



Trip Facts

Price: USD 2540

Duration: 17 days

Trip Profile: Mera Peak Climbing

Geography: Himalayas/Hills/Forests/Glaciers

Location: Solukhumbu/Sankhuwasabha

Max Altitude: 6,476m

Accommodation: Hotel/Tea house/Lodge/Camping

Meals: All meals included during the trekking

Religious: Buddhism

Ethnic People: Sherpa

Transportation: Flight/Tourist bus/Private vehicle

Group Size: 01-10 Pax

Highlights

- Climb the highest and most popular trekking peak in Nepal- the Mera Peak (6476m)
- Get a chance to visit the pristine Himalayan national park inside Barun valley
- Catch the breathtaking sight of the Mt. Everest (8848m), Kanchenjunga (8586m), and Cho Oyu (8201m) from the top of Mera Peak
- Enjoy walking through the traditional Sherpa villages inside Everest and Barun valley.
- Experience the ethnic Sherpa culture
- Explore the world heritage sites at Kathmandu

Overview

Get excited to climb the most popular and the highest trekking peak in Nepal assisted by experienced Sherpa guides, Mera Peak Climbing by the Himalaya Land Treks has one of the highest success rates. You can climb Mera Peak (6476m), which is located inside the Everest, Barun, and Hinku valleys while enjoying the breathtaking scenery. On the trip, mountains like the Mt. Everest (8848m), Ama Dablam (6856m), Kanchenjunga (8586m), and Nuptse (7861m) among others.

Mera Peak is one of the most-climbed small peaks in Nepal. It contains three main summits: *Mera North 6,476 metres (21,247 ft)*, *Mera Central, 6,461 metres (21,198 ft)*, and *Mera South, 6,065 metres (19,898 ft)*. Out of three summits, Mera North (6476m) remains the highest point of the mountain. The trail begins at Lukla and goes through the traditional Sherpa villages into the Barun valley. After the exciting summit, you get to cross the Zatrwa La Pass (4610m) to get back to Lukla.

The views Mera offers is perfectly marvellous. The factor that makes Mera peak so popular is any climber with some or no experience of peak climbing can proceed to ascend the peak. To conquer the Mera peak one must be trained for fitness and altitude training. With these ingredients, you can collect the experience of summiting a peak.

Major Attractions Of Mera peak Climbing

The world heritage sites of the valley

The Mera Peak Climb trip lasts 17 days in total. The trip begins once you arrive in Kathmandu City, followed by the initial preparation period of 2 days. You can choose to make a sightseeing tour around Kathmandu Valley and explore a few of the popular UNESCO world heritage sites. The Kathmandu valley is a bundle of heritage decorated with art and culture. Exploring the ethnicity and aura of the valley is a starting package of this beautiful trek to



Mera.

Lukla flight

Also known as Tenzing- Hillary Airport, Lukla airport is the world's dangerous airport. The venturesome airport is located at an altitude of 2,846m. Full of adventure the short flight duration gives you a thrilling experience. A short 45-min flight will take you to Lukla town, from where you will begin trekking towards Mera Peak (6476m). The path includes gradually advancing through the Everest region to arrive at the Barun Valley.

Ethnic culture

The garland view of Sherpa villages is tied with the thread of unique Sherpa culture. The trekkers are welcomed with warm love and affection throughout the trek. Your journey is made more beautiful with the beautiful smile of respect of the Sherpa community. Walking past numerous ethnic Sherpa villages, namely Chutang, Zatrwabok, Kothe, and Thangnak, the trail leads to the Khare Village. This part of the trail lies inside the Makalu Barun National Park. Further on, you'll gradually ascend towards High Camp via the Mera Peak Base Camp. You can also explore the vegetation and diverged group of species found inside the Makalu Barun National Park.

Majestic Route To Mera Peak

The route way to Mera peak through the heart of nature is the major attraction of this trek. The summit climb may last over 6 hours and goes through steep trails, snow moraines, and numerous crevasses. From the summit, you can grab the breathtaking scenery of Everest and the Barun valley, including majestic vistas of Mt. Everest (8848m), Cho Oyu (8201m), Makalu (8475m), Kanchenjunga (8586m), Nuptse (7861m), and Baruntse (7312m). The climb concedes upon your return to Lukla via the mountain pass of Zatrwa La (4610m).

Best Time to do Mera Peak Climbing



Climbers mostly opt to summit Mera Peak during the spring (Mar-Jun) and autumn (Sep-Nov) seasons. As such the remaining seasons, namely, winter (Dec-Feb) and monsoon (Jun-Aug) are less than ideal. While winter experiences heavy snowfall and fog, the monsoon season sees heavy rainfall. The flight to/from Lukla are also often delayed and cancelled during these seasons.

Alternate Packages

Besides Mera Peak Climbing, if you want to explore a different route, different peaks and different places and gather a new experience you can check [Peak Climbing](#). If you want to check individual packages of Himalaya Land Treks then visit through the following link [Mt. Island Peak Climbing](#), [Mt. Yala Peak Climbing](#), [Mt. Singu Chuli Climbing](#), [Mt. Lobuche East Peak Climbing](#), etc.

Himalayan Land Treks specializes in climbing and expeditions throughout Nepal. You can join our fixed groups or opt for an entirely private climb at a reasonable cost. Our Sherpa leaders are experienced for years and have led countless number of successful trips to Mera Peak.



Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m/4265ft)

Accommodation: Overnight at 3 star Hotel

Welcome to the historical Kathmandu City. Upon your arrival, you'll be warmly welcomed at the airport by a Himalaya Land Treks representative who will then escort you to your hotel located at the heart of the city. You'll meet your trek guide and discuss the itinerary in detail. Overnight stay at the Hotel in Kathmandu.

Day 2: Climbing Preparation

Accommodation: Overnight at 3 star Hotel | **Meal:** Breakfast

We keep two days in hand to prepare for the trip. Your guide will assess your gear and equipment along with guiding you in the purchase or rent of new gears. We'll prepare the climbing permit, TIMS Card, and other permits on your behalf in the meantime. If time permits, you can also indulge in a scenic sightseeing tour of Kathmandu valley. Accompanied by an experienced tour guide, you'll visit some of the popular UNESCO World Heritage Sites, namely the Pashupatinath temple, the Swayambhunath Stupa, the Boudhanath Shrine, and the Patan Durbar Square.

Day 3: Fly to Lukla from Kathmandu (35 minutes) (2840m/9318ft), trek to Paiya (Chutok) (2730m/8957ft) (5-6 hours)

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After an early breakfast at the hotel, you'll drive to the airport and embark on a short flight to Lukla, located in the Everest Region. The scenic flight lasts almost 35-40 minutes and takes you over the scenic hills of central-east Nepal. The Tenzing Hillary Airport serves as the gateway to the Everest region in the west and the Barun Valley in the east. You'll walk past the Handi Khola and the Surke Village to reach the Chutok La Pass (2845m) before arriving at Paiya.

Day 4: Trek from Paiya to Pangom (2846m/9337ft) (5-6 hours)



Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Leaving the Everest region, you'll begin heading deeper into the Barun Valley. You'll cross a suspension bridge and hike through the slippery trail towards the Kari La Pass (3145m).

Crossing the pass, you'll continue through the lush rhododendron and bamboo forests en route to Panggom. You'll leave the Dudh Koshi Valley behind entirely as you make your way to Panggom.

Day 5: Trek from Panggom to Ningsow (2863m/9393ft) (4-5 hours)

Walking hr: 4-5 hrs | **Accommodation:** Lodge/Tea house | **Meal:** Breakfast/Lunch/Dinner

After a hearty breakfast, you'll leave Panggom and head towards the Panggom La Pass. An easy trail, you'll climb the pass in a very short time. The trail then continues north towards Peseng Kharka Khola. After crossing the river, you'll arrive at Peeng Kharka Danda. The brief trek along the ridges will bring you to Ningsow Khola. After crossing the stream, you'll arrive at the Ningsow village.

Day 6: Trek from Ningsow to Chhetra Khola (2800m/9186ft) (7-8 hours)

Walking hr: 7-8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Leaving Ningsow, the trail advances towards the Hinku Valley. You'll encounter some uneven path that leads directly to Ramailo Danda. The top of Ramailo Danda offers some extraordinary sights of Mera Peak (6476m) and the Salpa La Danda. A short trek from here, you'll arrive at Makalu Barun National Park. After crossing the Pasang Lhamu trail, you'll arrive at Chhetra Khola.

Day 7: Trek from Chhetra Khola to Kothe (3691m/12110ft) (6-7 hours)

Walking hr: 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner



Continuing the trail inside the Makalu Barun National park, you'll move north and head towards Majang Khola. The trail from here takes a detour and moves towards the Hinku Khola. You'll continue heading along the Hinku Khola to arrive at Tashing Ongma. A short trek after crossing the bridge over Sanu Khola will take you directly to Kothe.

Day 8: Trek from Kothe to Thaknak (4358m/14298ft) (3-4 hours)

Walking hr: 3-4 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Leaving Kothe, the trail continues over the ridge that goes alongside the Hinku Khola. You'll be moving through lush pine forests of the valley as you continue on the trail. The settlements start getting sparse from here on. You can enjoy a hot meal at Gordishung village- the cattle herders' settlement located in the west bank of the Hinku Drangka, before the settlements completely fade out. You'll also walk past the 200-year-old Lungsumgba Gompa en route to Thaknak.

Day 9: Trek from Thaknak to Khare (5045m/16552ft) (2-3 hours)

Walking hr: 2-3 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

The trail becomes harsh and difficult here on. You'll encounter snow almost throughout the trail. Following the lateral moraine at Dig Glacier, you'll move towards Dig Kharka that offers a mesmerizing view of the Charpate Himal range. You'll begin climbing through snow moraines to the top-ridge of the Hinku Nup and Shar glaciers. A brief ascent from here will bring you directly to Khare.

Day 10: Trek from Khare to Mera High Camp (5780m/18963ft) (6-7 hours)

Walking hr: 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Khare, the trek follows a long trail that goes all the way to Mera High Camp via Base Camp. You'll trek past boulder-strewn steep slopes and follow the trail that goes directly to Mera Peak Base Camp. You'll continue trekking and climb Mera La Pass to reach Mera High Camp. A large rock marked by a large cairn remains the landmark at High Camp, from where you can enjoy the beautiful sights of the Mt. Everest (8848m), Makalu (8475m), Cho Oyu (8201m), Lhotse (8516m), Nuptse (7861m), and Chamlang (7321m).



Day 11: Mera High Camp to Summit and trek back to Khare (6461m/21198ft) (8-9 hours)

Walking hr: 8-9 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Today is a special day as you leave the High Camp and approach the summit. The day begins early as you wake up at around 2 am and have your breakfast. Led by your climbing guide, you'll begin climbing the snow-ice terrain using fixed ropes and crampons. For the final steep climb, you must use fixed ropes to reach the top. From the summit, you can enjoy the spectacular panorama of the entire valley, along with the majestic sights of the Mt. Everest (8488m), Cho Oyu (8201m), Lhotse (8516m), and Baruntse (7152m) among others. Afterward, you'll retrace your path and climb down back to Khare.

Day 12: Trek from Khare to Kothe (3691m/12110ft) (4-5 hours)

Walking hr: 4-5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

The descent here on will be easy as you leave Khare and head towards Kothe village. You'll walk past Thaknak village en route. Once at Kothe, you can enjoy the hot meal in one of the lodges. You'll leave the snow-line and arrive at the dry cattle-raising village of Kothe.

Day 13: Trek from Kothe to Thuli Kharka (4300m/14108ft) (5-6 hours)

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Leaving Kothe, the trek follows the uneven path and crosses several tributaries along Inkhu Khola before arriving at Taktho. The trekking trail does not the earlier trail for the entire way and heads west from Taktho. The trail climbs from here and heads towards Thuli Kharka. You'll also walk past a Buddhist Chorten en route to Thuli Kharka.

Day 14: Trek from Thuli Kharka to Lukla via Zatrwa La Pass (4610m/15125ft) (5-6 hours)

Accommodation: Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Leaving Thuli Kharka, you'll make a strenuous ascent of the Zatrwa La Pass (4610m). One of the high passes in the region, you can catch the beautiful sight of the Dudh Koshi valley from the top of the pass. A short trek down the pass will take you directly to Chutang. From

Chutang, you'll make your way towards Lukla.

Day 15: Fly to Kathmandu | Farewell Dinner

Walking hr: 40 min | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast/Farewell Dinner

Today, you'll bid farewell to the Everest region. Today is the last day that you'll get to see the mountains up close as you fly from Lukla to Kathmandu. Upon arrival, you will be transferred to your hotel. As the trip comes to an end, the Himalaya Land Treks will host a farewell dinner to the participants of the trip. As such, you will end your stay in Nepal with a celebratory dinner.

Day 16: Departure

Meal: Breakfast

Our representative will drop you off the airport for your final departure. You can plan your future trips in Nepal or share your experiences before you head to your next destination.

Trip Cost Includes

- Airport picks up and drops off, upon arrival and departure.
- Pre trek meeting.
- 3-star Hotel in Kathmandu for 3 nights.
- City entrance fees in Kathmandu.
- Full day city tour in Kathmandu by a private vehicle.
- Kathmandu-Lukla-Kathmandu flight tickets.
- All necessary paperwork and trekking permits (National Park Permit, TIMS).
- Trekking equipment: down-filled sleeping bag, walking poles and a duffel bag.
- An experienced English-speaking Govt. registered trekking guide and local porters to carry
 - luggage (2 trekkers: 1 porter).
- Professional Sherpa climbing guide.
- A porter and his entire expenses.
- Good quality tents and kitchen utensils for camping.



- Climbing permit.
- Guide and porter salaries, insurance, equipment, transport, food, and lodging.
- Full meals: Breakfast, Lunch & Dinner on your choice.
- Supplementary snacks: energy bar and cookies.
- Fresh seasonal fruits after dinner.
- Unlimited Chlorine treated Safe Drinking water.
- Oxi-meter: To check pulse, heart rate, and oxygen saturation.
- All accommodation during the trek (Soft, comfort, private room with shared toilet).
- A comprehensive First Aid kit.
- All government and local taxes.
- Souvenir: Himalaya Land treks t-shirt and Trekking Route map.
- Farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.

Trip Cost Excludes

- Nepal visa (USD 30 for 15 days and USD 50 for 30 days).
- Your international flight to and from Nepal.
- Meals in the city except for breakfast and other mentioned special dinner.
- The cost incurred during the tour around the city.
- Cost for additional trips.
- Hot showers, Wi-Fi & battery charging on a trek.
- Travel insurance (for helicopter evacuation if needed whilst on trekking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.
- Bar and beverage bills.
- Personal climbing equipment
- Tip for guide and porter