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# Mera Peak Climbing

URL: <https://nepalbasecamptreks.com/trip/mera-peak-climbing/>

## Trip Code

NBT 042

## Destination

Nepal

## Activity

Peak Climbing In Nepal

## Start / End Point

Kathmandu

## Duration

14

## Per Person From

USD 2,290

## Region

Everest Region Treks

## Max. Altitude

6476m

## Nature Of Trek

Hotels to Camping

## Best Season

Sept, Dec, March, May

## Activity Per Day

4-6hrs

## Transportation

Domestic flights

## Strenuous

Our "Strenuous" trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

## Mera Peak Climbing 14 Days of stunning adventure

Mera Peak Climbing is the uppermost trekking peak in Nepal at over 6,400m. The box office sights from the summit are one of the most glorious ever beheld in the Himalaya with five 8,000m peaks visible: Everest, Lhotse, Cho Oyu, Makalu and Kanchenjunga...it leaves you flabbergasted with awe as it sets your emotions on overdrive. Our itinerary has been cautiously planned to allow for measured acclimatisation so that you enjoy the climb at a comfortable pace that suits your body. We firmly believe that by following this program you will have a key probability of safely summiting Mera Peak and relishing the experience of a venture justifiably achieved. As a safety preventative measure we bring

along with us a portable altitude chamber, an oxymeter and a satellite phone that helps with the unpredictable elements Trekking in Himalaya.

This expedition would be ideal for greenhorns visiting the Himalayas for the first time or enthusiastic hill walkers with some past experience of using crampons and ice axes to deal with the climb. We do a run that makes you familiar with these basic mountaineering skills before summit day so that your summiting becomes easier and safer. And when you summit, you soon realize it was all so much worth it with the amazing beauty that opens up a feast for your eyes...

## **Mera Peak Climbing Introduction**

Mera Peak Climbing takes us to the top of Mera Peak (6,461m/21,192ft) which is the tallest trekking peak in Everest Region of Nepal. We ascend Mera Peak preferably during the spring, autumn, and winter seasons as it's the best time to climb the mountain for its incredible astonishing views of the Himalayan Vista. Five above the 8,000m peaks are visible from the summit including Everest, Lhotse, Cho Oyu, Makalu, and Kanchenjunga too.

We organized our first climbing trip to Mera Peak in 1999 a group from Australia and succeed. We designed very carefully the Mera Peak itinerary with steady ascent and a separate day set aside trip in Khare to allow plenty of time for acclimatization. The normal route to Mera Peak is direct via the chhatra La Pass, but we follow the route that heads south from Lukla and up the beautiful Hinku Valley or from Phaplu via Bung village and later returns via the pass. Following this trekking route has a few advantages. We not only pass through the beautiful Nepalese wilderness but also through quaint rai and Sherpa villages which will give us a glimpse into the richest culture of the authentic locals. Additionally, since the route is longer, it's better for acclimatization.

Mera Peak climbing trek is an excellent option for everyone with moderate mountaineering experience. It is a challenging and adventure trekking peak due to its elevation, but the technical mountaineering skills requirement is very basic. Besides, NBC's seasoned Sherpa guide and climber will provide us with a basic mountaineering training before gain the actual summit.

## **Trip Itinerary**

### **Day 1: Arrival Kathmandu**

You arrive in Kathmandu and our representative will be on standby with our office vehicle to transfer you to your hotel. A pre-trek briefing will be scheduled to discuss the trekking program and co-ordinate any last-minute arrangements. You can refresh your self, go for a walk down the street to get familiar with your surroundings before preparing for a tasty dinner of a local Nepalese cuisine which you will truly enjoy accompanied by a cultural dance performed by the local belles. Your first overnight in the city of temples, probably the most in the world

#### **Highest Altitude:**

1360M

#### **Meals:**

1 welcome dinner

## **Day 2: Kathmandu Cultural Tour or Equipment preparation day**

Today we explore Kathmandu on an organized sightseeing tour. This will include a visit to the Boudhanath Stupa, one of the biggest Buddhist shrines in the world. We also visit Pashupatinath, located on the banks of the holy Bagmati River and home to the most famous Hindu temple in the country. Here we will see Hindu holy men (sadhus) and pilgrims performing ritual bathing, and occasionally, funeral pyres burning on the ghats. The cremation site here is used by the royal family and also for the simple man living next door. Your early afternoon will be free to relax in the hotel garden or visit Thamel for some curious shopping. You will be supplied with your trek departure information in the afternoon.

### **Meals:**

1 breakfast

## **Day 3: Kathmandu - Lukla - Chhutanga**

After an early breakfast today, we'll transfer to the domestic airport to catch the short 35-minute flight to the mountain airstrip at Lukla. Reaching Lukla we'll begin our trek following the trail through rhododendron and pine forest to Chhutanga, a walk of around 5-6 hours and we'll rest and relax hereabouts tonight.

### **Highest Altitude:**

3450m

### **Meals:**

1 lunch, and 1 dinner with tea/coffee

## **Day 4: Chhutanga - Chhitrala**

Today we trek through an almost desert-like area to reach Chhitrala, a scenic journey of around 5-6 hours. At Chhitrala we'll be able to see the Khumbu valley and Mt. Makalu upfront as we relax for the evening with a copper coffee at our camp.

### **Highest Altitude:**

4100m

## **Day 5: Chhitrala - Tashing Dingma**

After breakfast today our trail continues with a number of steep ascents and descents, and we cross a number of ridges before reaching Tashing Dingma. The walk will take us around 5-6 hours through lush forest and shrubland with a good chance of seeing Langur monkeys along the route. We rest overnight at Tashing Dingma.

### **Highest Altitude:**

4000m

### **Meals:**

1 breakfast, 1 lunch, and 1 dinner with

tea/coffee

## **Day 6: Tashing Dingma - Thaknak**

Today the trail continues with a number of steep ups and downs through beautiful scenic landscapes that tell us why this trip is so gritty. After our 5-6 hours walk, we arrive at a small herder's village of Thaknak where we camp out for tonight.

### **Highest Altitude:**

4350m

### **Meals:**

1 breakfast, 1 lunch, and 1 dinner with  
tea/coffee

## **Day 7: Thaknak - Khare**

Today we trek towards Khare, also known as the Base Camp of Mera peak. It's a good trail that descends and ascends gradually before crossing the river and climbing again to reach Khare, with around 5 hours walking.

### **Meals:**

1 breakfast, 1 lunch, and 1 dinner with  
tea/coffee

## **Day 8: We haul up for acclimatization in Khare**

The camping experience at Khare is something that we'd cherish throughout our life. It is a pleasure to view the beautiful North face of Mera Peak from our campsite at Khare. Today is a full day to rest and acclimatize at Khare with a chance to explore the local surroundings or simply to relax at camp and prepare for our ascent tomorrow and enjoy the wonderful views. This is just the place to haul up for the night.

### **Meals:**

1 breakfast, 1 lunch, and 1 dinner with  
tea/coffee

## **Day 9: Khare - Mera La**

After breakfast we'll leave base camp and follow the trail as it climbs for 1-2 hours to the top of the moraine above Khare before continuing the climb up a rough slope to the area just below the lower reach

of the Mera glacier.

From here we'll cross over and climb to the right of the glacier. We will need crampons for the short climb to reach the plateau of the Mera La. Across the plateau it's about 1-2 hours to the pass from where we will be able to enjoy stunning mountain views and tonight we'll rest here at our camp just below the pass.

**Highest Altitude:**

5400m

**Meals:**

1 breakfast, 1 lunch, and 1 dinner with  
tea/coffee

**Day 10: Mera la Advance Base Camp**

Today we head for the advance base camp where we'll rest for the night. It's a steep ascent of around 5-6 hours with wonderful views of five of the world's highest peaks of Everest, Makalu, Lhotse and Cho Oyu and in the distance stands Kangchenjunga; we bunk out here in this amazing Himalayan location.

**Trek Duration**

5-6 hours

**Highest Altitude:**

5800m

**Meals:**

1 breakfast, 1 lunch, and 1 dinner with  
tea/coffee

**Day 11: Day 11: Advance Base Camp - Summit Mera peak - 6654m, Rato Odar - 5100m**

Today we'll make a beeline to summit Mera Peak, a climb of around 4-5 hours ending with a wonderful sense of achievement and excellent views that stop the breath. It's a very early start today, around 3.00 am so we can start climbing during the best part of the day. After a quick breakfast, it's time to put on crampons and rope up before we set out for the summit. We'll climb a number of easy slopes before reaching the central summit and from here we'll use a fixed rope for the last very steep part of the climb. After enjoying the views of some of the highest peaks in the world from the summit we'll make our descent to Rato Odar, which means 'red cave' and this is where we'll camp and rest for the overnight & reminisce on one of the most awesome experiences we will have experienced in a lifetime.

**Highest Altitude:**

6654m

**Meals:**

1 breakfast, 1 lunch, and 1 dinner with

tea/coffee

## **Day 12: Reserve Day for any unforeseen circumstances**

There are no sureties that we could experience good weather on our planned day for the summit (day 13), so this day is used as a contingency in case we are unable to summit the Mera on day 13 due to bad weather conditions or some unpredictable conditions related to the environment. If the weather gets exceptionally unfavorable we must have patience & wisely postpone the program of summiting the peak on day 13 for today (Day 14). Sometimes some member in the group may develop problems in acclimatizing well enough to make the ascent; the day can be used in such conditions too. If the trip goes smoothly, we do not need this spare day anyways.

### **Meals:**

1 breakfast, 1 lunch, and 1 dinner with  
tea/coffee

## **Day 13: Khare to Kothe**

After our enormous success of the expedition to Mt. Mera we descend to Hinku valley to Kothe for our overnight stop at camp. Leaving behind the outstanding Himalayan background, we arrive at Kothe. This will be the night of all nights as we enjoy with local wines and delicious foods and relax at the camp for our overnight as we chat late into the night about a fantastic experience that could have happened for the first time in our lives.

### **Trek Duration**

4-5 Hours

### **Highest Altitude:**

3600m/11808ft

### **Meals:**

1 breakfast, 1 lunch, and 1 dinner with  
tea/coffee

## **Day 14: Kothe to Thuli Kharka**

Today, we again climb up about two hours through forest with dense foliage on the west side of the Hinku Valley to Thuli Kharka. It's nice walk through the red Rhododendron forest through the beaten trails of the Himalayas of Nepal. We observe the wide range of Mera peaks, Mera North, Mera Central, and Mera South from Thuli Kharka. Overnight in Thuli Kharka for a good sleep

**Trek Duration**

5-6 Hours

**Meals:**

1 breakfast, 1 lunch, and 1 dinner with  
tea/coffee

**Day 15: Thuli Kharka to Lukla**

Two hours up from Thuli Kharka we walk to reach Zatrwa La pass. After crossing the pass we see beautiful views of Lukla valley. Cho yu, Kongde peak, Numbur Himal, Kusum Kangaru are some of the peaks we view among so many others. From Zatrwa La we walk all the way down to Chutanga and then straight forward it's an easy walk that takes us to Lukla village where we conclude the trek and this evening we enjoy the last dinner on the mountains with our crew. Overnight in teahouse

**Trek Duration**

6-7 Hours

**Meals:**

1 breakfast, 1 lunch, and 1 dinner with  
tea/coffee

**Day 16: Fly back to Kathmandu**

The flight time to Kathmandu is scheduled in the morning normally because Lukla suffers a lot of high winds in the afternoon. We fly back to Kathmandu after our long mountain journey. The early morning flight drops us at Kathmandu. We can rest and relax throughout the day in our hotel; or we could hit the streets of thamel for some last minute shopping of some Nepalese souvenirs for friends and relatives, we can visit some nearby shops. If you want to explore any other areas of Kathmandu take the time to do that today! Remember, Nepal Base Camp Treks will host a superb celebration dinner tonight on the occasion of successfully completing your trip!! Overnight in Kathmandu

**Meals:**

1 breakfast

**Day 17: Final Departure for home**

Today is free to relax and do your own things; perhaps some last minute shopping or pen a few post cards to the loved ones at home, until your departure or to commence any additional trips or activities you may have booked. If you are departing, you'll be transferred to the international airport in time for your return flight home. Meeting you has been a wonderful experience that Nepal Base Camp Treks will cherish for a long, long time; & on your way home, you'll be thinking of a trip that will linger in your memories for a whole lifetime which we are sure will become fireside stories to be told to your loved ones

on a cold winter night for the generations to come. Sayonara friends, till we meet again one day...

## Cost Includes

- Airport pickups and drops in a private vehicle
- Hotel accommodation in Kathmandu with breakfast
- Tea house accommodation during trek
- All meals (breakfast, lunch and dinner) during the trek
- All ground transportation (Kathmandu-Manthali-Kathmandu)
- Domestic flights (Kathmandu- Lukla via Manthali Ramechhap Airport-Kathmandu)
- An experienced, English-speaking and government-licensed trek leader and assistant trek guide (6 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, domestic airfare, food, and accommodation
- Down filled jacket and sleeping bag (to be returned after trip completion)
- Trekking bag/duffel bag, trekking pole and trekking map are yours to take
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- Medical kit (carried by your trek leader)
- All government and local taxes
- Accommodations

We will be staying at Hotel International Guest House, a 3-star hotel in Kathmandu; and teahouses during the trek. All accommodations are on twin-shared basis during the trek. Twin sharing or Single supplement will be served in Kathmandu.

Nepal Base Camp Treks will arrange rooms with attached washrooms; however, teahouses in some places only have shared washing and toilet facilities. Also, note that single rooms are readily available in Kathmandu and the trekking regions at a lower elevation but it might be difficult to find them at higher elevations.

## Group Discounts Available

| No. of Persons | Price per Person |
|----------------|------------------|
| 1+             | USD 2,290        |

# Address

**Nepal Base Camp Treks Pvt. Ltd**

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal