

MERA PEAK CLIMBING-19 DAYS



Mera Peak Climbing is probably the one of the greatest experience for adventure lovers. [Mera Peak](#) (6,476 m/21,247 ft.) is one of the Nepal's highest trekking peaks, which is located south of Mount Everest. From the summit of Mera Peak we can watch one of the most beautiful panoramas of Nepal that includes Ama Dablam, Everest, Lhotse, Baruntse, Makalu and Kangchenjunga. The traditional Mera Peak route is straight via the Zatra La Pass, but we follow the way that goes south from Lukla and then we will reach the Panggom La (3286m). We hike through small Sherpa villages, Pine and rhododendron forests that will take us to the wild Hinku Valley and ultimately to reach the Mera Peak.

Compared to other peaks, the [Mera Peak climbing](#) is an affordable summit for a first mountaineering experience in Nepal. The route on the north side is easier for new mountaineers and involves trekking on a glacier at high altitude, with crampons and ice axes. The weather and snow conditions must be good for the safety and success of the summit. The route from the west or the south face of the Mera Peak climb is more difficult than the north face and requires more experience in mountaineering. It is advisable to walk slowly with regular steps and to be well hydrated regularly. Our Expert Sherpa guide will decide on possible modifications if necessary, for the safety and the success of the ascent. It is necessary to know the basics of mountaineering and be in good physical shape to participate in this expedition and to reach the summit of Mera Peak.

Challenging

For any trek at this level, fitness is most important and you may have to improve yours before departure. Most "C" grade treks are equivalent to extended walking in mountainous terrain at home, but usually at significantly higher altitudes; climate and remoteness can also play a part. Walking days are usually between 6 to 8 hours although there may be some longer days for pass-crossing or similar. Previous trekking experience is desirable but not essential if you are confident of your physical condition.

Activity Levels:

Duration:

19 days

AT A GLANCE

- One of the Highest Trekking peak in Nepal (among 33 Trekking peaks)
- Fantastic Mountain views above 6000- 8848 m peaks including world's highest peak- Mount Everest
- One of the fine Adventure trekking & Climbing Experience in Nepal
- Escort by Excellent Mountain Sherpa Guide and local Porter. 100% success guarantee!

Cost Includes

- Best 3/5 Star Accommodation in Kathmandu
- Best Mountain lodge & tented camp in Trek
- Ktm-Lukla-Ktm both way flight with Taxes
- 3 times healthy & hygienic meals on trek
- Strong & honest Porters-1 Porter for 2 Person
- Expert Local Sherpa Climbing guide
- Climbing permit & Exclusive Medical Kit Bag
- Climbing equipments, Tents, mattresses
- Welcome dinner & healthy breakfast
- Insurance for Staff & government taxes

Cost Excludes

- International Airfare and Nepal Visa fee
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in City: \$5-10 Per Meal
- Any Alcoholic Drinks & Mineral Water
- Gratitude for Guide & Porter
- Hot Shower, Battery Charges
- Unforeseen Cost such as Flight Cancellation
- Climbing Gears Full Set US\$ 150-Hire/rent
- Sleeping bag & Down Jackets : US\$ 1 Per day

ITINERARY

Day 01:: Arrive Kathmandu - Transfer to Hotel by Private Car

Our office Staff with Car & driver will welcome, greet you at International Airport on Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you with your guide and will provide detailed Plans and Briefing about the trip. Balance trip Payment should clear if any etc. Free day for relax or explore around the city yourself.

Approx. Time:20 minute drive **Accommodation:** 3/5 Star hotel **Meals:** Welcome Dinner

Day 02:: Half day Kathmandu city sightseeing - overnight Stay at Hotel [Breakfast included]

After Breakfast your day will start for sightseeing tour of 2 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Our next sightseeing will be at Buddha nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. If weather is clear you can see nearest Mountain of Kathmandu- Ganesh Himal from top of Restaurant.

After Lunch, we will return back to our Hotel and tour for today is finished. It normally takes 3-4 hours tour to visit 2 best

monuments within Kathmandu city. Afternoon free for packing for trek and getting ready.

Approx. Time: 5-6 hrs **Tour Accommodation:** 3/5 Star Hotel **Meals:** Healthy & hygienic breakfast

Optional: Embark on a bus ride to Ramechhap, a small town that operates flights to Lukla, the gateway trekking in the Everest region. We highly recommend you to travel Manthali Airport one day prior to the Lukla flight instead of leave Kathmandu very early in the morning around 3:00 AM same day. It will make your day very hectic and not leave you in a good spirit to start your trek up to Phakding.

Overnight: Local lodge in Ramechhap

Day 03:: Drive to Manthali & Fly to Lukla, trek to Paiya (Chutok) (2,730m/8,956ft): 4-5 hours trek

Dear guest, Please be inform that due to traffic congestion as well as renovation in Kathmandu airport, most of Lukla flight has been operating from Manthali airport since July 2019. For your information, it takes roughly 4 hours drive to get Manthali airport from Kathmandu by Arniko Highway. This means you need to wake up early in the morning around 2:30 AM - 3:00 AM to go for a drive and catch your early morning Lukla flight from Manthali.

Another best options is you can go Ramechhap one day earlier by private Vehicle or you can fly to Lukla directly by Helicopter. For Helicopter flight it cost approximately USD 300-500 Per Person. If you looking more comfortable & hassle free journey then flying by helicopter to Lukla would be best options.

We take the stunning flight to the small airstrip at Lukla, (2,800m) the entry to the Khumbu region and the start point for the popular trail towards Everest. It is a busy little village with many lodges, equipment and supply shops as well as the airport. We start our trek heading south from Lukla with a steep descent to Surkye. From here we have a steep climb up to the Chutok La from where we contour into a side valley to Piuyan (2,800m).

Included meals: Breakfast, Lunch & Dinner

Approx. Time: 25 minute flight & 3-4 hrs trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 04:: Trek from Paiya to Panggom (2,846m/9,337ft): 5-6 hours

We descend for a while and reach a small bridge. From here the trail is slippery until we cross the Kari La pass. We walk through rhododendron and bamboo forests on a narrow mountain trail. On today's trip we also get to be in awe of the Dudhkoshi Valley. We continue our trek to Panggom Village whose settlers are dependent on farming and trading. Overnight in Panggom.

Approx. Time: 5-6 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 05:: Trek from Panggom to Ramailodada (3276 M/ 10748 ft.): 5-6 hours

We star our beautiful day after breakfast. We hike through a lush forest of bamboo and rhododendron with views looking back to Numbur and Kongde peaks, to the Pangkongma La pass (3,170m). From the top we can see Naulekh and five minutes below the pass we catch our first views of Mera's impressive South Face. It's a long, steep descent to the bottom of the valley, with views south over the hills of the lower Himalaya. We have lunch in a small lodge just above the river and after lunch we cross the Hinku River using a suspension bridge, and have a 2-hour climb up the east side of the valley to Ramailo Dada

Approx. Time: 4-5 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 06: : Trek from Ramilodada to Chhatra Khola (2,800m/9,186ft): 7-8 hours

From Ningsow, we climb first then descend for a while and climb some more to reach Ramailo Danda. From here we get

extraordinary views of Mera Peak and Salpa. After ascending and descending on our trail, we enter the Makalu Barun National Park. Our trail from here to Chhatra Khola is called Pasang Lhamu trail. On the way, if we are lucky, we might even come across the elusive Red Panda. Overnight in Chhatra Khola.

Approx. Time: 3-4 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 07: : Trek from Chhatra Khola to Kothe (3,691m/12,109ft): 6-7 hours

We walk towards the north on the main trail to Mera Peak. After walking on a trail next to the the Majang Khola, we merge with another trail which moves alongside the Hinku Khola. Our trail moves straight ahead towards Tashing Ongma which has seasonal tea shops. We continue our trek and cross the bridge over the Sanu Khola before reaching Kothe. Overnight in Kothe.

Approx. Time: 2-3 hrs Training **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 08: : Trek from Kothe to Thaknak (4,358m/14,297ft): 3-4 hours

We trek along the ridge of the Hinku Khola in the shadow of Mera Peak. We take lunch at Gondishung, the summer herders' settlement in the west bank of the Hinku Drangka. Beyond Gondishung, we pass a 200-year-old Lungsumgba Gumpa where we can find Mera Peak scripted in rock along with its route to reach Mera. A short walk takes us to Thaknak, which is a summer grazing area with primitive lodges and shops. Overnight in Thaknak.

Approx. Time: 2-3 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 09:: Trek from Thaknak to Khare (5,045m/16,486ft): 2-3 hours

Today we will climb above 5,000 m (16,400ft) for the first time. Our hike up to Khare (5,100m, 16,728ft) is short, but we will take it slowly, with frequent stops to soak up the incredible surroundings. The trails heads eastward out of Tangnag, along with the lateral moraine of the Dig Glacier. We will pause to climb up the moraine for a view of the pristine Sabai Tso glacial lake. A drop in lake level, caused by a recent rupture of the natural dam the held the lake, is clearly visible. We will arrive at Khare in the early afternoon and have lunch. From Khare, the beautiful north face of Mera Peak is in plain view and Mera glacier spills steeply down into the valley. Over night at Camp/or local lodge.

Approx. Time: 2-3 hrs Training **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 10: : Acclimatization day at Khare [5,045m/16,486ft]: Climbing Training.

We have a separate day set aside solely for acclimatization and basic training just to prepare ourselves better for the Mera Peak climb. Our Expert Sherpa climbing Guide will help us polish our basic climbing techniques and demonstrate the best ways to use our climbing gears like the ice axe, harness, ascender climbing boots and crampons. The training will also include learning the best climbing technique with the rope. Overnight in Khare.

Approx. Time: 3-4 hrs hike **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 11: : Trek to Mera Base Camp 5,350m/ 17,552 feet. Overnight Tented Camp

After having good breakfast at our Sherpa lodge at Khare, We start our journey to **Mera Base Camp 5,350m/ 17,552 feet** from Khare. Today we hike up to the **Mera La 5,400m/ 17,717 feet**. We will climb up to the Mera Glacier. At first it is easy-going but the trek up to the glacier is steep in sections and you will need to pace yourself and make sure you are getting your foot placements properly. There are chances of rock fall. So wearing helmets, crampons are recommended. The hike across the glacier is exceptional, with views and memories you will never forget. The down walk from the glacier to the camp area is short. We walk between the moraine and the glacier on the northern side as it descends from the col down to the campsite, which you can easily see from the glacier

Approx. Time: 3-4 hrs hike **Accommodation:** Tented Camp **Meals:** 3 times healthy & hygienic meals

Day 12: : Trek to Mera high camp [5,780m/18,958ft]: 2-3 hours,Tented Camp- All Meals

From here, we continue further through the Mera La pass to reach the Mera High Camp. Our path is along a rocky trail, which can be hazardous if it has recently snowed, as there are a number of crevasses here. We make our way to the top of the rock band, which is marked by a large cairn.

The views make us speechless as we can enjoy the Everest, Makalu, Baruntse, Kusum Kanguru and many other mountains and peaks in panorama. Moreover we feel chill by the magnificent views of Mera Glacier.Over night at tented Camp.

Approx. Time: 2 hrs **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 13: : Summit Mera Peak [6,461m/21,1907ft] & return to Khare.[10-12 hrs] Lodge all Meals

The climb to the summit of Mera starts gradually and much will depend on snow and general weather conditions. The central summit will soon appear above the head of a wide glacier flanked by two ridges. We climb the centre of this over open snowfields and avoiding crevasses. The route then swings south-east, skirting below and to the east of the left-hand ridge before turning back rightwards towards the main summit ridge of Mera. Mera actually has three summits; the highest is our objective. We reach this by following a classic snow-ridge to just below the final wall that guards the top. This short steep snow slope is easily climbed but there is a big effort required to climb this last 50 metres. Your reward, however, is a feeling of ecstatic jubilation as you survey the magnificent panorama from the top. After taking pictures and enjoying the view, we descend by the same route back to our campsite below the Mera La. Over night at Lodge

Approx. Time: 10-12 hrs **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 14: : Trek back to Kothe [3600m/11808ft] overnight at Lodge-All Meals

Today we will hike for like 7 hours to reach Kothe. The walking is not tough. We walk along the gradual descent path passing through Tangnang. This is a small village and we find yak settlement here. To reach Kothe we will follow the same kind of path. On the way we pass forests covered with fir, rhododendron and local vegetation. Over night at Camp/or local lodge.

Approx. Time: 4-5 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 15: : Trek to Zatrabok [4,704M/15,434ft]- approx 6 hrs overnight at Lodge- All Meals

A hard day today as we start our climb of the Zatrwa La, the pass that brings us back to Lula. Departure Kote a small rocky trail takes us down the Hinku Valley for a couple of hours. There are some very steep rocky steps both up and down. We lastly leave the Hinku Kola and commence a very steep climb through the forest. We have an early lunch at Toktar, a small cluster of teahouses in the forest. Through the trees, we can just spot the summit of Mera Peak now far away. After lunch we continue climbing up through forest. The rhododendron trees give way to smaller bushes and the mountains begin to appear across the valley. Looking back on a clear day we can see all three summits of Mera, Peak and Naulekh. The higher we climb the better the views and we can trace much of the route we have trekked the past couple of weeks. Finally, we reach a few prayer flags and from here the trail eases as we approach the lodge at Chetrabu. We enjoy views of Mera's vertical west face.

Approx. Time: 5-6 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 16:: Trek To Lukla. Approx 4 Hours- Overnight at Lodge B,L,D

The last 300 to 400 metres of the ascent to the Zatrwa La will be our last climb of the trip, with superb views southwards across the ridge and valley landscape of Nepal's Middle Hills. From the crest of the pass we trek downhill, steeply in places, for almost 2000 metres to the welcoming lodges of Lukla.

Today we trek through forests of fir, rhododendron, oak, juniper and local vegetation. The trail we walk along moves uphill and downhill all the way to Lukla. We can enjoy the views of Numbur Himal, Kongdi Ri, Karyolang peak and many other surrounding mountains of the region. Finally reach Lukla, confirm our flight ticket and over night at Camp. Evening celebration of the successful Trek & Climbing. Over night at Guest House.

Approx. Time: 4-5 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 17: : Fly From Lukla to Kathmandu- Transfer to Hotel

We take an early morning flight back to Kathmandu from Lukla which comes through over a mountain hills and gives us last opportunity to enjoy with the surrounding Himalayan views of the Everest region. It takes 40 minute to Kathmandu and transfers you to the hotel. Over night stay at hotel in Kathmandu.

Approx. Time: 25 minute flight **Accommodation:** 3/5 Star hotel **Meals:** healthy & hygienic breakfast

Day 18: : Backup day in Kathmandu for tour, shopping or relaxing.

This is an important emergency day in case of delays to the flights from Lukla. If we have experienced no delays this is another opportunity for independent exploration amongst the colorful streets and temples of Kathmandu. This evening we will have a congratulatory dinner to mark the end of a most outstanding trip.

Accommodation: 3/5 Star hotel **Meals:** healthy & hygienic breakfast as well as Cultural Dinner

Day 19: : Departure Or Extend Holidays

Morning free for last Minute shopping or time as your own. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime.

Meals: healthy & hygienic breakfast

ACCOMMODATION



04 Nights Deluxe accommodations in Kathmandu at 3 Star/ 5 Star Category Hotel as per itinerary



14 Nights best available Mountain Lodge comfortable room (Shared Toilet and Bathrooms)



02 Nights in tented Camp at **Mera Base Camp and High Camp** with Hot Meals



All accommodation is on a twin sharing basis [Single rooms can be organized during trek with extra cost]



For the 4 Nights hotel in Kathmandu single rooms are available at a supplementary cost.

What kind of food I can expect during lodge trek??

Morning Breakfast [6:30-7:30 AM]

- Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea
- Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet etc
- Bread items- Toast, Pancakes, Chapati & Tibetan Bread etc

- Porridge with Honey, musli with milk etc

Afternoon Lunch [12:30 - 1:00 PM]

- Curry with Rice, Pasta, Noodles item, fried rice and fried Potatoes, Mo.Mo etc

Evening Dinner [6:00-8:30 PM]

- Sherpa Stew, vegetable Soup, mixed Soup, Potato Shop
- Dal bhat tarkari - a soup of lentils with rice and a vegetable curry, Lassani, Pizza, Home Made Pasta etc
- Fried potatoes with vegetables, MO. MO, fried Noodles, Pasta, mash potatoes with Chesse

***** **Extra special from Mountain Sherpa Trekking** *****



Welcome/farewell Dinner with live Cultural Show at typical Nepali Restaurant

Safe Drinking Water

You can get bottled water all the way up to base camp but the price per liter goes higher and multiplies significantly. It is recommended to bring steripen (UV filtration) or iodine tabs for water purification with soft plastic bags so that you can purify the water from local source and make it safe for drinking purposes. At tea houses you will be served with boiled water. And please be noted that don't drink water from local taps and resources as it would prone you to water borne illness and affects the whole trekking journey.

VITAL INFORMATION

Regarding Lukla Flights:

(In July 2019) The Civil Aviation Authority of Nepal has announced that most of the flights to Lukla will operations from Manthali Airport Ramechhap rather than Kathmandu Airport directly. This situation is subject to change and we will notify you and will make flight arrangements accordingly. The Manthali Airport, Ramechhap is 4-5 hour drive from Kathmandu.

Alternatively, you also can fly to Lukla by Helicopter. For Helicopter, it cost additional USD500 Per person one-way flight on sharing basis. Our Airport representative will try to coordinate and form groups at the airport for lukla helicopter arrangement, it is not always 100% guarantee but we try our best. Helicopter flight to Lukla carries maximum of 5 passengers in one shuttle. If you want to fly by Helicopter then please inform us while booking this trek.

As per our pervious experience, Drive to Ramechhap and flight to Lukla is almost always certain unless the flight is canceled due to bad weather conditions.

***** **Travel Insurance** *****

It is a condition of joining any of our holidays that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out delayed departure and cancellation insurance, as all deposits paid are non-refundable.

A relaxed trip is not possible without good travel insurance. In the event of any sickness or injury, the cost of emergency treatment and evacuation is shocking. Therefore, travel insurance is strongly recommended for everyone who signs up with Mountain Sherpa Trekking & Expeditions.

We strongly recommend that you be careful while choosing a policy as some makes special exceptions for adventure travel. Before buying your insurance, please ensure that your insurer is aware of your MSTE itinerary and can agree to cover the activities being undertaken in the trip to Nepal, Tibet, Bhutan & India. Such as if you are planning trekking or

climbing/expedition in Himalayas your insurance must cover emergency air ambulance/helicopter rescue including medical expenses.

For a group tours in urban areas, your insurance coverage of ambulance or helicopter rescue is not mandatory, however better to have with them too. Again, in Tibet, Bhutan & India trips there is no possibility of helicopter rescue, so no need to buy the air ambulance coverage. You need send us your copy of your insurance policy (e.g. your insurance certificate) or carry it with you while you come on the trip.

FAQS

What type of shape do I need to be in, is this trip for me?

Mera Peak is not a technical peak but you need good stamina for a long day effort while climbing it. You can climb Mera peak without any previous climbing experience and skills of using climbing equipment but knowledge on using equipment and previous experience would be beneficial although not mandatory because a pre-ice climbing training is provided to you in Base Camp to make you skillful on using climbing gears such as ropes, ice pick, harness, crampons.

What sort of accommodation can I expect in Kathmandu and Mountain?

We use standard rooms at quality hotels in Kathmandu with breakfast included. Along the trekking routes up to Khare teahouses/lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bon fire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be always outside the room. During Climbing Period, we provide quality Tent with Matters.

What sort of food can I expect on trail?

Most teahouses (lodges) in Mera peak trails cook a delicious range of mostly vegetarian fare. Pasta, tuna bakes, noodles, potatoes, eggs, daal bhat (rice and lentils), bread, soup, fresh vegetables (variety depends on the season) and even some desserts like apple pies, pancakes, and some interesting attempts at custard. You will find a lot of garlic on the menu because it assists with acclimatization – eat some every day. In many larger villages you may find some meat items on the menu. You can always get hot chocolate, tea, and hot lemon drinks, as well as soft drinks, and treats like chocolate and crisps. Each day dinner and breakfast will be at a lodge you'll stay at while lunch will be taken on the way to destination.

Do your guides have Mountain guide license and first aid training for high altitude?

Yes, our entire climbing Sherpa guides have all received 45-day training from the Nepal Mountaineering Association. The guides have also received high altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our Trekking Guides Profiles and Training Certificates.

What opportunities will I have for shower along the trek?

In major places, we arrange guesthouse with hot shower. And in rest of the places, water in bucket will be provided for shower.

Is Mountain Sherpa trekking staff insured?

Our company insures all our staff members, including guides, cooks, Sherpas and porters. Please browse though Company

Information pages to view insurance details

WHY BOOK WITH US

CUSTOMER SERVICE CHARTER:

Mountain Sherpa Trekking & Expeditions are committed to providing excellent service. We will provide all the necessary help and support to ensure an enjoyable trip for you. Where we can, our focus is travelling sustainably to offer you a meaningful and low impact journey through Nepal.

We are committed to remaining honest and transparent to our clients, providing one on one consultation up until departure. We expect our clients to take advantage of this service either face to face or over the telephone/Skype to ensure a well prepared tour, we also provide pre-departure group briefings and look forward to any post-departure feedback. All of our previous clients have been highly satisfied with our service and it is important to us to maintain this in the years to come. Nepal is a land of many surprises and Mountain Sherpa trekking & Expeditions does our best to set the right expectations of the places, people, systems and services you may come across while visiting Nepal.

CARE OF STAFF & PORTERS:

- All of our staff; tour, trekking & Climbing guides, porters and other crew are insured for the journey.
- Our porters are well looked after and our company abides by a maximum carry load of 30kg per porter.
- Our staffs are regularly trained in different skills and competencies that are valuable during the trek or tour.
- Our staff also participates in volunteering activities throughout the year in rural Nepal.

SHERPA CHILDREN EDUCATION FUND:

Mountain Sherpa trekking & Expeditions works closely with one of the main supporters of Mountain Sherpa Foundation, a non-political and non-profit social organization. Our foundation provides much-needed head start scholarships to less fortunate Sherpa children. In Nepal many children grow up in remote mountain villages, deprived of basic education. The Mountain Sherpa Foundation mission is to help the next generation find their way to a brighter future. For every booking of your trip, a small donation is made to this fund to provide full education scholarships to children. So far, we have 7 children in our program, and it grows every year. By doing this, we honor the dreams of our elders to make a better world. Although the Mountain Sherpa foundation is supported by Mountain Sherpa Trekking & Expedition, we always welcome kindness of friends. For more details visit: [Mountain Sherpa Foundation](#)

LOCALS SHERPA GUIDES & STAFF:

Mountain Sherpa Trekking & Expeditions employ expert local Sherpa guides & staff. So, we assure 100% safety & guaranteed successful trip in Himalaya with us. We utilize as many local resources as possible, including local Sherpa guides and produce. With sustainability a main focus of ours, we do promote the new destinations to tourists which will in turn maximize the benefits for the local people of Nepal. We encourage the Nepali locals to preserve their culture and communities by sharing with them the understanding of the benefits of sustainability.