

# Mera Peak

Difficulty	Duration	Region	Max. Altitude	Type	Group Size	Accommodation
Hard	17 Days	Everest	6421m	Peak Climbing	2-12 pax	Lodges, Hotels and Camp

## Overview

Mera Peak lies to the south of Everest and to the north-east of the airstrip at Lukla, standing prominently between the wilderness valleys of Hinku and Hongu. Mera Peak is second only to Island Peak (6173 m) in popularity with nearly 6000 people attempting it between 2006 and 2010. Its popularity comes from the fact that five of the world's 14 highest mountains are visible in the near distance from the summit and getting to the summit from base camp is considered not much more than a mountain walk across a crevassed glacier.

Its high altitude must be respected, however, and acclimatization must be done at the recommended pace ideally reaching the summit 12 days after leaving Lukla. Many people fail to reach the summit because of this – there is no quick way to climb a mountain of this height.

Sen Tenzing and Jimmy Roberts made the first successful ascent of Mera Peak on 20 May 1953. The route they used is still the standard route. Mera has two summits. The easier one attempted by most groups, is accessed by taking a higher line to the eastern summit with its steep last 20 m or so. The true summit can either be reached by a drop and traverse, beyond many people by this stage, or by initially taking a more westerly lower line out of the high camp for a steep haul to the true summit.

There are many options for perfecting acclimatization. If flying to Lukla, perhaps first trek to Everest Base Camp, then cross the Amphu Labtsa (5780m) or simply make a short detour to bustling Namche Bazaar first.

## Itinerary

### **Day 01: Arrival in Kathmandu**

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

### **Day 02: Sightseeing in Kathmandu**

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

### **Day 03: Fly to Lukla(2850m)**

Our trip begins early morning with a picturesque flight to Lukla. The trekking guide will see you at the hotel and you drive to the airport and take a 30 min flight to Lukla, which flies over endless rolling hills covered with green terraces. Overnight in Lukla.

### **Day 04: Trek to Chutenga (3350m)**

After breakfast in Lukla, we will head towards east from Lukla for Chutenga. Along the way, you will pass several small Sherpa settlements scattered in short distances. You will move forward by touching and seeing the Buddhist Mani walls and Prayer wheels. Then comes the thick forest of Rhododendron and Pine trees which guides you through less taken trails. This forest stays just below the Kalo Himal Ridge. There are many trails connected with the standard trail which can be confusing, so we have to stay connected with the group and guide. Just follow the stream connected trails as they all go to Chutenga, our ultimate stop. Overnight in Chutenga.

### **Day 05: Trek to over Zatrela pass(4610m)**

After having breakfast at Chutenga, we will proceed towards Chatarbu. While moving ahead on the trail, we will climb a steep hill which will be our first strenuous climb of Mera Peak climbing journey, as we will put all efforts to reach the Zatrela Pass at 4,600m. From the top, we will enjoy the picturesque views of Kongdi Ri, Karyolang Peak, Number Himal, Lumding Himal, and many more. Then, we will descend down to Thuli Kharka via Chhatre. All along the trails, we will traverse through some yak pasture lands. The last part of the trek leading to Chatarbu from Thuli Kharka is a fun

one. Overnight in Chatarbu.

#### **Day 06: Trek to Kothe (3700m)**

After having breakfast at Chatarbu, we will head out to the Hinku valley of the Khumbu region. Trek will start with a gentle descend just in front of mountain views. And slowly the track will get a bit disturbed with regular uphill and downhill. As soon as you enter the Hinku valley, we will get the first sight of our ultimate destination, i.e. Mera Peak. Mera Peak and several other snow-dotted peaks will be teasing the Everest skies, and the view is just irresistible. After the view from the tops, you have to make a descent through a bit of straight hill. Kothe lies one uphill climb away from the bank of Hinku River. Overnight in Kothe.

#### **Day 07: Trek to Thagnak (4356m)**

Today's destination is Thagnak and we walk along the Hinku River's riverbed. This river bordered trail guides us towards Gondishung. Walking in the Mera Peak's shadow, we will reach Gondishung which will be our lunch stop for the day. Nearby Gondishung is a two-century-old Buddhist Gumpa, Lungsumgba Gumpa. People believe that lighting the shrine at this Gumpa makes the Mera Peak Climbing successful. The final stretch to Thagnak is easy to trek and we will reach Thagnak with numerous amazing views. Overnight in Thagnak.

#### **Day 08: Trek to Khare (4900m)**

Today, after breakfast we walk along a somewhat difficult trail passing through the steep moraine trails. The Moraine way will be from Dig Glacier to Dig Kharka where you will be in front of Charpate Himal. Walk carefully as the glacier's way can be slippery sometimes. After that, there is a steep climb to Khare. The uphill seems endless and will only end after reaching Khare where you can get as many Mera peak views as possible. Khare is the acclimatization zone for climbing the Mera Peak, so we will spend another day tomorrow here. Overnight in Khare.

#### **Day 09: Rest Day at Khare**

It is necessary to acclimatize during high altitude adventures. Mera Peak climbing goes even higher than 6000m. So, we spend an extra day at Khare acclimatizing with the high altitude. Our body needs some time to adapt to the thin air above. We utilize this time exploring Khare which is the gateway to Mera Base Camp. Overnight in Khare.

#### **Day 10: Trek to Mera base camp (5300)**

We will leave Khare early morning after breakfast. Our destination day is Mera Base Camp at 5300m. This stretch is technically demanding as we have to make our way

to base camp through the steep slippery trails of Mera Glacier. Spending a night in the camp just under the open and star-dotted sky is such an appealing night. Overnight in a tent in Mera Base Camp.

### **Day 11: Trek to Mera High Camp (5800m)**

After having breakfast made by the Sherpas, we leave Mera Base Camp and make our way to Mera Base Camp. The trail from base camp connects the Mera La Pass which is a steep climb through the rocky and snowy track. Even after the Mera La Pass, the track does not seem to slope down; it is as steep as the first stretch. We walk on a steep trail for several hours until we reach Mera High Camp. Views of mighty peaks like Everest, Nuptse, Baruntse, Chamlang, Makalu, and several others are breathtaking. Overnight in a tent in Mera High Camp.

### **Day 12: Mera Summit (6421m)**

This is the most important day of the entire Mera Peak Climbing as you will scale the summit. We start climbing, early morning at around 2 AM in order to reach the summit before noon. The Mera peak summit receives strong winds after 12 pm, and this can create difficulties in our peak expedition. Follow the footsteps of the experienced guide. The summit climb is easy with very few technical climbs. Once you reach the top, get ready to be awestruck by the views of several eight-thousanders and other peaks. Mt Everest, Mt Cho Oyu, Mt Makalu to name a few. Celebrate the glory before descending back to Khare for the night stay.

### **Day 13: Trek to Kothe (3700m)**

After breakfast in Khare, we will pass through Thangnak before reaching Kothe. The trails mostly downhill as we retrace the trail from Khare to Kothe. We will experience a drastic decrease in the altitudes. Our walk will be mostly amid the dense forest of oak, pine, rhododendron trees. Overnight in Kothe.

### **Day 14: Trek to Chatrabu(4340m)**

After breakfast in Kothe, we will leave for Chatrabu. Today is a more uphill trek as we will be walking past forested trails that will take us towards the western side of Hinku Valley. Pass through Thuli Kharka where you get an amazing view of the Mera Peak once again and reach Chatrabu. Overnight in Chatrabu.

### **Day 15: Trek to Lukla (2840m)**

Today after leaving Chatrabu, we will walk towards Lukla via the Zatrella Pass. From the top, we will enjoy the picturesque views of Kongdi Ri, Karyolang Peak, Number Himal, Lumding Himal, and many more. All along the trails, we will traverse through some yak pasture lands. Overnight in Lukla.

### **Day 16: Fly to Kathmandu**

We pack up early and head for the airstrip to hop a flight back to Kathmandu. On touchdown, the rest of your day is free to do your own things. You could do some last-minute shopping and packing, or send a few postcards home or even go down for a stroll to Thamel, an internationally known hub for tourists in Asia.

### **Day 17: Free Day**

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

### **Day 18: Final Departure**

It's time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuvan International airport for your final departure to your destination.

## **Inclusion / Exclusion**

## **Cost Includes**

Arrival in International Airport and Departure.  
4 Night's hotel in Kathmandu with Bed & Breakfast.  
Sightseeing in Kathmandu Valley with Guide.  
Entrance fee in Sagarmatha National Park.  
Makalu conservation Fee.  
Peak Permit and Climbing Guide.  
Round Kathmandu-Lukla-Kathmandu Ticket  
Local Transfer.  
Domestic airport departure taxes.  
Tea House Accommodation, breakfast and dinner.  
All camping Equipment, two men tents, Dining tent,  
Kitchen Tent, Toilet Tent, Table & chairs.  
Breakfast, lunch, dinner in trekking and climbing period.  
Guide, Cook, sherpa, Kitchen staffs and porters.  
Insurance for trekking staff and Equipments.

## **Cost Excludes**

Personal equipment for  
Trekking & Peak climbing.  
Personal travel Insurance.  
Lunch & dinner in Kathmandu.  
Emergency Rescue evacuation.  
Personal expenses/Bar bills.  
Tipping for trekking staff.