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## MEERA PEAK CLIMBING TREK

### Overview

The highest trekking mountain in Nepal, Mera Peak (6,476 m/21,247 ft.), is reached via Mera Peak Climbing. This journey takes you along Hinku and Honku Valley to the peak of Mera Peak off the main path (6,476m). Your entire journey will be rewarded with a mountaineering trip filled with breathtaking scenery, panoramas of some of the highest peaks in the world, and traditional Sherpa communities.

Despite requiring only fundamental climbing skills, the Mera Peak Climbing Trek is one of the busiest trekking summits and offers breathtaking vistas of the Himalayas. The less-travelled and untamed Nepali Himalayas are crossed by the path to Mera Peak, which offers spectacular panoramas of the surrounding terrain, including some of the highest peaks in the world. The first climbers of Mount Everest, Tenzing Norgay Sherpa and Sir Edmund Hillary, initiated the tradition of ascending the Mera peak both before and after the Everest expedition. Since then, there has been constant excitement about its popularity, which has been rising over time. Before attempting the Everest ascent, Mera Peak climbing is used as a training ground.

From the summit of Mera Peak, a visitor can take in the close-up display of four eight-thousand mountains, including Mt. Everest (8,848m), Mt. Makalu (8,643m), Mt. Cho Oyu (8,201m), and Mt. Lhotse (8,586m). Mera Peak's route passes via the well-known Khumbu region. And this area offers everything: distinctive Sherpa villages, verdant forests, swinging suspension bridges, conventional gompas, monasteries, prayer flags, and more. It's an adventure trek of a lifetime, where you can experience many bizarre things and sceneries and we can't wait to take you on this great adventure.

### Itinerary

### **Day 1: Flight from Kathmandu to Lukla and Trek to Paiya.**

From Tribhuvan International Airport in Kathmandu, you will take a 40-minute sightseeing flight to Tenzing-Hillary Airport at Lukla (2,804m). We set off on our adventure from Lukla to Surke, passing through the woods.

You will be eating lunch at Pakhapani. After lunch, we will resume our hike toward Paiya, our final destination for the day, passing through several traditional villages, jungles and hills.

**Destination:** Paiya

**Altitude Gain:** 2730

**Duration:** 6

**Accommodation:** Lodge

### **Day 2: Trek from Paiya to Pangkoma.**

The journey from Paiya to Pangkoma will be demanding and lengthy. We travel east from Paiya, past Khari-Khola and Bumbari.

Along the rocky, winding mountain terrain, the trekking route passes through bamboo and rhododendron forests. Prior to arriving in the farming and trading community of Pangkoma for a night's stay, the trails offer spectacular views of the Dudh Koshi River valley and Dudh Kund Himal.

**Destination:** Pangkoma

**Altitude Gain:** 2850

**Duration:** 7

**Accommodation:** Lodge

### **Day 3: Trek from Pangkoma to Ramailo Danda.**

As we depart Pangkoma, we continue toward Ramailo Danda. You will reach Ningsow after a few hours of trekking after passing a lot of mani walls and prayer flags. Additionally, you will pass across Pangkoma La Pass (3,174m). The path gets more difficult as you make your way toward Ramailo Danda from Ningsow.

**Destination:** Ramailo Danda

**Altitude Gain:** 2950

**Duration:** 8

**Accommodation:** Lodge

#### **Day 4: Trek from Ramailo Danda to Chetrakhola.**

We will start our journey to Chetrakhola after having a healthy breakfast and enjoying the beautiful scenery. The hike from Ramailo Danda begins on a gorgeous trail where, during the right time of year, rhododendrons bloom. You could even get to glimpse the endangered red panda.

**Destination:** Chetrakhola

**Altitude Gain:** 3150

**Duration:** 8

**Accommodation:** Lodge

#### **Day 5: Trek from Chetrakhola to Kothe.**

With Mera Peak in our sights, we depart Chetra Khola and travel to Kothe in the north. Your route continues down the Majang Khola before merging with another road that follows the Hinku Khola. Along the way, you'll pass through forests with lots of pine, moss, lichens, and rhododendron trees. You will eventually arrive in Kothe, the day's destination, after crossing the Sanu Khola.

**Destination:** Kothe

**Altitude Gain:** 4182

**Duration:** 7

**Accommodation:** Lodge

#### **Day 6: Trek from Kothe to Thaknak.**

After having breakfast, we will head towards our next destination, Thaknak. Along the west bank of the Hinku River, the trail from Kothe travels north to Thaknak. Sheep and yaks can graze in the grasslands in the Hinku River valley. Up till you reach Gondishung, which is famous for the Lungsum Gba monastery, the path becomes increasingly difficult as you continue to walk. From Gondishung, Tangnang is only a one-hour walk away.

**Destination:** Thaknak

**Altitude Gain:** 4350

**Duration:** 7

**Accommodation:** Lodge

#### **Day 7: Trek from Thaknak to Khare.**

The hike today is modest but quite strenuous and includes passing Hinku and Shar Glaciers. To get to Khare from Dig Kharka, you must take a steeply ascending lateral moraine trail. The northern face of Mera Peak is beautifully seen from Khare.

**Destination:** Khare

**Altitude Gain:** 5045

**Duration:** 6

**Accommodation:** Teahouse

### **Day 8: Acclimatization Day at Khare.**

This is the day to admire the beauty and acclimatize yourself nearby and explore the Khare. Additionally, you will test and use climbing equipment under the guidance of our climbing guide. You might also choose to climb a neighbouring hill and admire the views from the top.

**Destination:** Khare

**Altitude Gain:** 5045

**Duration:** 3

**Accommodation:** Teahouse

### **Day 9: Trek from Khare to Mera High Camp.**

You will use your technical climbing abilities for the first time today. The narrow paths go through frozen glaciers, stony paths, and even tiny crevasses. Captivating panorama of Mountain Nuptse, Makalu, Cho Oyu, Lhotse, Baruntse, and Everest can be witnessed from the Mera Base High Camp.

**Destination:** Mera High Camp

**Altitude Gain:** 5800

**Duration:** 6

**Accommodation:** Teahouse

### **Day 10: Mera High Camp to Summit for Mera Peak and back to Khare.**

On day 10 of the trek, we will have a long day ahead of us as we are climbing Mera Peak. Early morning you will have a nutritional breakfast and do warm-up exercises. To avoid the challenging noontime winds, the climb begins early in the morning. You must follow your guide's instructions until you reach Mera Peak's summit. From the summit, you can witness several gorgeous peaks, including Mount Everest (8,848m), Cho-Oyu (8210m),

Lhotse (8516m), Makalu (8481m), Kangchenjunga (8586m), Nuptse (7861m), Chamlang (7319m), Baruntse (7129m), Ama Dablam (6812m), and Kangtega (6779m). You will descend to Mera Peak Base Camp and then spend the night in Khare after taking in the scenery and applauding your fortitude.

**Destination:** Khare

**Altitude Gain:** 6476

**Duration:** 11

**Accommodation:** Teahouse

### **Day 11: Reserve Day for Contingency.**

We will utilize this day to climb Mera Peak if you weren't successful the previous day. If not, we will rest, unwind, and visit local attractions near Khare.

**Destination:** Khare

**Altitude Gain:** 5045

**Duration:** 1

**Accommodation:** Teahouse

### **Day 12: Trek from Khare to Kothe.**

On the 13th day, we will descend toward Kothe from Khare. It will be a downward journey from Khare to Kothe since you have already begun to descend. Thangnak can be reached after a three-hour walk from Khare, but our journey to Kothe continues, passing through subtropical forests.

**Destination:** Kothe

**Altitude Gain:** 4095

**Duration:** 5

**Accommodation:** Teahouse

### **Day 13: Trek from Kothe to Thuli Kharka.**

Early in the morning, we set off for Thuli Kharka from Kothe. In order to get to Thuli Kharka, the trail initially rises while crossing through thick woodland. Thuli Kharka is renowned for offering spectacular scenery of Mera North (6476) and Mera Central (6461) as well as the Southern Face of Mera Peak (6476m).

**Destination:** Thuli Kharka

**Altitude Gain:** 3900

**Duration:** 6

**Accommodation:** Teahouse

### **Day 14: Trek from Thuli Kharka to Lukla.**

You have a long hike ahead of you today. Your route leads you to the Kalo Himal ridge before ascending till you reach the 4,600-meter (15,092-foot) Zatrava La Pass. You will descend to Chutanga and then Lukla after crossing this pass. You'll spend your last expedition night at Lukla.

**Destination:** Lukla

**Altitude Gain:** 4600

**Duration:** 7

**Accommodation:** Lodge

### **Day 15: Fly back to Kathmandu from Lukla.**

Today is the final day of our journey. We'll eat breakfast and then head to Lukla airport for our early morning flight to Kathmandu. Today, we will be flying back to Kathmandu early in the morning. It will be a 40-minute flight.

**Destination:** Kathmandu

**Altitude Gain:** 1400

**Duration:** 1

## **Includes**

- Three meals a day during the Trekking (Breakfast, Lunch and Dinner).
- Accommodations in a Tea House/Lodge during the Trekking.
- Pokhara-Kathmandu – Lukla – Kathmandu flight costs (includes tax and government fees).
- Trekking Guide, assistant trekking guide for groups with 12 or more trekkers and a porter (Shared by two clients) with Insurance, food, and accommodations.
- Group gears and supplies.
- All camping equipment (kitchen tent, dining tent, toilet tent, table, chair, and kitchen utensils).
- Sagarmatha National Park Entry Permit and Mera Peak Climbing Permit fees.
- Experienced and licensed Sherpa Climbing Guide fee.

- Tent and camping staff with the kitchen crew.
- Snacks (cookies) and seasonal fresh fruits every day.
- Rescue operation arrangement in case of complicated health conditions (funded by travel insurance).
- Proper First aid kit.
- A TIMS card (Trekking Information Management System) is like a permit.
- All government, local taxes, and official expenses.
- The company's duffel bag will also be provided. (If needed).
- All essential official fees.

## Excludes

- International flight cost.
- Your travel insurance.
- Excess baggage charge (weight limit 9 kg per person).
- On arrival visa fees at Tribhuvan International Airport (30 days- USD 50).
- All accommodations and meals in Kathmandu, before and after the trek.
- Extra night accommodations in Kathmandu due to early arrival, late departure, or early return from the trek.
- Personal expenses (shopping, snacks, boiled water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc.
- Tips for the Guide and Porter(expected).
- Travel insurance that covers emergency high-altitude Heli – rescue and evacuation and health care costs (compulsory).
- Additional costs or delays due to circumstances beyond our control like bad weather conditions, itinerary modification for safety, government policy changes.