Mera Peak Climbing- 20 Days (100% Summit Success - Sherpa-Led Adventure)

3 Star Hotel Package

2900USD per person

*Including healthy meals

5 Star Hotel Package

3100USD per person

*Including healthy meals

Trip Style: Trekking & Climbing

Trip Difficulty: slightly difficult

Mera Peak Climbing 2026 | Conquer Nepal’s Highest Trekking Peak (6,476m)

Over 27 years of safely leading Mera Peak expeditions with an expert Sherpa team

Mera Peak (6,476 m / 21,246 ft) stands as the highest trekking peak in Nepal's Everest region and is one of the most popular peaks in the country, offering adventurers an unparalleled experience of high-altitude mountaineering. This iconic ascent is a dream for thrill-seekers and nature enthusiasts alike, combining physical endurance with some of the most breathtaking panoramas on Earth.

Climbing Mera Peak requires no prior technical climbing experience; however, the altitude and demanding terrain make it a test of endurance, determination, and spirit. Under the expert guidance of our Elite Sherpa Guides, our valued guests learn essential mountaineering techniques, ensuring a safe and rewarding ascent. The final summit push—starting in the silence of pre-dawn—builds anticipation until the moment you step onto the peak, where an unrivaled 360-degree view of the world's highest mountains awaits.

Climb Mera Peak in 2026 with our friendly and reliable sherpa guides! Whether you’re solo or in a group, experience an adventure of a lifetime. We specialize in small groups, providing personalized service and attention to detail. Our passionate Sherpa guides will be your companions, sharing their rich culture and love for the mountains. Join us to create unforgettable memories as you conquer **Mera Peak** and embrace the breathtaking beauty of the Himalayas!

Top 10 Reasons Climbing Mera Peak with Mountain Sherpa Trekking

1. **Well-Planned Itinerary & Acclimatization:** Our meticulously crafted itinerary is designed to ensure your safety and maximize your chances of a successful summit. With gradual altitude gain, strategically placed rest days, and contingency days built in, your body will acclimatize properly, minimizing the risk of altitude sickness. This thoughtful approach allows you to fully prepare physically and mentally for the climb, making your Mera Peak journey safe, comfortable, and rewarding.
2. **Safety Above Everything:** Safety always comes first. Our experienced Sherpa team is fully trained to assess altitude conditions and provide emergency oxygen and first-aid support whenever needed, particularly at High Camp. Oxygen can be promptly arranged at High Camp at an additional cost, ensuring climbers receive immediate assistance if required. Our guides carry a **satellite phone at all times**, ensuring that in any emergency, they can immediately contact our base team to coordinate prompt assistance. This responsible and carefully managed approach is backed by 27 years of successfully leading safe Mera Peak expeditions.
3. **Guaranteed Summit Success:** With a 99% summit success rate, we have successfully organized over **1,700**

Mera Peak expeditions in our 27-year journey, delivering safe, high-quality service led by Nepal's **best Sherpa guides.**

4. **Experienced & Certified Sherpa Guides:** Our seasoned local Sherpa guides know Mera Peak like no one else. Their expertise ensures you are well-prepared, safe, and confident throughout your climb.
5. **All-Inclusive Packages:** We offer a comprehensive package that includes high-quality accommodations, hygienic meals, internal flights, and all necessary permits, allowing you to focus on your adventure.
6. **Flexible Itineraries:** Whether you are a beginner or an experienced climber, our Sherpa guides will customize your journey based on your experience level and preferences.
7. **Seamless Experience:** From ground transportation to expert support on the mountain, we take care of every detail to ensure a seamless and enjoyable Mera Peak expedition. In any situation—such as flight cancellations from Lukla or emergency rescue—our experienced team will coordinate with insurance providers and arrange timely helicopter evacuation if required, prioritizing your safety at every step.
8. **Quality Accommodation:** Rest is essential for your Mera Peak climbing adventure. We ensure you have two nights in a top 4-5 star hotel in Kathmandu before your flight to Lukla and two nights after your trek, helping you recover from long flights and jet lag. During the trek, you'll stay in the best available mountain lodges, and on the ascent, enjoy comfortable tented camp accommodations, all designed to keep you refreshed and ready for the climb ahead.
9. **Quality Equipment & Logistics:** We provide all essential climbing gear, including high-quality ropes, tents, sleeping mats, and sleeping bags, ensuring your comfort and safety on the expedition. Additionally, our reliable and experienced porters handle logistics support honestly and efficiently, allowing you to focus fully on your climb.
10. **Empowered Sherpa Guides:** Our experienced Sherpa guides and dedicated porters are generously and well paid for their skills, commitment, and hard work, ensuring a motivated and highly professional team to support your climb. We take pride in being among the top-paying companies for Sherpa guides and porters in Nepal, reflecting our deep commitment to their well-being, professionalism, and the highest standards of expedition support.

DURATION: 20 days

Trip Facts

Trek & Climb Region
- Everest Region Nepal

Trip Durations
- 19 Nights/ 20 Days
- Can be modify If Needed

Meals
- Daily Breakfasts In City
- All Meals during Trek & Climb

Maximum Altitude
- Mera Peak Ascent (6,476 m / 21,246 ft)

Suitable For
- Experienced trekkers
- Fit mountaineers or Intermediate climbers

Best Time to Travel
- March -May
- Mid September- December

Service Level
- Experienced Sherpa guide
- 99% Success Guaranteed

Accommodations
- Luxury Hotels In City
- Lodge & Tented camp in Mountain

ITINERARY

Day 01:: Arrive in Kathmandu and Transfer to Hotel by Private Car - Overnight Stay in Hotel.

Once you book your **Mera Peak Trek and Climb** with Mountain Sherpa Trekking, please provide us with your flight details, including your flight number and arrival time. Based on your group size, we will arrange an airport pickup service by car, van, or minibus.

Our guide and driver will be waiting for you at the airport on your arrival day. After completing your visa and immigration formalities, please proceed to the baggage claim area to collect your luggage and then exit the terminal building.

Our guide will be holding a signboard displaying the **Mountain Sherpa Trekking logo and company name**, making it easy for you to identify him. We will also send you a copy of the airport pickup sign by email after you confirm your booking.

Once you meet our representative, you will be transferred to your hotel in Kathmandu. After checking in, you will have free time to relax or explore the city on your own. The itinerary for the day will be arranged according to your arrival time.

Later, our company manager will meet you at the hotel to provide a detailed trip briefing, discuss the itinerary, answer any questions, and complete any remaining payment formalities if necessary.

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

Kathmandu Sightseeing and Trek Preparation Day

After enjoying a healthy buffet breakfast at your hotel, your guide and driver will pick you up at approximately 8:00–8:30 AM to begin your sightseeing tour of Kathmandu.

Your first stop is **Swayambhunath Stupa**, popularly known as the Monkey Temple. Perched atop a hill overlooking the Kathmandu Valley, this UNESCO World Heritage Site is believed to date back more than 2,000 years. From the summit, you'll enjoy breathtaking panoramic views of the city, colorful prayer flags fluttering in the breeze, and the iconic eyes of the Buddha gazing in all directions, symbolizing wisdom and compassion.

Next, you'll visit **Kathmandu Durbar Square**, the historic royal palace complex of the ancient Malla and Shah kings. This UNESCO-listed site is an open-air treasure house of Nepalese art and architecture, featuring intricately carved temples, courtyards, shrines, and centuries-old monuments. A fascinating fact is that the Kathmandu Valley was once divided into three rival kingdoms, each with its own magnificent Durbar Square.

From Durbar Square, enjoy a leisurely walk through Kathmandu's vibrant local markets. Wander along narrow streets lined with traditional handicrafts, spices, colorful textiles, and bustling shops, offering an authentic glimpse into the city's rich culture and daily life.

The walk will eventually lead you back to Thamel, Kathmandu's lively tourist hub and gateway to the Himalayas. In the afternoon, you will have time to check your trekking equipment, complete any last-minute shopping, organize your luggage, and make final preparations for the adventure ahead.

As the excitement builds, spend the evening relaxing and soaking in the unique atmosphere of Kathmandu before the start of your incredible Himalayan journey.

Note: If you have limited time, it is possible to fly to Lukla on Day 2 instead of spending an additional day in Kathmandu. However, we highly recommend staying at least one extra day in the city before your flight to Lukla. Many of our guests arrive in Nepal after long international flights and benefit greatly from time to rest and recover from jet lag. Kathmandu sits at approximately 1,400 meters above sea level, and spending a day here also helps your body begin adjusting to the altitude before ascending further into the mountains. An extra day in the city also provides an excellent opportunity to explore its rich cultural attractions, attend a detailed trek briefing, and purchase or rent any trekking gear you may still need before heading into the mountains.

Day 03:: Drive to Airport & Fly to Lukla, trek to Paiya (Chutok) (2,730m/8,956ft): Overnight stay at Lodge

Height: (2,730m/8,956ft): **Approx. Trekking distance: 9** km (6-7 hours)

Early in the morning, you will be transferred to the domestic airport for your flight to Lukla. A packed breakfast will be provided, which you can enjoy while waiting for your flight at Kathmandu Airport.

The flight to Lukla is short and scenic. Upon landing at the small airstrip in Lukla (2,800m), the gateway to the Khumbu region and the starting point for the popular Everest trekking route, you will be welcomed by our Sherpa guide and trekking team. You will then enjoy a short tea break at a lodge near the airport. During this time, our staff will organize the luggage and prepare for the trek.

From Lukla, the trail descends for approximately 2 hours to the village of Surke. From there, it is an uphill walk of around 3 hours to Pakhapani, where we will stop for lunch. After lunch, continue along a mostly jeep-road trail for about 1.5 hours before reaching Paiya.

Today's total walking time is approximately 6-7 hours, **covering a distance of 8–9 km**. **Overnight stay at a comfortable lodge with an attached bathroom and hot shower facilities.** Along the way, you will enjoy beautiful Sherpa villages and views of the Dudh Koshi River.

Lukla Flight Information

We always do our best to arrange direct flights between Kathmandu and Lukla, as they provide the most comfortable and convenient travel experience. In recent seasons, the majority of our guests have flown directly between Kathmandu and Lukla.

When air traffic congestion at Kathmandu's Tribhuvan International Airport is high, flights to Lukla are sometimes redirected to Manthali Airport (Ramechhap), located approximately 4–5 hours' drive from Kathmandu. If this is the case, all transportation between Kathmandu and Manthali is fully included in your package, and we will provide a comfortable private vehicle for both your departure and return transfers.

In the event of flight cancellations due to weather conditions, we will do our best to arrange a helicopter transfer. The additional cost is typically US$200–300 per person, though this may vary depending on availability and fuel surcharges. If flights are disrupted for an extended period, our team will work closely with you to find the best solution based on your schedule.

If your flight is delayed, we will arrange comfortable accommodation in Kathmandu or Lukla at no additional cost to you.

Day 04:: Trek from Paiya to Panggom (2,846m/9,337ft)- Overnight stay in a lodge.

Height:(2,846m/9,337ft) **Approx. Trekking distance: 12** km (7-8 hours)

After breakfast, we begin our trek at around 7:00–7:30 AM. The trail initially follows a recently developed road for about 30 minutes before climbing uphill for approximately 1 hour to Upper Kharila, where there are several teahouses. From here, you can enjoy excellent views of Numbur Himal.

The trail then continues along a mix of flat and downhill sections for about 2 hours before reaching Kharte, where we will stop for lunch. Before reaching Kharte, you will walk through beautiful rhododendron forests.

After lunch, the trail consists of a mixture of ascents and descents, taking approximately 4–5 hours to reach the beautiful Sherpa village of Panggom. The village has around 20 households and a charming monastery.

Today's trekking distance is approximately 12–13 km. Overnight stay at a comfortable lodge with an attached bathroom and hot shower facilities.

Day 05:: Trek from Panggom to Ramailodada (3,276 M/ 10748 ft.): Overnight stay in lodge

Height: (3,276 M/ 10748 ft.) **Approx. Trekking distance: 10** km (5-6 hours trek)

After breakfast, we begin our trek at around 7:00–7:30 AM. The trail starts with a steady uphill climb. If you are interested, we can visit Panggom Monastery before continuing. The trail then continues uphill for approximately **2 hours before crossing Panggom La Pass.**

After the pass, the trail becomes relatively gentle with a combination of flat and downhill sections. After about **30 minutes of descent**, we reach **Sibuche Village**, where we will stop for a tea break. Along the way, you can enjoy beautiful views of Naulekh Peak and Mera Peak.

From Sibuche, the trail continues through a mixture of uphill, downhill, and flat sections. After approximately 2 hours of trekking, we arrive at Ningsow Village, where we will stop for lunch.

Following lunch, the trail climbs steadily to Ramailodada, taking approximately **2–2.5 hours**. From Ramailodada, you can enjoy spectacular views of Mera Peak, **Kyashar Peak (6,783m),** and other surrounding mountains.

Today's trekking distance is approximately 10 km. Overnight stay in a simple lodge. Hot showers are available using a bucket system.

Day 06: : Trek from Ramilodada to Chhatra Khola (3,119 Meters/ 10,232.94 ft: Overnight stay in lodge

Height: (3,119 Meters/10,232.94ft:) **Approx. Trekking distance: 10** km (5-6 hours trek)

After breakfast, we begin our trek at around 7:00–7:30 AM. The trail starts with a relatively flat walk for about 30–40 minutes, followed by a descent of approximately 1.5 hours. We then continue on a mixture of flat and uphill trails for another 1.5 hours before reaching Gurashe Dada, where there is a teahouse and a perfect spot for a tea break.

After our tea break, we continue along a mixture of uphill and downhill trails for about 1 hour before reaching 4G Danda. This location is named after the strong 4G mobile signal available from Nepal Telecom, and it is the last place on the route where reliable mobile data service is available.

The trail between **Gurashe Dada and 4G Danda** can be a bit challenging, with rugged and steep terrain in some sections. However, our **experienced Sherpa guide** will provide full support and ensure your safety throughout.

We will stop here for lunch before continuing on a combination of downhill, uphill, and flat trails for approximately 1.5 hours to reach Chhatra Khola.

Today's trekking distance is approximately 10 km. Overnight stay is in a simple lodge with basic facilities. Hot showers are available upon request using a bucket system.

Day 07: : Trek from Chhatra Khola to Kothe (3,600 m / 11,811 ft) : 7-8 hrs. Overnight Stay in Lodge

Height: (3,600 m / 11,811 ft) **Approx. Trekking distance: 8** km (7-8 hours trek)

After breakfast, we begin our trek at around 7:00–7:30 AM. The trail follows a mixture of uphill, flat, and downhill sections through scenic mountain terrain. After approximately 4 hours of walking, we reach **Taktor**, where we will stop for lunch.

After lunch, the trail continues through a variety of terrain, including descents, gentle ascents, and flat sections. After another 3–4 hours of trekking, we arrive at our destination for the day, Kothe.

Today's trekking distance is **approximately 7–8 km**, with a total walking time of around 7–8 hours. Overnight stay is in a lodge with an attached bathroom and hot shower facilities.

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

Height: (4,358m/14,297ft) **Approx. Trekking distance: 7** km (3-4 hours trek)

After breakfast, we begin our trek at around 7:00–7:30 AM. Today's trail follows a gradual ascent, allowing us to walk at a comfortable pace as we gain altitude. The route follows the banks of the Hinku Khola and offers beautiful mountain scenery throughout the day.

Along the way, we will stop for a tea break at Saure. Near Saure is the historic **Lungsumgba Gompa, an ancient Buddhist monastery believed to be over 200 years old**. This is a wonderful opportunity to learn about the local culture and religious heritage of the region.

Since today's distance is relatively short, we will arrive at Thaknak in the early afternoon, where we will have lunch. The rest of the afternoon is free to relax, explore the surroundings, and acclimatize to the altitude.

Today's trekking distance is approximately 7 km. **Overnight stay in a simple lodge. Hot showers are available using a bucket system.**

Day 09: : Acclimatization Hike Day in Thaknak (4,358m/14,297ft) - Overnight Stay in Lodge.

Max. Height: (**5,000m/16,404ft)**.) **Approx. Hiking duration: 4-5 hrs**

With over 27 years of experience in the climbing field, we understand that proper acclimatization is one of the most important factors for a successful Mera Peak summit. Therefore, we highly recommend spending an additional night in Thaknak before proceeding to **Khare (5,045m/16,486ft).**

Many trekking companies do not include an acclimatization day in Thaknak; however, we believe it is extremely beneficial for improving summit success and reducing the risk of altitude-related problems.

After breakfast, our experienced Sherpa guide will lead you on an acclimatization hike to the **Kyashar Peak Viewpoint (approx. 5,000m/16,404ft)**. This hike follows the principle of "climb high, sleep low," helping your body adapt to higher elevations before returning to Thaknak for the night.

During the hike, you will enjoy spectacular views of **Kusum Kanguru, Kyashar Peak (6,783m/22,254ft),** Mera Peak, and many other surrounding mountains.

The total hiking time is approximately 4–5 hours round trip. In the evening, relax at the lodge and enjoy the peaceful mountain atmosphere.

Overnight stay is in a simple lodge. Hot showers are available using a bucket system.

Day 10: : Trek from Thaknak to Khare (5,045m/16,486ft): 3-4 hours Overnight stay at Lodge

Height: (5,045m/16,486ft) **Approx. Trekking distance: 5** km (4 hours trek)

After breakfast, we begin our trek at around 7:00–7:30 AM. The trail follows a gradual ascent through alpine landscapes as we continue gaining altitude. Due to the thinner air at higher elevations, we maintain a slow and steady pace throughout the day.

After approximately 3 hours of trekking, we reach a teahouse area known as **Dig Kharka**, where we can rest and enjoy refreshments. From here, it is another hour of uphill walking before reaching **Khare (5,045m/16,486ft).**

Khare offers spectacular views of Mera Peak, Kyashar Peak, and many other surrounding mountains. There are a number of lodges in the village, and you may also enjoy **freshly brewed espresso, Americano coffee, and bakery items** — a pleasant surprise at this altitude!

Today's trekking distance is approximately 4–5 km, with a total walking time of around 4 hours. Overnight stay is

in a simple lodge. Hot showers are available using a bucket system.

Day 11: : Acclimatization Day at Khare [5,045m/16,486ft]: Climbing Training.

After breakfast, our experienced Sherpa guide will lead you on a short acclimatization hike of **approximately 2 hours** to a nearby viewpoint, offering stunning panoramic views of the surrounding Himalayan peaks. This gentle hike is an important step in preparing your body for the summit climb ahead, following the proven principle of *"climb high, sleep low."* After enjoying the views, we return to Khare for lunch.

In the afternoon, our professional Sherpa team will assist you in carefully inspecting and organizing all climbing equipment. Together, we will check your climbing boots, harness, helmet, crampons, and all other essential gear to ensure everything is in perfect condition and ready for the climb.

You will also receive a thorough briefing on climbing techniques and the proper use of equipment. Our experienced guides have successfully led hundreds of climbers to the summit of Mera Peak, and they will make sure you feel fully confident, well-prepared, and ready for the challenge ahead.

Rest assured, your safety and success on the mountain are our highest priority. With the right preparation and the support of our dedicated Sherpa team, you will be in the best possible hands every step of the way.

Overnight stay is in a simple lodge. Hot showers are available using a bucket system.

Day 12: : Trek to Mera Peak High Camp (5,800m/19,029ft) – Overnight Stay at Tented Camp

Height: (5,800m/19,029ft) **Approx. Trekking distance: 7** km (7-8 hours trek)

We set off after breakfast at around 7:00 AM, following a gradual ascent through alpine terrain as the trail steadily gains altitude. About an hour in, we reach a rocky section with some risk of rockfall; helmets are strongly recommended here, and our Sherpa guide will give a thorough safety briefing before we cross.

From there, the trail alternates between flat, uphill, and downhill stretches for roughly two hours until we reach Mera Base Camp (5,300m/17,388ft). A short 15-minute walk beyond brings us to the crampon point, where we gear up for the glacier terrain ahead.

The climb then turns mostly uphill, and after about two hours of steady ascent we reach Mera La (5,415m/17,766ft), a key junction point on the route toward the Amphu Lapcha Pass and Baruntse expeditions. We stop here for a packed lunch, taking in the views before continuing.

Around an hour past Mera La, the trail opens up to reveal stunning views of Everest, Nuptse, Makalu, Lhotse, and other Himalayan giants, a perfect spot to pause for photos. From here, it's roughly another hour of uphill walking, followed by a short, flat 10-minute stretch, before we arrive at Mera High Camp (5,780m/18,963ft), a sheltered, rocky site protected from the wind.

On arrival, you'll be welcomed with a hot drink of your choice, followed by warm water and noodle soup to help you recover. Dinner is served around 6:00 PM in the dining tent, typically dal bhat and garlic soup, both well suited to keeping warm and energized at altitude, with plenty of boiled drinking water provided through the evening.

Day 13:: Summit Mera Peak [6,461m/21,1907ft] & return to Khare. (14-15 hrs) Lodge

Height: (6,461m/21,1907ft) **Approx. Trekking distance: 12** km (14-15 hours trek)

Today is the highlight of the expedition. We begin our summit push around 1:00 AM to reach the summit before the afternoon winds develop. After an early breakfast, we prepare our climbing gear and set off under the guidance of our experienced Sherpa team.

The ascent follows gradual snow slopes before reaching the final steep section below the summit. Although Mera Peak is considered a non-technical trekking peak, the climb is physically demanding due to the high altitude and long hours on the mountain. Our Sherpa guides maintain a steady pace and provide support throughout the climb.

After approximately 8–9 hours of climbing, we reach Mera Central Summit (6,461m), the highest of Mera Peak's three summits. From the top, enjoy breathtaking panoramic views of some of the world's highest mountains, including Mt. Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga.

After celebrating your achievement and taking photos, we descend carefully back to High Camp for refreshments before continuing down to Khare. A warm meal and comfortable lodge await after this unforgettable day.

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

Height: (3600m/11808ft) **Approx. Trekking distance: 12** km (6-7 hours trek)

After breakfast, we begin our trek at around 8:00 AM. The trail follows a gradual descent through beautiful landscapes.

After approximately 4 hours of walking, we will stop for lunch at Saure. Near Saure lies the historic Lungsumgba Gompa, an ancient Buddhist monastery believed to be over 200 years old, offering a glimpse into the rich cultural and spiritual heritage of the region.

After lunch, we continue trekking for another 2 hours before reaching Kothe. Upon arrival, we will check into a local lodge for an overnight stay. Today's total trekking and climbing distance is approximately 12 km.

Day 15: : Rest day in Kothe; this day is allocated in case of bad weather on summit day.

Buffer / Contingency Day

This extra day is included as a contingency in case bad weather or other unforeseen circumstances prevent the scheduled Mera Peak summit attempt. Mountain weather can be unpredictable, and having a buffer day provides an additional opportunity to reach the summit if conditions are not favorable on the planned summit day.

If everything goes according to plan and you successfully summit on the scheduled day, the buffer day can be used for rest during the descent or **may allow you to return to Kathmandu earlier**. If you plan to return earlier, we will do our best to arrange an earlier Lukla–Kathmandu flight, subject to seat availability. If you plan to arrive in Kathmandu (KTM) one day earlier, we will provide accommodation at no additional cost.

Alternatively, the itinerary can be adjusted by staying one night at Chutanga, which is located between Chetrabu (Thuli Kharka) and Lukla. This way, you can reach Lukla in two days instead of one long day's walk from Chetrabu.

Day 16: : Trek to Chetarbu / Thuli Kharka [4,704M/15,434ft]- approx. 7 hrs. overnight at Lodge- All Meals

Height: (4,704M/15,434ft) **Approx. Trekking distance: 12** km (6-7 hours trek)

After breakfast, we begin our trek at around 7:00–7:30 AM. Today we start our journey from Kothe, following a small rocky trail that descends along the Hinku Valley for a couple of hours. The route includes some steep rocky sections, both uphill and downhill.

Eventually, we leave the Hinku Khola behind and begin a steep ascent through the forest. We stop for an early lunch at Toktar, a small cluster of teahouses located in the forest. From here, through the trees, we can still catch glimpses of the summit of Mera Peak, now far in the distance.

After lunch, we continue climbing through dense forest. Gradually, the rhododendron trees give way to smaller

bushes, and the surrounding mountains begin to open up across the valley. On a clear day, we can see all three summits of Mera Peak as well as Naulekh Peak, and we can trace much of the route we have followed over the past days.

The higher we climb, the more spectacular the views become. We eventually reach a section marked by prayer flags, where the trail becomes easier as we approach the lodge at Chetarbu (also known as Thuli Kharka). Upon arrival, we will check into a local lodge for an overnight stay. Today's total trekking and climbing distance is approximately 12 km.

Day 17:: Trek from Chetarbu to Lukla. Approx. 7-8 Hours- Overnight at Lodge B, L,D

Height: (2,860m (9,383ft)) **Approx. Trekking distance: 14** km (7-8 hours trek)

After breakfast, we begin our trek at around 7:00–7:30 AM, starting from Chetarbu (also known as Thuli Kharka). The trail follows a gradual descent through stunning alpine landscapes.

After approximately 1 hour of walking, we reach Chhetra La Pass (4,580m/15,026ft), where we pause to enjoy the panoramic mountain views before beginning our descent. From here, we descend along a steep and rocky trail. After approximately 3 hours of continuous trekking, we reach Chutanga (3,470m/11,385ft), where we will stop for a well-deserved lunch break.

After lunch, the trail continues as a gradual descent toward Lukla, passing through beautiful forests of fir, rhododendron, pine, oak, and juniper, along with diverse local vegetation. The trail includes a mix of ascents and descents as we make our way back to Lukla, with this section taking approximately 4 hours.

Along the way, we enjoy magnificent views of Numbur Himal, Kongde Ri, Karyolung Peak, and many other surrounding mountains of the region. By the end of the day, we will have descended approximately 1,700–1,900 meters in elevation — a remarkable achievement in itself.

Finally, we arrive in Lukla, where we reconfirm our flight tickets for the following day. In the evening, we gather together for a celebration dinner with our Sherpa team to mark the successful completion of the trek and climbing expedition. This is a moment to reflect on your incredible journey, share stories, and express gratitude to your dedicated guides and support team.

Today's trekking distance is approximately 14–15 km, with a total walking time of around 8 hours. Overnight stay is at a comfortable guesthouse in Lukla.

Day 18.: Fly to Kathmandu and Transfer to hotel and Relax at hotel or explore around Thamel

Today, after a hale and hearty breakfast, we fly back to Kathmandu after our long mountain journey. The early morning flight drops us at Kathmandu. We can rest and relax throughout the day at our hotel.

If interested, we could buy some gifts to take home from Nepal for loved ones and friends, and relatives; we can visit some nearby shops or venture out to Thamel for typical Nepalese goods. Mountain Sherpa’s guides either can assist this short excursion, or we can do it ourselves too.

If you want to explore any other areas in Kathmandu, you have to manage time for this today as well! At eventide, we will attend an exciting celebration dinner together for completing Mera Peak expeditions hosted by Mountain Sherpa Trekking and Expeditions! Overnight in Kathmandu, the valley of the gods.

DAY 19:: Contingency day in case of bad weather and flights delays

As a well-established local Sherpa company with over 27 years of experience, we highly recommend keeping an additional day in Kathmandu as a contingency for possible flight delays from Lukla due to weather conditions.

If everything goes as planned, this extra day can be a wonderful opportunity to explore Nepal's rich cultural heritage. You may choose to take an optional guided tour of two ancient Newari cities—**Patan and Bhaktapur.**

This optional tour, lasting approximately 4-5 hours, offers a fascinating insight into local culture, ancient architecture, and fine arts. You will visit historic sites such as **Bhaktapur Durbar Square,** where beautifully preserved palaces, courtyards, and temples reflect centuries of history.

Alternatively, you may simply **choose to relax at your hotel after your trek and enjoy a comfortable rest before your departure.**

Whichever option you choose, we ensure a pleasant and fulfilling experience to conclude your journey in Nepal.

DAY 20:: Transfer to Airport by private Car and Fly back to home

After breakfast, our representative and office vehicle will be on standby at our hotel to transfer us to the airport for your connecting flight home. Serving you was an incredible joy and pleasure, we at **Mountain Sherpa Trekking and Expeditions** will cherish the bonds of our relationship created over the time you spent with us, and we thank you for choosing us as your travel partner and for visiting this fantastic country Nepal.

We are sure that climbing this most beautiful high altitude trekking peak with our expert Sherpa guide will give you lifetime memories of a vacation. Ciao friends! Till we meet again.

Please Note: Although we try to follow the itinerary given above, at times local trail or weather conditions may necessitate slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure goes into wild territory above the timberline, so we seek to request maximum flexibility if and when required for the safety of your trip and your life. Thank you so much for your understanding.

Cost Includes

Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey.
- Kathmandu-Lukla-Kathmandu round-trip flight, including airport drop-off and pickup service.
- 4 nights in deluxe rooms at a 4- or 5-star hotel, including buffet breakfast
- 14 nights in mountain lodge accommodation during the trek, including all meals
- 1 night in a tented camp at High Camp, including all meals

Meals & Drinks Included As Per Below

- Delicious and hygienic breakfasts are provided daily at the Kathmandu hotel as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—are included throughout the entire trek, with a variety of self-choice options to ensure a nourishing and enjoyable trekking experience.
- 4–5 cups of warm beverages such as tea, hot lemon tea, or coffee of your choice are provided daily to keep you warm and comfortable throughout the journey.
- We also offer a welcome dinner at a traditional Nepali restaurant, including a cultural dinner show.

Climbing Permit & Entrance Fees

- Mera peak climbing permit, Garbage deposit Management, Insurance of climbing guide
- Makalu Barun National Park entrance fees

- Local municipality entrance fees & any required Government fees
- Entrance fees to historic sites, temples and monuments during city tour in Kathmandu

Best Climbing Sherpa Guide & Porters

- Responsible, truthful, friendly, and flexible Sherpa climbing guides will be provided for the entire expedition, ensuring your safety and an enjoyable climbing experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Staff Pay, Insurance & Required Gear

- Pay, food, accommodation, and insurance for climbing Sherpa guides and support staff
- Porter pay, insurance, food, accommodation, and transport — all included
- Half-day cultural tour in the city, including guide and driver
- Necessary climbing equipment, including tents and main ropes for the expedition
- Duffel bag, trek map, and group medical kit Warm sleeping bags and down jackets provided if required Pulse oximeter for measuring oxygen saturation and heart rate

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We provide a certificate obtained from the Nepal Mountaineering Association (NMA) after climbing Mera Peak, which serves as a significant recognition of your achievement.
- We assist our valued clients in purchasing and renting all the necessary climbing gear in Kathmandu or arrange for rentals at Khare.

Emergency Support

- Emergency Support – Satellite phone, first-aid, and coordination for any emergencies.
- Oxygen at High Camp – Available if required, arranged at an additional cost.

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$ 80-100 for renting

Vital Information

Why Climb with US

10 reasons to choose Mountain Sherpa Trekking for the Mera Peak Trip

1.Expert Sherpa Guides

As a **Sherpa family-owned company,** all of our guides and staff are local Sherpas from the Everest region. Sherpas are globally respected for their mountaineering expertise, deep knowledge of the Himalayas, and long history of supporting successful expeditions on the world's highest peaks.

We are proud to work with highly professional, reliable, and experienced climbing Sherpas. Several of our lead guides have successfully summited **Mount Everest more than 14 times, bringing invaluable high-altitude experience and leadership to every expedition.**

When you climb with Mountain Sherpa Trekking, you are guided by people who know these mountains better than anyone else. From acclimatization and route planning to summit day support and safety management, our experienced Sherpa team is committed to providing a safe, enjoyable, and successful climbing experience.

2. Accommodation: Best Hotels & Lodges

Proper rest is essential for a successful trekking and climbing experience in Nepal. Adequate sleep helps your body stay energetic, supports recovery, and increases your chances of a safe, successful expedition with fewer health issues.

Our package includes **carefully selected 4- to 5-star hotels in Kathmandu** before and after the trek, offering comfort and quality service to help you relax and prepare for your journey.

During the trek, you will stay in the best available local mountain lodges (tea houses). Wherever possible, we provide **rooms with attached bathrooms for added comfort and hygiene in the mountains.**

3.Expertly Designed Acclimatization for a Successful Mera Peak Summit

Your safety and enjoyment are always our top priorities. Our itineraries are carefully designed based on decades of Sherpa expertise in the Himalayas.

To ensure proper acclimatization, our **Mera Peak itinerary includes two nights at Thaknak (4,358m / 14,297ft),** along with an acclimatization hike to Kyashar Peak Viewpoint (approximately 5,000m / 16,404ft), before continuing to Khare (5,045m / 16,486ft). We also include two nights in Khare, **allowing your body to gradually adapt to the increasing altitude before ascending to High Camp**. This carefully planned approach significantly reduces the risk of altitude sickness and increases your chances of a safe and successful summit.

Our experienced Sherpa guides closely monitor every member of the group, ensuring proper acclimatization before moving to higher elevations. Having led climbers in the Himalayas for decades, we understand that adequate acclimatization is essential for adapting to lower oxygen levels and safely **reaching the summit of Mera Peak (6,476m / 21,246ft).**

We firmly believe that excellent acclimatization is one of the most important factors in achieving a safe, enjoyable, and successful climbing experience at high altitude.

4. Smooth Flights and Logistics Support

As a responsible company, we know that mountain weather can change at any time. We are always fully prepared with alternative options to keep your trip on track. For example, if the Lukla flight is delayed or cancelled due to weather, **we will arrange a helicopter for our valued clients as quickly as possible,** doing our best to keep everything running on schedule. This is why many of our guests end up flying to Lukla by helicopter in cases of flight delay or cancellation due to weather. Our guides and team will also fully assist you with hiring equipment in Khare or renting and buying gear in Kathmandu, so you can complete your trip in a hassle-free way.

5. Quality Run Journeys

Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal, which means you can select any food from the lodge menu as per your taste. Our guides will provide you with enough meals on their trek as part of the trip price. A lot of times people are only given the same food each day for every meal, and we don’t do this. You are allowed to pick what you eat for each meal in all the lodges we stay in.

Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your treks and climbs in the Himalayas which is most important for a successful trip.

6. Supporting Our Community

We believe that we all must give back to our society, as a responsible Sherpa Company, we know the importance of giving and supporting those in need. Hence, Mountain Sherpa Foundation has been established to help address the basic needs problems of the deprived people and low-income families of a remote part of Nepal. We work directly with the local communities to find lasting solutions to poverty and injustice. We seek to help and to be helped to ensure that poor people can improve their lives and livelihoods.

We continue to help the local community and have helped our Sherpa guides, porters, and staff. As things get worse for tourism workers amid covid-19 pandemic, **Mountain Sherpa Trekking director Mr. Pasang Sherpa** distributed relief packages to more than 450 Sherpa trekking guides, porters, and climbing guides on 25 May 2020, Similarly, He supported to Trekking Agencies Association of Nepal (TAAN) that has established a food bank for the tourism workers in Nepal during the COVID 19 pandemic.

7. Climb with an expert local Sherpa Guide

An expert local Sherpa guide leads all of our Mera Peak Expeditions. You can walk through the region with someone who has wide-ranging experience in the mountains and lead groups to safe and unforgettable experiences.

Most of our Sherpa guides have led many trips on Lobuche Peak, Island peak, Mera Peak, Chulu east, Tent Peak, Ama Dablam, and Mount Everest and so many more.

If you book far enough in advance, you will be a part of a professionally led trip on our unique itinerary. All of our guides hold current Wilderness First Aid Certificates and climbing guiding qualifications.

8. Over 27+ Years of Experience

We have over 27 years of experience organizing successful expeditions to Mera Peak.

Our team of expert climbing Sherpa guides, including Mr. Migmar Sherpa, Mr. Namgyal Sherpa, Mr. Lhakpa Sona Sherpa, Mr. Dawa Sherpa, and Mr. Jangbu Sherpa, have extensive high-altitude experience. They have summited Mera Peak more than 70 times and have also successfully climbed other major peaks, including Island Peak and Lobuche Peak.

All of our guides are from the Everest region, home to the world’s highest mountains, including Mount Everest.

With decades of experience, **we have maintained a consistently high summit success rate and have safely guided climbers from more than 70 countries. Our focus has always been safety, proper acclimatization, and providing a professional guiding service that leads to successful and memorable expeditions.**

9. Small Group Sizes

We keep our Mera Peak expeditions flexible to suit the way you want to travel. Whether you're climbing solo, as a couple, with family, or with friends on a private trek, we tailor the experience to your needs. If you'd rather join a group, our maximum group size is 12 people, though many of our departures are even smaller, with just 4 to 6 climbers. Smaller groups allow for a more personalized experience and better service throughout the expedition.

10.More Summit Attempts (Extra Contingency Day allocated)

This extra day is included as a contingency in case bad weather or other unforeseen circumstances prevent the scheduled Mera Peak summit attempt. Mountain weather can be unpredictable, and having a buffer day gives you an additional opportunity to reach the summit if conditions aren't favorable on the planned day.

If everything goes according to plan and you summit on the scheduled day, the buffer day can instead be used for rest during the descent or to return to Kathmandu earlier. If you'd like to return early, we will do our best to arrange an earlier Lukla–Kathmandu flight, subject to seat availability, and if you arrive in Kathmandu a day

early, we'll provide accommodation at no additional cost.

Alternatively, the itinerary can be adjusted by spending one night at Chutanga, located between Chetrabu (Thuli Kharka) and Lukla, allowing you to reach Lukla over two shorter days instead of one long walk from Chetrabu.

Gear and Equipment

Mera Peak Gear List infomations

HEADGEAR / EYEWEAR

1. **Bandana:** Bandanas are large kerchiefs, usually colorful, and used either as headgear or as a handkerchief, neckerchief, bikini, or sweatband. Wearing a multi-functional bandana will keep your neck warm and help retain moisture in the mouth. We recommend that you carry a thin bandana and one with fleece lining which can be used at higher elevations. This will avoid you from receiving the dreaded Khumbu Cough. You can also use it as headwear to ward off the dust on the trails.
2. **Sun hat and sunglasses:** Baseball caps and sombrero-style sun hats keep the sun away from your ears, and necks and prevent sunburns. Likewise, we suggest you bring high-quality sunglasses and ski goggles with UV protection to protect your eyes from the sun and wind protection at high altitudes.
3. **HEADLAMP:** Having a good quality headlamp is necessary when climbing peaks in the dark. Please do not forget to bring freshly installed batteries pulse spare batteries. A headlamp will be very useful for you to see where you are going and keeps your hands free to climb.
4. **Fleece Lined Hat:** A fleece-lined hat protects your head from the cold in the chilly mornings and evenings. You can wear them at night and while roaming in and around the lodges and tents. You can also wear them under your helmet during your climbing period.

For Hands

1. **Gloves: A high-quality** Gloves are compulsory while climbing Mera Peak. They keep your hands warm. We strongly suggest you carry a pair of warm shell gloves with insulated removable liners. As climbing requires moving your hands frequently with ropes and equipment, a glove with a good handgrip is necessary.
2. **Sleeping Bag:** A warm and quality sleeping bag is necessary for Mera Peak, regardless of the season, you plan to climb. You can guarantee freezing nights on the high camp of Mera and without a warm sleeping bag, you will be uncomfortable and cold. if you don't have your own sleeping bag. You can buy or rent a quality sleeping bag in Kathmandu at a reasonable price.
3. **Eye Mask & Ear Plugs:** Good sleeping when on the mountain is very important to enjoy the trip and lack of it can make easy days very challenging. Some of the Teahouses have very thin walls and some don’t have curtains for the windows. Chances are, people will be noisy and sunlight will wake you before

you're ready to get up.

Practical Clothing

1. **UNDERSHORTS & GARMENTS:** We suggest bringing two to three pairs or as per your personal preferences. It is suggested that you carry a sufficient number of undergarments or a few of them and wash the used ones along the way. We suggest bringing comfortable athletic styles based on your needs and preferences. Be sure to carry an extra plastic bag to store your used garments. You don't want to mix your used clothes with fresh ones.
2. **BASELAYER BOTTOM & TOP:** We suggest buying Wool, wool blend, polyester, or other synthetic fabrics Baselayer bottom which works well. Be sure your baselayer pants are not made from cotton. We advise lighter weight baselayers rather than heavier fleece-type layers. The base layer is to keep you warm in cold temperatures. You can use them while sleeping in the camps or even on the summit night under your Gore-Tex pants and tops. The base layer (top) with a hood is recommended.
3. **LONG SLEEVE SUN SHIRT:** You can carry 2 – 3 normal t-shirts to wear while trekking in the lower regions. You can wash these T-shirts on the trail and one long-sleeved base layer top, which will help you to keep warm in cold temperatures. Non-cotton materials such as merino wool or polyester are highly suggested.
4. **SOFTSHELL PANTS:** We highly recommend bringing Stretchy, comfortable, non-insulated softshell pants that should fit comfortably with or without your base layer bottoms.
5. **HARDSHELL PANTS:** Fully waterproof shell pants that fit comfortably over your baselayer bottoms are highly recommended. You can carry them in your backpack so that it is easy to take them out when needed. They prove to be handy on rainy days.
6. **HARDSHELL JACKET:** We highly suggest bringing a fully waterproof and non-insulated shell jacket with a hood. This should fit comfortably over your mid-layer, baselayer, and softshell.
7. **INSULATED DOWN PARKA/DOWN JACKET:** A very good quality hooded down jacket is must essential during your Mera peak expeditions in Nepal. A normal down sweater or light puffy jacket will not be enough. The good down jackets keep you warm and are easy to carry because they can fit into a compact bag and are light in weight.

Footwear:

1. **LINER SOCKS**
2. **WOOL OR SYNTHETIC SOCKS**: We highly suggest bringing appropriate pairs of socks for the Mera Peak trip. As you go from warm temperatures to the cold and then back to warm again, ranges of trekking socks are necessary. You can have a mix of liner socks, light socks, and thick socks. A minimum of two pairs of thin socks and two pairs of thick socks are recommended. Keep a spare pair of fresh socks to switch into after arriving at the camp or teahouse.

3. **DOUBLE BOOTS:** Climbing boots are essential during the climb to the summit. These boots must be light and warm so as to prevent your feet from frostbite. Get the size that fits you right and you are comfortable walking with those on. If you want to rent these boots our Sherpa guide will organize them at Khare, this means you should not have to carry this heavy boots from Kathmandu.
4. **GAITERS**
5. **LIGHT HIKING BOOTS OR TREKKING SHOES:** Trekking boots are for your walk in the lower parts of the trail. Get the hiking boots that are lightweight, high comfort, plenty of room in the toe box with sturdy soles and ankle support. These boots help you balance the varied terrains of Nepal.
6. Trail shoes/ Running shoes/ Sandals: You can either bring your running shoes or sandals. This shoe is for you to change back to after arriving at the camps or tea houses.

Bags

1. **Main rucksack or Travel bag (70 liters):** Porters are not allowed to carry more than 15 kg in total Per person and this allowance needs to include space for their own belongings. So make sure your bag does not exceed the weight of 15kg. Mountain Sherpa Trekking will provide you with a quality duffel bag during your trip, which remains yours even after you return from the trip. You can transfer all your necessary clothes to our company duffle bag when you are in Kathmandu and you can leave your extra city clothes in the hotel with your main rucksack or Travel bag.
2. **Day pack (30-40 liters):** We highly recommend 30-40 liters (8 gallons) to carry every day on your back, so make sure it has room for essentials such as water bottles, spare layers, and waterproofs, cameras, etc. Please make to bring a rain cover for your daypack. This MUST have a hip belt for support/weight loading and should have an inner frame for comfort on your back.
3. **Dry bags / tough poly bags:** Make sure all your contents are wrapped in waterproof bags to keep them dry. Use them also to store used clothes during the trek. We have various sizes for rent.

EQUIPMENT RENTAL or BUYING IN NEPAL

You can buy or hire sleeping bags, down Jackets as well as all climbing equipment in Kathmandu or Khare, Nepal at a reasonable price. For details information regarding Mera Peak climbing gears and equipment. Please contact us by e-mail. You can also add when booking, or inquiry message.

Medicine

1. Antibiotics
2. Painkillers, Paracetamol, Ibuprofen, Aspirin, Advil
3. Cough Lozenges
4. 1 – Triangular Bandage

5. Foot Powder. Important for keeping your feet in good condition
6. Anti-inflammatory Tablets. For any inflammation
7. Skin-blister repair kit
8. Anti-diarrhea pills
9. Altitude sickness Tablets: Diamox or Acetazolamide to prevent AMS (You can buy in Kathmandu)
10. Water purification tablets or water filters – Purification tablets to purify the water along the trails. These can be purchased in Kathmandu. We do not recommend buying water on the trail as there are no facilities to recycle the plastic bottles in the mountains.
11. Prescriptions, in case you need to purchase your medications.
12. Moisture-wicking fabric
13. Sunscreen– We recommend having a Factor 50 + to protect you from the extreme rays at altitude.
14. Lip Balm – This is essential to protect you against the fierce sun.
15. Insect Repellent, containing DEET
16. Hand Sanitizer – This is essential to keep your hands clean on the trail.
17. Wet Wipes/Baby Wipes (recommended) – While there are options to shower along the trail, we recommend always bringing a pack of Baby Wipes to keep yourself clean in the wilderness.

Please note that you can easily get most of the medications in Kathmandu including antibiotics and Diamox. Our experienced guide will help you and show you trekking shops and pharmacies in Thamel to buy all the necessary medicine for your trip if you have not brought it from your home country.

Toiletries

Small Personal First Aid Kit: This is just a guide of what we recommend you bring, you may have other personal items you need to add to your kit

1. Medium-sized quick-drying towel– A small sports towel that is quick-drying is recommended.
2. Toothbrush/paste (preferably biodegradable)
3. Multipurpose soap (preferably biodegradable)
4. Deodorants
5. Nail clippers (optional)
6. Toilet Paper – This is for when you are on the trail and have to go to the bathroom. You will either carefully burn the toilet paper or take a small plastic bag to dispose of toilet paper when you arrive at the lodge.
7. Face and body moisturizer

8. Female hygiene items
9. A small mirror (optional)

Hotels & Foods

Climbing Mera Peak: The Ultimate Blend of Adventure & Luxury!

Embark on an unforgettable Mera Peak expedition with a perfect balance of thrill and comfort! Our premium climbing packages ensure a seamless experience, offering top-tier accommodations and expert Sherpa guidance.

- **4-Star Package – $2,900 USD per person** (Stay at Hotel Lo Mustang or Mulberry Hotel)
- **5-Star Package – $3,100 USD per person** (Stay at Dusit Princess Kathmandu or Yak and Yeti Hotel)

Enjoy 4 Nights in Kathmandu’s Finest Hotels

1. **Before the climb:** Spend **2 nights in luxury**, allowing your body to recover from jet lag while preparing for the adventure ahead.
2. **After your successful summit:** Reward yourself with 2 nights of relaxation, indulging in a spa day or unwinding in a serene garden resort.

With over **27+ years of Sherpa expertise,** we ensure a safe, exhilarating, and well-organized ascent to **Nepal’s highest trekking peak (6,476m / 21,246ft).**

Book now and turn your Himalayan dream into reality!

14 Nights Best available Mountain Lodge Accommodation and 1 night Tented Camp

Join us on an unforgettable Mera Peak trek, where every detail is designed for your comfort and success. **For 14 nights,** stay in the best mountain lodges, carefully chosen for their cozy atmosphere and great service. After each exciting day on the trail, these lodges will be the perfect place to relax and rest. One night, you’ll stay in a unique tented camp, giving you a true adventure experience in nature.

Our accommodations are more than just a place to sleep—they help you recharge, so you're ready for the next day's adventure. Enjoy both comfort and excitement as you climb Mera Peak. Book now for a memorable journey with stunning views, expert guides, and peaceful nights to ensure you're always ready for the next challenge!

Energizing & Delicious Meals on Your Mera Peak Climbing

Throughout your Mera Peak climb, we'll make sure you're always fueled with nourishing and satisfying meals. We use fresh, locally sourced ingredients, carefully prepared to keep your energy high and your spirit strong every day.

Morning Breakfast (7:00–8:00 AM) – Kickstart Your Day

- A variety of hot beverages: Tea, Coffee, Hot Chocolate, Green Tea, Lemon Tea, or Hot Milk
- Eggs: Fried, Boiled, Scrambled, or Omelet
- Bread: Toast, Pancakes, Chapati, or Traditional Tibetan Bread
- A warm, comforting porridge with honey

Afternoon Lunch (12:30–1:00 PM) – Refuel for the Journey Ahead

- Traditional Nepali Dal Bhat: Rice, Lentil Soup & Curry
- Pasta or Noodles
- Fried Rice & Fried Potatoes
- Mo:Mo (Nepali dumplings), a local favorite

Evening Dinner (6:00–8:30 PM) – A Hearty Finish

- Comforting soups: Garlic Soup, Local Stew, Vegetable Soup, or Mixed Soup
- Dal Bhat Tarkari: A nutrient-packed Nepalese staple
- Hearty sides: Fried Potatoes with Veggies or Mashed Potatoes with Cheese
- Satisfying dishes: Mo:Mo, Fried Noodles, or Pasta

Each meal is carefully crafted to give you the energy and warmth needed for the trek. We focus on balanced nutrition, delicious flavors, and the best possible dining experience in the Himalayas.

Your Meal, Your Way – Ultimate Dining Flexibility

At Mountain Sherpa Trekking, we believe in letting you choose your meals. Unlike other companies, our guides don't restrict your food options—you have the freedom to select any dish from the lodge menu, based on your preferences.

Enjoy high-quality, plentiful meals throughout your trek, all included in your trip price. You'll experience the perfect combination of flexibility, delicious food, and an incredible adventure!

Sustainable Drinking Water on the Mera Peak Climb

While bottled water might seem like a safe option, it creates long-lasting environmental damage. A single trekker can use over 42 plastic bottles, and an entire group can leave behind more than 500 bottles per trip. These plastic bottles never decompose at high altitudes, polluting the pristine environment.

As a responsible Sherpa company, we encourage all our trekkers to bring a water filter bottle for safe, eco-friendly hydration. You can also choose boiled water at the lodges for around $50–$70 for the whole trek, providing safety and convenience. Purification tablets are another option, lightweight and budget-friendly, though they require time to work.

By opting for these sustainable choices, you'll stay hydrated while also helping preserve the breathtaking beauty of the Himalayas for generations to come!

FAQS

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

Mera Peak is a non-technical climbing peak, but it requires good physical fitness and stamina due to the long hours spent at high altitude. Previous climbing experience is not mandatory, and many trekkers successfully climb Mera Peak without any prior mountaineering background.

However, a basic knowledge of climbing equipment can be helpful. At Khare, our experienced Sherpa guides provide pre-climb training, including how to wear crampons, use a harness, walk safely, and use other necessary climbing equipment properly.

Throughout the expedition, our Sherpa team provides close supervision, guidance, and support to ensure your safety and comfort, allowing you to climb with confidence.

What sort of accommodation can I expect in Kathmandu and Mountain

During this Mera Peak Expedition, we will provide 4 nights' accommodation in a centrally located, **best-available luxury hotel (4-star or 5-star**, depending on your package choice). Along the trek, we will provide lodges with attached bathrooms where possible, and the best available lodges in each locations. On the one night at High Camp, you will stay in a tented camp on a twin-sharing basis.

What sort of foods can I expect on Mera Peak trekking trail

Most teahouses (lodges) in Mera peak trails cook a delicious range of mostly vegetarian foods. Pasta, tuna bakes, noodles, potatoes, eggs, Dal 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. **You will enjoy 3 hearty meals each day**. Generally, you will have your breakfast and dinner at the same lodge where you will be staying. Lunch will be provided at tea houses or small restaurants along the trail. However, while staying in tented camps during the climb, we will serve packed

lunch along with tea or coffee. Nevertheless, both breakfast and dinner are freshly prepared by our own climbing cooks. The meals contain fresh fruits and organic ingredients sourced from Kathmandu or local villages throughout the trek. The meals include a balanced diet of carbohydrates, proteins, and fats designed by the nutritionist. The chefs are trained in hygienic food preparation. If needed, vegetarian, vegan, gluten-free, and kosher diets can be arranged with prior notice.

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). Most of our Expert Sherpa Guides received advanced Mountain Rescue, advanced Mountaineering, and Khumbu Ice Climbing courses provided by the **Nepal Mountaineering Association (NMA)**

What opportunities will I have for shower along the trek

In major places, Our guide will a hot shower where available. And in the rest of the places, water in the bucket will be provided for the shower.

Is Mountain Sherpa trekking staff insured

Mountain Sherpa Trekking & Expeditions all climbing Sherpa guides, trekking guides, cooks, assistant Sherpas, and porters are fully insured for any medical treatment or helicopter evacuation for any emergencies.

Do you need insurance climbing Mera Peak

When purchasing **your insurance for climbing Mera Peak**, be sure that the policy covers emergency evacuation up above 6,000m (19,685ft.), so we advise having an insurance policy that covers mountain air ambulances. We also recommend you get insured for medical issues, flight delays, or trip cancellations. For more information regarding our insurance policy contact us for more details.

Do I Need Climbing Permit for Mera Peak Climb

Yes, of course, every climber must get a permit from the **Nepal Mountaineering Association to climb Mera Peak.** However, You need not worry when you are joining your expeditions with a registered and expert Sherpa licensed agency like Mountain Sherpa Trekking & Expeditions because all your necessary permits will be taken care of and organized before your arrival in Nepal.

Should I Buy My Gear at Home or in Nepal? Can i hire gears in Kathmandu

That very much depends on how much use you intend to get out of it. Reasonable quality gear is available in Kathmandu for a fraction of the price of the real deal. We will help you find good quality gear in Kathmandu. You can also rent down gear and sleeping bags, which is the most sensible option if you don't think you'll need them again in the near future.

You can buy all types of necessary warm clothing in Kathmandu. You will discover everything from local stores to branded stores like The North Face, Mountain Hardwear, etc. We will accompany and assist you if you need to buy or hire equipment.

All personal climbing gear, such as climbing boots, crampons, helmet, and harness with karabiners, can also be rented at Khare for about $80–$100, depending on the season.

What is the maximum weight for my trek bag

We suggest that you keep the weight of your trek bag a maximum of **15kgs**. Each porter can carry a maximum **of 30kgs.** We provide 1 porter to carry 2 clients' duffel bags. Please note that you are allowed only 15 kgs of luggage

including your handbag for the Lukla flight. For excess baggage, you have to pay extra charges. if you have excess baggage our airport team will arrange to cargo on the same flight or the next flight.

Where can I leave my extra things and valuables while I am on the trek

The hotel we use in Kathmandu has a securely locked room where they store our client's extra belongings in a safe way. You can also safely leave your belongings at our office.

What happens if i get sick on Mountain

We handpick our Sherpa guides based on their knowledge, training, and experience. We also further their education and medical training once working with us. Some of our guides have been with us for over a decade and have summited Mera Peak more than 100 times. There are over 1000 operators on Mera Peak and many do not operate this way.

Your safety on the mountain is our number one priority. We know you traveled to Mera Peak to summit the mountain. However, if you are sick or your life is in danger, our experienced guides will make the call on whether or not you continue to the summit. They are basically doctors on the mountain. They have Wilderness First Responder certification and have the experience to know what to do in an emergency. The solution to severe altitude problems is always to descend. If required, our guide will check your travel insurance information to call a rescue helicopter, and you will be transferred to Kathmandu for medical attention.

Do the tea houses/ lodges have electricity? Can I charge my iPod or camera

In the Mera Peak trek route, most lodges/tea houses have electricity. You can charge your iPod or camera batteries while on treks. Please note that lodges/tea houses will charge you some money for the charging fee (1 USD to 3 USD per hour) during your trek.

What happens if the flight from Lukla or Kathmandu is delayed?

This is a very practical matter for the Mera Peak trek & Climbing trip, however, many companies don't take it seriously, The flights between Kathmandu and Lukla are generally reliable but if the weather is not good they can be canceled for the entire day. Our 19-day package includes one extra contingency day in case of delays. If your flight is delayed in Kathmandu we will rebook your flight for the next day. We may also be able to provide an option for a privately chartered helicopter. If you choose to take the helicopter this can cost an additional $250 to $500 or more depending on availability and group size. Extra hotel nights in Kathmandu will be provided when flights are delayed. If your flight is delayed in Lukla we will provide the accommodation and meals at the cost.

Why I climb Mera Peak with Mountain Sherpa Trekking & Expeditions

Climbing to 6,500m is no small feat, and on Mera Peak's snow-covered trails, unpredictable weather and altitude sickness are real risks. That's why the right operator matters more than anything else.

With over 27 years of combined experience, Mountain Sherpa Trekking & Expeditions is a family-owned company built on safety, reliability, and genuine local expertise. Our itineraries are designed around proper acclimatization, our experienced Sherpa guides stay attentive to your well-being at every step, and we handle every detail, from accommodation to equipment, smoothly even in the most remote areas. All this, at some of the most competitive prices in the industry.

When the mountain doesn't compromise on risk, you shouldn't compromise on who's guiding you.

What is your success rate for summiting the Mera Peak 6,500m (21,325ft.)

We are proud to have achieved a **99% success rate on our Mera Peak climbing expeditions.** This outstanding record is made possible by our highly experienced local Sherpa guides and support staff.

Another key factor is our **carefully designed itinerary**, which includes proper acclimatization days to help climbers adjust to the **altitude and minimize the risk of altitude sickness.**

As a 100% local Sherpa company based in Nepal, all of our guides and staff are Sherpas from the Everest region. Sherpas are widely regarded as elite mountaineers and experts in the Himalayas. They played an invaluable role in the early exploration of the region, serving as guides at extreme altitudes and supporting numerous expeditions, particularly those attempting to climb Mount Everest.

With their unmatched local knowledge, mountaineering expertise, and commitment to safety, our Sherpa team provides the highest level of support throughout your Mera Peak adventure.

If I have more questions, how should I contact Mountain Sherpa Trekking

If you have any further questions, please don't hesitate to get in touch. You can reach us by email at info@mountainsherpatrekking.com, or call/message us anytime on WhatsApp at +977 9849643731. We'll get back to you within 24 hours.