

HSJ – Authentic Himalayan Experiences, Treks & Pilgrimages

Your Adventure Awaits

Mera Peak Climbing

? Tour Gallery Available

This tour includes 5 professional photos showcasing the journey, landscapes, and experiences.

View complete gallery online at: <https://hsj.com.np>

Tour Overview

Duration	16 Days
Region	Peak Climbing
Max Altitude	6476m
Difficulty	3 Strenuous
Group Size	2-14 persons
Best Season	Feb, Mar, April, May, June, Sep, Oct, Nov and Dec.
Transportation	Private Car/Van, Airplane
Location	Nepal

USD \$2,100.00

Per person (based on group size)

Tour Description

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 (21,247 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 Chetra 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.

Tour Highlights

Mera Peak, located in the Himalayas of Nepal offers stunning panoramic views and a challenging yet rewarding trekking experience.

Detailed Itinerary

Day 1: Your arrival to Kathmandu

Altitude: Kathmandu (1400 M) | Duration: 0 hrs | Overnight: Himalayan Suite Hotel

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.

Day 2: Full day Kathmandu Sightseeing tour

Altitude: Kathmandu (1300 M) | Duration: 4-5 hrs | Overnight: Himalayan Suite Hotel

After breakfast, our guide will take you to different attractions of Kathmandu Valley. Today, you will visit, Swoyambhunath, Boudhanath, Pashupatinath and Patan Durbar Square.

Day 3: Early morning flight to Lukla and trek to Chhuthanga

Altitude: Chhuthanga (3020 M) | Duration: 4 -5 hours | Overnight: Overnight at a Guesthouse

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

Day 4: Chhuthang to Thuli Kharka Trek Via Chetra La Pass

Altitude: Chetra La Pass (4610 M) | Duration: 4 -5 hours | Overnight: Guesthouse

After breakfast, we'll depart Chuttanga 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 Tuli 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.

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

Altitude: Kothe (4182 M) | Duration: 6-7 hours | Overnight: Guesthouse

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

Day 6: Trek from Kothe to Thagnak (4326 M)

Altitude: Thagnak (4326 M) | Duration: 6-7 hours | Overnight: Guesthouse

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 Gondishung, we will arrive at Lungsumgpa Gumpa, an ancient and important Buddhist gumpa (Shrine). We will pay a visit and take blessings from the shrine to move ahead. Thagnak is around one hour's walk from the Gumpa. The walk is also relatively easy. We will reach Thagnak, yet another yak pasture of Mera Peak Climbing.

Day 7: Trek from Thagnak to Khare (5000 M)

Altitude: Khare (5000 M) | Duration: 5-6 hours | Overnight: Guesthouse

Our journey for the day will lead us to Khare, the base camp of Mera Peak. Beginning from Thagnak, 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 glacier paths. Following our guides, we'll conquer the difficulty and arrive at Khare, where teahouses

and gear shops await.

Day 8: Acclimatization at Khare

Altitude: Khare (5000 M) | Duration: 3-4 hours | Overnight: Guesthouse

We will have an acclimatization day in Khare. It is vital to acclimatize before any ascent. We have to climb the tallest trekking peak in Nepal. We need decent acclimatization. Likewise, we must do pre-climb to condition ourselves for the terrain. Therefore, we will stay in Khare and prepare for 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.

Day 9: Trek from Khare to Mera High Camp

Altitude: Mera High Camp (5415 M) | Duration: 3-4 hours | Overnight: Tented camp on the base

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 and 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 gain some 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.

Day 10: Summit to Mera Peak and back to Khare

Altitude: Mera Peak (6476 M) | Duration: 11-12 hours | Overnight: Guesthouse

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 to climb.

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.

Day 11: Contingency Day for Mera Peak Summit

Altitude: Mera Peak (6476 M) | Overnight: Guesthouse

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.

Day 12: Trek from Khare to Kothe (4182 M)

Altitude: Kothe (4182 M) | Duration: 5-6 hours | Overnight: Guesthouse

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**.

Day 13: Trek from Kothe to Chetra La Camp (4610 M)

Altitude: Chetra La Camp (4610 M) | Duration: 6-7 hours | Overnight: Guesthouse

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 Chetra La Camp, where you will stay overnight.

Day 14: Trek back to Lukla

Altitude: Chetra La Pass (4610 M) | Duration: 6-7 hours | Overnight: Guesthouse

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 next day. This is the last day in the prosperous area of Lukla and Everest. Seek to make the most of Lukla last night.

Day 15: A flight back to Kathmandu

Altitude: Kathmandu (1300 M) | Duration: 45 minutes by flight | Overnight: Himalayan Suite Hotel

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.

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!

What's Included & Excluded

? INCLUDED

- ? All surface transfers as per itinerary.
- ? Accommodation in Kathmandu (Himalayan Suite Hotel) in twin sharing bed and breakfast basis
- ? Accommodation in lodge in twin sharing basis with breakfast during the trekking 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
- ? Proper Insurance of all staff including porters
- ? Flight ticket Kathmandu-Lukla-Kathmandu
- ? Climbing permit fee
- ? Trekking permits and National park fee
- ? Summit Bonus for Climbing Sherpa
- ? Thirty minute massage at Himalayan Suite Spa

? NOT INCLUDED

- ? Lunch and dinner in Kathmandu and trekking days (Meal cost \$4-8 per item)
- ? Personal equipment and clothing
- ? Your travel insurances compulsory
- ? City sightseeing monument entrance fee in Kathmandu (NPR 200+400+1000+1000)
- ? Tipping to a guide and porters
- ? Anything not mentioned in the trip itinerary

Frequently Asked Questions

Q: Where's the Mera Peak ?

Mera's peak is in the same Himalayan range that Mount Everest is located in, which is one of the Mahalangur ranges. If you don't know, the Himalayan Mahalangur location is situated in the Solukhumbu district on the northernmost side of Nepal.

Q: Whats the height of Mera Peak?

The top of Mera is as high as 6,476 m (21,247 ft) in height. This top is known to be one of the world's highest trekking peaks. Three major peaks exist: the North Mera (6,476 m), the Central Mera (6,461 m), and the South Mera (6,065 m).

Q: How long does it take to reach Mera Peak from Base Camp?

It takes about 6-7 hours from Base Camp to reach the Mera summit.

Q: Do I need Oxygen cylinder and Gamow Bag for Mera Peak climbing?

Mera Peak Climb is a simple exploration of mountains with little to no need for technical equipment. You don't need to carry Oxygen tanks or gamow bags. However, for unforeseen situations, our team leaders must also provide emergency resources. Hence, for emergencies, our trek leaders are going to have everything you may need.

Q: What's the right time for Mera Peak Climbing?

The best time for climbing is during the months of April, May, September, and October in November. The temperature is favorable during these months. The night is less windy, and the days are sunny. The weather is not as cold as in winter and there are no big plumes as in monsoon.

Q: How to overcome peak climbing difficulties?

Extra time: It is easier to add extra time while preparing your journey to Peak Climbing. The climatic conditions in the mountains you will never know about. Your flights could be delayed or cancelled due to bad weather. Also, you may have to rest a few days at a lower altitude when you suffer from a high altitude sickness.

Schedule for Acclimatization: It will be difficult to reach an altitude above 6000 m, so the right amount of acclimatization is important. Air conditioning is performed to allow the body to respond strongly to its surroundings. Before you climb up, you need to give your body a proper rest.

Adequate preparation: Before you begin this journey, your mind and body should be well prepared. A great deal of energy is required as the steep paths are ascending. The last steep ascent through the headwall is the most exciting part. You can conquer them by preparing properly.

Verify your equipment. In guaranteeing your health, gear plays a key role. To hit the top, you will need numerous mountain gears and kits. You can rent in Kathmandu or at the Chukhung, but it can be average. You must also properly test your equipment to ensure it does not break in storms or snowfall.

Research the weather and risks, and also check on some surviving tactics and techniques in extreme conditions.

Q: How long do I have to walk / climb a day?

You will be trekking for 6-7 hours a day, depending on the landscape and destination.

Q: How do I prepare for Mera Peak Climbing?

You need physical and technical training before you start your journey. A mountaineer should be well aware of the entire journey. On this climb, you bring mountain equipment like ropes, crampons, harnesses, etc. These gears are critical for fast and safe climbing. You will camp to adapt to camping life and, if possible, to use the facilities. This helps to increase the understanding of how to deal with them. You should do some physical activity yourself before climbing. For example, walking, swimming, cycling, etc. You reach the summit without hesitation with proper preparation and acclimatization schedules.

Q: Is the airport of Lukla appropriate and safe for flight?

At 9,500 meters, Lukla is 2850 meters high. The higher the height, the less rain there is. The aircraft must then land quickly. The weather in this area is continuously shifting, and the cloud cover can be severe and contribute to large turbulences, which appear to be rough for travelers but not dangerous. In fact, it is the busiest airport in the world and the most important port of entry and exit for walkers trying to climb Everest.

Q: What if my flight from or to Lukla is Cancelled?

Usually, between October and May, the flights are regular. However, you can encounter a delay or cancellation of the flight due to high altitudes, bad weather, or unexpected technical problems. In the case of these events, Discovery World Trekking charts a helicopter to ensure you are either on a safe journey or on your flight home, which is an unpredictable occurrence that will incur additional costs. If the visibility is less than 1,500 m, however, helicopter facilities cannot work, and the flight will have to be rescheduled. The Himalayan Social Journey will reschedule your flight for you. But please allocate one or two extra days for the journey.

Q: Will I need travel insurance in the Everest area for trekking and climbing?

Travel insurance and rescue when traveling to a remote destination like Nepal are strongly advised. It should provide adequate protection for the full duration of the tour. Your insurance policy must cover all the activities that you will be undertaking during your stay in Nepal, such as helicopter rescue, cancellation, air ambulance, injury, death, lost baggage, theft, liability, medical treatment, and covering repatriation and personal expenses. If a client becomes ill, all hospital expenses, doctors' fees, and repatriation costs are the client's responsibility. For reliable travel insurance, we have the suggestions of some of the best insurance companies: Cover more or Europe assistance or Travel Direct (TID). We have an agreement with Helicopter Company to do

the payment for helicopter evacuation after we collect the payment from you once you have been rescued. And the reimbursement responsibility from your insurance company will go up to you. Be sure your policy specifically covers helicopter evacuation and does not exclude mountaineering or alpinism.

Q: What about the Insurance of guides and porters? Will their insurance cover peak climbing?

The insurance of the guide and porter is covered by the company. All our guides and porters are properly insured.

Q: What's Lukla flight baggage limit?

The maximum weight limit for the Lukla flight is 15 kg, which is equivalent to 33 pounds including your handbag (daypack). If your baggage exceeds the weight limits, additional costs of USD 1–2 per kg will be applicable, and the payment should be made at the airport counter itself.

Q: What's the porter's luggage limit for peak climbing?

Your baggage ought not to be in excess of 15 kg and will be carried by the porters. Porters and Yaks will just go with us until they leave our gear with us at the base camp and leave us for a couple of days during the climbing time frame. You will be liable for your own gear during the ascension. Travelers will bring a backpack or duffel bag to carry water, cameras, bathroom tissue, comfortable garments, and climbing gear. During the ascension, climbers must carry their own gear and are advised to keep any unnecessary or access stuff at their lodgings, and they can get it back after the journey.

Q: What kind of accommodation will I get during Mera Peak Climbing?

On the trek, we'll be staying at simple lodges run by Nepali families. During the trek, the bathrooms are outside the rooms, and hot water is dependent on solar panels, so don't count on many warm showers. Most teahouses (lodges) in Everest region trails cook a delicious range of mostly vegetarian fare. Pasta, tuna bakes, noodles, potatoes, eggs, daal bhat (rice and lentils), bread, soup, fresh vegetables (variety depends on the season), and even some desserts like apple pies, pancakes, and some interesting attempts at custard. You will find a lot of garlic on the menu because it assists with acclimatization; eat some every day. In many villages, you may find some meat items on the menu. You can always get hot chocolate, tea, and hot lemon drinks, as well as soft drinks and treats like chocolate and crisps. During the camping season, our catering staff prepares hygienic food to serve you at Peak Base Camp and High Camp.

Q: Do you provide equipment for peak climbing?

Yes, all are required. Climbing gear, tents, plastic climbing boots, crampons, climbing rope, ice axe, zoomer, harness, figure eight, carabineer, etc. will be provided by the company, including

sleeping bags, camping tents, and duffel bags.

Customer Reviews

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Excellent Rating

Our tours consistently receive outstanding reviews from travelers worldwide.

? **Read Real Reviews:** Visit our website to see detailed customer testimonials, photos, and video reviews from past guests.

? **TripAdvisor & Google:** Check our verified reviews on major travel platforms.

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