



## Mera Peak Trekking & Climbing

<b>Trip code</b>	
<b>Package name</b>	Mera Peak Trekking & Climbing
<b>Duration</b>	19
<b>Max. elevation</b>	6476 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Domestic flight (Kathmandu - Lukla - Kathmandu) and airport transfer by private car.
<b>Accommodation</b>	3***hotel, Lodge and Camping twin sharing bed basis during the trek and climbing session.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Lukla - Paiyan - Panggom - Ramailo Dada - Chhatra Khola - Kothe - Thangnak - Khare - Mera Base Camp - Mera High camp - Summit - Khare - kothe - Thuli Kharka - Lukla.
<b>Cost</b>	USD 2,220 per person

### Highlights

- Nepal Highest Trekking Peak.
- Test your mountaineering skills to climb the summit of 6,461m.
- Witness the 360-degree panoramic view of the glorious mountains
- Explore the Sherpa people and their unique lifestyle every day in the mountains
- Climb the highest trekking peak in Nepal with an experienced local Sherpa crew
- Trek through the Khumbu Valley and the rarely visited Hinku Valley.
- En route cross a beautiful high mountain pass of Zatrwa La and several glaciers
- Close up views of five 8,000 meter peaks from the summit - Mount Everest, Kanchenjunga, Lhotse, Cho Oyu, and Makalu.

## Overview

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Lying at 6,476 meter, Mera Peak is renowned as one of the highest peak located in Makalu Barun National Park. Situated 21,247 feet above the sea level, this peak lies between the mighty peak of Mount Everest and Mont Blanc. It rises to the south of Everest and dominates the cut- between the wild and heavily wooded valleys of the Hinku and Hongu Drangka and is not truly speaking part of the Khumbu Himal. The path moves all the way through the pristine rhododendron, silver fir, oak forest etc. En-route, you can see Mera Glacier and striking alpine lake. Also, Mera Peak trek will provide you with the typical Sherpa society of the Solukhumbu which will be a daydream experience. Mera Peak also has some crevasses all around, and the path can be challenging. Unique Adventure will assist you to see Mt. Everest (8848m.), Lhotse (8516m.), Cho-Oyu (8201m.), Makalu (8463m.), Nuptse (7855m.), Kanchenjunga (8586m.) and Chamlang (7319m.) amongst many others; different community of Sherpa, Tamang, Brahman, Chhetri, Newar and great Himalayan scenery.

This ultimate Himalayan trekking and climbing holiday begins with a short and exciting flight to the mountain airstrip of Lukla. The walk is initially through the virgin forest of the Hinku Valley is incredibly beautiful and provides excellent acclimatization for the peak itself. We will walk all along a high, rocky edge via dense forests and cross several rivers before reaching at the pass and then takes us to the rural Hinku Valley. Trekking in this untamed land of Himalayan is indeed an impressive experience. You will walk around the giant moraine and the stunning glacial lake lying north of the village. We will move forward to Khare and install camp. Our way up now will follow the glacier that takes us to Mera la (5,415m.) and on to the high camp of Mera Peak. Although physically very demanding on account of the altitude, the climb on Mera Peak is not technically difficult as ascending snow slopes rarely exceed 40 degrees. The only qualification you need to ascend Mera peak is your excellent physical fitness and an extrovert sense of adventure. From high camp, we can witness a heart sweeping view of Kanchenjunga, Makalu and Chamlang to the east, to the north you will see Everest and Lhotse and Cho-Oyu and Amadablam to the west. The panoramic view seen from our Mera High Camp is truly breathtaking and probably one of the best of its kind. The summit day starts early in morning and we approach the summit by the northern route – this involves gradual climb with an outstanding mountain panorama always in sight. After that we will return back down the valley to Lukla for our flight back to Kathmandu.

Our Mera Peak climbing itinerary has been carefully designed to use longer and less trodden trails with gradual ascents to ensure proper acclimatization and we are confident that by this route you will achieve it. We have many years of experience in planning and organizing such expeditions and use our expertise to ensure that you have every possible chance of success climbing Mera Peak and glorying in reaching the summit of your dreams. We organize the climbing training course covering various aspects of climbing techniques and skills, glacier travel, rope fixing, ascending and descending before the summit push to ensure all of you have necessary climbing skills and confidence to scale the summit successfully.

### **Mera Peak Trekking & Climbing Route:**

There are three different routes to ascend Mera Peak, and each of the routes is uniquely difficult or easy. The route one runs via Lukla- Zatr La Pass - Tagnag- Mera Base Camp- High Camp- Summit. This particular route is the shortest but difficult route.

Similarly, the second route is via Lukla- Paiya- Thongnak- Khare-Base Camp- High Camp- Summit. This track is much easier than the earlier route. Therefore, the difficulty level of Mera peak climb is also differentiable with the routes. and also by taking Jeep from Kathmandu - Bung ( Khiraule village) via Panch Pokhari trail to get Kothe (Kothe will be the junction point) for Mera peak.

## **Trip Itinerary**

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### **Day 1 : Arrival in Kathmandu**

Arrive in Kathmandu, the capital city of Nepal. Meet your trekking guide at the airport and transfer to your hotel. Spend the day exploring the vibrant streets of Kathmandu and preparing for the trek.

### **Day 2 : Trip preparation and sight seeing in Kathmandu.**

Embark on a full day of sightseeing in Kathmandu.

Visit the iconic UNESCO World Heritage Site, Kathmandu Durbar Square, and explore its palaces, temples, and courtyards.

Continue to Swayambhunath Stupa, also known as the Monkey Temple, and enjoy panoramic views of the city.

Visit Boudhanath Stupa, one of the largest stupas in the world and a significant Buddhist pilgrimage site.

Explore the vibrant streets of Thamel, known for its shops, restaurants, and bustling atmosphere.

In the afternoon, you will have free time to make any last-minute preparations and purchase any necessary gear for the climb.

### **Day 3 : Fly to Lukla (2760m/8954ft) – 45 minutes Trek to Paiya - 5 hrs walk**

An early morning flight from Kathmandu takes you to Lukla, the starting point of the trek. After meeting the rest of the trekking crew, you will begin your trek to Chutok, also known as Paiya. The trail descends through lush forests, crossing several suspension bridges over the Dudh Koshi River, before reaching Chutok for an overnight stay.

### **Day 4 : Trek to Panggom 2850m – approx 6/7 hours walk**

Leaving Chutok, you will ascend through a mix of forested trails and open landscapes, passing small settlements and terraced fields. The route provides glimpses of Mt. Everest, Makalu, and other

peaks. You will reach Panggom, a traditional Sherpa village, where you will spend the night.

### **Day 5 : Trek to Ramailo Danda 3250m - 6 hrs walk**

Leave Panggom and make your way towards Ramailo Danda. It is an upward ascent through a pristine rhododendron forest to Pankongma La (3174m), a mountain pass. We cross the Dudh Koshi River Valley and walk into the Hingku Valley. En route, we savor breathtaking views of Numbur Himal, Kongde, and Manju Peak. We stop briefly at Ningsow for lunch. Afterward, trek up and down to Ramailo Danda. From here we get our first view of Mera Peak.

### **Day 6 : Trek to Chhatra Khola 2800m – approx 5 hours walk**

There are no human settlements or villages en route and the trail is wild and challenging. The park is home to Snow leopard, Red panda, Himalayan Tahr, musk deer, and many rare species of birds and plants. We stop at a quiet spot and have our packed lunch. Climbing stone staircases and walking past rocky paths we finally arrive at Chhatra Khola, our stop for the night.

### **Day 7 : Trek to Kothe 3650m - 5 hrs walk**

Following the course of the Hinku River, the trail leads you to Kothe. You will walk alongside beautiful rhododendron forests and traverse several bridges along the way. Kothe is a small settlement surrounded by stunning natural beauty, with the Hinku Valley opening up before you.

### **Day 8 : Trek Kothe to Thaknak (4,350m/14,270ft) – approx 4 hours walk**

Today we walk in the shadow of Mera Peak along the Ridge of Hinku River. Walking further for few couple of hours we reach Gondi hung the summer herders' settlement in the west bank of the Hinku Drangka. You can also observe the 200 year old Lungsumgba Gompa where we can find Mera Peak scripted in rock along with its route to reach Mera. The scripture clearly depicts way to the peak. A small walk finally takes us to Thaknak where we will spend our night. Thaknak sits in a wide U-shaped valley, dwarfed by the surrounding mountains. It is also known as a summer grazing area with primitive lodges and shops. We will spend our overnight here.

Kothe to Tangnang

### **Day 9 : Trek Thaknak to Khare (5,045m/16,486ft) – approx 3 hours walk**

Gradually commencing trek from east of Thaknak, we slowly move ahead through the east of Thaknak. Following the lateral moraine of Dig Glacier to Dig Kharka offers us the stupendous view of Charpate Himal. This mesmerizing view of Charpate Himal attracts anybody on the way trekking through this route. We can also enjoy the view of pristine Sabai Tso glacial lake. A drop in the lake level caused by a rupture of the recent dam is clearly visible. The trail gradually climbs through moraines to the snout of the Hinku Nup and Shar Glaciers, and then climbs more steeply to Khare. Khare offers stunning north face of Mera Peak and Mera glacier spills steeply down into the valley. There is small Sherpa village which offers nice accommodation in Khare which situated in sloppy land surface. From here, we can view the Northern face of Mera Peak which will be an amazing experience. After lunch one can engage in hikes in the surroundings of Khare.

Overnight at Khare.

Khare

### **Day 10 : Acclimatization day in Khare**

A rest and acclimatization day in Khare provides you with more exploration opportunities. While you will be exploring and acclimatizing around Khare, our guides will be carrying out the last minute checking of gears for the climb. They will arrange the required equipment and also rent if necessary. After all the arrangements are done, we will be provided with the training for Peak climbing. They will teach us the techniques and the proper ways of using climbing gears such as the ice axe, climbing boots and crampons, harness, ascender, etc. The training will also include using ropes to go up and down. Although it is not mandatory to have prior training for Mera Peak Base Camp, we strongly believe that some training experience will boost your confidence and your climbing skills to increase the chances of scaling the summit as well as to fully enjoy the experience. We will camp today at Khare.

Khare

### **Day 11 : Khare to Mera Base Camp (5300m/17,384ft) – approx 4 hours walk**

Today's trail is quite tough though being a short one. We walk through a boulder-strewn course on a steep trail to reach Mera Peak Base Camp. We have to climb up to Mera Glacier, and then we have to walk straight on ice around half an hour. On the way see the nice view of Mera peak. After descending around 100m we will be at Mera Base camp. Upon reaching the base camp, we rest for a while. If anyone feels the previous training was not sufficient and wants to train more to build confidence to succeed the climb, there can be an additional training on climb provided. Rest of the day would be to rest and prepare for the next day. Overnight at Mera Peak Base Camp.

Khare to Mera Base Camp

### **Day 12 : Trek Mera Base Camp to High camp (5,780m/18,958ft) – approx 5 hours walk**

Starting our trek from the base camp, we have to climb for about 400 meters in order to reach the high camp. High Camp is situated in the base of big rock, where we can feel quite warm, which offers nice view of sunshine and sunset. En route we can see stunning and spectacular view of Mt. Everest (8848m), Mt. Cho Oyu (8201m), Mt. Lhotse (8516m), Mt. Kanchenjunga and many more. 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.

We set up a high camp while enjoying excellent views of Mt. Everest, Makalu, Cho Oyu, south face of Lhotse, Nuptse, Chamlang and Barun Tse. Overnight at Mera High Camp.

## Mera Peak High Camp

### **Day 13 : Trek Mera High Camp to Summit (6,461m/21,1907ft) and back to Khare (5045m/16,547ft) – approx 9 hours walk**

Mera Peak is claimed to be the highest trekking peak in Nepal. This day is going to be a memorable day for us as we will be summiting Mera Peak today. Today, we have to wake up around 2 in the morning and have our breakfast. The crew will put on crampons and rope up before setting out for the summit. One of the great advantages of using our high camp, as well as making for a shorter summit day, is that we will have only around an hour of walking with head torches before dawn breaks. It's going to be very cold in the beginning but soon we warm up as we continue up the glacier and onto a peculiar ridge. The first rays of the sun hit the big peaks in an amazing red glow. The route is still non-technical as we slowly climb higher into the ever-thinning air. Climbing mostly easy angled snow slopes to the foot of the dome of the central summit, we will place a fixed rope for the last 30 – 40 meter which steepens to an angle of 45 – 50 degrees. The slope steepens for a section behind the ridge and the summit comes back into view. At the foot of the final steep summit cone, we may attach to a fixed rope depending on the conditions. The summit is only a few meters away. Note that in certain snow conditions an ascent of the Central summit may be beyond the technical grade for this trek and in this case the group will make an ascent of the easier and slightly lower South summit. The trip leader will make this decision. From the summit, we take in amazing views of the mighty Himalayas including Mt. Everest (8,848m), Cho-Oyu (8,210m), Lhotse (8,516m), Makalu (8,463m), Kanchenjunga (8,586m), Nuptse (7,855m), Chamlang (7,319m), Barun Tse (7,129m) and others. This glorious view will take away all the tiredness during our climb. After spending some time in the summit, we retrace back our steps by descending towards the high camp.

## Meera Peak Summit

### **Day 14 : Reserve Day for Contingency**

We will be having a reserve day for contingency since you never know what can happen in mountains. There is no guarantee that we will have favorable weather on our planned day for the summit. Therefore, this day is set aside as a contingency in case we are unable to summit the Mera on day 11 due to bad weather conditions or any other unanticipated reason. However, if the trip goes smoothly, we do not need this spare day, we can use this day to walk back to Lukla at a leisurely pace.

### **Day 15 : Trek Khare to Kothe (3600m/11808ft) – approx 5 hours walk**

Retracing our steps back we will be trekking to Kothe via Khare today. Upon your arrival at Kothe, try out the local delicacies and wine. Overnight in Kothe.

### **Day 16 : Trek Kothe to Thuli Kharka – approx 6 hours walk**

It is an uphill trek through lush rhododendron forests on the west side of the Hinku Valley to Thuli Kharka. Rhododendron is the national flower of Nepal and on our journey we get to admire beautiful hills dotted with rhododendrons. After reaching Thuli Kharka, we enjoy remarkable views of Mera North, Mera Central and South face.

### **Day 17 : Trek Thuli Kharka to Lukla – approx 7 hours walk**

We begin today's trek by ascending to Zatrwa La Pass. As soon as we cross the pass, we are welcomed by the sight of the beautiful Lukla Valley which is surrounded by Cho Oyu, Kongde Peak, Numbur Himal, Kusum Kanguru and other Himalayan peaks. From Zatrwa La Pass we walk all the way down to Chutanga and then straight forward to the Lukla village. In the evening we enjoy dinner in the Himalayas of Nepal with our crew. Overnight in Lukla.

### **Day 18 : Fly Lukla to Kathmandu**

We catch an early morning flight to Kathmandu after our long mountain journey. After reaching Kathmandu, we can take a rest or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may do that today. Our guides can help you with both souvenirs shopping or sightseeing. There will be a farewell dinner in the evening to celebrate the climbers' successful summit of the Mera Peak. Overnight in Kathmandu.

### **Day 19 : Departure to homeland**

We will drop you at the international airport well on time (3 hours before departure) to catch your flight. If you wish to explore more of the Himalayas do get in touch with us. We will be more than happy to organize a trip for you.

## **Inclusions**

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### **What is included?**

- Arrival and departure transfer services for Airport – Hotel – airport.
- Full board meals (Lunch , Dinner and Breakfast) with cup of hot drinks during the trekking and climbing session.
- 3 Nights, 3\*\*\*hotel accommodation in Kathmandu on twin sharing bed basis including breakfast.
- 13 Nights, Hotel/Lodge accommodation on twin sharing bed basis during trekking.

- 2 Nights, tented twin sharing bed basis during climbing session.
- A day sightseeing in Kathmandu with an experienced city guide, all entrance fees, and private vehicle
- Experienced and government-licensed high-altitude trekking guide during the trekking and climbing period
- Schedule flight tickets for Kathmandu-Lukla-Kathmandu to all the climbing members, Sherpa guide.
- 3 fresh & hygienic meals a day: Breakfast, lunch, and dinner will be served at base camp.
- Strong, helpful Sherpa porters with proper safety equipment and walking equipment, his salary, food, accommodation, and insurance (one porter for two people).
- Trekking permit (Makalu Barun National Park entry fee ) and TIMS card fee.
- Climbing permit of Nepal government to Mera Peak
- First aid medical kits for the group and the staff.
- Domestic flight ( Kathmandu - Lukla - Kathmandu )
- Airfare for guide (Kathmandu - Lukla - Kathmandu).
- Oxygen meter to check your pulse and oxygen saturation and heart rate twice daily (Very useful to check Altitude Mountain Sickness(AMS) symptoms) which will ensure your health during the trek.

## What isn't included?

- Lunch and Dinner during your stay in Kathmandu (except Breakfast ).
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, health bars.
- Items of personal nature - laundry expenses, tips.



- Rescues, repatriation, medicines, medical tests, and hospitalization expenses.
- Medical insurance and emergency rescue evacuation if required.
- Travel insurance and helicopter rescue.
- Airfare of international flights.
- Nepal entry visa fee (easy to obtain the visa on arrival at Tribhuvan International Airport – Kathmandu). \$25 USD for 15-day visa.
- Personal climbing gear. (hiring available in Khare )
- Tips for the guide, porter, and driver (tipping is expected)

## **Complimentary**