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Mera Peak Climbing - 18 Days

Climb Mera Peak, the highest trekking peak, an easily doable ice climbing peak good for experienced and fit and adventure-loving novices.

Mera Peak climbing is a non-technical peak climbing in the Himalayas of Nepal perfect as introductory peak climbing for people who are looking forward to stepping into the mountaineering world.

Upon reaching the Mera peak (6476m/21,247ft) top, 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).

Besides the climb, Mera peak trek itself is a satisfying walk on mountainous terrain through traditional Sherpa villages, monasteries, riverbanks, beautiful Hinku and Hongu valley and forests of Makalu Barun National Park and followed by alpine terrain, glacial lakes, glacier moraine, and snow climb on less than 30 degrees elevation.

Upon reaching the base camp of Mera, the climbing leader will instruct the group on ice climbing with rope techniques, crampons on ice, and the usage of climbing gears. So, previous ice climbing experience or knowledge of technical climbing is not needed for Mera Peak climbing.

Getting properly acclimatized is the most important thing to having a good chance of reaching the summit. So, our Mera Peak climbing program is designed to keep plenty of time for the gradual acclimatization of participants with acclimatization day during which we follow the acclimatization rule of “climb high, sleep low”.

Additionally, our itinerary is designed to spend the night at a high camp which is good for awesome views and for acclimatization, thus a higher success rate in reaching the summit.

We enter the stunning Everest region from Kathmandu after boarding an exciting flight to Lukla. We leave the classic Everest Base camp trail and head south towards Surke village, further to Paiya, and Panggom, and we trek east towards the ridge of peaks that divides the Dudh Kosi from the Hinku Valley.

We would walk first few days through the spectacular Hinku valley, wild forests, an alpine environment, and meadows along the Hinku River. We go north and east for 3-4 more days to reach the Mera La (5415m/17,767ft). The summit is now to the south and can be reached in one or two days of glacier travel.

After the successful ascent, we trek back through the Zatrwa La pass to Lukla and fly back to Kathmandu.

Suggestion: People who are time-bound and have some previous experience of high altitude trekking, can do **Mera peak-15 days** trip.

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PRICE INCLUDES

Transport

- Private vehicle: Hotel and airport transfers
- Private Vehicle: Transfers for Kathmandu City Tour
- Flight: Kathmandu to Lukla and Lukla to Kathmandu flight

Accommodation

- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel- Ramada Encore Thamel or Hotel Mulberry or similar
- 13-14 nights' accommodation (twin sharing) during the trek
- 1-2 night accommodation (twin sharing) in tented camp during climbing

Food / Drinks

- Breakfast (B), Lunch (L), Dinner (D) during the trek and climb
- Breakfasts while in Kathmandu
- Welcome and farewell dinner in Kathmandu
- Seasonal fruit on trek

Staff

- English speaking Trekking Guide/leader: One guide for each group. One assistant guide every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance
- Porters (ratio of 1:2 clients, carrying up to 15kg of personal gear per client) including their accommodation, transportation, food, salary, transportation, insurance
- English speaking city tour guide for Kathmandu city tour

Permits and Taxes

- Mera Peak Climbing permit
- Sagarmatha National Park Permit
- Local village Development charge
- TIMS permit (if applicable)
- Entrance fee/permit for monuments and temples (Boudhanath, Pashupatinath, Monkey Temple, Patan Durbar Square) for Kathmandu City tour (day 2)
- All applicable taxes to be paid to the Nepalese government

Others

- Group mountaineering equipment

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- Complimentary four seasons down sleeping bag and down jacket provided for the duration of the trek (suggested to bring if you have your own)
- Complimentary 80-liter Duffel bag (to keep personal belongings to be carried by porter), down sleeping bag, and down jacket hire for the duration of the trek
- Complimentary Everest Base Camp Trekking map
  Complimentary Icicles Adventure T-shirt
  First aid medicine box carried at all times by a guide
- Entrance fee for temples and monuments during Kathmandu city tour (Durbar Square, Boudhanath, Pashupatinath, Monkey Temple)

PRICE EXCLUDES

Transport

- International airfares to and from Kathmandu
- Any other additional transportation (if needed) outside of the program (such as for shopping, or for unforseen circumstances, etc)

Accommodation

- Extra night/s of accommodation in Kathmandu because of early arrival, late departure, early return from the mountain (due to any reason) than the scheduled itinerary

Food / Drinks

- Soft drinks, tea/coffee, and alcoholic beverages are not included and must be purchased separately by the client
- Drinking water on trek (but during the climb boiled water will be provided for drinking)
- Desserts are not included, so if ordered should be paid separately by the client
- Lunches and Dinners in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary- see meal inclusions for more details)

Others

- Nepalese tourist visa (available on arrival at Kathmandu Tribhuvan International Airport-more information on Nepal visa)
- Personal Trekking and climbing gears
- Client's travel insurance
- Any optional/ additional activities outside of the program
- Personal expenses like laundry, battery recharge, hot shower, extra porter, etc
- Tips/gratuities for the staff

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ITINERARY IN DETAIL

Day 1: Arrival day in Kathmandu (1,300m/4,264ft)

Welcome to Kathmandu! As you land at Kathmandu airport, reclaim your luggage and finish your custom formalities (visa, etc.) and get to the airport waiting terminal. You will find a representative from Icicles Adventure holding the Icicles Adventure Treks & Tours signboard and your nameplate.

You will then be transferred to your hotel. You can rest at your hotel to recover from jet lag, or if you have plenty of time you can visit Thamel market for shopping for your Mera Peak Climbing Trip.

Stay overnight at Kathmandu
Accommodation: Hotel

Day 2: Kathmandu city tour. Trek preparation

Have breakfast at the hotel and be ready for the city tour at 9 am. We do the guided tour to several medieval and spiritual sites in Kathmandu which are also listed on UNESCO World Heritage Sites. These sites include the historic Patan Durbar Square, the famous 'Monkey Temple' (Swayambhunath), and Buddhist shrine (BouddhaNath), the sacred Hindu temple of Pashupatinath.

After the sightseeing program, we will have a small pre-trip introductory and trip-briefing session at your hotel. After this meeting, you can also take an opportunity to hire/buy any last-minute trekking equipment or bargain for your souvenirs at the many stores. You are advised to pack your things and be set up for your actual Mera Peak adventure that will begin tomorrow.

Stay overnight at Kathmandu
Accommodation: Hotel
Included Meal: B

Day 3: Fly to Lukla (2,800 m/9,184 ft) and trek to Chutok/Paiya (2730 m/8954ft): 10 km/4-5 hours

Wake up at dawn and be ready for the adventure. We escort you to the domestic terminal of Kathmandu airport for an early morning flight. After an adventurous 35 minutes flight above the array of beautiful green and white mountains, we arrive at the Tenzing-Hillary Airport at Lukla (2,800m/9,186ft), an entry town from where your trek begins. This is one of the most beautiful air routes in the world concluding in a dramatic landing site on a hillside surrounded by high mountains peaks. In Lukla, we meet our additional crew members and do some packing and arrangements. You will walk through the jungle down to Surke then a bit ahead you will have lunch near Pakhapani or so. Continuing ahead through many traditional villages, jungles, hills and gradually reach the vicinity of Paiya for the first overnight rest in the mountain. Overnight in a local teahouse.

Accommodation: Local Teahouse
Walking Time: 4-5 hrs
Included Meals: B, L, D

Day 4: Paiya to Panggom(2,850m/9,350ft): 12 km/6-7 hours

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After breakfast, we march a little down until we reach the wooden bridge and then carefully, we go ahead through the slippery trail to cross Kari La pass. We relish enjoying the panorama of Everest, Lhotse, Nuptse, Makalu, Thamserku, Mera Peak, and many other peaks of the Mahalangur Himalayan range from the top of Kari La.

We will have our lunch in the village and start walking through the rhododendron and bamboo forests on the narrow mountain trail. Make your camera ready with full charge to catch the outstanding views of Dudkoshi River valley and Shorong Himal before reaching the farming and trading village of Pangom (Pangkongama) for a night's rest.

Accommodation: Local Teahouse
Walking Time: 6-7 hrs
Included Meals: B, L, D

Day 5: Panggom to Ramailo Danda (3,276m/10,748ft): 8 km/5-6 hours

The trail descends the rock-strewn path leading to the rhododendron forest. You will come across a lot of Mani walls through the trail. Passing again through hills, ridges, and teahouses you start downwards and have lunch around there in a village nearby. You will find mesmerizing views of the south face of Mera Peak and Naulekh Peak awaiting your insight. The trail zigzags through forested areas and then descends steeply.

You experience the most interesting and charming feelings as you walk past forests of pine and rhododendron to reach Narjing Dingma where we stay today. Overnight in a local teahouse.

Accommodation: Local Teahouse
Walking Time: 5-6 hrs
Included Meals: B, L, D

Day 6: Ramailo Danda to Chhatra Khola (2,800m/9,186ft): 12 km/6-7 hours

After breakfast, you start up and being though a hill and through narrow and complicated way ahead through rhododendron and bamboo forests you pass in the course of landslides. From the Surkie La (3,085m) we head north along the ridge, and the whole of eastern Nepal opens out in front of us, over the wildly remote Hongu valley, with the solitary bulk of the Kangchenjunga massive marking the Sikkim border.

By the side of the crystal clear stream, you will have your lunch today. Straight ahead and up through the rhododendron and bamboo forests you may encounter wild animals if you are lucky enough. Overnight in a teahouse in Chalem Kharka.

Accommodation: Local Teahouse
Walking Time: 5-6 hrs
Included Meals: B, L, D

Day 7: Chhatra Khola to Kothe (3,690m/12,109ft): 10 km/5-6 hours

Starting after breakfast we will reach a fine vantage point of the Hinku valley where you line around in the splendor of nature surrounding us from the Hinku Valley.

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Straight through the bamboo forest in the narrow trails enjoying the view of Mera, Kusum Kangguru and Kyashar Himal (6770m) and the Hinku Valley. At this place, we have the possibility of encountering mountain wild animals like sloth bears, jungle cats, etc. among the tall pine trees.

Accommodation: Local Teahouse
Walking Time: 4-5 hrs
Included Meals: B, L, D

Day 8: Kothe to Thangnak (4356m/14288ft) 8km/4-5 hours

The walk today continues along the Inku Khola filled with spectacular views of Mera Peak, Charpati Himal, Kusum Kanguru, and Thamserku. Leaving Kothe we move ahead to the Upper Hinku valley.

The vegetation starts to become sparse and shrubby. Filled with nomadic meadows (kharkas), today's tail has no major village along. We cross the Sanu Khola and Inkhu Khola over the bridges and reach Gondishung, where there is a teahouse and we have lunch here. We also visit the ancient 200-year old Lungsumgba Gompa, a Buddhist shrine that shelters by a huge rock. Climbers burn incense and pray for good weather and a successful ascent to Mera Peak at the gompa.

An hour's walk from Gondishung takes us to Thangnak, a place that used to be a summer camp for yak herders but now has been developed as the hamlet of teashops and lodges for climbers on the trail. Charpate Himal looks very near from here and we see the whole mountain, from the base to the summit.

The trail continues up the left bank to Thangnak (4366m), a summer settlement that has grown into a small hamlet of teashops and a lodge due to love for Mera peak climbing.

Accommodation: Local Teahouse
Included Meals: B, L, D
Walking Time: 4-5 hrs

Day 9: Thagnak to Khare (5,000m/16,400ft) 5.5km/4-5 hours

Today we head towards Khare following the lateral moraine of Dig Glacier. We relish the beautiful views of Charpate Himal. We walk past The trail climbs through moraines and to the snout of the Hinku Nup and Hinku Shar Glaciers and then climbs more steeply to Khare.

A beautiful stay at Khare is something that we would cherish throughout our life. It is pleasure to watch the spectacular view of the North face of Mera Peak from Khare.

Accommodation: Local Teahouse
Included Meals: B, L, D
Walking Time: 4-5 hrs

Day 10: Acclimatization and Ice climbing practice

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

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We will practice the usage of climbing gears and techniques of ice climbing for few hours following the instruction of our climbing guide. Our climbing guide will also share some practical tips on how you can keep yourself safe in the mountains.

This training is significant and helpful, particularly if you are a novice climber. After few hours of practicing at the glacier, we stroll back to camp 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 lately due to many climbers. So, we spend time at higher altitudes for a long time today and sleep back at Khare.

Accommodation: Local Teahouse
Included Meals: B, L, D

Day 11: Khare to Mera High camp (5,750m/18,865ft) 6km/5-6 hours

We keep in mind to keep very slow speed to allow better acclimatization. First, we climb to 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.

The trek becomes strenuous and challenging because of the altitude and cold. When we are walking above 5000 meters, every step comes with a struggle.

Although no technical climb today, making your 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 outstanding. From Mera High Camp, see stirring views of the five highest peaks in the world piercing the skyline- 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. Walking time 4-5 hrs. Included Meals: B, L, D

Accommodation: Overnight at high camp
Included Meals: B, L, D
Walking Time: 4-5 hrs

Day 12: Summit day and descend to Khare: 8.6km/8-9 hours

Today is the day we reach our target, the summit of Mera peak. We wake up very early around 1-2 pm to get prepared. We have some warm food. We will put on crampons, headlights, and rope up before setting out for the summit push. Following our climbing guide, we walk through the gradual uphill, non-technical trail- the only things that slow us is the thin air and chilly conditions.

From the high camp, a well-acclimatized party will take 3 - 4 hours to get to the central summit of Mera peak. So, by 8-9 am we will be at the summit of Mera central.

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From the summit we take pleasure in the splendid views of Mt. Everest (8,848.8m/29,032ft), Cho-Oyu (8,201m/27,825ft), Nuptse (7,855m/25,770ft), Lhotse (8,516m/27,940ft), Makalu (8,463m/27,766ft), Shishapagma (8,027m/26,335ft), Kangchenjunga (8,586m/28,169ft), Lobuche East (6,145m/20,160ft), Chamlang (7,319m/24,013ft) are spectacular from the summit. We click plenty of pictures and exchange the joy of summit before retracing our steps back. A long but most satisfying day!

We trek back to Khare which is about 4-5 hours from the summit.

If time and situation allow us, we may opt to make the go over to the slightly higher north summit. The decision as to whether we attempt the north summit will be taken by the trip leader as per the conditions-since a few years Mera North has been highly perilous due to huge crevasses, so people only climb to Mera Central. Overnight in Khare.

Accommodation: Local Teahouse
Included Meals: B, L, D

Day 13: A contingency day

This day we use to keep as a spare day, set aside in case we have to postpone the summit attempt on the peak because of bad weather or because some of us have not acclimatized well enough to make the ascent. If we are successful in making the summit on day 14, we use this day for another Ice climbing day or spent one more night at the village of Lukla or just return back to Kathmandu early.

Included Meals: B, L,
Accommodation: Local Teahouse
Included Meals: B, L, D

Day 14: Khare to Kothe 13.5km/5-6 hours

After a great success of Mera peak climbing, we descend through Hinku valley to Kothe for our overnight stop in a local teahouse. We are very happy about our successful trip and enjoy the evening with local food and drinks and relax at Kothe.

Walking time 5-6 hrs
Accommodation: Local Teahouse
Included Meals: B, L, D

Day 15: Kothe to Thuli Kharka 8km/5-6hours

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

Walking time 6-7 hrs
Accommodation: Local Teahouse
Included Meals: B, L, D

Day 16: Thuli Kharka to Lukla (2,800 m/9,184 ft) 11km/7-8 hours

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Leaving Thuli Kharka we reach Zatrwa La pass in about two hours. From the top of the pass, Lukla valley seems beautiful with the background of many snow-capped peaks like Cho Oyu, Kusum Khangru, Kongde peak, Numbur Himal, and so on.

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

Walking time: 6-7 hrs
Accommodation: Local Teahouse
Included Meals: B, L, D.

Day 17: Fly back to Kathmandu

The early morning flight drops us in Kathmandu. Flights to Kathmandu are usually scheduled for the morning because wind can create problems to fly the aircraft in the afternoons. But sometimes the flight can be delayed and even canceled due to bad weather and other reasons that are beyond our control. So, it's wise to have a buffer day at the end of the trip if we are taking Lukla flights.

You will be transferred to a hotel in Kathmandu after your arrival in Kathmandu. You can rest in your hotel, could do some last-minute shopping and packing, or stroll around Thamel. Overnight in

Stay overnight at Kathmandu
Accommodation: Hotel
Included Meal: B

Day 18: Departure from Kathmandu

Today your Mera peak climbing trip comes to an end. If you have more time you can do some shopping or sightseeing. Approximately 3 hours before your scheduled flight staff from Icicles Adventure Treks and Tour will take you to the airport for your flight back home.

Hope you are overtaken by Nepal, a country of hospitable people, beautiful scenery, and a large variety of cultural traditions and you will come back again for the next Himalayan adventure!

Included Meals: B

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FAQ

1. Why Mera Peak Climbing? What are its major highlights?

Mera Peak Climbing gives you an opportunity to step at summit of highest trekking peak in Nepal at 6476m above sea level situated in Makalu Barun National Park nearby Everest region. From the summit, excellent views of six highest Himalayas are seen that includes Everest, Lhotse, Makalu and Cho Oyu along with other surrounding peaks. This adventure through remote areas, tea house and camping overnight stays, exciting passes, Mera Glacier and all the way to summit gives you the chance to get into mountaineering field.

2. I have no previous peak climbing experience. Can I do this? Is this trip for me?

Mera Peak Climbing is not a technical climbing peak. Therefore, previous climbing experience is not required. But you need to at least 18 years old and strong fitness level is recommended with passion to walk across the remote villages to summit of Mera overcoming the challenges kept infront of you. If you have been to Everest Base Camp, Gokyo Lakes, Three Passes, Annapurna Circuit or any other high altitude trekking then, yes, this trip is for you.

3. How to get there? What are my options?

Well to get there, first you arrive at Kathmandu then fly to Lukla airstrip at Everest region and trek through Hinku Hoknu remote villages, cross Zatra La Pass, travel through glacier walks and finally you reach the summit of Mera Peak.

Or, you can take a drive from Kathmandu to Jiri and start trekking towards Lukla, this route is longer but gives you enough time for acclimatization. Or, you can also go for Everest base camp trek for acclimatizing before attempting Mera Peak Climbing. The more you are well acclimatized and experienced, higher the chances of successful summit attempt.

4. When would be the best time for Mera Peak Climbing?

You can plan, research and pre-book for Mera Peak Climbing at your suitable time during any time of the year. However there are two main seasons for trekking and peak climbing in Nepal. They are autumn season from the months of September, October, November. And the main climbing spring season during the months of March, April and May. You are recommended to plan your peak climbing into these months.

5. What are the permits required for Mera Peak Climbing?

Makalu Barun National Park Permit, Trekking Information Management System (TIMS) and Climbing Permit for Mera Peak are official legal documents required. All of these docs are arranged by our trekking company which is included in the total trip cost.

6. What should I pack for this peak climbing adventure?

It is highly recommended that you bring your trekking shoes, down jacket, sleeping bag and mat if you already have those. Or else we will help you arrange gears and equipments at Kathmandu and climbing gears at Khare on hire. It is very essential to pack the essentials for this type of trip. Therefore please have a look at our extensive gears and equipments checklist.

7. Where will I be sleeping overnight during this trip?

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This trip package includes four nights accommodation in 3 star quality hotel at Kathmandu. And while you are on trekking, we will stay at 15 nights and a tow night at tented camp on twin sharing basis. There will be private bathroom and hot shower facility at Lukla.

8. What type of food is available in this trekking and peak climbing adventure?

There will be mostly Nepali meals like Dal Bhat Tarkari with Achar along with noodles, soups, porridge, and breads. As the trail takes us through the remote villages, don't expect more on the menu. Also, it is recommended that you buy couple of chocolate bars and dry fruit packets in Kathmandu that comes handy in boosting your energy. You can easily get those dry fruits like cashew nuts, raisin and others at any departmental store or streets nearby Thamel at Ason. During the trekking days, we eat breakfast and dinner at respective tea house while lunch will be served on the way. And during the camping, packed food or freshly cooked meals will be served.

9. Why acclimatization is important?

Proper acclimatization is the key to successful summit during this type of trekking and peak climbing adventures around the Highest Himalayas. Therefore you need to do have basic knowledge about AMS, its symptoms like headache, vomiting, breathlessness and stomach ache, blurred vision, loss of consciousness etc. Its preventive measures like trekking high sleeping low, pacing gradually and stopping at specific acclimatization days. Drinking plenty of fluids, and joining with experienced professional trekking and climbing guide is the most important thing.

10. What should my insurance policy cover for climbing Mera Peak?

You must get appropriate insurance policy from reputed travel insurance company before flying to Kathmandu at your home country. Your travel insurance for Mera Peak Climbing must include the helicopter rescue operation upto 6000m at least. If you feel sick or needed close medical attention, you will be airlifted to Kathmandu. Mostly you will be paying now and claiming later; it depends upon your contract with your travel insurance company.

11. What happens if my flight to Lukla or Kathmandu gets delayed or cancelled?

First of all, the flight to Lukla and Kathmandu is reliable and only gets delayed or cancelled due to bad weather conditions. During these conditions, we will wait for our next departure flight. Therefore at least two or three contingency or extra days must be allocated in Nepal so that you are on Kathmandu Airport on time to catch your international departure. If these types of delays happen, then we will arrange the meal and accommodation but it is not included in total trip cost.

12. Is this trip customizable?

Yes, we can organize the Mera Peak Climbing as per your need, request, availability and possibility. We can make slight change in itinerary, add few acclimatization days, organize in solo way, and include you in a group or private departures. We will do our best efforts to make your Mera Peak Climbing Adventure a success.