Mera Peak Climbing

DURATION: 14 DAYS

Trip Facts

Group Size 1 - 12 Persons

Trip Grade Challenging

Accommodation Hotel, Guest House, Tea House, Camping

Max Height 6476 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane, Jeep, Car

Duration 14 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March- May, September - November

Trip Overview

Mera Peak, a 6476-meter snow-capped mountain in Sagarmatha National Park, Nepal, is an ideal destination for adventurous climbers. It requires a 14-day trip from Kathmandu, an experienced mountain guide, and appropriate climbing gear. Climbing Himalayas offers a package for climbing Tengkoma Peak, including logistics, transportation, accommodation, and a professional mountain guide, at a reasonable price. The climb offers a chance to explore local ethnic villages, terraced fields, and flowing mountain rivers before reaching Khare, the last settlement in the region. Mera Peak, located in Nepal, is a popular trekking peak offering stunning views of the world's highest mountains, including **Everest, Lhotse, Makalu,** and Cho Oyu. The climb typically begins with a scenic flight from Kathmandu to Lukla, followed by the classic Everest Base Camp Trek trail. The standard route involves a gradual ascent with steeper sections, using basic mountaineering equipment. The summit day is an early start, offering panoramic views of several Himalayan peaks, including five of the world's six tallest mountains. The entire Mera Peak climbing expedition takes 14 to 20 days, depending on the itinerary and weather conditions.

The best seasons for climbing Mera Peak are pre-monsoon (spring) from March to May and post-monsoon (autumn) from September to November. Climbers must be physically fit and prepared for high-altitude mountaineering challenges, including acclimatization, cold temperatures, and potential altitude-related risks. It is essential to undertake Mera Peak climbing with a licensed agency and experienced guides for safety, support, and an enjoyable ascent. These agencies and guides will provide climbers with the necessary equipment, such as crampons and ice axes, as well as expert knowledge on navigating the terrain. Additionally, climbers should be aware that **Mera Peak is a popular destination,** so it is important to book accommodations and permits in advance to ensure availability during peak climbing seasons.

MOUNT ADVENTURE HOLIDAYS

Trip Itinerary

Day 1 Kathmandu - Lukla (2840 m) - Paiya (2730 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Plane, Walking | 2840 m

We will take a 35 min flight from Kathmandu to Lukla with superb mountain views. After landing at Lukla, the land of the Sherpa, we will start our trek to Paiya.

Day 2 Paiya (2730m) - Pangom (2846 m) / Ningsow (2863 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House / Tea House | Walking | 2863 m

After breakfast, we start our trek to Pangom walking uphill and downhill through the Sherpa villages. We can find a Buddist monastery in Pangom.

Day 3 Pangom (2846 m) / Ningsow (2863 m) - Chatra Khola (2800 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2800 m

We will hike for a total of 6 hours today to reach our destination to Danda or Yingsa. Our hike will be uphill and downhill. After reaching Shibuche, we can explore a Sherpa museum, where we can see all the equipment used by Sherpa people in their daily life. Mera peak, which is our final destination, can be viewed from this stop.

Day 4 Chatara Khola - Kothe (3691 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3691 m

We will have a similar route as our previous day. Walk through the green jungle of bamboo trees, see the Nepali national flowers (Rhododendron) and watch for wild animals. Overnight stay at Kothe. MEALS : Breakfast, Lunch & Dinner

Day 5 Kothe - Thaknak (4358 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4358 m

From this day, we will gradually climb up with an increase in altitude. We will see juniper bushes and snow-capped mountains like Khesar and Kusum kangaroo. Overnight stay at Thannak. MEALS: Breakfast, Lunch & Dinner

Day 6 Thaknak - Khare (5045 m)

5 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 5045 m

If the team is feeling well we will move to Khare 4,950m/ 16,240 feet. today We may take the opportunity to stay in Dig Kharka 4,650m/ 15,256 feet. if needed The route turns to the east as we trek through the valley floor and slowly make our way past stunning high altitude peaks, Black Mera is a spectacular mountain rising right out of the valley we pass amazing lakes, glaciers, in one of the great Himalayan valleys. We will hopefully arrive in Khare after lunch and relax for the rest of the day.

Day 7 Khare (rest day)

Breakfast, Lunch & Dinner | Tea House | Walking | 5045 m

We will spend the day in Khare 4,950m/ 16,240 feet. Today is another acclimatization and training day. We will spend the morning getting our climbing gear sorted. We will rig up a climbing scenario and practice using crampons, Jumars, abseiling and we will practice until you are comfortable doing all the different techniques. We will rest up and enjoy this amazing mountain setting. MEALS: Breakfast, Lunch & Dinner

Day 8 Khare - high camp (5780 m)

6 Hrs | Breakfast, Lunch & Dinner | Camp | Walking | 5780 m

We will ascend to Mera High Camp 5,800m/ 19,029 feet. We head back onto the glacier to where we dropped off yesterday and follow the easy graded snow slopes, and after a short distance arrives at an area of crevasses which we will have to navigate carefully. We then make our way slowly up to High camp. Remember to look behind you where you will see views of Everest, Makalu, Nuptse, and Lhotse and this trek up to high camp holds some Himalayan treasures. This camp is hidden behind a rocky section. The campsite is small and has some drop-offs on the right as you enter the camp. It is time to rehydrate and recover for the summit push.

Day 9 High camp - summit day (6476 m) - Khare

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 6476 m

The climb to the summit of Mera Peak starts gradually, and much depends on weather conditions. Once we leave high camp usually at 2 am it should take 5/6 hours to reach the summit. Getting into a rest stop and taking our time will be critical to conserving energy for the descent. The central summit appears above the wide glacier, flanked by 2 ridges. We climb the snowfields avoiding the crevasses. This steep section can take 2 hours and is slow going. The route swings to the east of the left-hand ridge before turning back towards the main summit ridge of Mera. Mera peak has 3 summits, our objective is the highest. This short steep snow slope is easily climbed, but the last 30m/ 98 feet requires a lot of effort, some times Jumaring on a short steep ice section and you arrive on the summit. After reaching the summit and enjoying amazing views over the Himalayas, we have a short abseil before the long descent to Khare.over night stay in Khare.

Day 10 Khare - Kothe (3600 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3600 m

After a good nights sleep we will get up early and make our way back to Khote 3,600m/ 11,811 feet. It will take two hours to retrace our steps to Tangnag 4,360m/ 14,304 feet and then another 3 hours back to Khote.

Day 11 Kothe - Thuli Kharka (4300 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4300 m

We will walk 3 hrs approx on flat land and climb up to Thuli kharka for over 4 hrs approx and overnight. Today be move from Chhatrabuk to Chhutanga. This is another long day hiking as we move closer to getting back to Thulli Kharka. MEALS:Breakfast, Lunch & Dinner

Day 12 Thuli kharka - Lukla (2800 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2800 m

This is the easiest and shortest day of the trek. We descend from Thulli Kharka to Lukla through the dense forest which takes about 3 hours. We will arrive back into Lukla and relax for the rest of the day, before our flight back to Kathmandu early the next day.

Day 13 Lukla - Kathmandu

35 min | Breakfast | Hotel | Plane, Car | 1400 m

We will be up early for our morning flight back to Kathmandu, shower change and head out to finish off your Kathmandu sightseeing. You can either fly home this evening or spend another day in Kathmandu. We also cover one nights accommodation in Kathmandu at the end of the trip.

Cost Includes

- All meals (breakfast, lunch, and dinner) during the trek and climb
- National park entry permit and any other permits
- Domestic flight Kathmandu - Lukla - Kathmandu for guest and guide inclusive with all taxes and transfers.
- High altitude climbing leader (Sherpa guide) licensed by Nepal Mountaineering Association (NMA).
- Down jackets and Sleeping bags (should be refunded after completion)

- 3-star hotel accommodation in Kathmandu with breakfast
- Staff costs including their salary, insurance, equipment, domestic airfare, food, and accommodation
- Tea house accommodation during the trek
- Airport pickups and drops in a private vehicle
- Group mountaineering (climbing) equipment
- Tented accommodation during the climb
- All government and local taxes
- Medical kit (carried by your guide)

Cost Excludes

- Nepalese visa fee
- International airfare to and from Kathmandu
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Travel and rescue insurance
- Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Personal climbing equipment
- Personal climbing guide if requested
- Optional trips and sightseeing if extended
- Tips for guides and porters

Trip Map