

Mera Peak Climbing

Duration: 18 Days



Overview

Trip Grade: Strenuous	Max Altitude: 6,476m
Activity: Peak Climbing	Group Size: 1-12 People
Arrival On: Kathmandu, Nepal	Departure From: Kathmandu, Nepal
Meals: All meals during trek & breakfast in kathmandu	Accommodation: Stone Built Houses (tea houses) during trek

Traveling it leaves you speechless then turns you into a story teller. Mera Peak Climbing is an arduous journey which is scheduled to take you to the summit of Mera Peak which is a fabulous mountain peak located at an elevation of 6,461 meters above sea level in the Sagarmatha zone. In an intense yet compensating background, trekkers march after their fantasy goal of Mera Peak by crossing through assortments of vegetation, meagerly occupied Hinku valley. Furthermore, the Sherpa settlements on the way and wonderful perspectives of Himalayas are bound to add excellence to this experience. Our 18 days Mera Peak Climbing starts with a dynamic flight to the lone hill airstrip of Lukla over high slopes and with the views of scintillating mountains accompanied with some breathtaking scenes all around. As we move on from Lukla, we shall initially cross through several thick backwoods with customary towns, terraced hill slopes and appreciate the magnificent perspectives of Kongde Ri, Khatang and different peaks with an altitude reaching over 7000 meters to arrive at the village settlement of Paiya. Ahead in the trail we shall now cross the pass of Kari La Hill and explore the rhododendron, pine and bamboo woods, later as we trek past various Mani dividers and through soak trails we reach at the vantage point of Hinku Valley. From here onward, we need walk ahead along the edge and to the settlement of Gondishung. Ahead in this Mera Peak Climbing we shall pay a visit to the 200-year-old Lungsumgba Gompa and continue on to summer scrubbing region of Tangnag before strolling on the cold moraines to the snout of ice sheets close to Khare. Exploring through the rock strewn and soak trails we shall reach to the base camp of Mera Peak and with some eager enthusiasm we make an attempt to reach the summit of Mera Peak the next day Upon reaching the summit of Mera Peak, one can see the superb perspectives of magnificent Mt. Everest, Cho Oyu, Lhotse, Makalu, AmaDablam, Kanchenjunga and a few other pinnacles. Following to this accomplishment of our Mera Peak Climbing, we shall now step by step take after a trail back to Lukla and after that end our trek with a flight back to



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Kathmandu. The experience to reach the summit of Mera Peak can surely be a memorable experience but do keep in mind that you need to have an above average physical fitness level with some fundamental knowledge about the use of ice hatchet and crampons. Anyone who wants to join in shall consider September to December and March to May as the best seasons for this endeavor. So, contact **Himalayan Holyland Treks and Expedition** right away to be a part of this exclusive adventure trip to the fabulous Mera Peak.



Itinerary

Day 1:

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

We complete our custom formalities at the Tribhuvan International Airport in Kathmandu. Afterwards, there is a Himalayan Holyland Treks and Expedition representative waiting for us at the gate who will take us to our hotel. We can then spend the rest of the day taking a rest. Overnight in Kathmandu.

Day 2:

Kathmandu: trip preparation

We rest for most of the day and unpack. We visit Himalayan Holyland Treks's office in the afternoon. Our climbing leaders will check our set of climbing equipment to make sure that they are in good condition for our coming journey. We also get introduced to fellow participants, and discuss our trip. Overnight in Kathmandu.

Day 3:

Fly to Lukla, trek to Paiya (Chutok) (2,730m/8,956ft): 40 mins flight, 5-6 hours trek

We catch an early morning flight to Lukla and begin our trek to Paiya after landing at the Tenzing-Hillary airport in Lukla. We walk on a jungle trail, cross a bridge over the Handi Khola and reach Surke Village. From here we continue moving south and cross the Chutok La pass before reaching the small settlement of Paiyan, also known as Chutok. Overnight in Paiya.

Included meals: Breakfast Lunch Dinner

Day 4: Paiya to Panggom (2,846m/9,337ft): 5-6 hours

We descend for a while and reach a small bridge. From here the trail is slippery until we cross the Kari La pass. We walk through rhododendron and bamboo forests on a narrow mountain trail. On today's trip we also get to be in awe of the Dudhkoshi Valley. We continue our trek to Panggom Village whose settlers are dependent on farming and trading. Overnight in Panggom.

Included meals: Breakfast Lunch Dinner

Day 5: Panggom to Ningsow (2,863m/9,393ft): 4-5 hours

We begin our trek after breakfast. After trekking out of Panggom, we cross the Panggom La pass. Then we ascend, walk on a steady path and turn north. We cross Peseng Kharka Khola first then after walking for sometime, reach Peeng Kharka Danda. We cross Ningsow Khola (stream) before reaching the Ningsow Village. Overnight in Ningsow. Included meals: Breakfast Lunch Dinner

Day 6: Ningsow to Chhatra Khola (2,800m/9,186ft): 7-8 hours

From Ningsow, we climb first then descend for a while and climb some more to reach Ramailo Danda. From here we get extraordinary views of Mera Peak and Salpa. After ascending and descending on our trail, we enter the Makalu Barun National Park. Our trail from here to Chhatra Khola is called Pasang Lhamu trail. On the way, if we are lucky, we might even come across the elusive

Red Panda. Overnight in Chhatra Khola. Included meals: Breakfast Lunch Dinner

Day 7: Chhatra Khola to Kothe (3,691m/12,109ft): 6-7 hours

We walk towards the north on the main trail to Mera Peak. After walking on a trail next to the the Majang Khola, we merge with another trail which moves alongside the Hinku Khola. Our trail moves straight ahead towards Tashing Ongma which has seasonal tea shops. We continue our trek and cross the bridge over the Sanu Khola before reaching Kothe. Overnight in Kothe. Included meals: Breakfast Lunch Dinner

Day 8: Kothe to Thaknak (4,358m/14,297ft): 3-4 hours

We trek along the ridge of the Hinku Khola in the shadow of Mera Peak. We take lunch at Gondishung, the summer herders' settlement in the west bank of the Hinku Drangka. Beyond Gondishung, we pass a 200-year-old Lungsumgba Gumpa where we can find Mera Peak scripted in rock along with its route to reach Mera. A short walk takes us to Thaknak, which is a summer grazing area with primitive lodges and shops. Overnight in Thaknak. Included meals: Breakfast Lunch Dinner

Day 9: Thaknak to Khare (5,045m/16,486ft): 2-3 hours

Leaving Thaknak, we follow the lateral moraine of Dig Glacier to Dig Kharka, which offers spectacular views of Charpate Himal. The trail climbs through moraines to the snout of the Hinku Nup and Shar glaciers, and then climbs more steeply to Khare. From here, we can see the northern face of Mera Peak which will be an amazing experience. After lunch we can hike in and around Khare. Overnight at Khare. Included meals: Breakfast Lunch Dinner

Day 10: Khare: Acclimatization and pre-climb training

We have a separate day set aside solely for acclimatization and basic training just to prepare ourselves better for the Mera Peak climb. Our climbing leader will help us polish our basic climbing techniques and demonstrate the best ways to use our climbing gears like the ice axe, harness, ascender climbing boots and crampons. The training will also include learning the best climbing technique with the rope. Overnight in Khare. Included meals: Breakfast Lunch Dinner

Day 11: Khare to Mera High Camp (5,780m/18,958ft): 6-7 hours

We walk through a boulder-strewn course on a steep trail to reach the Mera Peak Base Camp. From here, we continue further through the Mera La pass to reach the Mera High Camp. Our path is along a rocky trail, which 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. Then we set up a high camp while enjoying excellent views of Mt. Everest, Makalu, Cho Oyu, the south face of Lhotse, Nuptse, Chamlang and Baruntse. Overnight at Mera High Camp. Included meals: Breakfast Lunch Dinner

Day 12: Mera High Camp to Summit (6,461m/21,190ft) and back to Khare (5045m/16,547ft): 8-9 hours

This is a really important day for the expedition. We wake up around 2 in the morning for breakfast. It's going to be very cold in the beginning but soon we warm up as we continue up the glacier and onto a peculiar ridge. The first rays of the sun hit the big peaks in an amazing red glow. The route is still non-technical as we slowly climb higher into the ever-thinning air. The slope steepens for a section behind the ridge and the summit comes back into view. At the foot of the final steep summit cone, we may use a fixed rope if the climbing leader believes it's required. The summit is only a few meters away. From the summit, we take in spectacular views of the mighty Himalayas including Mt. Everest (8,848m), Cho-Oyu (8,210m), Lhotse (8,516m), Makalu (8,463m), Kangchenjunga (8,586m), Nuptse (7,855m), Chamlang (7,319m), Baruntse (7,129m) and others. Later, we retrace our steps back to the high camp

where we rest for a while before descending to Khare. Overnight in Khare. Included meals: Breakfast Lunch Dinner

Day 13: Reserve Day for Contingency

There is no guarantee that we will have favorable weather on our planned day for the summit. Therefore, this day is set aside as a contingency in case we are unable to summit the Mera on the desired day due to bad weather conditions or any other unanticipated reason. However, if the trip goes smoothly, this day will not be required. Included meals: Breakfast Lunch Dinner

Day 14: Khare to Kothe (3600m/11808ft): 4-5 hours

We trek from Khare to Kothe along the same trail used previously. After reaching Kothe, we celebrate our success by trying out local delicacies and wines. Overnight in Kothe. Included meals: Breakfast Lunch Dinner

Day 15: Kothe to Thuli Kharka (4,300 m/14,107ft): 5-6 hours

We begin our trek to Thuli Kharka after breakfast. We climb up and descend, cross several tributaries of the Inkhu Khola before reaching a forked trail nearby Taktho. We choose the trail on our right and continue walking. Our trail passes by a Chorten after which we walk downhill on a steep trail. Next, we ascend to Thuli Kharka and pass by another Chorten on the way. Overnight in Thuli Kharka. Included meals: Breakfast Lunch Dinner

Day 16: Thuli Kharla to Lukla via Zatrwa La pass: 6-7 hours

We cross the Zatrwa-La pass at 4,600. As soon as we cross the pass, we are welcomed by the sight of the beautiful Lukla Valley which is surrounded by Cho Oyu, Kongde Peak, Numbur Himal, Kusum Khangru and other Himalayan peaks. From Zatrwa La pass we walk all the way down to Chutang and then straight forward to the Lukla village. In the evening we enjoy dinner with all team of Himalayan Holyland Treks and Expedition. Overnight in Lukla. Included meals: Breakfast Lunch Dinner

Day 17: Fly to Kathmandu

We catch an early morning flight to Kathmandu. After reaching Kathmandu, we can take a rest or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may do Sightseeing in Kathmandu. Our guides can help you with both souvenir shopping or sightseeing. There will be a farewell dinner in the evening to celebrate the climbers' successful summit of the Mera Peak with office certificate. Overnight in Kathmandu. Included meals: Dinner

Day 18: Final departure day.

Finally our adventure trip in Nepal comes to an end today ! There is nothing to do but send us emails with your organizer companions and organize your photos. A representative from Himalayan Holyland Treks and Expedition will take you to the airport, approximately 3 hours before your scheduled flight. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal. Hope see you soon in next trip. Included meals: Breakfast.

Cost Includes

- => Airport pickup and drop in a private vehicle for domestic flight.
- => Airport pickup and drop in a private vehicle for international flight.
- => Two way flight of Ktm-Lukla-Ktm.
- => Hotel accommodation in B/B basis in Kathmandu.
- => Tea house accommodation during the trek.
- => Three times meal during the trek.
- => Tented accommodation during the climb.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => A professional English speaking, expert trekking/climbing guide.
- => Insurance/Salary for guide.
- => Food and accommodation for guide.
- => All necessary documents (Climbing Permits and TIMS).
- => All government and local taxes.
- => Medical kit.
- => T-shirt from the company.
- => Trekking map.
- => Trip completion certificate.

Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and Dinner in Kathmandu.
- => Travel and Evacuation insurance of clients.
- => Personal expenses: shower, battery charge, bar bills, laundry.
- => Mineral water.
- => Extra night accommodation in Kathmandu and Other destination in exception of itinerary.
- => Tips for guide and porters.