



Mera Peak Ski Expedition Nepal



October 7 - October 27, 2023

\$14 - \$17k Cost

*land costs
(including internal heli and plane flights)*

Difficulty Level: Introductory Ski - No technical climbing or altitude experience is necessary. It is imperative that you are in good physical shape and are able to hike and ski tour in rugged terrain for long days. Each skier should have a solid background in “all-mountain” skiing as variable snow conditions often exist and the skier should have a minimum of 10 days on alpine touring equipment in the backcountry. We are happy to detail physical and technical training programs as needed to get you ready for our introductory high altitude ski expeditions.



Alpenglow is thrilled to be offering a ski expedition in the Himalaya. Our high altitude guides are also big mountain ski mountaineers; the combination of their expertise and high-end logistics that have been a priority of Alpenglow's for over a decade, uniquely positions us to offer international, high altitude ski expeditions. We created this program as a perfect segue for backcountry skiers looking to gain the skills that will enable them to ski higher and/or more technical mountains. This program is for the backcountry skier who wants to become a ski mountaineer, and the ski mountaineer looking to progress to high altitude peaks.

Alpenglow Expeditions' guides have been skiing, climbing, and guiding in Nepal for two decades and believe that visiting the Himalaya with skis on your feet is the ultimate way of experiencing this range. The beauty of the Himalaya will leave you awe-inspired, while the scale will inherently increase your focus, which is essential for true big mountain ski descents.

We have chosen Mera Peak (21,247 feet/6,476 meters) as an ideal place to bring your backcountry skiing to the next level. While it is possible to ski tour the entire route if conditions permit, we will focus on teaching you technical skills that you might not have needed in the backcountry settings you've previously experienced. You will be utilizing ropes for glacier travel and on exposed terrain, while also managing the effects of high altitude. Incorporating these elements and skills with your backcountry skiing experience is a significant step in your progression from "backcountry skier" to "ski mountaineer." During our acclimatization climbs (Chukkung Ri, Kala Patar, Lobuche East) and once on the Mera La glacier, we will be preparing everyone on the team with the skills and knowledge needed not just for these peaks, but for bigger or more technical peaks around the world.

The highest mountains of the Himalaya have long captured the imaginations of people the world over and to be amongst the few who are able to experience them on skis is very special and a proud achievement. While trekking, climbing, and skiing in the Khumbu, it becomes apparent that it's not only the heights to which the giants around you soar that make this place so special; it's the greater picture of the range, including the history, the weather, the people who live there, the biodiversity, and the adventurous people who visit.

While skiing with Alpenglow Expeditions in Nepal, we utilize the same high-level logistics as those used on our major climbing expeditions. With our strong and experienced Sherpa support staff, cook staff, and guides, top-of-the-line equipment, and the best food in the business, you are able to focus your energy on yourself and your surroundings. We carefully arrange our logistics and itinerary, maximizing acclimatization, while also utilizing helicopters in order to complete this expedition in just three weeks. Join us on this very unique trip for the adventure and ski experience of a lifetime!



Mera Ski Expedition Itinerary

Day 1	Arrive in Kathmandu, Nepal (4,600 feet/1,400 meters). We transfer to our hotel, and begin the process of getting over jetlag. (Monday)
Day 2	Explore Kathmandu. Today we explore some of Kathmandu's most famous sites. These include Swyambunath (the Monkey Temple), Pashupati (Nepal's largest Hindu temple), Boudanath (Kathmandu's most important Buddhist temple) and the old city's original central square, Durbar. We also have our first team meeting, and organize our gear.
Day 3	Fly by plane from Kathmandu to Lukla (9,000 feet/2,743 meters), continue by helicopter to Namche Bazaar (11,300 feet/3,444 meters). We fly over the foothills of Kathmandu and then follow the Khumbu Valley to the town of Namche. This is one of the most beautiful and memorable mountain flights in the world.
Day 4	Rest in Namche Bazaar. Namche is a vibrant town and perhaps the most important in the Khumbu Valley. It is filled with fun shops, great bakeries, and colorful winding streets. We also visit the local monastery and the Sherpa Museum of Culture and Himalayan Climbing History. The museum's exhibits chronicling Sherpa climbing history are not to be missed.

Day 5	Trek Namche Bazaar to Phortse (12,450 feet/3,800 meters), 4 hours. Phortse is home to most of Alpeglow's Sherpa team. It is an incredible mountain town perched on the walls of a massive river valley and sees almost no Western visitors.
Day 6	Trek Phortse (12,450 feet/3,800 meters) to Dingboche (14,800 feet/4,530 meters), 5-7 hours. We begin today's trek far from other trekkers on the trail from Phortse to upper Pangboche. In Pangboche we visit the oldest monastery and temple in the region and explore its paintings and statues. We may be fortunate enough to receive blessings from the local lama. Once finished, we continue hiking to Dingboche, a small seasonal town perched at the base of Lhotse's South Face that has incredible views of Ama Dablam.
Day 7	Climb of Chukkung Ri (17,600 feet/5,364 meters), 6-8 hours round-trip. Chukkung Ri is not glaciated, but provides an excellent way for us to gain additional acclimatization, as well as stunning views of Lhotse's South Face and the huge glaciers filling the Amphu Valley. In the afternoon we return to our lodge in Dingboche in time for a late lunch and some time relaxing in the sun. As needed, this day also makes for a great rest and recuperation day.
Day 8	Trek Dingboche (14,800 feet/4,530 meters) to Lobuche (16,109 feet/4,910 meters), 4-6 hours. We take our time and move slowly as we move considerably higher in the valley. The walk to Lobuche follows a high plateau with beautiful views of the surrounding peaks and yak herders' huts, before crossing a small river and climbing steeply above the town of Dughla to the Everest memorial zone. Here there are stone memorials and plaques to many of the local and international climbers who have been lost climbing Everest and the Khumbu's other big peaks. After some time here to take in the beauty of this place, we continue up the valley to Lobuche.
Day 9	Climb Kala Patar (18,192/5,164 meters) and return to Lobuche. Summiting Kala Patar is a non-technical but strenuous hike on good, generally snow-free, trails. The views of Everest from its summit are the best anywhere in Nepal, and well worth the hard hike.
Day 10	Practice skills and rest.
Day 11	Climb to Lobuche high camp (17,716 feet/5400 meters). The route from Lobuche climbs out of the valley on a progressively steepening scree slope. Eventually, we cross a series of rock bands (fixed ropes) before reaching this beautiful camp perched below Lobuche's glacier and summit.

Day 12	Summit day on Lobuche East (20,075 feet/6,119 meters). (Possible ski; conditions dependent.) We start early, climbing through rock slabs and steps. When we reach the glacier, from there steep snow and ice takes us to the final knife edge summit ridge. After enjoying the views we reverse our route and descend all the way to the town of Lobuche.
Day 13	Rest, heli to Khare (15,285 feet/4,660 meters). In Khare, we are now above tree line, leaving us with incredible views of our main objective, Mera Peak.
Day 14	(Possible heli contingency day) Rest in Khare.
Day 15	To Mera base camp (17,766 feet/5,415 meters). Today we hike/skin to base camp, getting our legs back underneath us, and reviewing techniques along the way.
Day 16	Skin to Mera high camp (19,030 feet/5,800 meters). For today's move to high camp, we are able to spend most of the time skinning. As we approach our camp, we are rewarded with stunning views of some of the world's highest peaks, including Everest, Lhotse, Cho Oyu, Makalu, and Ama Dablam.
Day 17	Mera Peak (21,247 feet/6,476 meters) summit day and ski! Return to Khare. We skin for as long as possible today before changing over to crampons if necessary for the final portion of the ascent. We then descend 4,000+ foot (1,220 meter) on skis, providing us with the ski experience of a lifetime! Every time we stop to catch our breath, we will be staring at the peaks that give the Himalaya its fame.
Day 18	Summit and ski contingency day.
Day 19	Heli to Lukla, continue by plane to Kathmandu. This 45-minute flight begins with one of the most exciting takeoffs in the world. Once airborne the flight offers incredible views of the mountains, the foothills, and finally the city. After landing in Kathmandu we return to our hotel for an afternoon of celebration, great food, and perhaps much needed massages. Night in hotel.

Day 20	Contingency day for flights from Lukla to Kathmandu. Since the flights to and from Lukla are often delayed or cancelled due to bad weather in the mountains, this is an essential extra day. If we arrived back in Kathmandu on time, this day can be used for sightseeing in the city, shopping for souvenirs, or sleeping in and enjoying the fantastic pool at the hotel.
Day 21	Depart Kathmandu for home. After a final group breakfast, return to the airport to catch international flights home. (Sunday)



877-873-5376 | PO Box 3122 | Olympic Valley | CA | 96146
alpenglowexpeditions.com | info@alpenglowexpeditions.com