

Mera Peak Climbing - 15 days - 15 Days

Climb Mera Peak, the highest trekking peak allowed to climb in Nepal, is an easy, doable non-technical mountain suitable for experienced and novice who have a good fitness level and zeal for adventure.

Mera Peak climbing is a perfect peak to climb in Nepal for adventure junkies looking forward to stepping into the mountaineering world.

The trekking trail to Mera peak is an enjoyable walk terrain through river banks, beautiful valleys and forests, alpine terrain, glacial lakes, glacier moraine, and snow climb on less than 30 degrees elevation, which is comparatively low easier than a lot of mountain climb.

Upon reaching the top of Mera peak (6476m/21,247ft), we relish the jaw-dropping panorama of five of the six highest mountains on earth, such as Mt. Cho Oyu (8201m), Mt. Lhotse (8516m), Mt. Everest (8848m) and Mt. Makalu (8463m) and Mt. Kangchenjunga (8586m).

At Mera base camp (Khare), the climbing leader will instruct on the ice climbing techniques, rope techniques, crampons techniques on ice, and climbing gears. So, previous ice climbing experience or technical climbing knowledge is not compulsory for climbing the Mera Peak.

NOTE: Although Mera peak-15 days itinerary is designed to keep it short and swift for time-bound people, the program still has a good bit of time for acclimatization with an acclimatization day built-in at Khare a night at high camp.

Mainly, the thing to be concerned about this 15-day Mera peak adventure is regarding the second day of this program as it is a challenging day that takes trekkers from Chutang (3475m) over the thrilling Zatrwa La pass at 4600m and down to a sleeping altitude of 4300m at Thuli Kharka.

So, the Mera peak climbing-15 days itinerary is suggested only for those with previous high altitude trekking experience.

People with good fitness but newbies for high altitude trek are suggested to go on with Mera peak climbing-19 days, which introduces to high altitude slowly with more time for gradual acclimatization.

MERA PEAK SUMMIT JOURNEY

Mera Peak climbing does not involve any technical climbing, and for the most part, we will be walking on snow slopes of less than 30 degrees. Depending on snow conditions, most of the ascent involves a walk up a glacier requiring essential ice ax and crampon skills. So, previous experience is not a requirement for Mera Peak Climbing. Your climbing guide will give some instruction on ice climbing techniques required on the pre-trip training day. There are plenty of opportunities to gain skill in these at the bottom of the Mera Glacier. The main difficulties of the climb of Mera Peak are those associated with trekking at high altitudes. This climbing holiday will suit and prepare trekkers and mountaineers wishing to reach new heights. Although the mountain has a trekking summit of 6431m which needs

nothing more than this, Mera Central, at 6461m, usually involves a 30-meter ascent of a 60° snow dome using fixed rope and jumar, depending on snow conditions. Proper acclimatization is key to having a good chance of reaching the summit. Our Mera Peak itinerary is designed to keep plenty of time for the gradual acclimatization of participants.

The rest days are used for acclimatization hikes at the places where we spent more than one night, i.e., walking to a higher altitude and back to a lower height for sleep, observing the “climb high, sleep low” rule. Our itinerary is designed to spend the night at Mera peak high camp, which is good for breathtaking views and acclimatization, thus a higher success rate in reaching the summit.

PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- Two nights twin sharing accommodation in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Round trip flight Kathmandu – Lukla– Kathmandu including departure taxes
- meals (breakfast, lunch and dinner) during the trek and climb
- Best available accommodation in local lodges during the trek and tented accommodation during climb; we provide rooms with private bathrooms and hot shower at Lukla
- Staff– one professional, knowledgeable and friendly English speaking climbing leader, assistant guide (6 trekkers: 1 assistant guide) and necessary porters and helpers including their food, accommodation, salary, equipment, transportation, and insurance
- Duffel bag, sleeping bag, and down jacket for use during the trek and climb
- Icicles Adventure T-shirt, trekking map and trip achievement certificate
- First aid medical kit
- Mera peak climbing Permit, National Park Permits (Please bring 2 passport size photos for permit)
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement (more on [Nepal Visa Information](#))
- International airfares
- Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- Alcoholic drinks and cold drinks
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottled or boiled water, hot shower, extra porters, etc
- Personal trekking and climbing gears
- Tips/gratuities for the staff (tipping is expected by staff)

ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,338 m/4,390 ft)

We welcome you to one of the most historically preserved capital cities of the world, Kathmandu which also is widely known as the "City of Temple" for its eccentric designs of temple architecture. As you finish airport customs and get to the waiting terminal, you shall meet our representative who will be waiting anxiously for you at the arrival terminal of the airport.

You will be greeted and welcomed and transferred to your hotel. A pre-trip meeting will be organized later this evening to introduce you to your guide and to finish other formalities. You will need to pack and be ready for your adventure that is going, to begin with, the early morning flight to Lukla tomorrow.

Note: Since you don't have a leisure day in Kathmandu and your adventure is starting immediately the next day, we suggest you book a flight that arrives in the morning or early afternoon today so that you get some time to rest and do last-minute preparation for your adventure.

Day 2: Fly to Lukla (2,800 m/9,184 ft) and trek to Chutang (3475m/11398 ft) 35minutes flight.

Trekking distance: 4.5km /3 hours

Leaving behind the 2,000-year-old ancient city of Kathmandu, we now take a scenic flight to the small hill airstrip of Lukla which is situated 138 kilometers away from Kathmandu in a northeast direction. During your 40-minute flight period, you can witness hypnotic Himalayan scenery even before reaching Lukla airport, hence it is suggested if possible to take the left pane of the plane and have your cameras ready to shot a dramatic view of snowcapped mountains.

Lukla is an airport town located at the elevation of 2,800 m above sea level and additionally acts as an entrance gateway to the Everest region of Nepal.

Now after collecting our luggage and with our trekking crew, we shall head eastward down from Lukla to commence our first walk into the spectacular Khumbu valley where natural and cultural diversity prevails throughout every trekking trail of this region.

We walk on a rocky and steep trail, cross a suspension bridge, walk past several streams over logs, we arrive at your Chutang Village where we will spend the night today.

Day 3: Chutang to Thuli Kharka (4300m/14104ft) via Zatra La (4600m)

The day today is going to be quite tough and long as we trek through a demanding high Himalayan pass, the Zatra La.

We leave Chutang after breakfast and give a glance to Numbur Himal and Lukla to the west. The rhododendron forest will be quickly replaced by moorland as we gain elevation.

From the top of the pass, the view is amazing but it's usually too windy there to stop for a longer time. We quickly trek down and again take ascent through pasture fields and reach Thuli Kharka.

Note: Zatra La pass is situated at an elevation of 4,600 meters above sea level due to which it can be a very strenuous experience for trekkers who hate a high uphill climb. It's very windy on top of Zatra La pass and if the weather is bad and snowy, we need to take care, it can be slippery, may need to use crampons too.

Due to the reason that we get to an altitude of 4600m from 3475m and have to sleep at 4300m at Thulikharka, on just the second day of our trek, this Mera peak-15 days program is only suggested for trekkers/climbers who have previous experience of high altitude trekking. For novices, we highly recommend doing the Mera peak-19 days program that takes climbers to the Mera peak slowly.

Day 4: Thuli Kharka to Kothe (4180m/13710 ft)

It is another beautiful day as the sun revives the sparkling beauty all around us creating dazzling mountain scenery for you to wake up.

The trail undulates quite a bit before we reach one final notch covered in prayer flags, almost acting like finish lines flags for the real descent to actually begin. From this notch, we can see the view of the impressive Mera peak.

We again reach the tree line and descend into the forest of small bamboo and thick moss over huge gnarled trees. We start hearing roaring for Hinku River slowly as we enter the Maklu-Barn National Park.

The final phase of this day trek takes us to some more steep hikes on a heavily forested trail with undulating paths and waterfalls while traveling alongside a river before arriving at the sandy boulder choked site which is Kothe village.

Day 5: Kothe to Thangnak (4356m/14288ft)

It's an easy and short day today. After again checking our permits at Kothe, we walk towards the north. With steep ascents, there is a dramatic change in the environment with fewer forested trails.

Today we see nice views of beautiful Kyashar peak (6800m), Charpate Himal, and Kusum Kanguru (6367m) to our left. Mera Peak looms directly above us to the east covered in ice. Peak 41 (6648) is seen on the northeast.

We cross small streams over log bridges and the main Hinku river becomes smaller and smaller as we go up high into the valley.

We also come across a small Buddhist monastery built around a cave on the cliffside. If we meet monks there, we can ask for a puja ceremony for good luck for our summit attempt. We walk about an hour to Thagnak from the monastery.

Day 6: Thagnak to Khare (5,000m/16,400ft)

Today is a short day but we are going to reach an altitude of 5,000 meters. We can leave Thagnak relaxed around 9 am. We hike due east, with Mera La directly ahead, Mera Glacier spilling over the Mera La pass and down into the valley. Below Mera La would be where we climb onto the glacier to reach the high camp and the summit.

The trail steeply climbs through a moraine field and traverse through ridges made up of debris which are deposited along the sides of Dig Glacier and moving into the meadows of Dig Kharka, we receive an unimaginable mountain view of Charpate Himal and some more beautiful views of the north face of the potent Mera Peak. After climbing a

steep hill out of a basin below Mera Peak's North Face, Khare comes into view

Khare is a collection of small teahouses along a steep frozen stream. One can easily get the feeling of exhaustion and tiredness increased due to the thin air.

Day 7: Acclimatization at Khare - Ice climbing practice

Today after breakfast, we will prepare our gear for ice climbing practice towards the Mera Peak base camp or just above Khare. We walk a couple of hours from where there are good views of the Mera La and the route up the mountain.

Climbing gears and techniques of ice climbing, abseiling, cramponing, etc., will be practiced for few hours and we take tuition from our climbing guide on these techniques. Our climbing guide will also share some sensible tips on how we can keep ourselves safe in the mountains under several conditions. Our guide will also share their stories as a part of experience sharing.

This training session is significant and helpful, particularly if we are novice climbers. After few hours of at the work out on the glacier, we leisurely walk back to Khare and after the final preparation of our equipment and packing of our mountain bags, you will have overnight rest in our teahouse in Khare.

We do not spend nights at Mera Peak base camp because it is felt unnecessary by climbers. So, we spend time at higher altitudes for a long time today and sleep back at Khare.

Day 8: Climb to Mera High camp (5,750m/18,865ft)

We keep in mind to keep very slow speed to allow time for acclimatization. Walking at this altitude, every step is a struggle. The altitude and the below-freezing temperature makes the walk strenuous and challenging.

We climb the crest of the moraine above Khare and then up a steep slope of snow to reach a boulder-strewn bowl below the lower tongue of the Mera Glacier.

Although no technical climb today, making our way to Mera High Camp can be hazardous if it has recently snowed, as there are a number of crevasses here. We make our way to the top of the rock band, which is marked by a large cairn.

We set up a high camp and from here the views are superb. From Mera High Camp, we can see magnificent views of the five highest peaks in the world shooting up on the horizon- Mount Everest (8848m), Lhotse (8516m), Cho Oyu (8188m), Makalu (8485m), and Kanchenjunga (8586m). We also get good views of Mt. Baruntse (7129m), Mt. Gaurishanker (7134m), and Chamlang (7319m). This night we spend in tented camp at Mera High Camp.

Day 9: Summit day and descend to Khare. Walking time: 8-9 hours

Today is the day we reach our target, the summit of Mera peak. We wake up at 2 am, and after breakfast, the group will put on crampons and rope up before setting out for the summit.

A well-acclimatized party will take 3 – 4 hours from the high camp to get to the central summit of Mera peak. If time and conditions permit, we may opt to traverse to the slightly higher north summit. The decision as to whether we

attempt the trip leader will take the north summit as per the conditions.

From the summit we enjoy the magnificent views of Mt. Everest (8,848m/29,029ft), Cho-Oyu (8,201m/26,906ft), Lhotse (8,516m/27,940ft), Makalu (8,463m/27,766ft), Nuptse (7,855m/25,770ft), Lobuche East (6,145m/20,160ft), Chamlang (7,319m/24,013ft) and even Kangchenjunga (8,586m/28,169ft).

Some of our crew waiting at high camp will be waiting for us. After having tea and some food at High camp, we trek back to Khare to celebrate our success on Mera Peak.

Day 10: A contingency day

We keep this day as a backup day just to use in case if the targeted summit day is unfavorable to attempt the summit due to unstable weather, snow storms, etc. Nevertheless in the case that we may postpone our attempt to summit the peak today then this day will behave as a contingency day for our climb.

Day 11: Khare to Kothe

After a great success of Mera peak climbing we descend through Hinku valley to Kothe for our overnight stop in a local teahouse. We start to feel more and more energetic as we get to higher oxygen level zones. We are very happy on our successful trip and enjoy the evening with local food and drinks and relax at Kothe.

Day 12: Kothe to Thuli Kharka

Today, we again climb up through the lush forest on the west side of the Hinku Valley to Thuli Kharka below the Zatra La. It's nice walk through the Red Rhododendron forest. If the weather is clear, we can enjoy the views of Mera peak and remote valleys leading up to its south side throughout our walk today. Walking time 5-6 hrs.

Included Meals: B, L, D

Day 13: Thuli Kharka to Lukla

Two hours up from Thuli Kharka we walk to reach Zatra La pass. While from the pass section and from the top we see beautiful view of Lukla valley. Cho yu, Numbur Himal, Kusum Khangru, Kongde peak and so many others.

From Zatra La we walk all the way down to Chutanga and then straight forward easy walk takes us to Lukla village where we conclude the trekking and this evening we again celebrate our successful trek and climb with good food and drinks with our crew.

Day 14: Fly back to Kathmandu

We shall wake up and have our breakfast prior to our flight departure. The picturesque flight back will similarly take us about 40 minutes to arrive at the domestic airport of Kathmandu. After landing in Kathmandu, you shall meet with our representative who will be there waiting for your arrival. Then after you and your trekking friends will be taken to the hotel where you are to stay the following night. Today you can just spend your whole day resting or you can go out in the streets of the Thamel area to purchase some last-minute souvenirs for your friends and families back home. Later return back to your hotel to pack up your luggage for your departure tomorrow.

Day 15: Departure from Kathmandu

Our Mera peak-15 days adventure comes to an end today.

We hope you got what you came looking for in Nepal with us on our splendid mountain adventure to Mera Peak. A representative of Icicles Adventure shall help you get transferred to the International airport today for your flight back home. At last, we bid you farewell and wish for your safe departure back to your homeland, wishing you come back soon.

