

Khongma Tse (Mehra Peak): High-Altitude Technical Climbing Expedition in Nepal

Overview:

Khongma Tse (Mehra Peak) at 5,849 meters is a spectacular alpine climbing peak located in the Khumbu region of eastern Nepal, within the majestic Mahalangur Himal range. Rising above the remote valleys between Lobuche, Imja Valley, and the Kongma La Pass, the peak offers an exceptional Himalayan experience surrounded by glaciers, rugged ridges, and breathtaking views of some of the world's highest mountains.

Although classified as a trekking peak by the Nepal Mountaineering Association, Khongma Tse is a demanding alpine objective that requires previous climbing experience, strong physical preparation, and good knowledge of high-altitude environments. The ascent involves glacier travel, steep snow slopes, exposed ridges, and changing mountain conditions. Climbers should be comfortable using essential mountaineering equipment such as crampons, ice axes, and ropes, as the route can become technical depending on weather and snow conditions.

The expedition follows the classic Everest region approach through the beautiful Sherpa settlements of Khumbu before entering a quieter and more remote alpine landscape. The journey passes through dramatic valleys, glacial terrain, and high mountain passes, gradually preparing climbers for the challenges of the summit. The approach toward Khongma Tse provides an excellent combination of cultural experience, acclimatization, and Himalayan adventure.

The summit day is the highlight of the expedition, requiring an early start and careful progress through high-altitude terrain. After reaching the summit of Khongma Tse, climbers are rewarded with incredible views of Everest, Lhotse, Nuptse, Ama Dablam, Pumori, and the surrounding Himalayan peaks. The descent continues with an impressive high-altitude traverse over the Khongma La Pass (5,535m) before reaching Chhukung, making this section one of the most memorable journeys of the climb.

Proper acclimatization, teamwork, and respect for the mountain environment are essential for a safe and successful ascent of Khongma Tse. The combination of technical climbing, remote alpine landscapes, and a challenging summit traverse makes this peak a rewarding objective for experienced climbers looking for an authentic Himalayan adventure.

Khongma Tse (Mehra Peak) is an excellent choice for those seeking a less-crowded and adventurous climb in the Everest region. With its dramatic setting, demanding terrain, and spectacular summit views, it represents the true spirit of Himalayan exploration.

Quick facts:

Cost: USD per Person

Destinations: Lukla / Namche / Khongma Tse Peak / Chhukung

Duration: 16 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Strenuous

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 5,849 m

Activities: Hiking, Trekking, & Climbing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight at the hotel.

□ **Day 3: Fly to Lukla (2,840m) and Trek to Phakding (2,610m): Walking distance: 8km | 3 – 4 hours**

After an early breakfast, we will fly from Kathmandu (1,400 m / 4,600 ft) to Lukla (2,840 m / 9,317 ft). The short 35-minute flight offers spectacular views of the Himalayas, and landing on the hillside airstrip is an adventure in itself, with mountains towering on all sides and a steep drop at the end of the runway. The crisp mountain air and dramatic landscapes make it clear that we have entered the heart of the Everest region.

From Lukla, we will start our trek along a gentle trail towards Cheplung Village, enjoying the striking views of Mount Khumbila. The path then gradually descends through the Dudh Koshi River valley as we make our way to Phakding (2,610 m / 8,563 ft). Surrounded by lush hills and offering panoramic views of Kusum Kanguru, Phakding is a charming village with comfortable lodges that serve trekkers. The trek from Lukla to Phakding is approximately 8 km (5 miles) and takes around 3–4 hours, providing a relaxed start to acclimatize and soak in the Himalayan scenery. Overnight at a guesthouse in Phakding.

Note: The weather in Lukla is highly unpredictable. Occasionally, flights may be delayed or canceled due to adverse weather conditions. If a flight is canceled, you will need to return to your hotel in Kathmandu. Please note that transportation back to the hotel and accommodation for this night are not included. If the weather clears the next day, you will be accommodated on either the 3rd or 4th flight to Lukla. If conditions remain unfavorable, there is also an option to take a helicopter flight. The cost of a helicopter flight is not fixed and will be quoted by the airline on the same day. You should expect to pay an additional approx. 250 USD for the helicopter transfer from Kathmandu to Lukla. Although such situations are rare, we believe it is important to inform you in advance.

▣ **Day 4: Trek from Phakding to Namche Bazaar (3,440m) : Walking Distance: 10 – 12 km | 5 – 6 hours**

We will start our trek from Phakding (2,610 m / 8,563 ft) and follow the trail along the Dudh Koshi River, passing through traditional Sherpa villages and suspension bridges. The trail gradually ascends through pine and rhododendron forests, offering beautiful views of the surrounding hills and mountains. We will cross several small settlements before reaching Monjo (2,835 m / 9,301 ft), where we may stop for a short break. Continuing uphill, we will climb steeply to Namche Bazaar (3,440 m / 11,286 ft), the main trading hub of the Khumbu region. The trek covers approximately 10-12 km and takes around 5–7 hours, making it a moderate to challenging day that helps with acclimatization. Along the way, we will enjoy panoramic views of Thamserku and Kongde Ri, and take in the lively atmosphere of Namche Bazaar, surrounded by dramatic Himalayan peaks. Overnight at a guesthouse in Namche Bazaar.

▣ **Day 5: Trek from Namche Bazaar to Khumjung (3,790 m): Walking distance : 7 – 8km | 3 – 5 hours**

We will begin our trek from Namche Bazaar (3,440 m / 11,286 ft), leaving behind the lively Sherpa town as we follow a gently ascending trail along the hillside above the Dudh Koshi Valley. The path offers a comfortable and scenic walk, with unfolding views of iconic Himalayan peaks such as Ama Dablam (6,812 m / 22,349 ft) and Thamserku (6,623 m / 21,729 ft). Passing through Syangboche (3,780 m / 12,402 ft), the landscape opens into wide yak pastures and quiet highland terrain.

After approximately 2–3 hours of trekking, covering around 3.5–4.5 km (2.2–2.8 miles), we will arrive at Khumjung (3,790 m / 12,434 ft), a serene Sherpa village nestled beneath the sacred peak of Khumbila (5,761 m / 18,901 ft). Here, we will have time to explore the village and take in the peaceful mountain atmosphere.

Overnight at a guesthouse in Khumjung.

▣ **Day 6: Trek from Khumjung to Pangboche (3,985m): Walking distance: 10 – 12 km | 5 – 7 hours**

We will begin our trek from Khumjung (3,790 m / 12,434 ft), descending through quiet Sherpa villages and rejoining the main Everest trail near Namche Bazaar. The path then contours along the mountainside, offering breathtaking views of Ama Dablam (6,812 m / 22,349 ft) and Lhotse (8,516 m / 27,940 ft).

Continuing onward, we descend to Phunki Tenga (3,250 m / 10,663 ft) before a steady climb through forest to Tengboche (3,860 m / 12,664 ft), home to its renowned monastery. From here, the trail descends and gradually ascends along the Imja Valley.

After approximately 5–7 hours of trekking, covering around 10–12 km (6.2–7.5 miles), we will arrive at Pangboche (3,985 m / 13,074 ft), a traditional village set beneath the towering Ama Dablam, where we can relax and take in the alpine surroundings.

Overnight at a guesthouse in Pangboche.

▮ **Day 7: Trek from Pangboche to Dingboche (4,410m): Walking distance: 5 – 6 km | 3 – 4 hours**

We will begin our trek from Pangboche (3,985 m / 13,074 ft), following a gradual ascent along the Imja Valley as the landscape becomes more open and alpine. The trail climbs steadily above the tree line, offering close-up views of Ama Dablam (6,812 m / 22,349 ft) and surrounding Himalayan peaks, while passing through scattered yak pastures and small seasonal settlements.

Continuing along a gentle but steady incline, we cross a bridge and move through the windswept terrain of Somare (4,010 m / 13,156 ft), before the valley widens into a broad, glacial landscape. The climb remains manageable, making it an important acclimatization day as we gain altitude gradually.

After approximately 3–4 hours of trekking, covering around 5–6 km (3.1–3.7 miles), we will arrive at Dingboche (4,410 m / 14,469 ft), a scenic village surrounded by stone-walled fields beneath towering peaks. Upon arrival, we can rest and take in the expansive mountain views. Overnight at a guesthouse in Dingboche.

▮ **Day 8: Acclimatization / Exploration at Dingboche**

This day is set aside for acclimatization in Dingboche (4,410 m / 14,469 ft), giving our bodies time to adapt to the higher altitude while staying gently active. Rather than remaining idle, we will take a short hike above the village to support the acclimatization process and enjoy expansive Himalayan views.

A recommended ascent is toward Nagarjun Hill (approximately 5,000 m / 16,404 ft), rising above Dingboche. The climb is gradual but noticeably more demanding due to the altitude, rewarding us with sweeping panoramas of Ama Dablam, Lhotse, Makalu, and the surrounding Himalayan range. After spending time at the viewpoint, we descend back to the village.

The excursion takes around 3–4 hours round trip, covering approximately 3–4 km (1.8–2.5 miles). The remainder of the day is free for rest, exploration, and preparation for higher elevations. Overnight at a guesthouse in Dingboche.

▮ **Day 9: Trek from Dingboche to Khongma Tse Peak Base Camp (5,400 m): Walking distance: 6 – 8 km | 5 – 6 hours**

Setting out from Dingboche (4,410 m / 14,469 ft), we begin our ascent towards the high alpine zone of the Kongma La region, heading in the direction of Khongma Tse (Mehra Peak). The trail gradually leaves the main Imja Valley and enters a more remote and rugged section of the Khumbu Himal.

The route initially follows a steady uphill path through open yak pastures and glacial moraine, with increasingly dramatic views of surrounding peaks such as Lhotse and Ama Dablam in the distance. As we gain elevation, the landscape becomes more barren and alpine, with rocky terrain and scattered scree replacing vegetation.

Continuing higher, we traverse toward the Kongma La side, where the environment becomes increasingly isolated and exposed. The air is noticeably thinner, and progress is slower due to altitude and uneven ground. The route offers a true expedition feel, with no permanent settlements along the way.

After a sustained climb, we reach Khongma Tse Base Camp (approx. 5,200–5,400 m / 17,060 – 17,716 ft), situated in a high glacial basin beneath the peak. The trek covers approximately 6 – 8 km (3.7 – 5 miles) and takes around 5 – 6 hours, depending on conditions and acclimatization pace. Overnight at tented camp in Base Camp.

▮ **Day 10: Acclimatization day at Base Camp**

At Khongma Tse (Mehra Peak) Base Camp (approx. 5,400 m / 17,716 ft), we spend an acclimatisation day to allow the body to properly adjust to the high altitude before moving towards higher camps or summit preparation. This rest day is an essential part of safe expedition progression in the Khumbu region.

After a relaxed breakfast, we undertake a short acclimatisation hike around the surrounding glacial terrain. The walk involves gradual elevation gain over moraine ridges and rocky slopes, helping improve circulation and adaptation to the thin air. The surrounding environment is stark and dramatic, with close views of nearby Himalayan giants such as Mount Everest, Lhotse, and Nuptse.

We return to base camp for rest, hydration, and equipment preparation. The afternoon is kept light, focusing on recovery, weather assessment, and technical briefing for the upcoming climbing stages. Overnight at tented camp in Base Camp.

▮ **Day 11: Summit Khongma Tse (Mehra – 5,849m) to Chhukung (4,750m) via Khongma-La Pass (5,535m): Walking Distance: 10 – 12 km | 7 – 10 hours**

From Khongma Tse (Mehra Peak) Base Camp (approx. 5,400 m / 17,716 ft), we begin the summit push in the early hours of the morning, moving steadily through cold and exposed high-altitude terrain. The ascent starts on rocky and icy slopes, requiring careful movement and the use of fixed lines as we gain elevation toward the summit ridge.

As we climb higher, the route becomes more technical with mixed snow and rock sections. The air is thin and progress is slow but controlled, with increasingly expansive views of the surrounding Khumbu Himalayas, including Mount Everest, Lhotse, and Nuptse.

After several hours of sustained climbing, we reach the summit of Khongma Tse (Mehra Peak) (5,849 m / 19,189 ft), where we enjoy panoramic views of the Everest region and surrounding Himalayan giants. Following a short celebration and photo stop, we begin a careful descent toward the Kongma La side.

We continue down to Khongma La Pass (5,535 m / 18,159 ft), a high and exposed crossing point between the Khumbu Valley and Chhukung Valley. From the pass, the trail descends steeply over rocky moraine and glacial debris into the Imja Valley.

The descent continues steadily until we reach Chhukung (4,730 m / 15,518 ft), a small settlement surrounded by dramatic peaks and glaciers. Overnight at a teahouse in Chhukung.

□ **Day 12: Trek from Chhukung to Tengboche (3,860m): Walking Distance: 16 – 18km | 7 – 9 hours**

We will begin our trek from Chhukung (4,730 m / 15,518 ft), leaving the quiet Imja Valley surrounded by towering Himalayan walls. The morning starts on a wide alpine path, gradually descending toward Dingboche (4,410 m / 14,469 ft), where the landscape begins to open and feel more familiar again.

From Dingboche, the trail continues down the main Everest route, following a steady descent through open valleys and small settlements. As we lose altitude, the air grows richer, and the terrain slowly shifts from rocky alpine ground to softer slopes with patches of vegetation.

The path then winds through the Khumbu valley, crossing suspension bridges and passing traditional villages before the final climb up to Tengboche (3,860 m / 12,664 ft). Set beneath the dramatic peak of Ama Dablam (6,812 m / 22,349 ft), Tengboche welcomes us with its monastery and peaceful mountain atmosphere.

The trek covers approximately 16 – 18 km (9.9 – 11.2 miles) and takes around 7 – 9 hours, with an overall descent of about 870 m (2,854 ft). Overnight stays at a guesthouse.

□ **Day 13: Trek from Tengboche to Namche Bazaar(3,440m): Walking distance: 9 – 11 km | 5 – 6 hours**

We will begin our trek from Tengboche (3,860 m / 12,664 ft), leaving behind the peaceful monastery village set beneath the towering peak of Ama Dablam (6,812 m / 22,349 ft). The morning trail starts with a gentle descent through rhododendron and pine forests, where the air feels noticeably warmer and richer compared to the high alpine zones above.

As we continue, the path winds down toward the Dudh Koshi River, crossing suspension bridges and passing small settlements along the valley floor. The sound of flowing water and movement of village life gradually replaces the silence of the higher mountains.

From here, the trail begins a steady climb back up toward Namche Bazaar (3,440 m / 11,286 ft). The final ascent is gradual but steady, offering rewarding views back across the valley we have descended through over the past days.

The trek covers approximately 9 – 11 km (5.6 – 6.8 miles) and takes around 5 – 6 hours, with a net elevation loss of about 420 m (1,378 ft). Overnight at a guesthouse in Namche Bazaar.

▮ **Day 14: Trek from Namche Bazaar to Lukla (2,860m): Walking distance: 17 – 19 km: 6 – 7 hours**

We will begin our final trekking day from Namche Bazaar (3,440 m / 11,286 ft), leaving behind the bustling heart of the Khumbu region. The trail starts with a steep descent on stone steps, dropping quickly into the Dudh Koshi valley, where suspension bridges stretch across the river and prayer flags mark the way forward.

From here, we continue through familiar villages like Monjo and Phakding, walking along a well-established riverside trail. The forest grows denser again in the lower sections, and the air becomes noticeably warmer and heavier as we lose altitude.

The final stretch includes a gradual climb back up to Lukla (2,860 m / 9,383 ft), where the landscape opens and the familiar airstrip town comes into view. It feels like a full circle moment, returning to where the journey first began. Overnight at a guesthouse in Lukla.

▮ **Day 15: Fly back from Lukla to Kathmandu: 30 – 40 minutes**

We will begin our return journey from Lukla (2,860 m / 9,383 ft), where the final moments in the Himalayas feel quiet and reflective. After completing the Khongma Tse (Mehra Peak) expedition, this departure marks the completion of a journey through high passes, glacial landscapes, and remote valleys of the Khumbu region.

The short flight from Lukla to Kathmandu (1,400 m / 4,593 ft) lifts us away from the mountains for the last time. As the aircraft takes off and climbs above the valley, the towering peaks gradually fade into the distance, replaced by rolling hills, river gorges, and scattered settlements far below.

The flight covers approximately 138 km (86 miles) and takes around 30–40 minutes, depending on weather conditions. In less than an hour, we transition from the silence and grandeur of the high Himalayas to the vibrant energy of the Kathmandu Valley.

Upon arrival in Kathmandu, you will be transferred to your hotel. The remainder of the day is free for rest, relaxation, or personal exploration of the city. Overnight stay at hotel.

▮ **Day 16: Departure day:**

Today marks the end of your Khongma Tse (Mehra Peak) expedition. Depending on your flight schedule, you will be transferred from your hotel in Kathmandu (1,400 m / 4,593 ft) to Tribhuvan International Airport for your onward journey.

This is a moment to reflect on the remarkable experience in the Khumbu region high-altitude trekking, technical climbing, glacier travel, and the unforgettable landscapes of the Everest Himalayas. From remote alpine camps to the summit of Khongma Tse, the journey has offered both challenge and achievement in a truly Himalayan setting.

Safe travels as you depart from Nepal, carrying with you lasting memories of the mountains, the adventure, and the spirit of the Himalayas.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Round-trip flights between Kathmandu and Lukla
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Khongma Tse Peak Climbing Permit and Royalty fee
- ☒ Sagarmatha National Park Entry Permit
- ☒ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Summit bonus to Climbing Guide
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadvise, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.