

FLY MERA PEAK 6476m



A challenging expedition set amongst the highest mountains in the world. Set spectacularly at the head of the Hinku Valley, Mera Peak rises in isolation, the highest of Nepal's trekking peaks. Though not technically difficult to climb, the mountain has to be taken seriously because of its height and relative remoteness. The view from the summit is arguably the finest in Nepal, giving views of Everest, Lhotse, Makalu, Cho Oyu and a distant Kangchenjunga.

This expedition takes participants through one of the most continuously interesting areas of the Himalaya. It is an ideal trip for a first taste of Himalayan Trekking, Climbing and Paragliding. It is also a good choice for people on a tight schedule as the duration is 22 days.

After Mera we return to the Khumbu by the most direct route, the 5700m Amphu Lapsa La. This gives an elegant finish to our expedition and provides a highlight to the trip before our leisurely trek out to the airfield at Lukla, and our return flight to Kathmandu.

Adventure Extreme has a great deal of experience in catering for the ambition of trekkers, mountaineers and paragliding pilots so feel free to call us to discuss your special needs on this adventure. You will be accompanied by British Senior Paragliding Instructors. We have been running expeditions to this area of Nepal for 23 years.

TRIP OVERVIEW

Dates	Sunday 29 October – Sunday 19 November 2006 - 22 Days
Cost	£1330.00 (Land price only)
Flight to Lukla	We save many days of walking by flying to Lukla at 3000 meters. Lukla is a small STOL (Short Take Off & Landing) airfield close to our mountain. The flight in and out of Lukla is "interesting" to say the least and probably one of the most spectacular flights in the world.
Walk in	We will be a totally self-sufficient group from the time we leave Lukla until our return to the Khumbu after our crossing of the Amphu Lapsa La. Our trek takes us over the Pangkongma La and through the remote yak pastures of Tuli Kharka, Tashing Ongma and Khare. Allowing time for acclimatisation on the way, we visit interesting side valleys and make exploratory ascents and flights, before setting up our Base Camp.
Base Camp	Our Base Camp will be established on a flat moraine a few hundred metres on the Hongu side of the Mera La at an altitude of 5300 metres. The site has proved to be excellent in the past having both running water and benefiting from the sun in the early part of the day.
The Climb	We will establish a high camp near a rognon on the Mera Glacier at an altitude of some 5900 metres. Our early morning (2.00 a.m.) departure from there should give a spectacular sunrise from high on the mountain flanks. Our route joins the summit ridge between the South and Central Summits. We will bypass the Central Summit on our way to the North Summit the highest at 6476 metres.

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The Flying Suitable for paraglider pilots wishing to experience the thrill of Himalayan flying. The approach to Mera Peak allows for a good amount of flying from the ridges and passes en route and during our time acclimatising to the altitude. Several areas on the final ascent are suitable for take off.

Return We will return to the Khumbu over the high passes of the upper Hinku. Our trek out will take approximately five days - much of it above 5000 metres so it can be a fairly strenuous undertaking. We finally join up with the normal Everest approach route for our return to Lukla and the flight to Kathmandu.

COST INCLUDES

Transfers Between Tribhuvan (Kathmandu) Airport and Hotel. Return.

Hotel Three nights stay in Kathmandu. Tibet Guest House Hotel. Thamel is where it all happens in Kathmandu, and we stay right in the heart of Thamel at the Tibet Guest House Hotel. The hotel set in its own grounds on a cul-de-sac has twin-bedded rooms with en suite facilities. Restaurant, Roof Top Garden, Satellite TV, Internet Suite, Laundry Service and IDD service. This is a very friendly family run business and we have used the hotel for many years and we are sure you too will certainly feel at home here.

Internal Flights Internal flights to and from Lukla are provided.

Trail Accommodation A mixture of camping and Sherpa lodge accommodation for duration of trek.



Porters For duration of expedition (see notes on weight & equipment).

Peak Fee Climbing permits for mountain.

Tents Tents and cooking equipment.

Food All meals for the trek and the ascent of the mountain will be provided.

Instruction Any instruction required will be provided, although participants should already be familiar with basic mountaineering techniques and skills. We offer all required help and assistance to ensure you maximize your enjoyment of this trekking/climbing/paragliding adventure.

Equipment We will provide all communal equipment (see notes).

NOT INCLUDED

International Flights Most of our clients prefer to make their own arrangements in order to achieve the most cost effective travel solution. If you require assistance however, we would be delighted to put you in touch with our contact at Wildwings who can provide fares to Kathmandu starting from around £500.00.

Insurance Suitable travel insurance is obligatory (see notes insurance).

Meals in Kathmandu We do not provide food in Kathmandu as there are large numbers of excellent inexpensive restaurants which you will doubtless wish to try.

Entrance Fees Visits to temples, palaces etc.

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Accommodation	Any additional hotel accommodation over the three nights provided.
Personal Expenditure	Telephone calls, Internet Charges, Laundry Bills, Bar Bills, Equipment Purchase or Rental Charges, etc.
Personal Equipment	(See notes).
Visa	British Passport holders can obtain a visa on arrival at Tribhuvan Airport (\$35 for 30 days), otherwise they can be obtained through the Nepalese Embassy in London or in country of residence.

GENERAL

Kathmandu Most people find Kathmandu to be one of the most interesting and varied places in the world. The normal means of transportation is to rent a bicycle for the day at a cost of about £1. You will find that the bicycle rickshaw is cheap too. (Haggle before agreeing a price!).

You will have no difficulty finding unusual presents for family and friends back home. Of particular interest are Tibetan Rugs and precious and semiprecious stones sold loose in many of the jewellery shops. Traditional silver jewellery is to be found everywhere and is not expensive, so be prepared to be tempted.

Porters It is important that each person travels as lightly as possible, but we will provide porters to carry additional baggage. (People should restrict their equipment weight to what they carry, plus **15 KGs MAXIMUM**) (Paraglider extra). We ensure that our porters are suitably clothed for working on this trip and that they have adequate footwear. You may find your porter to be particularly helpful during the trek, often acting as guide to local points of interest, should this be the case a monetary tip at the end of the trek will be welcome. About £20 is fair, but strictly optional.

Mountaineering and/or Paragliding Options This expedition has a mountaineering/paragliding option included as an objective. This is not obligatory and you may wish to take part in the trek, without the climbing/paragliding element. If you wish to climb you should have basic mountaineering experience, again, we are able to offer specific advice as required. This trip is suitable for CP+ paragliders.

Fitness Although it is not necessary to be an athlete to take part in our trips, a good general degree of fitness is desirable. Some of our climbing expeditions are fairly strenuous, other treks much less so. If you have doubts about suitability of any of our trips for you, please feel free to contact us for individual advice.

Weather During autumn conditions can usually be relied upon to be cold, clear and stable. However, we all know that the weather can sometimes be unpredictable. Generally, we can expect to wear lighter clothing for much of the walk-in. Above 4000 metres, and even lower at night, it gets very cold indeed, so warm clothes are essential.

Equipment If there is some equipment/clothing you do not have, there are lots of rental shops in Kathmandu. Alternatively you can purchase through us at competitive rates.

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Clothing	Lightweight Trousers T-shirts Socks (several pairs) Hat & Gloves Long Johns, Pants & Vests Warm Climbing type Trousers or Salopettes Fleece Jacket or Sweater Windproof Overtrousers and Jacket (Goretex is ideal) Shirts (ski type ideal) Duvet Jacket (as warm as you can get)
Footwear	Good comfortable walking boots for day wear Sandals/trainers for evenings
Equipment	Kit Bag/Rucksack Down Sleeping Bag (5-Season) Good Alpine Sunglasses (Glacial type) Sun Block Cream & Lip Salve Toiletries Head Torch & Batteries Water Bottle Camera - almost essential! Films Telescopic Ski Pole Sleeping Mat/Thermorest Ice Axe and Crampons Plastic Mountaineering Boots (rigid to take crampons) Paraglider for those flying

DOCUMENTATION

Passport	Valid for a minimum of six months after end of trip - visa requirement
Visa	Contact Nepalese Embassy in London or your country of residence or on arrival in Kathmandu for British Citizens
Vaccination Certificate(s)	See you own doctor in plenty of time
Passport Photos	6 Passport photos (for permits)
Travel Insurance	It is obligatory that participants hold valid travel insurance with cover for trekking/climbing/paragliding. It should cover missed departure, medical repatriation, cancellation etc. You can click our link to Harrison Beaumont Insurance Ltd from our website downloads page – they are very experienced in the adventure sport field. You should organize cover as soon as possible in case unforeseen circumstances result in you having to cancel.
Medical	You should bring any medicines you require on a regular basis, together with Lomotil, Aspirin, Plasters etc. Important: Parts of Nepal are Malaria Endemic as is India which you may transit through, so you <u>must</u> obtain an effective anti malarial program and use it under your own doctors advice. We however do not visit these areas during the expedition. We will have a comprehensive medical kit including Gammow Bag as there is a limited amount of medical facilities outside Kathmandu. If you have specific medical problems please feel free to discuss it with us in confidence.

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Money You will find it easy to change Travellers Cheques in Kathmandu, and in villages where there are Banks. We would recommend American Express as there is an office in Kathmandu. Cash will be needed for gift purchases etc. US\$, Pounds Sterling (not Scottish!) or Euros cash notes can usually be changed along the trail but not always. You'll need a little money if you want to buy beer at around £2.00 per bottle! Plus some extra for presents, emergencies and any other unforeseen problems. Credit Cards are NOT widely accepted outside Kathmandu. There are ATM's in Kathmandu.

Confirmation On receipt of your booking we will send you a written confirmation.

Cancellation See Booking Conditions.

Booking Simply fill in the enclosed Application Form and send it with 20% deposit, or the full cost of the trip if you book within 10 weeks of departure, payable to Adventure Extreme, please mark envelope exactly as follows:

**Mrs G McAllister
EXPEDITION PRIORITY BOOKING
Victoria Cottage
Tomintoul
Banffshire, AB37 9ET, UK**

Booking Conditions

Your contract is with Adventure Extreme. you will be additionally liable for the following general well being will be put at risk by Adventure Extreme is a wholly owned cancellation charges: (a) Less than 90 days continuing with the expedition, you may be subsidiary of Adventure Travel International but more than 60 days before the departure asked to leave the trip without the right to Ltd (ATI Ltd) who are registered in Belize No. date: 50% of the expedition price. (b) 60 days any refund.

22391. Registered Office 60 Market Square, or less before the departure date: 100% of 9) Your booking is accepted on the Belize City, Belize. Below are the details of the the expedition price. Please note that if the understanding that you realise the potential terms and conditions of the agreement. reason for cancellation falls within the terms risks and hazards that can be involved in Please read them carefully. When you make of your insurance policy, then any such expeditions of this kind. Adventure Extreme a booking and we accept it a legally binding charges will normally be refunded to you by (ATI Ltd), along with our guides/leaders and contract is made. the insurance company. The insurance anyone else working in association with us

1) A non refundable deposit of 20% for each premium is forfeited on cancellation. cannot be held responsible for any accident person must be sent with the booking form. 5) We reserve the right, in any circumstance or mishap that may occur in connection with The balance of the expedition price is due for to cancel your expedition. However, in no any part of, or services connected with, the payment 10 weeks before the departure case will we cancel your expedition less than expedition.

date. If you book less than 10 weeks before 10 weeks before the scheduled departure 10) Medical vaccinations and other the departure date, full payment must be date. If we do cancel your expedition any preliminary arrangements including all received before the booking can be moneys paid will be refunded. We do not visa/permit procurements are entirely your accepted. If the balance is not paid in time accept liability for damages incurred in responsibility and we accept no responsibility we reserve the right to cancel your respect of any cancellation on any account in the event that these are not completed in expedition and apply the cancellation whatsoever. time for departure.

charges outlined below. 6) All baggage and personal effects are at 11) To take part in one of our expeditions you

2) Our expedition has been costed on a all times at the clients risk. We will not be need to be covered by insurance, which minimum group size of 6. responsible for any loss, damage or accident must include trekking/ climbing/ paragliding,

3) If you wish to make any changes to your to any luggage and property even when missed departure and the cost of repatriation booking once confirmation has been issued, carried by porters. if you become too ill to continue.

notification must be received at least 10 7) It is in the nature of an expedition of this 12) No refund or compensation will be made weeks before the departure date and be kind to be flexible. The day to day agenda or given for any unused feature of the accompanied by a payment of £30 to cover and ultimate goal of the expedition is taken expedition.

administration costs. This extra cost will still as an aim and not as a contractual 13) Neither Adventure Extreme (ATI Ltd) nor apply if we are unable to make the changes obligation. We shall not be responsible for the owners of the services provided will you have requested. Changes made within delays or alterations in the programme or entertain any complaint unless written notice 10 weeks of departure will be treated as a expenses incurred due to international or is given to Adventure Extreme (ATI Ltd) within cancellation of the original booking and the internal flight cancellations, strikes, sickness, 28 days of the end of the expedition.

cancellation charges outlined below will weather, war, quarantine, force majeure, 14) The booking conditions may only be apply re the details of the terms and political closures and disputes. waived by a manager of the company and conditions of the agreement. Please read 8) On an expedition of this nature, it is in writing.

them carefully. When you make a booking necessary for you to abide by the authority of 15) When you sign this booking form you and we accept it a legally binding contract is the leader, who represents Adventure agree to accept all these conditions and made. Extreme (ATI Ltd). Signing our booking form when we accept your booking we agree to

4) If you wish to cancel your expedition, this signifies your agreement to this. If in the carry out our obligations to you as defined in must be done in writing by the person whose opinion of the leader your behaviour is this information pack. This agreement is made name the expedition is invoiced to. If we detrimental to the safety and welfare of the subject to, and must be interpreted and receive notice of the cancellation up to 69 group as a whole or if, in consultation with enforced according to Belize Law.

days before the departure date you will the appointed expedition doctor where merely forfeit your deposit. After that date there is one, the leader considers your

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Please make sure you complete all the sections - print clearly - and sign
MERA PEAK EXPEDITION BOOKING FORM

Full Name: _____

Address: _____

Postcode: _____ e-mail address: _____

Home phone: _____ Work phone: _____

Nationality: _____ Date of Birth: _____

Passport No: _____ Place & Date of Issue: _____

Expiry Date: _____ Insurance Policy & 24
Hour Emergency Tel
No: _____

Next of Kin Contact Name & Tel No in case of
emergency: _____

Flight Arrival Number _____

Date & Time: _____ Departure Date: _____

Please write a brief résumé of outdoor/paragliding
experience: _____

20% Deposit/Full
Payment at 10 weeks or
less enclosed _____

Cheques made payable to Adventure
Extreme.

I accept the conditions as specified in the Booking Conditions

SIGNED: _____ DATE: _____

MARK ENVELOPE:

Mrs G McAllister, EXPEDITION PRIORITY BOOKING, Victoria Cottage, Tomintoul, Banffshire AB37 9ET, UK

Deposit Received:	£	Date:	
Balance Due:	£	Date Due:	
Confirmation Sent:		Balance Received:	£
Equipment Ordered:		Equipment Paid:	£
Equipment Sent to Client:		Received by Client:	