

# Mera Peak

# Climb

## 2023 & 2024



[actionchallenge.com](https://actionchallenge.com)



actionchallenge  
challenge events worldwide



## About Us

# Action Challenge

**We are Action Challenge, and we bring people together through challenge & adventure.**



Since 1999 we've organised inspirational challenge events & adventures in the UK and Worldwide, for individuals to join, and for groups, companies & charities. Take on a challenge just for yourself, or link it to a special cause and fundraise – so far our events have raised over £90 million for charities. Now is the time to set new goals, to re-energise, and to get active!

We have over 40 UK & overseas challenge events that you can sign up to now – ranging from a meandering 25 km Thames Path walk, to conquering a mighty Himalayan peak. Take on an unforgettable group adventure and push yourself further! We welcome individuals, couples, or groups of friends & family – and you can self fund, or link your challenge with fundraising for a chosen charity.



Few experiences bring a group closer together than an outdoor adventure which challenges comfort zones, builds resilience & understanding, and forges respect & friendships. If you have a group, you can join one of our 40 or so scheduled events, or if you want something special – we can craft a bespoke itinerary or plan a unique challenge event to meet your objectives and get your team energised!

# Why Choose Us?



## 100% ATOL PROTECTION

We are 100% ATOL (Air Travel Organiser's Licence) bonded - ATOL number 6296. Offers full financial protection by the CAA (Civil Aviation Authority) for clients who have booked package trips, including flights.



## UK LEADERS & MEDICS

Every challenge is managed & led by one of our expert UK Qualified & trained Mountain Leaders, working alongside them will be a UK Medic whom has experience of expeditions & group challenges.



## EXPERIENCED LOCAL TEAMS

Our hand picked local teams & crew know the routes like the back of their hands! You will be fully supported by the experts - who will also teach you about the destination, people, culture & history!

## 4 THE GROUP EXPERIENCE

Join as an individual, couple, or group of friends - we bring people together and create an atmosphere where each person is supported, motivated & encouraged through the trip. Sharing adventures together we have a lot of fun!

## 5 TRAINING & SUPPORT

Once you've signed up to the challenge, you'll be supported by our teams with specifically designed training plans, a challenge app, an invite to join our Facebook group & options to join us on training walks & challenge briefing. By the time you are due to travel you'll be ready & raring to go!

## 6 OUR ITINERARIES

**OVER 20+ YEARS OF EXPERIENCE BRINGS YOU THE BEST ITINERARIES & DESTINATIONS**

## 7 QUALITY ASSURED VALUE

We pride ourselves on selecting the best local teams, hotels (always 3\*+), restaurants & guides so you can experience the best each destination has to offer. A highlight will certainly be our final celebratory meals & party at a fantastic venue!

## 8 OUR CLIENTS

We've taken teams from Harrods, Blackrock, HSBC and more to the summit of Kilimanjaro, and have also run events here in the UK for companies such as Tesco, British Gas and M&S. We've got over a decade of experience of working with organisations of every size. Our team of experts will work with you to ensure that your event is a success, achieving your goals and leaving a lasting impact.

## The Challenge



# Mera Peak Climb

## Breath-Taking High Altitude Challenge

On this 20 day Himalayan adventure we spend 15 days trekking. We start our challenge with a flight into Lukla, before trekking through beautiful forested hillsides and over several passes before climbing up to the Mera La. At our base camp we are instructed in the use of ice-axe and crampons before we establish a high camp on the Mera Glacier at 5,800m. The summit climb takes the north face glacier in a steady, exposed and exciting rise to the final ridge and onto the top. The views from Mera's upper slopes include 5 of the highest 8000m peaks, it's simply breath taking. After the climb we descend by the direct route across a dramatic ridge to Lukla and fly back to Kathmandu for our group celebrations.

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## **DAYS 1-5 - ARRIVE IN NEPAL & HEAD TO THE MOUNTAINS**

Once arrived in Kathmandu airport on day 2 we transfer by coach to our comfortable Hotel. On arrival we have a briefing from our guides and a last check over our kit.

Day 3 we head again to the airport, this time to take our short and scenic flight into Lukla, the gateway to the Khumbu Valley. This is the start of the 15 days trekking towards our ultimate goal- the summit of Mera Peak.

We trek past small communities and villages, crossing high wire bridges over the raging river, surrounded by towering peaks. By day 5 we arrive in Najing Dingma, in the Hinku valley.

Meals: All meals starting from dinner on day 2

Accom: Hotels and Teahouses

## **DAY 6-11 - THE APPROACH TREK**

Leaving Najing Dingma we head further up the Hinku Valley towards Khare, the small settlement beneath the slopes of Mera Peak. Each night we'll stay in a local teahouse, experiencing the famous Sherpa Hospitality.

Meals: BLD Accom: Teahouses

## **DAYS 12-14 - THE SUMMIT OF MERA PEAK**

Days 12&13 are spent heading towards Base Camp and onwards to High Camp. Upon arriving at the Mera La and High Camp the views really open up; with Kanchenjunga, Makalu, and Chamlang to the East, Kantega and Cho Oyu to the West and Everest rising up to the north. On day 14 we start the summit attempt with a hot cup of tea at around 2am, before heading out with our ice axes and crampons ready. We then reach a snow ridge before the slope steepens just before dawn and the peak comes into view. The summit is only a few metres away, we make the final ascent and take in an unforgettable moment. We have a panorama across the Himalayan peaks, it can only be seen from this peak with 5 of the 6 highest peaks visible. We spend a short time taking it all in, before descending down to our base camp at Khare, where we celebrate.

Meals: BLD Accom: Tents



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## DAYS 15-17 - THE LONG DESCENT

Three long trekking days take us back down towards Lukla. It's tough going, but the breath taking views and cultural sights take your mind off the challenge. The thicker air of lower altitudes is very welcome, but the Zatrwa La Pass give us one more spectacular challenge before arrival to the comforts (and bakeries) of Lukla!  
Meals: BLD Accom: Teahouses

## DAYS 18 - RETURN TO KATHMANDU

This morning, we take a local flight back to Manthali airport, and from there, transfer back to Kathmandu. Here we enjoy a decent shower and sit down for our last meal together; a celebration of our great achievement and a toast to our new found friends!  
Meals: B,L,D Accom: Hotel

## DAY 19 - KATHMANDU

Today is a spare day and has been added to the itinerary as contingency in case of weather delays earlier in the challenge. Kathmandu is bouncing back after the earthquake in 2015 and it is a great time to visit; you are free to explore the markets to pick up last minute souvenirs, visit traditional temples, including the Monkey Temple for fantastic views of the city or take some time to rest after the challenge.  
Meals: B Accom: Hotel

## DAY 20 - DEPARTURE DAY

We will catch our return flight to the UK today. Depending on flight time, you may land back in the UK the following day.  
Meals: B



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### INCLUSIONS

- Fully supported 20 day group challenge
- UK qualified medic
- Full support team, including local guides
- International flights and air travel taxes
- Action Challenge trek leader
- All accommodation, twin share - hotels / tea house / camps
- All meals with the group; including breakfast, lunch and dinner
- National Park entrance fees
- Day in Kathmandu ended with a celebratory dinner
- Pre event support including discounted training weekends

### DATES & PRICES

Visit website for dates in 2023 & 2024

### PAYMENT OPTIONS

An online Registration Deposit is required to secure your place on this challenge. Once registered, there are 3 payment options available to cover the remaining cost of your trip.

### SELF FUNDING

You pay the registration deposit, and then the full final balance directly to us.

### CHARITY SPONSORSHIP

You pay the registration deposit & fundraise twice the amount of the final balance. Your chosen charity pays us the final balance from this fundraising.

### MIXED FUNDING

A bit of both. You pay the deposit and split the final balance with your chosen charity. You will fundraise twice the amount that the charity is due to pay.



# Contact Us

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