

# Mera Peak Climbing



## Highlights of Mera Peak Climbing

- Day tour of UNESCO-listed world heritage sites in Kathmandu valley
- Scenic flight to Lukla from Kathmandu
- Panoramic view of the mountains of the Khumbu region
- Summit of Mera Peak
- Encounter the Sherpa people and learn about their culture.
- Breathtaking views of Everest, Lhotse, Makalu, Baruntse, Cho Oyu, and many other small peaks of the Everest range

## Overview of Mera Peak

Mera Peak, standing tall at 6,476 meters (21,572 feet), is Nepal's highest trekking peak and a coveted destination for mountaineers seeking a thrilling adventure in the heart of the Himalayas. Situated in the remote Hinku valley within the Sagarmatha National Park, the journey to Mera Peak is a mesmerizing blend of pristine landscapes, traditional Sherpa villages, and challenging alpine terrain. The climb offers an exhilarating mix of trekking and mountaineering, making it accessible to experienced trekkers with basic mountaineering skills.

The expedition typically begins with a scenic flight from Kathmandu to the mountain airstrip of Lukla, followed by a trek through lush rhododendron forests, picturesque Sherpa settlements, and high-altitude landscapes adorned with breathtaking panoramas of towering peaks. As climbers ascend higher, they traverse glaciers and negotiate technical sections, including the iconic Mera La Pass, before reaching the high camp. From there, the final push to the summit unfolds under the starlit sky, culminating in a sunrise spectacle offering unparalleled views of Everest, Lhotse, Makalu and Kanchenjunga, among other majestic peaks. Mera Peak climbing expedition encapsulates the essence of adventure, cultural immersion, and natural beauty, making it an unforgettable experience for those daring enough to conquer its summit.

# Outline Itinerary ( 16 Days )

## Day 1 : Your arrival to Kathmandu

Upon your arrival in Kathmandu, our representative will be at Tribhuvan International Airport to greet you warmly and assist with your transfer to your hotel. Make the most of day by acclimating to the new time zone and fully embracing the vibrant ambiance of Kathmandu. The orientation program is scheduled for 5 pm, followed by a welcoming dinner with a guide.

**Max Altitude** Kathmandu ( 1400 M )

**Duration** 0 hrs

**Overnight** Himalayan Suite Hotel

**Meal** Dinner

## Day 2 : Full day Kathmandu Sightseeing tour

Sightseeing tour in Kathmandu (Shyambhunath, Boudhanath, Pashupatinath Temple, and Patan Durbar Square), shopping, and packing. Overnight at the Himalayan Suite Hotel.

**Max Altitude** Kathmandu ( 1400 M)

**Duration** 4 hrs walk

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast

## Day 3 : Early morning flight to Lukla by flight or helicopter and trek to Chhuthang

Lukla Flight is our first step towards all the trekking in the Everest Region. Its gateway is to Everest. The flight is about 40 – 45 minutes long. Soon after, we will land in Lukla, Tenzing Norgayb Airport. We

will pause in Lukla for a brief orientation before the trek to Chutang. After that we will have a scenic walk through the jungle of rhododendrons and pines. After walking 4-5 hours through woods and some tiny villages, we will reach Chuttang. Our day will end in Chuttang, with impressive mountains in the background.

**Max Altitude** Chhutang (3020 M)

**Duration** 4 -5 hours

**Overnight** Overnight at a Guesthouse

**Meal** Breakfast

## Day 4 : Chhuthang to Tuli Kharka Trek Via Zatravala Pass

After breakfast, we'll depart Chuttang and set out on the path toward Thuli Kharka. Our journey will lead us through lively rhododendron forests, immersing us in their vibrant hues, before we arrive at the picturesque Yak pastures.

Ascending gradually, we'll arrive at the pass, where a breathtaking panorama of diverse mountains awaits. After a serene pause to admire the view, we'll embark on a leisurely descent towards Thuli Kharka, traversing through lush forests and serene yak pastures. Upon reaching the picturesque Yak pasture of Thuli Kharka, an enchanting evening awaits, offering another captivating vista to behold.

**Max Altitude** Zatravala Pass (4610 M)

**Duration** 4 -5 hours

**Overnight** Overnight at a Guesthouse

**Meal** Breakfast

## Day 5 : Trek from Tuli Kharka to Kothe [4182m]

After breakfast, we will embark on our descent from Thuli Kharka, gradually making our way through a lush forest adorned with oaks,

As we traverse downwards, we'll be treated to breathtaking vistas of Mera Peak, Kusum Kanguru peak 43, and the picturesque Hinku valley. Our journey downhill concludes as we reach the tranquil riverbed of the Hinku river. Once we cross the river, we'll enter Hinku valley, where the breathtaking scenery awaits us. As we continue forward, the trail gradually inclines through wooded areas until we reach Kothe, where we'll find several cozy tea houses awaiting our arrival.

**Max Altitude** Kothe (4182 M)

**Duration** 6-7 hours

**Overnight** Overnight at a Guesthouse

**Meal** breakfast

## Day 6 : Trek from Kothe to Thagnak

We will start the trek with an uphill walk to upper Hinku valley. As we go higher, the trees will disappear, and deserted hills and mountains will become more apparent. We will walk on the sides of the cascading Hinku River to reach Gondishung for lunch. While resting there, we will see Kusum Kanguru, Thamserku, and Mera Peak. After the good lunch, we will ascend ahead. Walking short from Godishung, we will arrive at Lungsumgpa Gompa, an ancient and important Buddhist gompa (Shrine). We will pay a visit and take blessings from the shrine to move ahead. Thagnak is around one hour's walk from the Gompa. The walk is also relatively easy. We will reach Thagnak, yet another yak pasture of Mera Peak Climbing.

**Max Altitude** Thagnak (4326 M)

**Overnight** Overnight at a Guesthouse

**Meal** breakfast

## Day 7 : Trek from Thagnak to Khare

Our journey for the day will lead us to Khare, the base camp of Mera

Peak. Beginning from Thangnak, we'll trek uphill with Khare as our destination. The route presents challenges with steep terrain, including navigating the Dig Glacier and Charpati Lake. The panoramic views encompass peaks, lakes, and glaciers, but caution is necessary due to rocky, icy, and glacial paths. Following our guides, we'll conquer the difficulty and arrive at Khare, where eahouses and gear shops await.

**Max Altitude** Khare(5000 M)

**Duration** 5-6 hours

**Overnight** Overnight at a Guesthouse

**Meal** Breakfast

## Day 8 : Acclimatization at Khare

We will have an acclimization in Khare. IT is vital to acclimatize before any ascent. We have to climb the tallest trekking peak in Nepal. We need decent acclimization. Likewise, we must do pre-climb to condition ourselves for the terrain. Therefore, we will stay in Khare and prepare fro Mera peak on this day. We will train with our climbing guide and team. The team will look for a perfect peak-like terrain to do climbing training. We will have a good training day in Khare.

**Max Altitude** Khare(5000 M)

**Duration** 3-4 hours

**Overnight** Overnight at a Guesthouse

**Meal** Breakfast

## Day 9 : Trek from Khare to Mera peak

It is time to leave Khare. With an acclimatized and trained body, we will ascend through a rocky and steep trail by following our guide's footsteps. The walk goes up from there through boulders ana Mera Glacier. WE have to be alert while climbing there. Finishing the trail, we will reach Mera La Pass, where we can enjoy a fantastic panorama. Mera peak looks amazingly close and clear. After the pass, we will gaon somwe more height from the Mera glacier. There will be no

technical parts until this point. The walk will eventually complete in Mera High camp. Our Mera Peak climbing team will install a camp for the night. We will have dinner and rest in the center.

**Max Altitude** Mera Peak(5300 M)

**Duration** 3-4 hours

**Overnight** tented camps on the base

**Meal** Breakfast, Lunch and Dinner

## Day 10 : Uphill climb from base camp to uphill climb

It is the day of the entire Mera range as you climb up the summit. You will continue hiking at 2 a.m. early in the morning to hit the summit before midday. After 12 p.m., the top of the Mera peak wind becomes heavy, which can make it harder.

You should then follow in the footsteps of your seasoned guide after your meal. For no or limited technical climbs, you can quickly reach the summit, and you can do so in the right direction.

When you admire the mountains from the top, you will experience great achievement. After all, the vision has been fulfilled for months. Celebrate the victory for the night before going down to Khare.

**Max Altitude** Mera high camp( 5700 M)

**Duration** 3-4hours

**Overnight** tented camps of the high camp

**Meal** Breakfast, Lunch and Dinner

## Day 11 : Contingency Day for Mera Peak Summit

The weather at high-altitude places in the Khumbu region is quite unpredictable. Such unstable weather is also present during the Mera peak climbing journey. Since the weather of such a region is not

always certain, this is a reserved day for bad weather occurrences.

**Max Altitude** Mera Peak(5700 M)

**Duration** 0 hour

**Overnight** tented camp

**Meal** breakfast, lunch, dinner

## Day 12 : Trek from Khare to Kothe

Since the bucket list was ticked off at the summit, it's time for Kothe to return to Khare. You pass through Thangnak in this stretch before you enter Kothe. The same place you stayed in is Thangnak after your arrival for one night. This time, however, you do not have to remain in Thangnak, as Kothe is easily accessible within **3 to 4 hours of walking**.

**Max Altitude** Kothe(4182 M)

**Duration** 3-4 hours

**Overnight** overnight stay at guest house

**Meal** breakfast

## Day 13 : trek from Kothe to Thuli Kharka

On the other side of the Hinku Valley, the trek starts to ascend back to Thuli Kharka for **about 2 hours** across lush trees. This is a fun trip through the red forest of Rhododendron, with the tracks of the Nepal Himalayas. You will reach Chatra Camp, where you will stay overnight.

**Max Altitude** Thulikharka (3900 M)

**Duration** 5-6 hours

**Overnight** overnight stay at Guest House

**Meal** Breakfast

## Day 14 : Trek back from Tuli Kharka via Zatravala Pass to Lukla



You're going to be fascinated by everything you see on your way. You will want to keep the memories of these trails forever in the back of your mind. You're going to Lukla after 6 hours of following the trek. You plan on returning to Kathmandu tomorrow. This is the last day in the prosperous area of Lukla and Everest. Seek to make the most of Lukla last night.

**Max Altitude** Zatravala Pass(4600 M)

**Duration** 6-7 hours

**Overnight** overnight at Guest House

**Meal** Breakfast

## Day 15 : A flight back to Kathmandu

Take a morning flight from Lukla to Kathmandu. Explore Kathmandu, enjoy dinner and enjoy your last night in Kathmandu. Once you land at the airport, you'll be transferred to the hotel. Please note that flight operations are solely determined by the airline and may be influenced by the weather.

**Max Altitude** Kathmandu(1400 M)

**Duration** 45 minutes by flight

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast

## Day 16 : International Departure

Use your last morning in Kathmandu according to your flight time. Pack your things, check out of the hotel, Head to Tribhuvan International Airport for your departure. Wishing you a safe and pleasant journey back home!

**Max Altitude** Kathmandu(1400 M)

**Meal Breakfast**

## Include / Exclude

- All surface transfers as per itinerary.
- Accommodation in Kathmandu (Himalayan Suite Hotel) in twin sharing bed and breakfast basis
- Accommodation in lodge with breakfast during the trek days
- Accommodation in tented camp while climbing with freshly cooked meals (Breakfast,Lunch,Dinner)
- High Camp Service
- All required Climbing gear: Tents,Plastic climbing boot, crampons, climbing rope, ice axe, zoomer, harness, the figure of eight, carabineer etc
- Experienced Sherpa climbing guide and other support staff
- Trekking permits and National park fee
- Flight ticket Kathmandu-Lukla-Kathmandu
- Proper Insurance of all staff including porters.
- Thirty minute massage at Himalayan Suite Spa
- Summit Bonus for Climbing Sherpa
- Lunch and dinner in Kathmandu and trekking days(Meal cost \$4-7 per item
- Personal equipment and clothing
- Your travel insurances compulsory
- City sightseeing monument entrance fee in Kathmandu( NPR 200+400+1000)
- Climbing permit fee (March- May \$250 PP) (June-August \$70 PP) (Sep-Nov \$125) (Dec- Feb \$70 PP)
- Anything not mentioned in the trip itinerary



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, " Ecstasy is within you, safety the first."

## Our Contact

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