

3 X 6000m Peaks Climbing in Khumbu Region

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

Peak Climbing

ACCOMMODATION

Hotel/Lodges/Tent

WALKING

4-6 hrs

MAX ALTITUDE

6,676

m

DURATION

23

Days

DIFFICULTY

Easy

Difficult

GROUP SIZE

2-10

People

Expedition Overview

Three peaks climb in Nepal offers an excellent introduction to real Himalayan mountaineering by climbing three iconic six thousand-meter peaks in a single trip.

Mera Peak elevates 6,476m above sea level in the Mahalangur section of the Himalayas, south of Mount Everest. Categorized as the trekking peaks, it is one of the most popular in its category. Mera Peak is the highest trekking peak in Nepal. The summit offers some exquisite views of 8000m peaks namely, Mt. Everest, Makalu, Lhotse, Cho Oyo, Kanchenjunga, and several other peaks. Spring and autumn seasons are the best time to trek this mountain.

Imja Tse peak or also popularly known as Island Peak, stands tall with a modest height of 6,189m. English Mountaineer Eric Shipton named it an Island Peak in 1953. He thought it resembled an island in a sea of ice seeing it from Dingboche. In 1983, Island Peak again got its new name, Imja Tse. With very few technical aspects, it offers itself even to beginner climbers with competitive endurance. Hence, it is one of the most popular choices among the 6000m. Island Peak welcomes hundreds of climbers' groups each year luring them to their peak.

The Lobuche peak consists of two different summits, via. East and West with heights of 6,119 m and 6,145 m respectively. A continuous ridge connects them but there is still a sharp gap and a considerable distance between them. The East Peak is recognized as a trekking peak, whereas the West is known as an Expedition Peak. Lobuche, being an attractive mountain offers various existing routes and also a potential for new ones. The dark triangle of its rocky East face rises over the moraines of the Khumbu Glacier to a spectacular skyline, forming the south ridge.

INCLUDES

- **1. Transportation** – Airport Transfers: Private vehicle for airport-hotel transfers (both pick-up and drop-off). Member Transportation: Helicopter flight from Kathmandu to Lukla and return from Lobuche High Camp to Kathmandu, as per itinerary. Expedition Equipment Transportation: Kathmandu to Lukla (by air cargo). Lukla to Base Camp (by porters/yaks). Return from Base Camp to Lukla (by

porters/yaks). Lukla to Kathmandu (by air cargo). Member Luggage: Up to 25 kg per member as personal baggage during the trek, carried by porters.

- **2. Accommodation** – Kathmandu Hotel: Three nights in a single room at a five-star hotel on a bed and breakfast plan. Trek and Base Camp Lodging: Accommodation at hotels/lodges during the trek and at Base Camp with a well-managed setup. High Camp Accommodation: Single tent per member in high camps.
- **3. Meals and Beverages** – Three meals a day (breakfast, lunch, and dinner), including tea and coffee. Fresh vegetables, meat, fruits, and soft drinks served throughout the expedition. Two liters of boiled water per member per day to carry in a thermos.
- **4. Permits and Fees** – Expedition royalty and permit fees from the Nepal Mountaineering Association (NMA) for: Mera Peak Island Peak Lobuche Peak Entry permits for: Sagarmatha National Park Pasang Lhamu Rural Municipality Garbage management fees (stool shipment transfer and garbage deposit fees).
- **5. Staff and Support Team** – Salaries, daily wages, food, clothing, and equipment for: Nepalese staff Porters Highly skilled and experienced climbing Sherpa per member (1:1 ratio) from Base Camp to summit and back. Porters per member up to Base Camp and back. Climbing Sherpa assistance for carrying gear to high camps.
- **6. Expedition Equipment and Logistics** – One 14 Peaks Expedition duffel bag (150L) per member. High-altitude camp setup including: High-altitude tents Lights Cooking equipment (EPI gas, cooking pot) High-altitude food for members, Sherpas, and crew Group climbing gear Fixed and dynamic ropes as required
- **7. Oxygen and Safety Measures** – One oxygen bottle per member. One set of summit oxygen mask and regulator carried by Sherpa throughout the expedition. Comprehensive medical kits for members and staff. Regular weather forecast reports from Meteotest, Bern (Switzerland).
- **8. Insurance and Emergency Services** – Medical and emergency rescue insurance for all Nepalese staff involved in the trek and expedition.
- **9. Sightseeing and Hospitality** – Welcome Dinner: One welcome dinner at a tourist-standard restaurant in Kathmandu with office staff. Valley Sightseeing: Sightseeing in Kathmandu Valley, including: Swoyambhu (Monkey Temple) Pashupatinath Boudhanath
- **10. Certification** – Three Peaks climbing certificate issued by NMA after successfully climbing all three peaks.

EXCLUDES

- **1. Travel and Visa** – International Flights: Airfare to and from Kathmandu. Nepal Entry Visa Fees: \$30 USD for 15 days \$50 USD for 30 days \$125 USD for 90 days
- **2. Accommodation and Meals** – Meals in Kathmandu: Lunch and dinner during the stay in Kathmandu (also applicable in case of early return from the trekking/expedition). Extra Nights in Kathmandu: Additional accommodation costs due to: Early arrival Late departure Early return from trekking/expedition Domestic flight cancellations
- **3. Insurance and Safety** – Mandatory Insurance Policy: Coverage must include: Medical and high-altitude evacuation costs Trip cancellation and interruption High-altitude rescue and air evacuation Medical treatment and repatriation (A copy of the insurance policy must be sent before arrival.)
- **4. Personal Expenses** – Costs for: Telephone calls Internet usage Toiletries Battery recharges Hot showers Laundry Soft drinks, beers, and alcoholic beverages (during the trek and in Kathmandu) (Soft drinks will be provided at base camp, but not elsewhere.)
- **5. Equipment and Special Permits** – Personal Climbing Equipment: Clothing, packing items, bags, personal medical kits, and all types of personal trekking/climbing gear. Filming Permits: Fees for special filming, camera, and drone permits. Internet Service: Not included during the trek and expedition.
- **6. Bonuses and Tips** – Summit Bonus for Climbing Sherpa: Minimum of \$600 USD (\$200 per peak). Tips for Staff: Base Camp and High Camp Staff – Minimum \$250 USD.
- **7. Additional Services** – Any other services or activities not mentioned in the itinerary and not listed in the "Cost Includes" section.

Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Kathmandu (1,400m)	B	Hotel	Arrive at Tribhuvan International Airport in Kathmandu. You will be greeted by a representative and transferred to Hotel Aloft, a 5-star hotel.
2	Welcome Dinner, Gear Check, and Final Preparation	B	Hotel	Spend the day resting, exploring Kathmandu, and preparing for the expedition. In the evening, attend a welcome dinner where you'll meet the expedition team and review gear and equipment.
3	Drive to Ramechhap and Fly to Lukla, Trek to Chutanga (3,060m)	B/L/D	Lodge	Early morning drive (4-5 hours) to Ramechhap Airport, then take a scenic flight to Lukla (2,800m). Start the trek to Chutanga (3-4 hours).

Days	Program	Meals	Accommodation	Description
4	Trek from Chutanga to Tuli Kharka (3,900m) via Zatrava La Pass (4,610m)	B/L/D	Lodge	Trek through rhododendron forests and cross the Zatrava La Pass. Enjoy spectacular views of the surrounding peaks.
5	Trek from Tuli Kharka to Kothe (4,095m)	B/L/D	Lodge	Descend into the Hinku Valley and trek along the Hinku River to Kothe.
7	Trek from Thangnak to Khare (5,045m)	B/L/D	Lodge	Trek through glacial moraines and climb gradually to Khare, the base camp for Mera Peak.
8	Rest and Acclimatization at Khare	B/L/D	Lodge	Acclimatization day. Short hikes around Khare to help your body adjust to the altitude. Review climbing techniques and equipment.
9	Trek from Khare to Mera High Camp (5,790m)	B/L/D	Tent	Ascend to Mera High Camp. The route includes glacier travel with stunning views of Everest & Makalu.
10	Summit Mera Peak (6,476m) and Return to High Camp	B/L/D	Tent	Start early for the summit attempt. After reaching the summit and enjoying the panoramic views, descend back to Mera High Camp.
11	Mera High Camp to Khongma Dingma (4,900m)	B/L/D	Lodge	Descend from Mera High Camp and trek towards Khongma Dingma.
12	Trek from Khongma Dingma to Setopokhari (5,000m)	B/L/D	Lodge	Trek to Setopokhari, a remote area known for its beautiful high-altitude lakes.
13-14	Trek from Setopokhari to Amphu Base Camp (5,350m)	B/L/D	Lodge	Continue trekking towards Amphu Base Camp, the starting point for crossing Amphu Lapsa Pass.
14	Cross Amphu Lapsa Pass (5,850m) and Trek to Chhukung (4,730m)	B/L/D	Lodge	A challenging day crossing the Amphu Lapsa Pass, followed by a descent to Chhukung.
15	Trek from Chhukung to Island Peak High Camp (5,550m)	B/L/D	Tent	Trek to the high camp of Island Peak, preparing for the summit attempt.
16	Summit Island Peak (6,189m) and Return to Base Camp	B/L/D	Tent	Early morning summit attempt of Island Peak. After reaching the summit, descend back to base camp.
17	Trek from Chhukung to Lobuche (4,940m)	B/L/D	Lodge	Trek towards Lobuche, situated near the base of Lobuche Peak.
18	Trek from Lobuche to Lobuche High Camp (5,400m)	B/L/D	Tent	Ascend to the high camp of Lobuche Peak, preparing for the final summit push.
19	Summit Lobuche Peak (6,119m) and Descend to Pheriche (4,371m)	B/L/D	Lodge	Early morning summit attempt of Lobuche Peak. After the climb, descend to Pheriche.
20	Trek from Pheriche to Namche Bazaar (3,440m)	B/L/D	Hotel	Trek through the scenic Khumbu Valley, passing through villages and enjoying views of the Himalayas.
21	Trek from Namche Bazaar to Lukla (2,800m)	B/L/D	Lodge	Continue descending through the Dudh Koshi Valley to Lukla.
22	Fly from Lukla to Ramechhap and Drive to Kathmandu	B/L/D	Hotel	Early morning flight from Lukla to Ramechhap, followed by a drive back to Kathmandu.
23	Departure	B/L/D	-	Transfer to Tribhuvan International Airport for your departure flight.

Trekking Gear List

Travel Documents

Valid Passport Debit/Credit Card PP Size Photos(4 Pieces)
Insurance Paper/Certificate

Medicine / First Aid Kits

Paracetamole

Upper Body

Thermal Base Layer Fleece Jacket Gore Tex Jacket
Warm Jacket Wind Proof Jacket Down Jacket Cotton T-Shirt

Lower Body

Trowser Bottom Base Layer Fleece Trouser Gore Tex Pant
Heavy Weight Pant Mid Weight Pant Trekking Pant
Under Wear Down Pant Gaiters for Trekking Boots
Climbing Boot -6000m Normal Socks Summit Socks
Trekking Shoes Thermal Bottom Base Layer Trekking Pants

Foot Wear

Summit Boot - 8000m Sport Shoes

Hand

Thin Fleece Gloves Wind Stopper Gloves Heavy Gloves(Guide)
Summit Gloves

Head

Sun Cap Desert Cap Fleece Hat/Warm Hat Neck Gaiter

Eating & Drinking

Water bottle Thermos

Bag Packs

Rucksack 35L-50L Duffle Bag Dry Bags

Miscellaneous

Trekking Pole Pocket Knife Nail Cutter Umbrella/Rain Coat
Hot Water Bag Pee Bottle Tenacious Tape Repair
Altimeter Watch Satellite Phone(Optional) GPS Tracker
Power Bank Camera