

# Mera peak climbing- 17 days



## Trip Facts

<b>Cost \$ (USD):</b>	<b>Duration:</b>	<b>Elevation:</b>	<b>Per Day Hiking:</b>	<b>Accommodation:</b>	<b>Trip Grade:</b>
2190	17 Days	6,476m	5-6 hours	Hotel, Lodge & Tent	Hard
	<b>Group Size:</b>				
	2-10 max				

## Overview

Mera peak climbing is an unforgettable experience in the Everest region of Nepal. It takes you across the scenic landscapes of the Hinku valley. You can see the views of hanging glaciers, frozen lakes in the Khumbu region. Then you tread the route that takes you to the summit of Mera peak situated at an elevation of 6476m.

From top of Mera peak climbing all your efforts come to fruition with 360 degree views of Mount Everest (8848m), [Kanchenjunga](#) (8586m), [Lhotse](#) (8516m), [Makalu](#) (8485m), [Cho Oyu](#) (8201m). The journey to Mera peak climbing is loaded with sightseeing trails to the surroundings and makes a bio diverse tea house trekking and sheer rewarding Mera peak ascendance in Nepal.

Mera peak climbing trail passes through terraced farm areas, lush bamboo and rhododendron forests, crossing suspension bridges and high passes. It also allows you to walk through the herd settlements and see Lumgsungba monastery on the way to Mera base camp. There are plenty of famous [peak climbing](#) in Nepal with multiple

company.

The Mera peak climbing is considered a technical climb that uses ropes, climbing gears and crampons along the boulder-strewn trails and crevasses. The summit above the ridge steepens behind the ridge and you are reaching the top of a steep cone and take the last big step to the summit of Mera peak with enigmatic surroundings of snow-capped White Mountain peaks. The remaining part requires you to cross the Zatrwa La pass to arrive at Lukla village and closing the last chapters of this breathtaking experience in Nepal.

**If you have already done Mera peak climbing, then we have top climb for you;**

[Wondrous Island peak climbing](#) & [Lobuche east peak climbing](#) might be your next adventure in Nepal.

## Trip Highlight

It takes highest trekking peak at 6,461m

Spectacular view of five mountains more than 8000m meter high namely Everest, Lhotse, Makalu, Cho yo, and Kanchung and many peaks

Explore tradition, culture, lifestyle etc on this beautiful region

## Itinerary

### Day: 01 Arrival in Kathmandu

After your arrival at Tribhuvan International Airport in Kathmandu, you will be warmly greeted by guide or our office representative and transferred to the hotel. Then you will have brief orientation or presentation about your respective trek. After all you will go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples, varieties of ethics and their cultures, different test of delicious food and mystery of history, within circle of green hill probably the most in the world. Overnight at Hotel.

**Accommodation:** 3 -star hotel

**Meals:** No

**Duration:** 1 day

### Day: 02 Sightseeing around Kathmandu

Kathmandu, Bhaktapur and Lalitpur are historical and cultural heart of Nepal, incircled by name of Kathmandu valley. which are popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism, and Western cultures and influences. These cities have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they

contain. We will provide you a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. Overnight at Hotel.

**Accommodation:** 3-star hotel

**Meals:** Lunch

**Duration:** 1 day

**Day: 03 Fly to Lukla and then trek to Chutanga**

A thrilling scenic flight to Lukla and a landing on a steep mountain runway brings us to the start of our trek at the village of Lukla (2800m). After meeting the crew, we head up to Chutanga. After walking through four hours through forest reach us to our camp. Overnight in Chutanga.

**Accommodation:** lodge

**Meals:** B/L/D

**Duration:** 4-5 Days

**Day: 04 Chutanga to Zatravala Pass (4,610m) to Zatrabok**

Trek from Chutanga to Zatravala Pass (4610m.) to Zatrabok (4704m.) and you camp here. You trek steep ascent path to cross Zatravala Pass. From here you can enjoy the spectacular views of Numbur Himal, Kongdi Ri, Karyolang peak and many other mountains and peaks. Now you walk along the leveled trail for almost one and half hours and then the trail turns downhill and you trek through this descent path all the way to Zatrabok. This is campsite surrounded by hills. Overnight in Zatrabok.

**Accommodation:** lodge

**Meals:** B/L/D

**Duration:** 5-6 Days

**Day: 05 Zatrabok to Kothe**

In this day our trek starts from Zatrabok to Kothe and you camp here. To reach Kothe you trek steep descent path all the way. En route, you pass forests of juniper, rhododendron and other local vegetation. Overnight in Kothe.

**Accommodation:** lodge

**Meals:** B/L/D

**Duration:** 5-6 Days

**Day: 06 Kothe to Thaknak**

Today along the ridge of Hinku khola we reach a settlement on the western bank of Hinku Drangka. We pass the

Lungsumgpa Gompa and then after a short hike reach Thangnak. Overnight in Thangnak.

**Accommodation:** lodge

**Meals:** B/L/D

**Duration:** 3-5 Days

**Day: 07** Acclimatization at Thangnang

Rest day at Thangnang. This is an acclimatization Day at Tangnag. This will be a rest day to let your bodies recover from the past days of hiking. You will relax and soak up the beautiful views of peaks and glaciers surrounding the head of the Hinku Valley. overnight in Thangnang.

**Accommodation:** lodge

**Meals:** B/L/D

**Duration:** 1 dayDay

**Day: 08** Thaknak to Khare

Today walking through the lateral moraines the trail climbs up to Hinku nup and shar glaciers and steeply to Khare village. Overnight in Khare.

**Accommodation:** lodge

**Meals:** B/L/D

**Duration:** 2-3 Days

**Day: 09** Acclimatization and pre climbing

Today we set the day to give you some pre-climbing lessons and using climbing gear like ice glaciers, harnesses , climbing boots and crampons. Overnight in Khare.

**Accommodation:** lodge

**Meals:** B/L/D

**Duration:** 1 dayDay

**Day: 10** Khare to Mera La (Pass) (5,350m) and base camp

Trek from Khare to Mera La (Pass) (5350m.) and you camp. Today you will travel a short distance, slowly ascending up onto Mera glacier. The climb is initially steep, but flattens out as you reach the crest of the glacier. You will traverse a long flat on top of the glacier as you make your way to the pass, called Mera La (5,400m, 17,710ft). From here, the views are stunning. Crevasse fields gently stretch out in front of the pass and you are literally enclosed by a ring of jagged peaks and blue-green glaciers. The remaining route up to the summit of Mera Peak is clearly visible. Stay overnight at camp.

**Accommodation:** Tent

**Meals:** B/L/D

**Duration:** 6-7 Days

**Day: 11** Mera La Pass to Mera Peak High Camp

Today we continue to walk up to glacier and the air gets thinner the slope steepens behind the ridge and summit view is seen then climbing along the ropes fixed by the climbing guides we climb on the steep cone to come to Mera which offers mind blowing views of Everest, Cho oyu, Lhotse, Makalu, Kanchenjunga, Nuptse, Chamlang, Baruntse. Stay overnight at high Camp.

**Accommodation:** Tent

**Meals:** B/L/D

**Duration:** 3-4 Days

**Day: 12** Climb Mera Peak (6,476m) and return to Khare and you camp at Khare

Climb Mera Peak and return to Khare and you camp at Khare. 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 south-east, 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. After taking pictures and enjoying the view, we descend by the same route back to our campsite below the Mera La. Overnight in Khare.

**Accommodation:** lodge

**Meals:** B/L/D

**Duration:** 9-10 Days

**Day: 13** Khare to Kothe

Trek from Khare to Kothe and it takes about eight hours. This day you walk along the gradual descent path passing through Tangnang. This is a small village and you find yak settlement here. To reach Kothe you follow the same kind of path. On the way you pass forests covered with fir, rhododendron and local vegetation. Overnight in Kothe.

**Accommodation:** lodge

**Meals:** B/L/D

**Duration:** 7-8 Days

**Day: 14** Kothe to Zatrabok

Trek from Kothe to Zatrabok which takes about six hours. The trail goes steep up all the way to Zatrabok. On the way you pass forests and green hills. Overnight in Zatrabok.

**Accommodation:** lodge

**Meals:** B/L/D

**Duration:** 5-6 Days

**Day: 15** Zatrabok to Lukla

Trek from Zatrabok to Lukla and it takes about six hours. You trek through forests of fir, rhododendron, oak, juniper and local vegetation. The trail you walk along moves downhill all the way to Lukla. You can enjoy the views of Numbur Himal, Kongdi Ri, Karyolang peak and many other mountains and peaks. Overnight in Lukla.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 5-6 Days

**Day: 16** Fly to Kathmandu

Today we cross a short thirty five minutes flight to reach the airport at Kathmandu and drive you to our hotel. Rest of the day is free. Farewell dinner at hotel. Overnight in Kathmandu.

**Accommodation:** Hotel

**Meals:** b/d

**Day:17** Departure Day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. We pray for your Safe journey and will reflect on the wonderful times we spent together. We hope to see you again someday. Namaste!

## What are included?

Airport pickups and drops in a private vehicle

Hotel accommodations in Kathmandu with breakfast

Tea-house accommodation during the trek

Tented accommodation for climbing

All meals (breakfast, lunch and dinner) during the trek and climb

Welcome and farewell dinners

Two way flight from Kathmandu to Lukla

English speaking and experienced trekking guide(leader), climbing guide (leader) and assistant guides

Porter service (2 trekkers: 1 porter)

All personal expenses of trekking staffs including their salary, insurance, equipment, domestic airfare, food and

accommodation

Down jacket (to be returned after trip completion)

A-one duffel bag, t-shirt and trekking maps.

All necessary paperwork; trekking permits and Mera Peak climbing permit

Good quality tents and kitchen utensils for camping

Climbing gears

Medical kit (carried by your guide)

## **What are Not included?**

Nepalese visa fee

International airfare to and from Kathmandu

Excess baggage charges

Extra night accommodation in Kathmandu because of early arrival, late departure

Oxygen Cylinders

Lunch and evening meals in Kathmandu.

Travel and rescue insurance

Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)

Personal climbing equipment

Personal climbing guide

Tips for guides and porters