Mera Peak Climbing

Description

Mera Peak climbing is an adventurous journey taking you through the remote Eastern Himalayas. The trek transverses through remote Hinku Valley providing an alternative to busy tourist areas in Nepal.
Undertaking Mera Peak climbing is a stunning achievement, as you will climb one of Nepal's highest trekking peaks.
But the climb will also allow panoramic views of five peaks over 8,000 m high: Everest (8,848.86 m), Kanchenjunga (8,586 m), Lhotse (8,516 m), Makalu (8,481 m), and Cho Oyu (8201 m).
You will transverse through the remote Hinku Valley and experience Himalayan life relatively unaltered by the busy touristic trekking spots in Nepal.

As you set on your trek, you will come across wide yak pastures, vast rhododendron forests, glaciers, and rivers. You will also pass through Mera La pass and enjoy extraordinary Himalayan beauty.
First, you take around the 4-hour drive to Manthali, where a flight to Lukla awaits you.

The trek begins today as you ascend to Chhutanga, Chhetra La, via Thuli Kharka, Kothe, and Thannak. After these rigorous treks, you have earned a day acclimatizing. The next day, you will trek to Khare. From Khare you will hike to Mera La for the day and then return. The following day, you will trek to Mera high camp.

You will start the trek as early today as the ascent to Mera Peak (6,470 m), and then the descent to Khare is planned. Today you will be mesmerized by the views of the five mountains above 8,000 m.
After three days of descending, you will reach Lukla. The trip ends with taking a flight to Manthali and then driving to Kathmandu.

Highlights

- Climbing one of the highest trekking peaks in Nepal.
- Panoramic views of Kanchenjunga, Cho Oyu, Makalu, Lhotse, Everest, and many other peaks of the Khumbu region.
- Staying overnight at the stunning Mera High Camp (5780 m).
- Taking the off-beaten trails to Mera La Pass.
- Have the opportunity to experience the native Sherpa ethnic way of life, traditions, culture, and cuisine.

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu and transfer to hotel	1,380 meters	
02	Sightseeing Kathmandu		
03	Fly to Lukla via Manthali airport		35 minutes
04	Trek to Chuthanga	3,010 meters/9,885 feet	4-5 hours

Days	Description	Altitude	Hours
05	Trek from Chuthanga to Thulikharka	4,150 meters/13,620 feet	5-6 hours
06	Trek from Thulikharka to Kothe	3,510 meters/11,516 feet	5-6 hours
07	Trek from Kothe to Thaknak	4,360 meters/14,300 feet	3-4 hours
08	Acclimatization day at Thangnak. Explore the area and visit nearby sites.		
09	Trek from Thangnak to Khare	5,045 meters/16,547 feet	3-4 hours
10	Khare: Acclimatization and pre-climb trainingp		
11	Additional day for weather condition		
12	Khare to Mera High Camp	5,800 meters/19,029 feet	6-7 hours
13	Mera High Camp to Summit (6,461m) and back to Khare	6,461 meters/21,192 feet	11 to 12 hours
14	Trek from Khare to Kothe	3,510 meters/11,516 feet	5-6 hours
15	Trek from Kothe to Tuli Kharka	4,150 meters/13,620 feet	6-7 hours
16	Trek from Kothe to Lukla	2,800 meters/9,186 feet	6-7 hours
17	Fly from Lukla to Kathmandu	1,380 meters	35 minutes
19	Depart from Kathmandu		
18	Sightseeing in Kathmandu: Durbar square and Swyambhunath		

Detailed Itinerary

Day 1: Arrival in Kathmandu (1,400m)

Welcome to Nepal, on your arrival at TIA our Precious Adventures representative will pick you up at the airport. The representative will transfer you to the hotel where you will stay. After your long and tiring journey to Nepal, you can either relax in your room or perhaps explore the local vicinity and be fascinated by the diverse culture of Nepal. In the evening you are cordially invited for a complimentary dinner where you meet with your trek guide and they will further provide detailed information about the trip. For dinner, you will have staple Nepali food which includes rice, daal, and vegetable along with meat depending on your choice.

Day 2: Sightseeing Kathmandu

There’s so much to see in Kathmandu and we reckon that one day probably won’t be enough for sightseeing the entire beauty of Kathmandu city but we will explore what we can. Today we drive around Kathmandu for sightseeing and visit two of the UNESCO world heritage sites in Kathmandu. Boudhanath stupa holds a prominent place among Buddhist people. A stupa is a hemispherical shaped structure or mound which is prominent in Buddhism. Though the Boudhanath stupa is

bustling with day-to-day activities, the atmosphere around here is rather tranquil. Pashupatinath temple is one of the most sacred and significant Hindu temples in the world. The temple is dedicated to Lord Pashupatinath, who is an incarnation of Lord Shiva. While visiting the temple we can see some Hindu rituals and ceremonies taking place. Indeed both religious places are beacons of diverse religions, cultures, and history. For lunch, we have local delicious cuisine, a hallmark of Nepali traditional food. Walking around these monuments brings about a beautiful impression of the tradition, culture, city life, and customs of Nepal. The choice is yours to make. Overnight in Kathmandu.

Day 3: Fly to Lukla via Manthali Airport

Our 3rd day's program starts with the domestic flight to Lukla, the gateway to Everest Short Trek. We take a short flight, about 45 minutes from Manthali airport to Lukla. We ride through scenic countryside for 3 hours before reaching the Manthali airport. We will have an early flight from Manthali. Beautiful views of mountains and valleys can be seen from the airplane. Lukla is a small town in the Solukhumbu district. Overnight at Lukla.

Day 4:Trek to Chutanga (3,100m) - 4 to 5 hours

On this day we start our trek from Lukla through Lukla hospital. The trail passes through pine and rhododendron forests. We cross over some suspension and classical wooden bridges on the way before arriving at Chutanga. From here we can observe a picturesque view of the Lukla Bazzar and Konde peak. We have lunch and camp at the same place, Chutanga. Our accommodation here is a simple lodge with basic facilities. Overnight at Chutanga.

Day 5: Trek from Chutanga to Thuli Kharka (4,300m) via Zatrwa La (4,600m), 5 to 6 hours

A thrilling day today as we walk an uphill trail up to Zatrwa La. Before making it to the pass we walk for 4 hours. In between, we take a much-needed short tea break at Thukding. Following that the trail ascends until Zatrawa pass. The trek today will leave you ecstatic, as you go through the raw beauty of the trail. Firstly we cross the Zatrawa pass (4600m) after crossing, we walk along for 45 minutes before crossing the Zatrawa pass for the second time, this time reaching the elevation of 4650m. Subsequently, the trail goes downwards till Thuli Kharka. In Thuli Kharka, there is a big rock, and on the top of the rock lies a small pond. Overnight at Thuli Kharka.

Day 6: Trek from Thuli Kharka to Kothe (3,691m), 6 to 7 hours

Today we set out on a journey to the north, following the main trail to Mera Peak. Accompanied by the peaceful sound of the Majang Khola with us. The trail merges with another trail and now we find ourselves walking along with the Hinku Khola. walking straight ahead we head towards Toktok, which is a seasonal tea shop; we have lunch here. The road to Shibuche and Thulikharka meet in this place. After replenishing much-needed energy we continue our trek and cross the bridge over the Sanu Khola before reaching Kothe. Overnight at Kothe.

Day 07: Kothe to Thaknak (4,358m), 3-4 hours

On the 7th day, we embark our journey along the magnificent ridge of the Hinku Khola, in the early morning shadow of the majestic Mera Peak towering over us. We take a lunch break at Gondishung, a beautiful summer herder's settlement located on the banks of Hinku Drangka. As we continue on our journey, we come across 200-year-old Lungsumgba Gompa. Here we can see the Mera Peak

scripted in rock along with its route to Mera. Following the Gompa, a short walk takes us to Thaknak. It is a summer grazing area dotted with primitive lodges and shops. Today we rest at Thaknak.

Day 08: Acclimatization day in Thaknak

Thaknak sits at an elevation of 4000m. It is always an ideal choice to stay one more day to get used to the sudden change in altitude. It is especially important when we are above 4000m. on this day of acclimatization, we have the option of going for a day hike to the nearby ridge descending from Kusum Kanguru. The hike will provide an extra day of exploration filled with scenic views of surrounding landscapes. Overnight at Thaknak.

Day 09: Thaknak to Khare (5,045m): 2-3 hours

This day we say goodbye to Thaknak and move along with the trail. We follow the lateral moraine of Dig Glacier to Dig Kharka, which offers spectacular views of Charpate Himal. The trail gradually climbs through the moraines to the snout of Hinku Nup and Shar glaciers. The trail then climbs up more steeply until Khare. we have lunch at Khare. Here, we can see the northern face of Mera Peak, which is truly a captivating view and accounts for an amazing experience. After lunch, we can hike in and around Khare. Tonight we rest at Khare.

Day 10: Khare: Acclimatization and pre-climb training

Today is another day of familiarizing ourselves with the new environment of the high mountains. Today we have a separate day set aside solely for acclimatization and basic training. A day for a soak in the tranquil atmosphere of Khare and prepare ourselves better for the Mera Peak climb. Our climbing guide will help us with basic climbing techniques and demonstrate the best ways to use our climbing gears like the ice axe, harness, ascender climbing boots, and crampons. The training will teach you the most feasible and versatile climbing techniques with the rope. Overnight at Khare.

Day 11: Additional day for weather condition.

Day 11 is for an additional day added to the itinerary in case of unexpected weather conditions. It is always a good idea to have a contingency day just in case it is required.

Day 12: Khare to Mera High Camp (5,780m): 6-7 hours

On this day we walk through a boulder-strewn course on a steep trail to reach the Mera Peak Base Camp. From here, we continue further through the Mera La pass to reach the Mera High Camp. The path here is along a rocky trail, which can be challenging if it has recently snowed, as there are several crevasses here. We make our way to the top of the rock band, which is marked by a large cairn. Today we set up a high camp and enjoy excellent views of Mt. Everest, Makalu, Cho Oyu, the south face of Lhotse, Nuptse, Chamlang, and Baruntse. Overnight at Mera High Camp.

Day 13: Mera High Camp to Summit (6,461m) and back to Khare (5045m): 10-11 hours

This is the most exciting day of the entire expedition. We wake up around 2 in the morning for breakfast. It’s going to be very cold in the beginning but soon we warm up as we continue up the glacier and onto a peculiar ridge. The first rays of the sun hit the big peaks giving them an amazing red glow. The route is still non-technical as we slowly climb higher into the ever-thinning air. The slope steepens for a section behind the ridge and the summit comes back into view. At the foot of the

final steep summit cone, we can use a fixed rope if the climbing leader believes it is required. The summit is only a few meters away. From the summit, we take in spectacular views of the mighty Himalayas including 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. Later, we retrace our steps back to the high camp where we rest for a while before descending to Khare. Overnight in Khare.

Day 14: Khare to Kothe (3600m), 4-5 hours

For our 14th day, we trek from Khare to Kothe along the same trail which was used previously. After reaching Kothe, we celebrate the success of our climb by trying out authentic local delicacies and wines. Overnight in Kothe.

Day 15: Kothe to Thuli Kharka (4,300 m), 5-6 hours

After breakfast, we begin our trek to Thuli Kharka. Today we climb up and descend along with the trail, and cross several tributaries of the Inkhu Khola before reaching a forked trail nearby Taktho. We choose the trail 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. Overnight in Thuli Kharka.

Day 16: Thuli Kharla to Lukla via Zatrwa La pass, 7-8 hours

This day we cross the Zatrwa-La pass at 4,600. As soon as we cross the pass, we are welcomed by the sight of the beautiful Lukla Valley which is surrounded by Kongde Peak, Numbur Himal, Kusum Khangru, and other Himalayan peaks. From Zatrwa La pass we walk down to Chutang and then straight forward to the Lukla village. In the evening we enjoy dinner in the Himalayas of Nepal with our crew. Overnight in Lukla.

Day 17: Fly 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 souvenir shopping and sightseeing. There will be a farewell dinner in the evening to celebrate the climbers' successful summit of the Mera Peak. Overnight in Kathmandu.

Day 18: Sightseeing in Kathmandu: Durbar square and Swayambhunath

Today we explore the capital city of Nepal in depth. We visit Durbar square and Swayambhunath and enjoy the cultural heritage of Nepal. First we visit the Durbar square where we witness living goddess, 'kumari'. The Kumaris are young girls who receive the power of Goddess Kali and Taleju. It is believed that Kumari Goddess is the living incarnation of Goddess Taleju. Later we visit the local market likewise variety of shrines, temples, monastery, museum, library and stupas are worth exploring, some of them having major historical significance. In the end we visit the famous Swayambhunath stupa, where form the top of Swayambhunath hill we enjoy the majestic view of captivating sunset and the Kathmandu valley.

Day 19: Final departure

On your last day here our representatives will drop you off at TIA with the hope that you enjoyed the experience with us, we bid you goodbye. We will be looking forward to more precious adventures together. Have a safe journey.

Includes

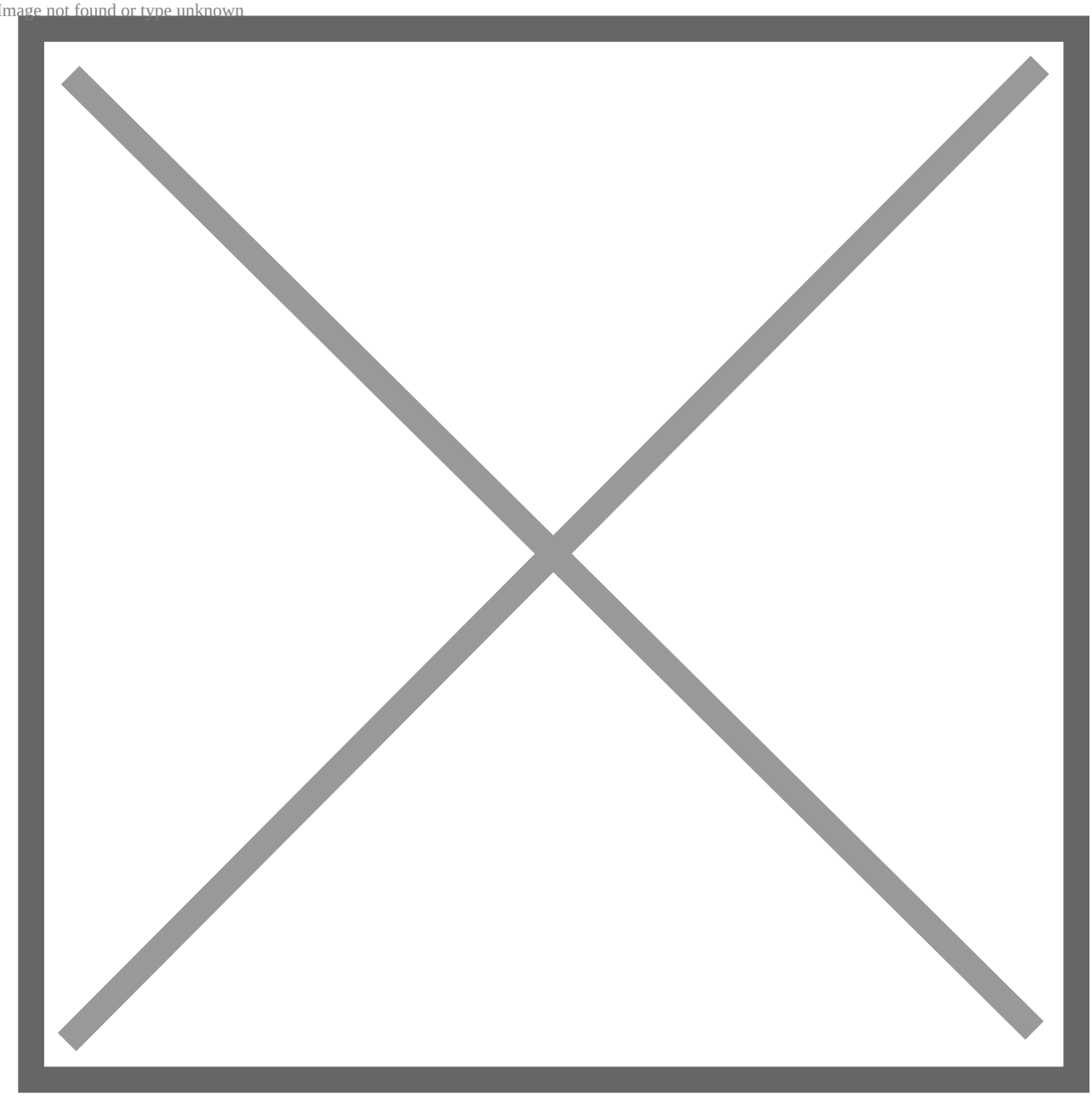
? Airport pickups and drops in a private vehicle
? Hotel accommodation in Kathmandu with breakfast
? Welcome dinners
? Teahouse accommodation during the trek
? Tented accommodation during the climb
? All meals (breakfast, lunch and dinner) during the trek and climb
? All ground transportation on a comfortable private vehicle as per the itinerary
? Domestic flights (Kathmandu- Lukla and Lukla -Kathmandu)
?English speaking, trained and experienced trekking guide(leader), climbing guide (leader) and assistant guides
? Porter service (2 trekkers: 1 porter)
? Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
? Trekking map
?All necessary paper work; National Park fees, trekking permits and Mera Peak climbing permit
? Tent for overnight in High camp
? First Aid Medical kit
? All government and local taxes

Excludes

? Nepalese visa fee
? International flight
? Excess baggage charges
? Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
? Altitude chamber (PAC) or oxygen

Map

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Practical Information

Q. Food and Accommodation
A. The accommodation will be in tea houses which have a cozy ambiance. Typically, the rooms are twin-sharing with a central communal area. Pillow and a cozy blanket will be made available. The altitude affects the tea houses' amenities and quality. Lower altitude hotels typically offer comfortable accommodations with electricity, commodes, Wi-Fi, and hot showers. The trip offers a wide assortment of cuisine. The usual Nepali dal-bhat, soups, and snacks to Chinese and continental food are offered. The main dish is Dal Bhat, a carb-heavy supper that will replenish your energy for a hard day of trekking.

Q. Best season for the trek
A. The climb is best completed in the spring (late April and May) and fall (late September to November). May and October are considered the best months for the climb. Peak climbing during the off-season, although featuring lower permit costs, is extremely challenging. Conditions in other months are quite harsh because of cold weather. Heavy snowfall can occur, which will also need

adjustments in gears and equipment.

Q. Trip Category
A. If you want to climb a mountain in Nepal but lack climbing experience or want to mix hiking and climbing, then Mera Peak is the one for you. Novice peak climbers can attempt Mera Peak climbing. However, it is higher than other trekking peaks, and the higher the peak higher the challenges. You will need to undertake 5-7 hours of a trek every day, with the summiting day requiring 12 hours of trek. Hence, you will need to be in good physical shape by undertaking strength exercises and cardio workouts. Some sections have deep cracks in glaciers, but the climb is straightforward compared to other peaks, such as Island peak.

Frequently Asked Questions

Q. Health and Safety along the trail
A. Mera Peak climbing is a high-altitude journey, with most treks occurring in altitude sickness-prone areas. However, acclimatization days are provided, and combined with precautions of rehydration, avoiding the use of alcohol, taking proper food, and rest, the trip can be safely undertaken. There is also a lack of medical facilities in remote regions. Although we have a first aid kit and trained guides during the trek, good travel insurance is necessary, covering all aspects of the adventure.

Q. What is the difficulty level of Mera Peak climbing?
A. Mera Peak is considered a challenging climb, with an overall difficulty rating of 6C on a scale of 1A to 7C. The climb involves a mix of steep hiking, glacier travel, and some easy rock scrambling, and requires a good level of physical fitness and mountaineering experience.

Q. What equipment do I need for Mera Peak climbing?
A. Warm and waterproof clothing, including a down jacket, thermal layers, and a shell jacket Good quality mountaineering boots with a stiff sole and crampon compatibility Crampons, ice axe, and a helmet A climbing harness and carabiners A climbing rope (usually provided by the climbing company) Water bottles or a hydration system Sunglasses, sunscreen, and lip balm A first aid kit and personal medications

Q. How long does it take to climb Mera Peak?
A. A typical Mera Peak climbing itinerary includes a 10-day trek to base camp, followed by a summit day of around 12-14 hours. The total length of the trip will depend on your starting point and the pace of your group. Many people choose to add additional acclimatization days or side trips to their itinerary to increase their chances of success on the summit.

Q. When is the best time to climb Mera Peak?
A. The best time to climb Mera Peak is from September to November and from March to May. These are the periods when the weather is typically the most stable and the snow conditions are at their best. However, it's important to keep in mind that the weather in the mountains can be unpredictable and can change quickly, so it's always a good idea to be prepared for a range of conditions.

Q. Do I need a guide to climb Mera Peak?
A.

it is highly recommended to hire a professional guide or join a guided group for your climb. Mera Peak is a challenging and potentially hazardous mountain, and a guide can provide valuable expertise and support to ensure a safe and successful ascent.

Q. Can I acclimatize to the altitude before climbing Mera Peak?
A. Acclimatization is an important factor in successful mountain climbing, and Mera Peak is no exception. The peak stands at a height of 6,476 meters (21,246 feet), and the risk of altitude sickness increases as you go higher. To help your body adjust to the thinning air, it is recommended to spend a few days acclimatizing in the lower elevations before attempting the summit. This can involve activities such as hiking to higher altitudes and returning to lower elevations to sleep, or spending time at a higher elevation before continuing the climb.

Q. What is the route to the summit of Mera Peak?
A. The standard route to the summit of Mera Peak begins at the base camp, which is located at an elevation of around 5,000 meters (16,404 feet). From there, the route follows a steep trail through a rocky ridge and up to a high camp at around 5,600 meters (18,371 feet). From the high camp, climbers typically set out early in the morning for the summit, following a steep and glaciated ridge to the top. The route can be challenging, with some steep and exposed sections that require careful footing and the use of crampons and an ice axe.

Q. How do I prepare for Mera Peak climbing?
A. To prepare for Mera Peak climbing, it is important to focus on improving your overall physical fitness and endurance. This can involve activities such as running, cycling, swimming, or hiking, as well as strength training to build up your leg muscles. It's also a good idea to familiarize yourself with mountaineering techniques such as crampon use, ice axe arrest, and rope travel, and to practice these skills in a controlled environment before attempting the climb.

Q. Is it safe to climb Mera Peak?
A. Like any mountain climbing, Mera Peak climbing carries some inherent risks and dangers. However, with proper planning, preparation, and the guidance of a professional guide, the risk of accidents or injuries can be significantly reduced. It's important to follow all safety guidelines and instructions provided by your guide, and to be aware of the potential hazards such as falling ice, crevasses, and avalanches.

Q. Is Mera Peak a good climb for beginners?
A. While Mera Peak is not a technical climb, it does require a good level of physical fitness and some basic mountaineering skills. As such, it may not be the best choice for complete beginners to mountain climbing. However, if you have some experience with hiking and backpacking, and are comfortable with using crampons and an ice axe, you may be able to tackle Mera Peak with the help of a guide and some additional training. It's always a good idea to consult with a professional guide or instructor to determine if Mera Peak is a suitable climb for your abilities and experience.

Q. How much is the Mera Peak Climbing Permit and Fees ?
A. Mera Peak, located in the Khumbu Himal region, is a popular climbing destination with an altitude of 6470 meters. To apply for a permit to climb Mera Peak, you must go through an authorized trekking agency and obtain a permit from the Nepal Mountaineering Association. The permit fee for climbing Mera Peak is USD 250 per person from March to May, USD 125 per person from September to November, and USD 70 per person from December to February and June to August. Additionally, you will need to pay local government fees and Sagarmatha National Park fees