

# Mera Peak Climbing

## 3 Star Hotel Package

**2350**<sup>USD</sup>  
per person

\*Including healthy meals

## 5 Star Hotel Package

**2570**<sup>USD</sup>  
per person

\*Including healthy meals

**Trip Style:** Trekking & Climbing



**Trip Difficulty:** Challenging

**Mera Peak Climbing** is probably the one of the greatest experience for adventure lovers. **Mera Peak (6,476 m/21,247 ft.)** is one of the Nepal's highest trekking peaks, which is located south of Mount Everest. From the summit of Mera Peak we can watch one of the most beautiful panoramas of Nepal that includes Ama Dablam, Everest, Lhotse, Baruntse, Makalu and Kangchenjunga. The traditional Mera Peak route is straight via the Zatra La Pass, but we follow the way that goes south from Lukla and then we will reach the Panggom La (3286m). We hike through small Sherpa villages, Pine and rhododendron forests that will take us to the wild Hinku Valley and ultimately to reach the Mera Peak.

Compared to other peaks, the **Mera Peak climbing** is an affordable summit for a first mountaineering experience in Nepal. The route on the north side is easier for new mountaineers and involves trekking on a glacier at high altitude, with crampons and ice axes. The weather and snow conditions must be good for the safety and success of the summit. The route from the west or the south face of the Mera Peak climb is more difficult than the north face and requires more experience in mountaineering. It is advisable to walk slowly with regular steps and to be well hydrated regularly. Our Expert Sherpa guide will decide on possible modifications if necessary, for the safety and the success of the ascent. It is necessary to know the basics of mountaineering and be in good physical shape to participate in this expedition and to reach the summit of Mera Peak.

DURATION: 19 days

## ITINERARY

### Day 01:: Arrive Kathmandu - Transfer to Hotel by Private Car

Our office Staff with Car & driver will welcome, greet you at International Airport on Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you with your guide and will provide detailed Plans and Briefing about the trip. Balance trip Payment should clear if any etc. Free day for relax or explore around the city yourself.

**Approx. Time:** 20 minute drive **Accommodation:** 3/5 Star hotel **Meals:** Welcome Dinner

### Day 02:: Half day Kathmandu city sightseeing - overnight Stay at Hotel [Breakfast included]

After Breakfast your day will start for sightseeing tour of 2 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Our next sightseeing will be at Buddha nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. If weather is clear you can see nearest Mountain of Kathmandu- Ganesh Himal from top of Restaurant.

After Lunch, we will return back to our Hotel and tour for today is finished. It normally takes 3-4 hours tour to visit

2 best monuments within Kathmandu city. Afternoon free for packing for trek and getting ready.

**Approx. Time:**5-6 hrs **Tour Accommodation:** 3/5 Star Hotel **Meals:** Healthy & hygienic breakfast

**Optional:** Embark on a bus ride to Ramechhap, a small town that operates flights to Lukla, the gateway trekking in the Everest region. We highly recommend you to travel Manthali Airport one day prior to the Lukla flight instead of leave Kathmandu very early in the morning around 3:00 AM same day. It will make your day very hectic and not leave you in a good spirit to start your trek up to Phakding.

**Overnight: Local lodge in Ramechhap**

**Day 03:: Drive to Manthali & Fly to Lukla, trek to Paiya (Chutok) (2,730m/8,956ft): 4-5 hours trek**

Dear guest, Please be inform that due to traffic congestion as well as renovation in Kathmandu airport, most of Lukla flight has been operating from Manthali airport since July 2019. For your information, it takes roughly 4 hours drive to get Manthali airport from Kathmandu by Arniko Highway. This means you need to wake up early in the morning around 2:30 AM - 3:00 AM to go for a drive and catch your early morning Lukla flight from Manthali.

**Another best options is you can go Ramechhap one day earlier by private Vehicle or you can fly to Lukla directly by Helicopter. For Helicopter flight it cost approximately USD 300-500 Per Person. If you looking more comfortable & hassle free journey then flying by helicopter to Lukla would be best options.**

We take the stunning flight to the small airstrip at Lukla, (2,800m) the entry to the Khumbu region and the start point for the popular trail towards Everest. It is a busy little village with many lodges, equipment and supply shops as well as the airport. We start our trek heading south from Lukla with a steep descent to Surkye. From here we have a steep climb up to the Chutok La from where we contour into a side valley to Piuyan (2,800m).

Included meals: Breakfast, Lunch & Dinner

**Approx. Time:** 25 minute flight & 3-4 hrs trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

**Day 04:: Trek from Paiya to Panggom (2,846m/9,337ft): 5-6 hours**

We descend for a while and reach a small bridge. From here the trail is slippery until we cross the Kari La pass. We walk through rhododendron and bamboo forests on a narrow mountain trail. On today's trip we also get to be in awe of the Dudhkoshi Valley. We continue our trek to Panggom Village whose settlers are dependent on farming and trading. Overnight in Panggom.

**Approx. Time:** 5-6 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

**Day 05:: Trek from Panggom to Ramailodada (3276 M/ 10748 ft.): 5-6 hours**

We star our beautiful day after breakfast. We hike through a lush forest of bamboo and rhododendron with views looking back to Numbur and Kongde peaks, to the Pangkongma La pass (3,170m). From the top we can see Naulekh and five minutes below the pass we catch our first views of Mera's impressive South Face. It's a long, steep descent to the bottom of the valley, with views south over the hills of the lower Himalaya. We have lunch in a small lodge just above the river and after lunch we cross the Hinku River using a suspension bridge, and have a 2-hour climb up the east side of the valley to Ramailo Dada

**Approx. Time:** 4-5 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

**Day 06: : Trek from Ramilodada to Chhatra Khola (2,800m/9,186ft): 7-8 hours**

From Ningsow, we climb first then descend for a while and climb some more to reach Ramailo Danda. From here

we get extraordinary views of Mera Peak and Salpa. After ascending and descending on our trail, we enter the Makalu Barun National Park. Our trail from here to Chhatra Khola is called Pasang Lhamu trail. On the way, if we are lucky, we might even come across the elusive Red Panda. Overnight in Chhatra Khola.

**Approx. Time:** 3-4 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

**Day 07: : Trek from Chhatra Khola to Kothe (3,691m/12,109ft): 6-7 hours**

We walk towards the north on the main trail to Mera Peak. After walking on a trail next to the the Majang Khola, we merge with another trail which moves alongside the Hinku Khola. Our trail moves straight ahead towards Tashing Ongma which has seasonal tea shops. We continue our trek and cross the bridge over the Sanu Khola before reaching Kothe. Overnight in Kothe.

**Approx. Time:** 2-3 hrs Training **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

**Day 08: : Trek from Kothe to Thaknak (4,358m/14,297ft): 3-4 hours**

We trek along the ridge of the Hinku Khola in the shadow of Mera Peak. We take lunch at Gondishung, the summer herders' settlement in the west bank of the Hinku Drangka. Beyond Gondishung, we pass a 200-year-old Lungsumba Gompa where we can find Mera Peak scripted in rock along with its route to reach Mera. A short walk takes us to Thaknak, which is a summer grazing area with primitive lodges and shops. Overnight in Thaknak.

**Approx. Time:** 2-3 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

**Day 09:: Trek from Thaknak to Khare (5,045m/16,486ft): 2-3 hours**

Today we will climb above 5,000 m (16,400ft) for the first time. Our hike up to Khare (5,100m, 16,728ft) is short, but we will take it slowly, with frequent stops to soak up the incredible surroundings. The trails heads eastward out of Tagnag, along with the lateral moraine of the Dig Glacier. We will pause to climb up the moraine for a view of the pristine Sabai Tso glacial lake. A drop in lake level, caused by a recent rupture of the natural dam the held the lake, is clearly visible. We will arrive at Khare in the early afternoon and have lunch. From Khare, the beautiful north face of Mera Peak is in plain view and Mera glacier spills steeply down into the valley. Over night at Camp/or local lodge.

**Approx. Time:** 2-3 hrs Training **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

**Day 10: : Acclimatization day at Khare [5,045m/16,486ft]: Climbing Training.**

We have a separate day set aside solely for acclimatization and basic training just to prepare ourselves better for the Mera Peak climb. Our Expert Sherpa climbing Guide will help us polish our basic climbing techniques and demonstrate the best ways to use our climbing gears like the ice axe, harness, ascender climbing boots and crampons. The training will also include learning the best climbing technique with the rope. Overnight in Khare.

**Approx. Time:** 3-4 hrs hike **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

**Day 11: : Trek to Mera Base Camp 5,350m/ 17,552 feet. Overnight Tented Camp**

After having good breakfast at our Sherpa lodge at Khare, We start our journey to **Mera Base Camp 5,350m/ 17,552 feet** from Khare. Today we hike up to the **Mera La 5,400m/ 17,717 feet**. We will climb up to the Mera Glacier. At first it is easy-going but the trek up to the glacier is steep in sections and you will need to pace yourself and make sure you are getting your foot placements properly. There are chances of rock fall. So wearing helmets, crampons are recommended. The hike across the glacier is exceptional, with views and memories you will never forget. The down walk from the glacier to the camp area is short. We walk between the moraine and the glacier on the northern side as it descends from the col down to the campsite, which you can easily see from the glacier

**Approx.** Time: 3-4 hrs hike **Accommodation:** Tented Camp **Meals:** 3 times healthy & hygienic meals

**Day 12: : Trek to Mera high camp [5,780m/18,958ft]: 2-3 hours,Tented Camp- All Meals**

From here, we continue further through the Mera La pass to reach the Mera High Camp. 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.

The views make us speechless as we can enjoy the Everest, Makalu, Baruntse, Kusum Kanguru and many other mountains and peaks in panorama. Moreover we feel chill by the magnificent views of Mera Glacier.Over night at tented Camp.

**Approx.** Time: 2 hrs **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

**Day 13: : Summit Mera Peak [6,461m/21,1907ft] & return to Khare.[10-12 hrs] Lodge all Meals**

The climb to the summit of Mera starts gradually and much will depend on snow and general weather conditions. The central summit will soon appear above the head of a wide glacier flanked by two ridges. We climb the centre of this over open snowfields and avoiding crevasses. The route then swings south-east, skirting below and to the east of the left-hand ridge before turning back rightwards towards the main summit ridge of Mera. Mera actually has three summits; the highest is our objective. We reach this by following a classic snow-ridge to just below the final wall that guards the top. This short steep snow slope is easily climbed but there is a big effort required to climb this last 50 metres. Your reward, however, is a feeling of ecstatic jubilation as you survey the magnificent panorama from the top. After taking pictures and enjoying the view, we descend by the same route back to our campsite below the Mera La. Over night at Lodge

**Approx. Time:** 10-12 hrs **Accommodation:** Lodge *Meals:* 3 times healthy & hygienic meals

**Day 14: : Trek back to Kothe [3600m/11808ft] overnight at Lodge-All Meals**

Today we will hike for like 7 hours to reach Kothe. The walking is not tough. We walk along the gradual descent path passing through Tangnang. This is a small village and we find yak settlement here. To reach Kothe we will follow the same kind of path. On the way we pass forests covered with fir, rhododendron and local vegetation. Over night at Camp/or local lodge.

**Approx.** Time: 4-5 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

**Day 15: : Trek to Zatrabok [4,704M/15,434ft]- approx 6 hrs overnight at Lodge- All Meals**

A hard day today as we start our climb of the Zatrwa La, the pass that brings us back to Lula. Departure Kote a small rocky trail takes us down the Hinku Valley for a couple of hours. There are some very steep rocky steps both up and down. We lastly leave the Hinku Kola and commence a very steep climb through the forest. We have an early lunch at Toktar, a small cluster of teahouses in the forest. Through the trees, we can just spot the summit of Mera Peak now far away. After lunch we continue climbing up through forest. The rhododendron trees give way to smaller bushes and the mountains begin to appear across the valley. Looking back on a clear day we can see all three summits of Mera, Peak and Naulekh. The higher we climb the better the views and we can trace much of the route we have trekked the past couple of weeks. Finally, we reach a few prayer flags and from here the trail eases as we approach the lodge at Chetrabu. We enjoy views of Mera's vertical west face.

**Approx.** Time: 5-6 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

**Day 16:: Trek To Lukla. Approx 4 Hours- Overnight at Lodge B,L,D**

The last 300 to 400 metres of the ascent to the Zatrwa La will be our last climb of the trip, with superb views southwards across the ridge and valley landscape of Nepal's Middle Hills. From the crest of the pass we trek

downhill, steeply in places, for almost 2000 metres to the welcoming lodges of Lukla.

Today we trek through forests of fir, rhododendron, oak, juniper and local vegetation. The trail we walk along moves uphill and downhill all the way to Lukla. We can enjoy the views of Numbur Himal, Kongdi Ri, Karyolang peak and many other surrounding mountains of the region. Finally reach Lukla, confirm our flight ticket and over night at Camp. Evening celebration of the successful Trek & Climbing. Over night at Guest House.

**Approx. Time:** 4-5 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

### **Day 17: : Fly From Lukla to Kathmandu- Transfer to Hotel**

We take an early morning flight back to Kathmandu from Lukla which comes through over a mountain hills and gives us last opportunity to enjoy with the surrounding Himalayan views of the Everest region. It takes 40 minute to Kathmandu and transfers you to the hotel. Over night stay at hotel in Kathmandu.

**Approx. Time:** 25 minute flight **Accommodation:** 3/5 Star hotel **Meals:** healthy & hygienic breakfast

### **Day 18: : Backup day in Kathmandu for tour, shopping or relaxing.**

This is an important emergency day in case of delays to the flights from Lukla. If we have experienced no delays this is another opportunity for independent exploration amongst the colorful streets and temples of Kathmandu. This evening we will have a congratulatory dinner to mark the end of a most outstanding trip.

**Accommodation:** 3/5 Star hotel **Meals:** healthy & hygienic breakfast as well as Cultural Dinner

### **Day 19: : Departure Or Extend Holidays**

Morning free for last Minute shopping or time as your own. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime.

**Meals:** healthy & hygienic breakfast

## **Cost Includes**

### **Transports & Accommodations**

- Private Transfers upon arrival and departure (4 Times)
- Kathmandu-Lukla-Kathmandu Round-trip flight
- 4 Night hotels in city as specified in Itinerary
- 12 nights local Sherpa lodge accommodations during trek
- 2 nights tented camp accommodations during climb

### **Meals & Drinks**

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trip (Breakfast, Lunch & Dinner)
- Black Tea, lemon tea, milk tea or Coffee as per choice
- Welcome dinner at best local restaurant with cultural show
- Energy bars or local cookies for Brunch

## **Gear & Equipment**

- Necessary Climbing equipments including tents
- Duffel bag, Trek Map & group medical Kit
- Sleeping bags and down Jackets if required
- Hot water bag to warm your feet inside the sleeping bag

## **Support**

- Experience local Sherpa Climbing guide for 100% summit
- Hardworking and trustworthy porters ( 1 porter for 2 People)
- Free extra luggage storage service
- Free help to get SIM Card, renting or buying gears
- Call support for anytime 24/7 for Emergency

## **Pays & Permit**

- Island Peak climbing permit
- Pay and insurance for sherpa guide and support staff
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments
- Garbage Deposit and other required government fees

## **Additional Service**

- We help you, if an airline loses your luggage, or delayed
  - International flight ticket Reconfirmation service if required
  - We help our clients to buy climbing gears at wholesale price
  - We help our clients to hire climbing gears at reasonable price.
  - We show you around local areas, recommend to eat etc
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## **WHAT'S NOT INCLUDED**

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City ( approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Sherpa Guide & Porter after end of trek

## **Extra Bills**

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation
- Climbing Gears Full Set US\$ 150-200 for renting

## FAQS

### **What type of shape do I need to be in, is this trip for me?**

Mera Peak is not a technical peak but you need good stamina for a long day effort while climbing it. You can climb Mera peak without any previous climbing experience and skills of using climbing equipment but knowledge on using equipment and previous experience would be beneficial although not mandatory because a pre-ice climbing training is provided to you in Base Camp to make you skillful on using climbing gears such as ropes, ice pick, harness, crampons.

### **What sort of accommodation can I expect in Kathmandu and Mountain?**

We use standard rooms at quality hotels in Kathmandu with breakfast included. Along the trekking routes up to Khare teahouses/lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bon fire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be always outside the room. During Climbing Period, we provide quality Tent with Matters.

### **What sort of food can I expect on trail?**

Most teahouses (lodges) in Mera peak trails cook a delicious range of mostly vegetarian fare. Pasta, tuna bakes, noodles, potatoes, eggs, daal bhat(rice and lentils), bread, soup, fresh vegetables (variety depends on the season) and even some desserts like apple pies, pancakes, and some interesting attempts at custard. You will find a lot of garlic on the menu because it assists with acclimatization – eat some every day. In many larger villages you may find some meat items on the menu. You can always get hot chocolate, tea, and hot lemon drinks, as well as soft drinks, and treats like chocolate and crisps. Each day dinner and breakfast will be at a lodge you'll stay at while lunch will be taken on the way to destination.

### **Do your guides have Mountain guide license and first aid training for high altitude?**

Yes, our entire climbing Sherpa guides have all received 45-day training from the Nepal Mountaineering Association. The guides have also received high altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our Trekking Guides Profiles and Training Certificates.

### **What opportunities will I have for shower along the trek?**

In major places, we arrange guesthouse with hot shower. And in rest of the places, water in bucket will be provided for shower.

### **Is Mountain Sherpa trekking staff insured?**

Our company insures all our staff members, including guides, cooks, Sherpas and porters. Please browse through Company Information pages to view insurance details