

Mera Peak (6476m) Climbing



Trip Grade: Moderate Plus
Duration: 15 Nights/16 Days
Max. Altitude: 6476M

Destination: Nepal
Region: Everest
Activity: Climbing & Expedition
Theme: Lodge & Tented

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Overview

Mera Peak (6476 meters) is the highest trekking peaks in Nepal. Mera Peak is situated on the edge of the famous Khumbu Region, where it overlooks many of the world's highest peaks including Mount Everest, Kanchenjunga, Makalu, Lhotse and Cho Oyu. Although Mera Peak is very high trekking peak, the climbing is relatively not so much technical. Climbing Mera Peak is regarded as one of the most scenic trekking peaks which is rising to the south of Everest and dominating the watershed in the wilderness valleys of the Hinku and Hongu and it is officially the highest Nepal's permitted trekking Peak. Trekking Experts offers Mera Peak Climbing Trip to climb Mera Peak by using our extensive knowledge and experience in mountaineering.

Mera Peak Climbing Trip with Trekking Experts begins with panoramic flight to Tenzing-Hillar Airport, Lukla. Trekking to base camp of Mera Peak leads you through beautiful Hunku valley and passes several passes, beautiful landscapes, villages, waterfalls and spectacular views of mountains. The path into the rocky, rocky ridge traverses slowly ensure proper acclimatization, rising gently to the Zatrwa La Pass, marked by Mani walls and Chhortens. Climbing Mera Peak does not require any specific climbing skill or knowledge. Despite of highest trekking permit, it relatively easy. Trekking Experts' expert guide will assure you climbing safe and successful as you just need to acclimatize the high altitude. The panoramic trip to Mera Peak keeps you lifting above the clouds, the mighty frieze of the world's 8000-meter Mountains- Everest, Kanchenjunga, Makalu, Lhotse, Cho Oyu and many other peaks. Trekking Experts' highly experienced and trained crew, unrivalled services, quality equipment and hygienic food ensure you that your Mera trip will be a lifetime adventure experience in Nepal.

Highlights

- ✓ Climbing Mera Peak (6476m); the Highest trekking peak in Nepal
- ✓ Chance to explore the legends of Everest region
- ✓ Best panoramic peak climbing which will lift you above the clouds
- ✓ Panoramic views of snow-capped mountains including Mount Everest(8848m), Mount Lhotse (8516m), Mount Cho Oyu(8102m) and many more
- ✓ Trekking in tranquil Hunku Valley and Everest region
- ✓ The best pick for mountaineering beginners
- ✓ To see the flora and fauna of high Himalaya

Trip Itinerary

Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu. Dinner will be booked at the hotel.

Accommodation: Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

Day 02: Kathmandu - Chhutanga (alt. 3020m)

Early morning you'll transfer to airport and you'll make an early start to take a spectacular, short mountain flight to Lukla, the start points for our trek. During the flight you'll see scenic views of Langtang, Jugal ranges, RolwalingHimal, Gaurisankar and Menlumtse before getting your first glimpse of Everest.

Upon arrival at Lukla airport you'll meet trekking crew and you'll spend a few minutes sorting out bags before trekking to Chhutanga. From Lukla, the gateway to Khumbu you'll start towards east passing through a number of tiny hamlets before entering the thick forest on the hillside below the KaloHimal Ridge. Be careful to stay with the group on this section as there are many trails leading away from the main path. There are many streams in the area, all of which are loosely referred to as Chhuthanga.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 4-5 Hours Walk **Altitude:**3020 meters

Day 03: Chhutanga- Tuli Kharka (alt. 4100m)

After early morning breakfast at lodge, you'll continue your trek over a steeply ascending trail that heads for the crossing of Zatravac La Pass at 4600 meters. From the top of the pass, you can enjoy the spectacular views of NumburcHimal, Kongde Ri, Karyolang Peak and many other fascinating peaks. Your trek continues along the levelled trail for almost one and a half hours before dropping downhill all the way to Tuli Kharka.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5-6 Hours Walk **Altitude:**4100 meters

Day 04: Tuli Kharka- Kothe (alt. 4182m)

After breakfast at lodge, today you'll trek Kothe. From Tuli Kharka today's trail is a mixture of both uphill and downhill trekking through the dense forest filled with rhododendron, oak, pine and juniper trees. During the trek you will have magnificent views of Mera Peak and the surrounding snow-capped peaks. A steep descent to the Hinku River and a final uphill climb will lead you to Kothe. Kothe lies to the west side of the Hinku valley and offers serene wilderness with lush vegetation to trekkers.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 6-7 Hours Walk **Altitude:**4182 meters

Day 05: Kothe- Thagnag (alt. 4326m)

After breakfast at lodge, today your trail from Kothe goes along the ridge of Hinku river towards Gondishung. Further trekking you will pass through Lungsumgba Gompa which was built approximately 200 years ago. Here you can find Mera Peak along with its route scripted in a rock which is a fantastic piece of rock carving architecture. Your trek continues with a rather easy walking trail that leads to the summer grazing area of Thagnak where there are shops and a number of good tea houses.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 4-5 Hours Walk **Altitude:**4326 meters

Day 06: Thagnag- Khare (alt. 5000m)

After breakfast at lodge, today you'll trek to Khare. Khare is kind of base camp of Mera Peak. Today's trail from Thagnak goes over the lateral moraine towards HinkuNup and Shar Glaciers. From there, your further trekking is a steep climb all the way to Khare. You will have a magnificent view of Northern Face of Mera Peak from Khare. You will spend an extra day rest at Khare for acclimatization and exploration.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5-6 Hours Walk **Altitude:**5000 meters

Day 07: Khare (alt. 5000m)

Today is full free day to explore around Khare and acclimatize. Acclimatization is very essential in higher altitudes to avoid mental and physical sickness. As you are above 5000 meters altitude, you will spend a rest day at Khare for acclimatization and exploration. Proper acclimatization is a must for ensuring our successful summit climb of Mera Peak. Our Sherpa team will make necessary checks on our climbing gears including ropes, ice axes, crampons, harness and other equipment before heading further to higher camps.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 5000 meters

Day 08: Khare- High Camp (alt. 5700m)

Early morning breakfast at lodge, today you'll head towards High Camp of Mera Peak. From you'll start short but technically demanding trek towards Mera Peak Base Camp. Trail to base camp is a gradual ascend over to Mera Glacier. You will climb steeply towards the top of the glacier before traversing along the glacier to Mera Peak Base Camp. From base camp, you'll move further to High Camp. From base camp

you will follow the trail that climbs over through Mera La Pass and continues trekking along the rocky and often snow-covered trail towards Mera Peak High Camp. Once at the high camp our Sherpa crew will quickly set up the camps and make necessary checks on our health conditions and climbing gears. From the high camp, you can enjoy amazing views of Everest, Makalu, Nuptse, Cho Oyu, Baruntse, and Chamlang.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-8 Hours Walk **Altitude:** 5700 meters

Day 09: High Camp – Mera Peak (6476)-Khare (alt. 5000m)

Today, very early morning you'll push for summit of Mera Peak. As you are already acclimatized, you'll start early with the aim to reach the summit before noon as strong winds after noon can create obstacles to reaching the summit. You'll start around 2 AM in the morning and after having breakfast you climb up the glacier and onto a ridge. Following the footsteps and guidance of your experienced climbing guide, you head towards Mera Peak summit. Once at the top you are rewarded with magnificent views of five spectacular 8000-meter peaks – Everest (8848m), Cho Oyu(8201m), Makalu (8463m), Kanchenjunga (8586m) as well as Nuptse(7855m) and Chamlang(7319m). After spending quality time at the Mera Peak summit for clicking photographs you will descend following the same route and head back to reach Khare for your overnight stay.

Accommodation: Lodge **Meals:** Breakfast/Lunch **Walking Hours:** 8-10 Hours Walk **Altitude:** 5000 meters

Day 10: Reserve Day/Khare (alt. 5000m)

Today is reserve day in case of couldn't push for Mera summit due to bad weather. It might happen that you may not reach the summit as you planned due to bad or unfavorable weather conditions. If you made summit yesterday, then you can relax at Khare.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 5000 meters

Day 11: Khare- Kothe (alt. 4182m)

After breakfast at lodge, today you'll trek back to Kothet retracing your steps from Khare and trek through Thangnak before heading further towards Kothe. With mostly downhill trekking, you will leave the high altitudes and enter into the dense sub-tropical forest filled with rhododendron, oak, pine and birch trees. You trek until you arrive at Kothe for our overnight stay.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 6-7 Hours Walk **Altitude:** 4182 meters

Day 12: Kothe- Tuli Kharka (alt. 4100m)

After breakfast at lodge, you'll trek to Tuli Kharka and today your trail is uphill trekking through dense rhododendron forest that goes over the western section of Hinku valley towards Tuli Kharka. From Tuli Kharkayou can enjoy the magnificent views of Mera North, Mera Central and South face of Mera Peak.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5-6 Hours Walk **Altitude:** 4100 meters

Day 13: Tuli Kharka- Lukla (alt. 2840m)

After breakfast at lodge, you'll do your final trek to Lukla today. From Tuli Kharkayou will gently ascend for the crossing of Zatravala Pass and from the top of the pass, you'll start descending to finally arrive back to Lukla. In the evening you can celebrate together with your crew for successful Mera Peak Climbing.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 6 Hours Walk **Altitude:** 2840 meters

Day 14 Lukla – Kathmandu (alt. 1310m)

Depending on your flight time, you'll walk to Lukla after breakfast. Then you'll take short flight to Kathmandu which takes about 35 minutes to reach Kathmandu. Upon arrival at Kathmandu, you'll transfer to hotel. And then you'll have free to relax at hotel or explore around Kathmandu valley.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** **Altitude:** 1310 meter

Day 15: Kathmandu (alt. 1310m)

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

Accommodation: Three Star Hotel **Meals:** Breakfast /Dinner **Walking Hours:** **Altitude:** 1310 meter

Day 16: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

Accommodation: N/A **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** N/A

What's Included

- Accommodations**
 - i) 3 nights in Kathmandu at star-hotels on twin sharing basis with bed & Breakfast
 - ii) 1 or 2 night at tented camp at Island Peak Camp with twin sharing basis with full board (breakfast, lunch and dinner)
 - iii) 12 nights in local lodges during the trekking on twin sharing basis in common rooms with bed & breakfast

- Transportation & Flights**
 - i) All airport/hotel/airport transfers by private air-conditioned vehicle
 - ii) Kathmandu-Lukla and Lukla-Kathmandu flight with airport taxes
 - iii) 15 kg baggage per person for cargo and trek (Cargo \$ 1 per kg for excess baggage)

- Permits & Fees**
 - i) Everest National Park Fee
 - ii) Local Government Fees/TIMS Fee
 - iii) Mera Peak Climbing Permit Fee
 - iv) Garbage Deposit Fee
 - v) Insurance for guide in order to obtain permit

- Guide & Supporting Crew**
 - i) 1 experienced English Speaking trekking guide
 - ii) 1 porter for every 2 members
 - iii) 1 English Speaking high altitude climbing guide
 - iv) Camping support team (cook and kitchen helpers at high camps)

- Value-Added Services**
 - i) Welcome at airport on arrival with Khata
 - ii) Farewell Dinner at typical Nepalese restaurant
 - iii) Trekking Map and Kathmandu City Map
 - iv) Comprehensive First Aid Kit

What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Additional High-Altitude Sherpa if required
- Emergency helicopter rescue charges
- Main meals during entire trip except in tented camp at base camp (lunch and dinner)
- Tips for trekking crew