

Mera Peak Climbing

Duration: 18 Days

Starts At: Kathmandu

Grade: Difficult

Accommodation: Hotels And Lodges

Transport: Flights And Private Vehicles.

Altitude: 6476 M

Ends At: Lukla

Group Size: 2-14 Pax

Meals: Breakfast / Lunch / Dinner

Highlights

- Summit Mera peak at the height of 6,476m
- Remarkable views of Everest, Lhotse, Cho Oyu, Makalu and Kanchenjunga peaks.
- Stunning views of Mera Glacier and Climb Mera Peak.
- Encounter the livelihood of Sherpa people who lives in the heart of the Himalayas.
- Sightseeing around the Kathmandu Valley including UNESCO world heritage sites.

Overview

Glorious Himalaya Trekking in association with Nepal Mountaineering Association runs Mera Peak Climbing by giving you all the instructions, including safety, equipment, acclimatization, permit, and qualified climbing guide. Mera Peak is a Trekking Peak because it comes under the height of 7000 m and can be climbed without prior mountain experience. This does not mean that you do not need technical skills for climbing. Also, you should not overlook other factors, such as insurance because the mountain weather will change suddenly and not become on your favor at all. It will be an intentional mistake to take Mera Peak Climbing lightly and blunder to climb it without acclimatizing.

Although the climbing route of Mera Peak is basic, yet it takes you to rocky and sloppy region. Because of this, you need to climb with a climbing guide, who has completed advanced climbing course, and who is insured. From the summit of Mera Peak, you will have a close-up view of 8000 m peaks, such as Everest, Makalu, Lhotse, Cho Oyu and Kanchenjunga. More than 2000 people climb to Mera Peak annually, and climbing to its summit from base camp is considered hardly more than a mountain walk across a crevassed glacier. Standing prominently between the wildernesses valleys of Hinku and Hongu, Mera Peak lies to the south of Everest and to the north-east of Lukla and is the second most popular Trekking Peak after Island Peak.

Mera Peak has two summits, and one of them is easier than the other, and this is often attempted by the climbers by taking a higher line up to the eastern summit through the steep of 20 meters. On the other hand, the difficult summit can be reached by either a drop or traverse and demands more technical skills than the easier summit.

Check out our fixed itinerary for Mera Peak Climbing or just send us an [email](#) and we'll tailor make an itinerary based on your requirements.

Itinerary

Day 01 : Arrival in Kathmandu and transfer to the hotel. (1,400m)

As you begin to see the Himalayan zone from the air, we will be waiting for your arrival at the Tribhuvan International Airport. You can recognize our office representative as he will be holding our company name card. He will then shift you to your hotel and assist you in check-in. You can freshen up and rest a while after a long flight. Later, you spend the remaining time exploring the outskirts of Thamel and do some shopping. In the evening, you will meet your guide for a briefing of the upcoming program and you will be invited for a welcome dinner which includes a typical Nepali dish and you also get to see the typical Nepali cultural dance.

Day 02 : Sightseeing in Kathmandu and trip preparation day.

Kathmandu is the capital city of Nepal which holds numerous ancient temples, old arts, and heritage sites. The Kathmandu city tour is the experience you would not want to miss while in Nepal. There are 7 world heritage sites in Kathmandu city that includes Swayambhunath Stupa, Patan Durbar Square, Bhaktapur Durbar Square, Boudhanath Stupa, Pashupatinath Temple, and more.

All these sites carry a lot of cultural significance that traces back to an ancient civilization and are definitely worth visiting. However, you will visit 3 to 4 places out of all, for a tour, as visiting all sites is not possible in a single day.

Day 03 : Fly to Lukla and trek to Chutanga (30,20m) - 4/5 hrs walk

After early morning breakfast at the hotel, we take the short but spectacular flight to Lukla where we meet up with our crew, we then begin walking for 4 to 5 hours due east from Lukla, passing through a number of tiny hamlets before entering the thick forest on the hillside below the Kalo Himal Ridge and be careful to stay with the group & avoid straying in this section as there are many trails leading away from the main path, there are many streams with numerous places for the first camp, all of which are loosely referred to as Chutanga.

Day 04 : Trek to Thuli Kharka (4,300m) - 6 hrs walk

Today will be the first steep and strenuous climb of our journey to Mera Peak. After our breakfast at Chhutang, we will head for Thuli Kharka. We will put all our effort to reach the top of Zatravala Pass (4,600m). Upon reaching the top, we can enjoy the panoramic views of Karyolang Peak, Kongdi Ri, Lumding Himal, Number Himal, and many more surrounding peaks.

We will then descend for 1 to 2 hours to Thuli Kharka through Chhatre traversing through pasture lands. We can see Yaks grazing over such a gorgeous terrain, which is an iconic and incredible view.

As we get more of such views, the last trekking hours will be delightful and finally, we reach Thuli Kharka, which is a big pasture with several basic yet optimal tea houses. We stay overnight at one of the lodges.

Day 05 : Trek to Kothe (4,182m)-6/7 hrs walk

After having our delicious breakfast early in the morning, we leave Thuli Kharka (4,182m) descending gently to Hinku valley. The route follows several ups and downs on the hills, passing through a gorgeous green and verdant forest of Oaks, Pines, and Rhododendrons.

We will get the first sight of Mera Peak as soon as we reach the Hinku valley. We will also get to see several other surrounding snow-capped peaks smiling at us.

After enjoying the glorious views, we slowly descend down to reach the riverbed of the Hinku river and then push for the last portion of the trek to reach Kothe. Kothe is home to the tranquil wilderness and some local hotels.

Day 06 : Trek to Thangnak (4,326m) - 3/4 hrs walk

Our today's destination will be Thangnak. Once again we have to get along the Hinku River's riverbed that will guide us towards Gondishung. We stop at Gondishung for lunch where we also get to see a two-century-old Buddhist monastery from a few walks, Lungsumgba Gompa. Locals believe that lighting the shrine at this monastery makes the Mera Peak Climbing Successful. We also get to see rock art that exactly depicts Mera Peak.

The trail next is easy, while we enjoy the lovely surrounding. We make the final stretch to reach the Thangnak, with very little pain. Thangnak is a beautiful pasture land where the locals only come during the summer to graze their Yaks. There are some basic local hotels to provide meals and night stay for Mera Peak Climbers.

Day 07 : Trek to Khare (5,045m) - 5/6 hrs walk

After spending a night at Thangnak, now is the time to move forward in our journey to the Mera Peak. Khare will be today's destination, which will be a bit strenuous trek day as we have to pass through steep rubble trails. The route will be in front of Mt. Charpate and will be from Dig Glacier to Dig Kharka. The way of Glaciers are the most difficult so we have to walk carefully.

This will be followed by a steep uphill climb at stretches up to Khare. We have to save some energy before starting this climb as it will be more inclined than our earlier climbs which will take 3-4 hours.

We will get more peak views when we reach Khare which is the gateway to Mera Peak Base Camp. We spend our night in Khare. Also, we have to acclimatize at Khare, which means we will also spend another day here.

Day 08 : Acclimatization day at Khare

Your body needs some time to adopt the heights of the mountains. Every climber must make their body tuned to the high altitudes of mountains. Therefore, it is essential to spend one or two days for acclimatization day to cope with our body with the heights. Else, there is a very high risk of altitude sickness or AMS (Acute Mountain Sickness). Any person traveling above 5000 meters are prone to this sickness. We cannot head straight for the mountain climbing without spending a single day on acclimatization. We will spend our whole day at Khare.

Day 09 : Trek to Mera Base Camp (5,350m) - 4/5 hrs walk

Early morning we leave Khare for Mera Base Camp (5,350m). As days go on, we are getting closer and closer to Mera Peak each day. Today's trail is technically demanding as we well know to the fact that glacier trails are more difficult to walk through. To arrive at Mera Peak Base Camp, we have to reach the glacier top. Upon reaching the base camp our Sherpa Team will set up a camp here.

We will rest at the campsite made by our team and have food made by them. This will be our first camping day of more camping days on our journey to Mera Peak.

Day 10 : Trek to High Camp (5,750m) - 4/5 hrs walk

This is the first part of the actual summit push, and we'll need our crampons. After the breakfast made by our Sherpas, we will leave the base camp for the high camp. We go for the Mera La pass then head up the glacier itself to the High Camp. The view from the high camp is remarkable, including Mt. Kanchenjunga in the east, Baruntse Ice Spire, the ridge of Chamlang, Peaks of Amadablam, and Makalu. Just turn slightly and you can see Lhotse Cho-yo, Nuptse, and Everest. While enjoying the scene, our crew will set up the campsite for the night. Enjoy the delicious meal and experience the night at the Mera High Camp.

Day 11 : Summit Mera Peak (6,461m) and descend to Khare - 8/9 hrs climb/walk

Today is the most significant day of our entire journey as we will soar the summit. After getting all our climbing equipment ready, we leave the camp before the first rays of the sun. The summit receives a strong wind afternoon, which can lead to difficulties.

Therefore, we start climbing at around 2 AM in the early morning to reach the summit before noontime.

We will follow the footsteps of our experienced guide following his guidance. The summit climb is easy and requires no or small technical skills. Upon reaching the

summit, we will be stunned by the panoramic views of eight-thousanders like Mt. Everest, Mt. Makalu, Mt. Cho Oyu, and several other peaks. We will achieve a high sense of accomplishment while relishing the mountains from the top. After all, our long-time dream has come true. We will celebrate our glory and take many pictures before descending back to Khare for overnight.

Day 12: Spare day in case of weather contingencies.

The higher mountain weather is always unpredictable. You can have a clear sky in the morning and covering clouds in the afternoon. So we have made a reserve day in our itinerary that works in case of any weather contingencies at may occur during our expedition. If everything goes according to our plan, then this day is by default skipped and we continue our journey as planned.

Day 13 : Trek back to Kothe (4,182m) - 4/5 hrs walk

After our successful Mera Peak Summit, it is time to head back for Kothe. Before reaching Kothe, we will pass through Thangnak, the same place where we spent overnight. However, we don't need to stay here as we can easily reach Kothe within 3-4 hours of the trek as the trail is downhill and mostly down sloped. As we lose the altitude, we again pass through Rhododendron, Oak, and Pine trees which is a wonderful experience. Overnight at Kothe.

Day 14 : Trek back to Thuli Kharka (4,300m)- 5/6 hrs walk

After breakfast early in the morning, we sign off Kothe and head for Thuli Kharka. This time we have to trek more uphill than downhill. We will pass the woody trails west to Hinku Valley. After 5-6 hours from Kothe, we finally will reach Thuli Kharka. Overnight at Thuli Kharka.

Day 15 : Trek back to Lukla (2,800m) via Zatrava La Pass - 7 hrs walk

The trail today takes us back to Lukla. We'll hike series of ranges before getting the Zatrwa La Pass. We can clearly see both the south face of Mera and Hiku Valley. We'll descend down a rocky outcrop, Zatr Og, and carry on downhill. We will once again enter the forested terrain and farmland on the outskirts of Lukla. This will be our last day in the Everest Region.

Day 16 : Fly back to Kathmandu

After breakfast, we will take an early flight to Kathmandu. Upon our arrival at the airport, we head for the hotel. And take some time to travel around the Kathmandu, if you have not done so already.

Day 17 : Leisure day at Kathmandu

We were busy on the trek for more than 2 weeks. So did not have any time for shopping and hangouts.

we can buy some souvenirs on Thamel to take back to home for memory. Our whole team will have dinner on the successful completion of the journey as well as farewell during the evening time.

Day 18 : Departure from Nepal

Today we will drive you back to the airport for your flight back to your home. Congratulations! You made it happen!

Trip Includes:

- All the airport pick-ups and drop-offs as per itinerary by private vehicles.
- 3 nights of 3-star category hotel accommodation in Kathmandu city inclusive breakfast.
- 14 nights of twin sharing best local lodges and tented accommodations during the trek and climb.
- 1 day Kathmandu sightseeing tour inclusive tour guide with private vehicle.
- All the 3 meals every day (Breakfast, Lunch and Dinner) during the trek and climb.
- All the essential trekking and climbing permits.
- Boiled water will be served during the peak climb.
- An experienced and certified trekking guide for the trek.
- An expert and certified climbing guide for the climbing.
- Supporting porters to carry your belongings for the trek.
- First aid medicine for the trek.
- Food, accommodation, salary, insurance, equipment, medicine for all staffs.
- Round trip domestic airfare as per itinerary.
- Company duffel bags and sleeping bags to use for the trek.
- General climbing equipment's (rope, ice-crew, snow bar etc.)
- Trip achievement certificate.
- Nepalese cuisine farewell dinner at a typical local restaurant with a cultural dance performance.
- All the government tax

Trip Exclude:

- International airfares and Nepal entry visa.
- Lunch and Dinner in Kathmandu Hotel
- Entrance fees for Kathmandu sightseeing.
- Your Travel Insurance
- Personal climbing equipment
- Items of a personal nature such as alcoholic drinks, cold drinks, laundry, use of WIFI, hot shower battery charging during the trek.
- Tips for guides and porters
- Any others expenses which are not mentioned on the Price Includes section.