrace the moraines and return to the lower Hinku Valley.

01

## BACK THROUGH THE MORAINES

Leave Khare and descend toward Sabai Tsho, passing the former camping area. Take care on tired legs after the climbing phase.

02

## FOLLOW THE RIVER

Continue beside the Hinku Drangka River and stop for a picnic in the lower valley. The longer descent marks a clear change in terrain and atmosphere.

03

## OVERNIGHT IN THE VALLEY

Continue toward Kothe. The team uses a tea house or camp according to what is open locally. Eat, recover and prepare for the next day's climb toward Thuli Kharka.

THE RETURN TRAIL STILL REQUIRES STEADY FOOTWORK.

ITINERARY

# Day 18 • Thuli Kharka

A demanding climb above the forest toward the final high pass.

01

VALLEY TRAIL

Follow the river along rolling trail to the junction for Thuli Kharka. Stop for lunch and a rest before the steeper climbing begins.

02

SWITCHBACK ASCENT

Climb sustained switchbacks above 4,000 metres. Keep energy in reserve and take the guides' pace. Look back for views of Mera South as the valley falls away.

03

LODGE OR CAMP

Stay in a lodge or camp at Thuli Kharka according to local conditions. The evening briefing prepares the team for the final full trail day over Zatrwa La.

THE DESCENT JOURNEY INCLUDES ANOTHER SUBSTANTIAL CLIMB.

ITINERARY

# Day 19 • Zatrwa La to Lukla

Cross the final pass and descend to Lukla.

## 01

### ZATRWA LA

Climb rocky trail, scree and switchbacks toward Zatrwa La at about 4,540 metres. Beyond the pass, views may open toward Lukla's runway.

## 02

### LONG DESCENT

Descend scree before reaching grass and forest. Stop at a tea house for lunch, then continue through villages and past donkey caravans toward Lukla.

## 03

### LUKLA + AVIATION BRIEF

Settle into the tea house, with time for a shower or a café when practical. The return may use the helicopter if that sector is still unused, or fixed wing travel if it was used on arrival. Conditions determine the final arrangements.

**RETURN TRANSPORT DEPENDS ON WEATHER AND THE SECTOR ALREADY USED.**



ITINERARY

# Day 20 • Return to Kathmandu

Aviation, hotel recovery and the farewell dinner.

01

LEAVE LUKLA

Return by the confirmed helicopter or fixed wing sector. Weather and airport conditions can affect timing. A flight to an alternative airport may require a land transfer to Kathmandu.

02

BACK IN THE CITY

The lunch location follows the day’s actual travel plan. Reach the hotel, rest and reorganise your bags after the expedition.

03

FAREWELL DINNER

Gather with the team for a farewell dinner. The evening recognises the entire journey, including the skills, effort and decisions made along the way.

LEAVE FLEXIBILITY AROUND MOUNTAIN AVIATION.

ITINERARY

# Day 21 • Departure

Breakfast, airport transfer and the journey home.

01

FINAL MORNING

Enjoy breakfast and check your room, equipment and documents before leaving. If your flight is later, there may be time to explore more of Kathmandu.

02

AIRPORT SHUTTLE

LHO arranges the airport transfer from the details in your Team Details Form, usually about three hours before the flight. Confirm the actual pickup with the Team Leader and report flight changes promptly.

03

FAREWELL

The Team Leader can help with suggestions or city touring arrangements if time permits. Say goodbye to the team and continue home with the experience of the full expedition.

KEEP YOUR FLIGHT DETAILS CURRENT WITH LHO.

PART FOUR

# SUMMIT OR TURN AROUND

Sound decisions protect the team throughout the climb and descent. A safe return comes first.

MOUNTAIN JUDGEMENT

# Summit decisions & hazards

The local high altitude climbing guides hold authority over the mountain route, timing, progression and descent.

**GO → ADAPT → STOP**

Each outcome follows the guides’ assessment.

HAZARDS THE TEAM MANAGES

ALTITUDE

COLD

FATIGUE

CREVASSES

EXPOSURE

WEATHER

ROUTE STATE

**A booking never overrides a mountain decision. Report changes in how you feel promptly.**

**REVIEW MERA REQUIREMENTS & RISKS**

# Changes & turning around

The guides may delay, adapt or stop the climb. The team confirms the practical consequences of a change.

## 01

### MOUNTAIN DECISIONS

Weather, snow, crevasses, acclimatisation and team readiness can change the route, timing or summit plan. There is no guaranteed alternative summit or ski descent.

## 02

### INDIVIDUAL DEPARTURE

If you leave the itinerary early, whether by choice or because you cannot continue, additional transport, accommodation and related costs are your responsibility unless your insurance or confirmed package covers them.

## 03

### AIRCRAFT + EVACUATION

The included Kathmandu and Lukla helicopter sector is an itinerary transfer. Rescue, evacuation and helicopters from higher on the trail are separate, depend on conditions and require appropriate arrangements and cover.

**UNUSED CONTINGENCY DAYS DO NOT BECOME EXTRA CITY HOTEL NIGHTS.**

INSURANCE

# Cover the actual activity

Insurance is not included. Verify the policy wording directly with your insurer before travel.

## YOUR POLICY MUST COVER

- Guided glacier mountaineering with ropes and crampons
- Nepal and the full planned altitude of 6,476 metres
- Emergency medical treatment at altitude
- Mountain rescue, helicopter evacuation and search costs
- Repatriation and assistance arrangements
- Cancellation, curtailment and delays; ski touring if selected

[CHECK CURRENT MERA REQUIREMENTS](#)

Confirm policy limits, exclusions and rescue procedures directly with your insurer.

YOUR TRIP

# Included • People & logistics

The live trip page controls the current package and confirms the following arrangements.

**LHO TEAM**

Dedicated LHO Team Leader  
Trip photography

**LOCAL TEAM**

Certified trekking guides  
Porter support  
High altitude climbing guides

**STAYS**

3 Kathmandu hotel nights  
Tea houses and technical tents

**MEALS + WATER**

All itinerary meals  
Welcome and farewell dinners  
Safe drinking water

**AVIATION**

One helicopter sector  
One fixed wing sector  
Kathmandu and Lukla

**TRANSPORT**

Airport transfers  
All itinerary transport

[VIEW CURRENT INCLUSIONS](#)



YOUR TRIP

# Included • Planning & support

Preparation support and flexible mountain days are part of the expedition.

**PERMITS**

- Required climbing and trekking permits and certificates

**PORTER DUFFEL**

- 12 kg of porter carried personal duffel allowance per guest

**PREPARATION**

- Fitness and nutrition guides
- Gear shopping assistance

**BASE CAMP**

- LHO office support
- Preparation and trip coordination

**CONTINGENCIES**

- Two mountain contingency days within the itinerary

**SUMMIT BONUS**

- The climbing guide summit bonus is included
- Other local team tips are separate

[VIEW CURRENT INCLUSIONS](#)

YOUR TRIP

# What’s not included

Keep a separate budget for excluded items and individual changes to your itinerary.

**01** INTERNATIONAL FLIGHTS  
+ ENTRY VISA

**02** REQUIRED INSURANCE

**03** PERSONAL GEAR  
+ RENTALS

**04** LOCAL TEAM TIPS

**05** EXTRA HOTEL NIGHTS  
+ PERSONAL SPENDING

**06** INDIVIDUAL DEPARTURE  
+ RELATED COSTS

The optional ski descent is a separately confirmed add on. Personal deviations and evacuation are not covered by the included Lukla helicopter transfer.

LOGISTICS

# Travel, stay & meals

A mix of city hotels, tea houses and mountain camps across the expedition.



## TRAVEL

One helicopter and one fixed wing sector connect Kathmandu and Lukla. Direction and timing follow conditions.

## STAY

Three Kathmandu hotel nights. On the trail, tea houses operate when open and camps fill the gaps.

## MEALS

All itinerary meals and safe drinking water are included. Trail and camp menus follow local facilities.

Confirm accommodation and aviation details with LHO before departure.

PRACTICAL PLANNING

# Rooms, bags & water

Practical arrangements to confirm before leaving Kathmandu.

## 01

### ROOMS + SINGLE UPGRADE

Standard sharing uses same sex pairing. A confirmed single upgrade covers the three Kathmandu hotel nights and a single tent through high camp. It does not apply to the twelve tea house nights.

## 02

### LUGGAGE

Your porter carried personal duffel allowance is 12 kg. This is your allowance, not the total load carried by a porter. Confirm the bag allocation and any equipment arrangements with LHO. Keep what you need during the day in your own pack.

## 03

### WATER + POWER

Bring three litres of water capacity. A hydration bladder can be useful while trekking, but use bottles on the mountain. Tea house charging is limited and may cost extra. There is no charging at base camp, so prepare power for three camp days.

**CONFIRM YOUR ROOM, KIT AND BAG ARRANGEMENTS BEFORE THE APPROACH.**



PART FIVE

# ONE TEAM. TWO LAYERS OF SUPPORT.

We built LHO to make ambitious adventure feel human. Expertly guided, thoughtfully supported and capable of changing what you believe is possible.

Rami Rasamny · Founder

SUPPORT

# Who does what

Clear trip coordination, with operational mountain decisions held by the local climbing guides.

## LHO TEAM

### Before you travel

- Readiness and gear guidance
- Travel and booking coordination
- Fitness and nutrition guides

### On trip coordination

- Guest support and continuity
- Logistics and communication
- Updates through the journey

[MEET OUR LHO TEAM →](#)

## FIELD TEAM

### Mountain authority

- Technical instruction
- Route, timing and pace
- Glacier hazard management
- Readiness assessment
- Progression and turnaround

### Guiding team

- Local trekking and high altitude climbing guides

[NEPAL GUIDING APPROACH →](#)

THE OPTIONAL SKI DESCENT IS LED BY THE LHO TEAM LEADER.

MEET LHO

# Get to know LHO

Follow the stories, films and people that shape every LHO adventure.

01 **INSTAGRAM →**

Field stories, participant journeys and daily moments from the LHO community.

---

02 **YOUTUBE →**

Watch our films, trip stories and conversations from the mountains.

---

03 **MEET LHO →**

Meet the team and explore the story, mission and values behind every adventure.

---

04 **TO THOSE WHO CAME BACK DIFFERENT →**

Read Rami’s letter to the community that keeps choosing adventure.

---

05 **STAY CONNECTED**

Follow along before the expedition and share your own story when you return.

**FOLLOW LHO ON INSTAGRAM**

**WATCH LHO ON YOUTUBE →**



BOOKING YOUR EXPEDITION

# Before you confirm

Review the current booking terms and resolve your personal arrangements with LHO.

## 01

### YOUR RESERVATION

Use the current live trip page for dates, prices and booking conditions. Confirm what is included in your reservation, the payment schedule and cancellation terms before committing to travel.

## 02

### YOUR TRAVEL + KIT

Provide accurate travel details, confirm insurance for the actual activity and altitude, and complete the equipment plan. Ask about room arrangements, rentals and any separately booked ski option.

## 03

### MOUNTAIN PROGRESSION

A confirmed booking does not guarantee a summit attempt, a summit or a ski descent. Weather, acclimatisation, route conditions and individual readiness remain part of every decision.

CONTACT LHO TO RESOLVE QUESTIONS BEFORE TRAVELLING.

QUESTIONS & RESOURCES

# The answers that matter most

Use the current Mera page for the latest operational detail and booking information.

**01 Can this be my first mountaineering trip?**

Yes, with very strong fitness and hiking experience. Prior high altitude trekking is recommended.

---

**02 Is the summit guaranteed?**

No. Readiness and mountain conditions decide.

---

**03 Is the ski descent included?**

No. It is a separate option for experienced ski tourers, led by the LHO Team Leader and dependent on conditions.

---

**04 Does the helicopter cover evacuation?**

No. The included sector is a Kathmandu and Lukla itinerary transfer.

---

**05 Can spare days become city hotel nights?**

No. Unused contingency days support the mountain plan and descent.

[EXPLORE THE CURRENT MERA EXPEDITION](#)

[Optional ski descent →](#)

YOUR NEXT STEP

# READY TO EXPLORE?

Explore the current itinerary and booking options. Talk to LHO about readiness, equipment and the optional ski descent before you commit.

[EXPLORE MERA PEAK](#)

[LIFEHAPPENSOUTDOORS.COM](https://LIFEHAPPENSOUTDOORS.COM)