

Overview

Mera Peak 6,476 meters, the highest peak-climbing trip in Nepal. Our journey starts from Lukla and return to Lukla after successful climb to **Mera Peak (6,476m/ 22,242ft)**. We have extra nights before the summit to cut risk of high altitude. [Mera peak climbing](#) is challenging with great adventure but less technical trekking Peaks so, basis climbing or mountaineering experience is enough to join this trip. Climbers who plan to go for advanced peak climbing over 7000m can start their 1st climbing from **Mera peak** to gain enough climbing technique & mountaineering experience before heading up for those high peaks. It categories amongst the most gratifying peak climbing in Nepal and leads to a real climbing experience. Jimmy Roberts and Sen Tenzing made the initial successful climb of Mera Peak on 20 May 1953. The track they used is still the regular route. However there is many other paths crossing over high & tough passes which lead you to the Base Camp & Top of Mera Peak. The views from the top of Mera Peak are magnificent along with Mt. Everest.

Our itinerary starts after Trans Himalayan flight to incline airstrip Lukla and continue further to the east following through charming Sherpa Villages to **Mera Base Camp** (5,099m/16,729ft) situated at the base of a vast glacier leading to the Mera La Pass. The climb from Mera La to the Summit is steady with exceptional mountain views. After a successful summit, we take a short cut route back to Lukla and take an early morning flight back to Kathmandu.

Itinerary Details

Day 01 : Arrival in Kathmandu (1,300m/4,264ft) & Transfer to Hotel

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

Day 02 : Free day in Kathmandu: trip preparation

Today our expert Sherpa guide will see with you in the early afternoon to check the gear you have brought and to take you to the gear rental shop. We will make sure you have quality-climbing boots that fit well before you head off to the mountain. Plan on an evening briefing on last-minute particulars about your trek and an early lights-out: you have a big day onward. Accommodations: Hotel (Comfort Hotel) Included meals: Breakfast

Day 03 : Fly to Lukla, trek to Paiya (Chutok) (2,730m/8,956ft): 40 minute flight, 5-6

hours Walk

We catch an early morning flight to Lukla and begin our trek to Paiya after landing at the Tenzing-Hillary airport in Lukla. We walk on a jungle trail, cross a bridge over the Handi Khola and reach Surke Village. From here we continue moving south and cross the Chutok La pass before reaching the small settlement of Paiyan, also known as Chutok. Overnight in Paiya. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

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

We descend for a while and get a small bridge. From here the trail is slippery until we cross the Kari La pass. We hike through rhododendron and bamboo forests on a narrow mountain track. On today's trip we also get to be in awe of the Dudhkoshi Valley. We continue our trek to Panggom Village whose settlers are dependent on farming and trading. Overnight in Panggom. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

Day 05 : Trek Panggom to Ningsow (2,863m/9,393ft): 4-5 hours walk

We begin our trek after breakfast. After trekking out of Panggom, we cross the Panggom La pass. Then we ascend, walk on a steady path and turn north. We cross Peseng Kharka Khola first then after walking for sometime, reach Peeng Kharka Danda. We cross Ningsow Khola (stream) before reaching the Ningsow Village. Overnight in Ningsow. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

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

We start with a vertical climb up to an elevation of 3280 m from where we get amazing views and continue the climb until we reach the top to take a descent until we arrive at the lunch spot near the river at the elevation of 2850 m. We continue our trek to arrive at the Bamboo forest also known as chhatra khola where. On the way, if we are lucky, we might even come across the elusive Red Panda. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

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

Today, We trek towards the north on the main trail to Mera Peak. We advance through the dense jungle filled of Rhododendron, oak, pine and juniper trees. During our walk today we will be seeing wonderful views of Mera Peak and neighboring snowcapped peaks. We will take a vertical descend to the Hinku River and a last uphill climb will lead us to Kothe. It locates to the west side of the Hinku Valley, and offers pure wilderness with lush vegetation to trekkers. Overnight in Kothe. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

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

We hike alongside the ridge of the Hinku Khola in the shadow of Mera Peak. The path will pass through Lungsumgba Gompa, which was built roughly 200 years ago. Here, we can find the Mera Peak along with its route scripted in rock, which is fantastic piece of rock carving architecture. The trek continues with a rather easy hiking route that leads to the summer grazing area of Thanknak where there are shops and number of good teahouses. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

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

Leaving Thaknak, we follow the lateral moraine of Dig Glacier to Dig Kharka, which offers outstanding views of Charpate Himal. The path climbs through moraines to the snout of the Hinku Nup and Shar glaciers, and then climbs more steeply to Khare. From here, we can see the northern face of Mera Peak, which will be an wonderful experience. After lunch we can walk in and nearby Khare. Overnight at Khare. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

Day 10 : Rest day in Khare: Acclimatisation and pre-climb training

We have an extra day set aside specially for acclimatization for high altitude and necessary training just to train ourselves better for the Mera Peak climb. Our climbing expert Sherpa guide will help us polish our essential climbing techniques and explain the best ways to use our climbing gears like the ice axe, harness, ascender climbing boots and crampons. The instruction will also include learning the best mountaineering technique with the rope. Overnight in Khare. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

Day 11 : Trek from Khare to Mera High Camp (5,780m/18,958ft): 6-7 hours walk

Leaving Khare, we will advance towards Mera peak base camp. Our trail slowly arise over to Mera Glacier. We will climb steeply towards the top of the glacier before crossing along the glacier to finally arrive at Mera peak base camp. Again after the camp, we will advance and keep on the track that climbs over through Mera La pass and remain trekking along rocky and often snow-covered trails towards Mera Peak High Camp. The path crosses the bowl and then climbs the ground to the right of the tongue to a large rock platform beside the glacier after another careful walk. Once at the high camp our Sherpa crew will quickly set up the camps and make necessary check on our climbing gears. From the high campsite, we can enjoy the marvelous views of Everest, Makalu, Nuptse, Cho Oyu, Baruntse and Chamlang. Accommodations: Tented Camp (North Face Dome Tent Space for Two Pax) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

Day 12 : High Camp to Summit (6,461m/21,1907ft) & back to Khare (5045m/16,547ft): 8-9 hours

Big day indeed! We have to start early morning for the summit of Mera Peak. Well equipped and fully acclimatized we start early with the aim to reach the summit before noon. Strong winds after mid-day can create obstacles in reaching the summit. We will start around 2 am in the morning after having breakfast. We will begin to climb up the glacier and onto a ridge. By following the footsteps and guidance of our experienced and expert Sherpa climbing guide. The climb to the summit of Mera starts gradually and much will depend on snow and general weather conditions. The central summit will soon appear above the head of a wide glacier flanked by two ridges. We climb the centre of this over open snowfields and avoiding crevasses. The route then swings southeast, skirting below and to the east of the left-hand ridge before turning back rightwards towards the main summit ridge of Mera. Mera actually has three summits; the highest is our objective. We reach this by following a classic snow-ridge to just below the final wall that guards the top. This short steep snow slope is easily climbed but there is a big effort required to climb this last 50 meters. Your reward, however, is a feeling of ecstatic jubilation as you survey the magnificent panorama from the top. Once the top, we are rewarded with magnificent views of Mt. Everest (8,848m), Cho-Oyu (8,210m), Lhotse (8,516m), Makalu (8,463m), Kangchenjunga (8,586m), Nuptse (7,855m), Chamlang (7,319m), Baruntse (7,129m) and others. After spending some quality time at the peak we will descend the same route and head back to reach Khare for our overnight stay. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

Day 13 : Reserve Day for Contingency

The weather situation in the Himalayas is unpredictable so this extra day allows us to be flexible with the program depending upon the weather condition or other problems. There is no warranty that we will have favorable weather on our scheduled day for the summit. So, this day is set aside as an emergency in case we are unable to summit the Mera on the chosen day due to bad weather conditions or any other unexpected reason. However, if the trip goes effortlessly, this day will not be necessary. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

Day 14 : Trek from Khare to Kothe (3600m/11808ft): 4-5 hours walk

Today we will hike for like 7 hours to reach Kothe. The walking is not tough. We walk along the gradual descent path passing through Tangnang. This is a small village and we find yak settlement here. To reach Kothe we will follow the same kind of path. On the way we pass forests covered with fir, rhododendron and local vegetation. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

Day 15 : Trek from Kothe to Thuli Kharka (4,300 m/14,107ft): 5-6 hours

We start our walk to Thuli Kharka after breakfast. We ascent up and descend, cross numerous tributaries of the Inkhu Khola before getting a forked trail nearby Taktho. We select the path on our right and continue walking. Our trail passes by a Chorten after which we walk downhill on a steep trail. Next, we ascend to Thuli Kharka and pass by another Chorten on the way. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

Day 16 : Trek from Thuli Kharla to Lukla via Zatrwa La pass: 6-7 hours walk

The route passes over windy rugged Zatrwa La (4,580m), and steep descend toward the rocky outcrop of Kharkithanga. Lukla evening will be last night dinner with the staff followed by a last evening party to compliment an unforgettable experience of Himalayas with expert Sherpa guides. We spend the last night at teahouse in Lukla so you can take shower and enjoy the last night better. Accommodations: Sherpa Mountain lodge (clean & cosy) Meals: Breakfast, Lunch and Dinner included (healthy & hygienic)

Day 17 : Fly From Lukla To Kathmandu

We catch an early morning flight to Kathmandu. After reaching Kathmandu, we can take a rest or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may do that today. Our guides can help you with both souvenirs shopping or sightseeing. There will be a farewell dinner in the evening to celebrate the climbers' successful summit of the Mera Peak. Overnight in Kathmandu. Accommodations: Hotel (Comfort Hotel) Included meals: Breakfast

Day 18 : Free day in Kathmandu- optional tour and shopping

This is actually an extra night stay at Kathmandu in case flight delayed to Lukla-Kathmandu due to bad mountain weather or any other problems. This extra night in Kathmandu will always safe from any delays or problems. If you have very limited time, you can still customize trek program. This is day; you can make sightseeing of remaining temples/monuments of Kathmandu or just shopping and relax day as your own. Accommodations: Hotel (Comfort Hotel) Included meals: Breakfast

Day 19 : Departure Or Extend Holidays

Our adventure in Nepal comes to an end today! There is nothing to do but trade emails with your travel companions or arrange your photos. A representative from Guide Nepal Holidays will take you to the airport, approximately 3 hours before your scheduled flight. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal. Included meals: Breakfast