

Mera Peak Climbing (19 Days)

Overview

- **Country:** Nepal
- **Duration:** 19 Days
- **Trip Grade:** Challenging
- **Maximum Altitude:** 6,476 m
- **Starts:** Kathmandu
- **Ends:** Kathmandu
- **Best Time:** Spring & Autumn

Mera Peak Climbing is a challenging 19-day adventure to the summit of Mera Peak (6,476 m), the highest trekking peak in Nepal. The journey takes you through the remote Hinku Valley, beautiful Sherpa villages, dense rhododendron forests, and high-altitude landscapes before reaching Mera Base Camp and High Camp. The summit day offers spectacular panoramic views of Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga. With gradual acclimatization, climbing preparation, and guidance from experienced climbing Sherpas, this expedition is an excellent introduction to Himalayan peak climbing for trekkers with good fitness and basic mountaineering skills.

When To Visit

- **January:** Average
- **February:** Average
- **March:** Good
- **April:** Best
- **May:** Best
- **June:** Average
- **July:** Average
- **August:** Average
- **September:** Good
- **October:** Best

- **November:** Best
- **December:** Average

Itinerary

Day 1: Day 1: Arrival in Kathmandu

Altitude: 1,400 m / 4,593 ft

Activity: Airport Arrival & Hotel Transfer

Transfer Duration: 30–45 minutes

Accommodation: Hotel

Meals: Breakfast

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, our representative will greet you and transfer you to your hotel in Kathmandu. After check-in, relax or explore the vibrant streets of Thamel. In the evening, meet your climbing guide for a detailed briefing about the **Mera Peak Climbing**, including permits, equipment, safety procedures, and the adventure ahead.

Day 2: Day 2: Drive from Kathmandu to Manthali

Altitude: 474 m / 1,555 ft

Activity: Scenic Drive

Drive Duration: 6–8 hours

Accommodation: Lodge / Hotel

Meals: Breakfast

Distance: 130–140 km

Begin your journey with a scenic drive from Kathmandu to Manthali. The route passes through winding mountain roads, terraced hills, rivers, and traditional villages. Upon reaching Manthali, check into your accommodation and prepare for the early morning flight to Lukla the following day.

Day 3: Day 3: Fly to Lukla and Trek to Paiya

Altitude: 2,730 m / 8,957 ft

Activity: Mountain Flight & Trekking

Flight Duration: Approximately 20 minutes

Trek Duration: 5–6 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Distance: 8–9 km

Take an early morning flight from Manthali to Lukla, enjoying spectacular views of the Himalayan mountains. After landing at Lukla, begin your trek toward Paiya. The trail passes through lush forests, small settlements, and scenic mountain landscapes before reaching Paiya for your overnight stay.

Day 4: Day 4: Trek from Paiya to Panggom

Altitude: 2,850 m / 9,350 ft

Trek Duration: 5–6 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Distance: 9–10 km

Continue your trek through dense forests and rugged mountain trails toward Panggom. The route includes several ascents and descents as you gradually enter the remote Hinku Valley. Enjoy views of the surrounding hills and traditional Sherpa settlements before reaching Panggom.

Day 5: Day 5: Trek from Panggom to Ramailo Danda

Altitude: 3,276 m / 10,748 ft

Trek Duration: 5–6 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Distance: 10–11 km

Today's trail takes you deeper into the Mera Peak region. Trek through rhododendron and pine forests while gradually gaining altitude. As you approach Ramailo Danda, the landscape opens up to impressive mountain views, making this a beautiful section of the journey.

Day 6: Day 6: Trek from Ramailo Danda to Chhetra Khola

Altitude: 3,122 m / 10,243 ft

Trek Duration: 6–7 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Distance: 11–12 km

Descend through peaceful forest trails toward Chhetra Khola. The route follows remote mountain paths with beautiful views of the surrounding valleys and forests. Cross small streams and continue through the wilderness before reaching Chhetra Khola.

Day 7: Day 7: Trek from Chhetra Khola to Kothe

Altitude: 3,600 m / 11,811 ft

Trek Duration: 6–7 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Distance: 12–13 km

Continue along the Hinku Valley through dense forests and rugged terrain. The trail gradually ascends as you approach Kothe, an important settlement on the Mera Peak route. Enjoy the increasingly dramatic mountain scenery as you move deeper into the high Himalayas.

Day 8: Day 8: Trek from Kothe to Thangnak

Altitude: 4,350 m / 14,272 ft

Trek Duration: 4–5 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Distance: 7–8 km

Follow the Hinku River toward Thangnak, passing through alpine landscapes and yak grazing areas. The trail becomes increasingly rugged as you gain altitude. Upon reaching Thangnak, rest and enjoy views of the surrounding peaks while preparing for the higher elevations ahead.

Day 9: Day 9: Acclimatization Day in Thangnak

Altitude: 4,350 m / 14,272 ft

Activity: Acclimatization & Short Hike

Duration: 3–5 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Spend the day acclimatizing to the increasing altitude. Take a short hike around the surrounding area to help your body adjust while enjoying panoramic mountain scenery. Your climbing guide will also monitor your condition and provide guidance on staying hydrated and preparing for the higher elevations.

Day 10: Day 10: Trek from Thangnak to Khare

Altitude: 5,045 m / 16,552 ft

Trek Duration: 4–5 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Distance: 6–7 km

Continue toward Khare through increasingly rugged alpine terrain. The trail passes glacial landscapes and offers impressive views of Mera Peak. As you approach Khare, the imposing south face of Mera Peak becomes visible. Spend the evening resting and preparing for climbing training.

Day 11: Day 11: Training & Acclimatization in Khare

Altitude: 5,045 m / 16,552 ft

Activity: Climbing Training & Acclimatization

Duration: 3–5 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Today is dedicated to acclimatization and climbing preparation. Your experienced climbing guide will provide practical training on the use of crampons, harnesses, ropes, ice axe, and other essential climbing equipment. Take a short acclimatization hike around Khare before resting for the upcoming climb.

Day 12: Day 12: Trek from Khare to Mera Base Camp

Altitude: 5,350 m / 17,552 ft

Trek Duration: 4–5 hours

Accommodation: Tent Camp

Meals: Breakfast, Lunch & Dinner

Distance: 3–4 km

Leave Khare and begin your ascent toward Mera Base Camp. The trail crosses rocky and glacial terrain as you approach the Mera Glacier. Upon reaching base camp, settle into your tent and enjoy the spectacular high-altitude surroundings while preparing for the summit attempt.

Day 13: Day 13: Trek from Mera Base Camp to High Camp

Altitude: 5,780 m / 18,963 ft

Trek Duration: 4–5 hours

Accommodation: Tent Camp

Meals: Breakfast, Lunch & Dinner

Distance: 4–5 km

Continue your climb toward Mera High Camp across snow-covered and glacial terrain. Your climbing team will use ropes and technical equipment where necessary. From High Camp, enjoy spectacular views of Everest, Lhotse, Makalu, Baruntse, and other Himalayan peaks. Rest early in preparation for the summit attempt.

Day 14: Day 14: Summit Mera Peak and Return to Khare

Altitude: 6,461 m / 21,198 ft

Activity: Mera Peak Summit Climb

Climbing Duration: 8–10 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Distance: 10–12 km

Begin the summit attempt early in the morning. Climb across snow and glacial terrain using crampons, ropes, and other mountaineering equipment under the guidance of your experienced climbing team. Reach the summit of **Mera Peak (6,461 m)** and enjoy breathtaking panoramic views of Everest, Lhotse, Makalu, Kanchenjunga, and other Himalayan giants. After celebrating your achievement, descend carefully back toward Khare for a well-earned rest.

Day 15: Day 15: Trek from Khare to Kothe

Altitude: 3,600 m / 11,811 ft

Trek Duration: 5–6 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Distance: 12–13 km

After the demanding summit day, begin your descent through the Hinku Valley. Follow the familiar trail through alpine landscapes and forests while gradually losing altitude. Continue to Kothe, where you can relax and recover after your successful Mera Peak summit.

Day 16: Day 16: Trek from Kothe to Thuli Kharka

Altitude: 4,300 m / 14,108 ft

Trek Duration: 5–6 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Distance: 10–11 km

Continue trekking through the beautiful Hinku Valley toward Thuli Kharka. The trail passes through forests and rugged mountain terrain with occasional views of the surrounding peaks. Enjoy the peaceful wilderness before reaching Thuli Kharka for the night.

Day 17: Day 17: Trek from Thuli Kharka to Lukla via Zatrwa La Pass

Altitude: 4,660 m / 15,289 ft

Trek Duration: 6–7 hours

Accommodation: Teahouse

Meals: Breakfast, Lunch & Dinner

Distance: 14–16 km

Your final trekking day takes you across the **Zatrwa La Pass**, one of the highest points on the return route. After crossing the pass, descend gradually through alpine landscapes toward Lukla. Upon arrival, celebrate the successful completion of your Mera Peak climbing adventure with your trekking and climbing team.

Day 18: Day 18: Fly from Lukla to Kathmandu

Altitude: 1,400 m / 4,593 ft

Activity: Mountain Flight & Leisure

Flight Duration: 30–35 minutes

Accommodation: Hotel

Meals: Breakfast

Take an early morning flight from Lukla to Kathmandu, enjoying one final aerial view of the Himalayan mountains. Upon arrival, transfer to your hotel and spend the rest of the day relaxing, shopping for souvenirs, or exploring the vibrant streets of Kathmandu.

Day 19: Day 19: Final Departure

Altitude: 1,400 m / 4,593 ft

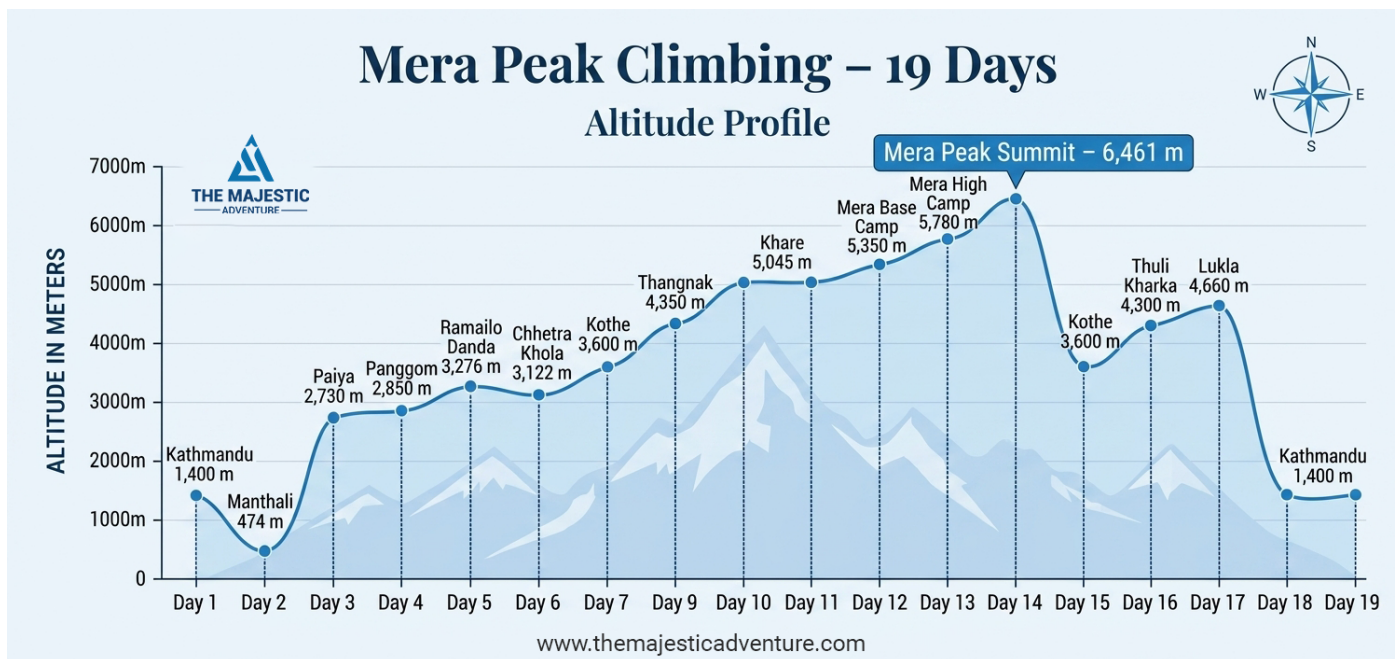
Activity: Airport Transfer

Transfer Duration: 30–45 minutes

Meals: Breakfast

Your **Mera Peak Climbing** adventure comes to an end today. After breakfast, our representative will transfer you to Tribhuvan International Airport according to your flight schedule. Depart Nepal with unforgettable memories of standing on the summit of Mera Peak and experiencing the spectacular landscapes of the Himalayas.

Altitude



Trek Essentials

CLOTHES

- set of base/thermal layers (merino is ideal)
- 1 mid-layer/hoody (fleece or similar)
- 1 outer layer/hardshell jacket
- 2 sets of merino tops
- Waterproof trousers and top (Gore-Tex is ideal)
- 1 pair lightweight trekking trousers or zip-off trousers
- Fleece trousers or hardshell trousers
- Insulated trousers
- Hiking shorts
- 2 trekking t-shirts/shirts (merino is ideal)
- Four-season down jacket with helmet-compatible hood (comfort rating down to around -20°C)
- 1 pair liner gloves
- 1 pair softshell gloves
- 1 pair insulated shell gloves
- Underwear

SLEEPING GEAR

- Four-season sleeping bag with hood provided (comfort rating down to around -30°C)
- Sleeping bag liner (a good liner can add a few degrees extra warmth)
- Pillowcase and own mattress (optional)

CLIMBING EQUIPMENT (PROVIDED)

- Ice axe
- Climbing helmet
- Crampons
- Ascender (Jumar)
- Descender (ATC / figure 8)
- Carabiners (locking & non-locking)
- Prusik rope
- Tape sling
- Climbing rope (group/shared)

FOOTWEAR

- Worn-in, waterproof hiking boots (with ankle support)
- Climbing double boots, B3 (LA Sportiva G2 or similar)
- Sandals or flip flops
- Trainers
- 2 pairs liner socks
- 3 pairs of mid-weight socks
- 2 pairs warm mountain socks
- Gaiters
- Microspikes

HEAD

- 1 warm wool hat
- 1 Buff or similar

- 1 warm scarf
- 1 sunhat or similar
- Sunglasses (UV blocking, ideally

with a 'wrap-around' design)

- Glacier glasses
- Ski goggles
- Head torch
- Balaclava

TOILETRIES

- Travel towel
- Sun cream (high SPF: 50+)
- Hand gel
- Moisturiser
- Lip balm (high SPF: 50+)
- Face wash
- Mouthwash
- Toilet paper
- Soap
- Shampoo
- Pee bottle for men / pee funnel for women

SAFETY EQUIPMENT (Provided)

- Oxygen cylinder / oxygen tank (emergency use)
- Satellite phone (for remote communication)
- Walkie-talkie / VHF radio (team communication)

PERSONAL HYGIENE

- Toothbrush & toothpaste
- Toilet paper
- Biodegradable soap

- Quick-dry towel
- Lip balm