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Mera Peak is the highest trekking peak in Nepal at 6476 m. Mere Peak Climbing is one of Nepal's most beautiful and impressive emotions. It is a memorable adventure trip that will take through the Hinku Valley of the Khumbu area. A daring climbing adventure, the Mera peak takes you to Nepal's highest peak. It's a great way to enjoy the Nepalese Himalayan lifestyle and natural beauty of Khumbu. Besides, it is also one of the most beautiful achievements. The panorama of the Himalayas from the summit of Mera Peak is indescribable.

### Highlights of Mera Peak climbing

- ❖ You will have an exciting and picturesque flight from Kathmandu to Lukla
- ❖ You will have an adventure hike in the Hinku valley of the Khumbu region
- ❖ You will have a Cultural sightseeing tour of Kathmandu valley
- ❖ You will have a breathtaking view of the peaks of the Himalayas
- ❖ Excellent trekking experience in the Himalayas
- ❖ You will climb Mera Peak at 6,476m. elevation
- ❖ You will have a chance to see the breathtaking view of the mountains of 8000 meters

Mera Peak is considered the highest trekking peak in Nepal, Himalaya, as the elevation of Mera Peak is at an altitude of 6,654 meters above sea level. Although it is the most elevated trekking peak in Nepal, which can be climbed without any oxygen support, the summit is a straightforward climb. Anyone can reach with basic climbing skills and excellent physical condition. It is a fantastic climbing package in Nepal for those looking to climb a trekking peak in the Great Himalayas as the trail is filled with an alluring of mountains, glaciers, and ice waterfalls. An expedition team comprising of experienced and highly trained

guides and Sherpa guides will be at the service during the Mera Peak climbing in Nepal.

Another major attraction on ascends Mera Peak is that you can see 5 of the 6 highest peaks in the world during the trip, namely Mount Everest, Mount Makalu, Mount Lhotse, Mount Cho Oyu, and Mount Kanchenjunga, and many others. The panoramic views of these mountain peaks of Nepal are indeed something to behold, which you can only experience from the summit of Mera Peak.

This trip can organize as a trip with accommodation in tents, as well as teahouses. The climate in the Himalayas can be very unpredictable and can change within hours. Due to the complexity of this situation, we add a day to the itinerary, as it can run the next day in bad weather. However, Mera Peak climbing is not limited to mountains and glaciers. The trip is full of different natural and cultural aspects of the Everest region. You will pass through many Sherpa villages along the way to discover and witness the unique lifestyle and heritage. You will also pass by many monasteries and gumba, which are essential spiritual aspects for many people residing in these regions. The richness of flora and fauna is also the main attraction of this trekking in Nepal.

### **Detailed itinerary**

#### **Day 01: Welcome to Kathmandu international airport: 1400m**

Welcome to the capital of Nepal. Upon your arrival at Kathmandu airport, our airport representative will welcome and pick you up from the airport and drive you to the hotel. There will be a brief briefing today. After that, you will be free. You can rest at the hotel or walk around the market area

Meal included: No Meals

#### **Day 02: - Full day guided city tour around Kathmandu valley.**

Today, after having breakfast, we will take you for a full day excursion to Kathmandu Valley. You will visit the pilgrimage center of the temple of Pashupatinath and Swyambhunath, ancient and listed on the UNESCO World Heritage sites. The largest Buddhist stupa in Boudhnath and the fine arts and

historic architecture of Durbar Square in Kathmandu take you into the ancient culture of Nepal. Upon returning to the hotel, you can explore the local areas, ravines, and the way of life.

**Day 03: Kathmandu to Lukla by flight and trek to Paiya: 2700m.**

Our office representative will come to your hotel and take you to the domestic airport to take an early flight to Lukla. After 25 minutes, you will land in Lukla. After landing at Tenzing-Hillary Airport in Lukla, you will start your trek to Paiya. You will hike a jungle trail, crossing a bridge over the Handi Khola, and arrived at Surke Village. From Surke village, you will continue to the south and cross the Chutok La pass before reaching the small community of Paiyan. Your night stay will be at the tea house.

Meals: Breakfast, lunch, and dinner.

**Day 2: Trekking from Paiya to Panggom: 2846m**

After breakfast, you will descend for a while and arrive at a small bridge. From there, the path is slippery until you cross the Kari La pass. Your today walk will be through the bamboo and rhododendrons forests on a narrow mountain trail. During today's trip, you will enjoy the wonders of the Dudhkoshi Valley. You continue your trek to the village of Panggom. You will stay at the tea house here.

Meals: Breakfast, lunch, and dinner.

**Day 3: Trekking from Panggom to Ningsow: 2855m**

Today, you will start your walk after having breakfast. After leaving Panggom, you cross the Panggom La Pass. Then you go up, walk a stable trail, and turn north. First, you cross Peseng Kharka Khola, and then after walking, you arrive at Peeng Kharka. You cross Ningsow Khola before reaching Ningsow village. Your night stay will be in the tea house.

Meals: Breakfast, lunch, and dinner

**Day 4: Trekking to Chhatra Khola from Ningsow: 2800m**

After enjoying breakfast at the teahouse, you will start the trek to Chhatra Khola. You will go up first and then down again for a while, and you go up a little more to reach Ramailo Danda. From there, you have an extraordinary view of Mera Peak and Salpa. After going up and down your trail, you enter Makalu Barun National Park. Your trail from here to Chhatra Khola is known as Pasang Lhamu Trail. Along the way, if you are lucky, you might meet the rare red panda. You will spend the night at a tea house in Chhatra Khola.

Meals: Breakfast, lunch, and dinner.

### **Day 5: Trek from Chhatra Khola to Kothe: 3690m**

After breakfast at Chhatra Khola, you will hike north on the main trail that leads to Mera Peak. After walking on a trail next to the Majang Khola, you will combine with another trail that runs along the Hinku Khola. Your path continues straight towards Tashing Gongma, which has seasonal tea shops. You continue your walk and cross the bridge over Sanu Khola before reaching Kothe. You will spend the night at a tea house in Kothe.

Meals: Breakfast, lunch, and dinner.

### **Day 6: Trekking from Kothe to Thangnak: 4350m**

Today, after breakfast, you will hike along the Hinku Khola ridge in the shadow of Mera Peak. You have lunch at Gondishung, the summer ranch colony on the west bank of Hinku Drangka. Beyond Gondishung, you pass a 200-year-old Lungsumgba Gung Lompa where you can find Mera's peak written on the rock, as well as its route to Mera. A short walk takes you to Thangnak, which is a summer grazing area with cabins and primitive tents.

Meals: Breakfast, lunch, and dinner.

### **Day 7: Trekking from Thangnak to Khare: 5000m**

After breakfast, you leave Thaknak and follow the side moraine from Dig Glacier to Dig Kharka, which offers spectacular views of Charpate Himal. The path goes through the scar of the Shar and Hinku Nup Glaciers and then climb to Khare.

From here, you can see the north face of the Mera peak, which will be an incredible experience. After lunch, you can walk in and around Khare. Night at tea house.

Meals: breakfast, lunch, and dinner.

### **Day 8: Acclimatization and climbing training in Khare: 5000 m**

Today is all about acclimatization and basic training to prepare for the Mera Peak ascent. Our climbing leader will help you learn basic climbing techniques and demonstrate the best ways to use your climbing gear, such as ice axes, harness, climbing boots, and crampons. The training will also include learning the best rope climbing technique. You will spend the night at Khare Teahouse.

Meals: Breakfast, lunch, and dinner.

### **Day 9: Trek to Mera High Camp: 5780m**

After breakfast, you will walk on a rocky route on a steep path to reach Mera Peak base camp. From here, you continue through Mera La Pass to reach Mera High Camp. Your way is along a rocky road, which can be dangerous if it has recently snowed as there are several crevices here. You head to the top of the rock group, which is marked by a large cairn. Then, you set up a camp in height while enjoying superb views of the bush: Everest, Cho Oyu, Makalu, the south face of Lhotse, Nuptse, Baruntse, Chamlang.

Meals: Breakfast, lunch, and dinner.

### **Day 10: Summit day to Mera Peak and return to Khare: 5000m**

Today is a big day for all on a mission to reach the top of Mera Peak. It's going to be very cold at first, but soon you will warm up as you continue to climb the glacier to a particular ridge. The first rays of the sun hit the high peaks in a beautiful red glow. The route is not yet technical, because you are slowly climbing higher in the thin air. The slope tilts for a section behind the ridge, and the summit returns to view. At the foot of the last steep summit cone, a fixed rope can be used if the leader of the climb deems it necessary. The top is only a few

meters. From the top, you enjoy a spectacular view of the mighty Himalayas, including Mt. Everest, Cho-Oyu, Lhotse, Makalu, Kangchenjunga, Nuptse, Chamlang, Baruntse, and others. Later, you retrace your steps to the altitude camp where you rest for a while before descending to Khare. You will spend a night in Khare in tea house Lodge.

Meals: Breakfast, lunch, and dinner.

### **Day 11: Trek Khare to Kothe: 3600m**

After breakfast, you will start the trek from Khare to Kothe following the same path as before. After arriving at Kothe, you will celebrate your success by finishing the summit of Mera Peak by tasting local beers and wines with an expedition team.

Meals: Breakfast, lunch, and dinner.

### **Day 12: Trek from Kothe to Thuli Kharka: 4300m**

After breakfast, you start your trek to Thuli Kharka. You go up and down, cross several streams of Inkhu Khola before reaching a forked path near Taktho. You chose the way to your right and continue to walk. Your path goes through a Chorten then you descend a steep trail. Then you will go up to Thuli Kharka and pass another Stupa on the way. You will spend the night at Thuli Kharka in the tea house.

Meals: Breakfast, lunch, and dinner.

### **Day 13: Trekking from Thuli Kharka to Lukla via the Zatrwa La pass: 2860m**

After breakfast, you will cross the Zatrwa La pass at 4,600 m. As soon as you cross the pass, the magnificent Lukla valley will greet you, which is surrounded by Cho Oyu, Number Himal, Kongde Peak, Kusum Khangru, and other Himalayan peaks. From the Zatrwa La pass, you walk to Chutang then continue to the village of Lukla. In the evening, you will enjoy a dinner in Lukla with your climbing team. You will spend the night in Lukla at the hotel.

Meals: Breakfast, lunch, and dinner.

### **Day 14: Flight from Lukla to Kathmandu**

After breakfast, take an early morning flight to Kathmandu. Once you get to Kathmandu, you can rest or spend the day buying souvenirs. If you want to explore other areas of Patan Bhaktapur, we can guide you.

### **Day 15: Drop to Kathmandu international airport**

Your adventure trip to Mera peak comes to an end today. A representative from our agency will drive you to the airport approximately 3 hours before your scheduled flight.

### **Cost Included**

- ❖ Pick up and drop off at Tribhuvan international the airport
- ❖ You will stay in Tea house Lodge during the trek
- ❖ Accommodation in tents while climbing
- ❖ We provide Breakfast, lunch, and evening meals while on the trekking
- ❖ Kathmandu Lukla Kathmandu Round trip flight tickets
- ❖ English speaking trekking and climbing guide
- ❖ Island Peak trekking and climbing permit
- ❖ Good quality camping tents and kitchen utensils
- ❖ Climbing equipment for climber and guide
- ❖ All government tax and service charge

### **Not included**

- ❖ International flight fare and Nepal entry visa fees
- ❖ Lunch and dinner in Kathmandu
- ❖ Additional baggage fees
- ❖ Extra night hotel in Kathmandu in case of early arrival or late departure
- ❖ Personal expenses such as Wi-Fi, phone calls, laundry, hot shower, etc.
- ❖ Health and rescue insurance
- ❖ Tips for guides, driver, and porters

**Important note:**

As this adventure trip enters the remote mountain region, you are always at the mercy of nature. During the journey, factors such as the weather, a natural disaster, or a variety of other factors that are beyond our control can later lead to changes in the travel route. Although all the roads we offer are guided and standardized, please note that for security reasons, your team leader authorized to change or even reject a party's planned itinerary. The leader makes any changes or additions to the standard route, taking into account the interests of the entire group. We strive to adhere to the travel route mentioned above. However, in the event of an unforeseen circumstance beyond our control, you must be flexible and follow the guidelines instructed by your leader.

**Food and lodging**

On the climbing trip to Mera Peak, we offer you the standard 3-star hotel while in Kathmandu. During your trip to the Mera base camp, we provide simple tea houses for your accommodation. The room in these tea houses is less stylish with just a bed, a pillow, and a blanket. Accommodations on the way to Mera peak are always full, and in some cases, you may need to share a room with other hikers or sleep in the dining room. We strive to make your trek as comfortable as possible.

In some cases, however, it must be kept flexible. We will accommodate groups at the local hostel every day. We dispatched the porters in front of us to reserve the room in advance for the next day.

In Kathmandu, in addition to the 3-star hotel, there are also some 4-5 star luxury accommodations. If you want to change the luxury accommodation plan, let us know so we can organize and reserve the hotel for your stay in Kathmandu.

All Food and drinks included in the Mera Peak Climbing package. We provide Food at tea houses or cabins along the way. You will have dinner and breakfast at the hostel where you will spend the night. During the daily walk, our guide decides the space available and takes a lunch break. We highly recommend that you bring water treatment pills to clean the water and drink during the walk. During the step, there are options to buy bottled water and boiled water.



### **Guide and porter for the trek:**

We provide you well a trained and experienced trekking guide and porter for your trek. Our guide will help you in every possible way to make your trips remarkable and unforgettable. When we talk about the porter, we provide a porter for two hikers each. Carriers carry 20 kg of total luggage (10 kg for each hiker). We offer a guide for smaller groups, and if the group size exceeds ten people, we will provide you with the additional guide for your trip.

### **Trekking guide and another staff arrangement:**

Climbing and staff management are some of the essential parts of the expedition that determine success. Enjoy the skill and memorable of the trip. A very experienced and courteous climbing guide will make the expedition trip smooth and easy. All members of the expedition team and the climbing director are carefully selected based on their leadership skills and personal talent. To preserve local communities, we only employ local people who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of your local region.

### **Acclimatization**

The Mera peak climbing itinerary is planned with a high profile of Acute Mountain Sickness. Increasing too rapidly at higher altitudes leads to disease that is severe enough to cause death. As much higher altitude, the oxygen levels less in the air. For example, at an altitude of more than 5000 m, there is 50% less oxygen than at sea level. Therefore, our bodies need many days to adapt to an environment with less oxygen. During this trip, a separate day is provided for acclimatization. Visiting Everest base camp and Kalapathar will also help you get used to the altitude before heading out to Mera peak Climb.

### **Physical condition and experience requirements**

The Mera Peak is not technical, but you still need excellent resistance to reach it. Previous knowledge of climbing is not required. However, some experience of using climbing equipment is always an asset. There will also be pre-ascent training

at Island Peak Base Camp participants. The practice focuses mainly on the use of climbing equipment such as ropes, ice axes, belts, and crampons.

On the summit day, you have to hike 10-12 hours. Therefore, we recommend that you prepare yourself by jogging or walking daily for about three months before you travel. Understand that when choosing the Island Peak trip, consider hiking many days at high altitude and in remote areas. For your Mera peak climb to be successful, you need to have a lot of willpower, the ability to tolerate adverse weather conditions, and adequate fitness and endurance. Participants with existing diseases such as heart, lung, and blood diseases must consult their doctor before starting their trip. Also, let us know your conditions at the time of booking.

### **Travel insurance**

Travel insurance for every itinerary of our company is a prerequisite for booking a vacation. You must have at least emergency and repatriation insurance, which must include the cost of mountain rescue. Please read the general terms and conditions of your insurers carefully. In particular, you should make sure that the following is covered: 1) Activity (i.e., tourism, trekking or mountaineering) 2) Maximum altitude that can be reached on the trek 3) Helicopter evacuation in an emergency. You should understand that you are ultimately responsible for all costs associated with an eviction and return procedures and that it is your responsibility to bear the costs of evacuations or medical treatment. You should be fully aware of the effects of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our company guide may initiate helicopter rescue in medical emergencies without first asking your insurance company for approval.