



# Mera Peak

A legendary adventure to the foot of the world's highest peak.

## ● Trekking at a Glance

DURATION

19 Days

MAX ALTITUDE

6,461m

BEST TIME

Mar-May & Sept-Nov

ACCOMMODATION

Hotel, Lodge & Tent

## THE OVERVIEW

Mera Peak is one of the most attractive trekking peaks in Nepal, offering a perfect combination of cultural trekking and high-altitude climbing. The journey takes you through picturesque villages, dense forests, and remote Himalayan landscapes before leading to a gradual and non-technical climb toward the summit at 6,461 meters. Mera Peak is especially renowned as Nepal's highest trekking peak; any mountain higher than this is classified as a full expedition peak and requires more complex logistics and higher permit costs. The climb follows the classic Mera La route, reached after nearly two weeks of carefully planned trekking and acclimatization. This...

01

### Arrival in Kathmandu

Arrive at Tribhuvan International Airport in Kathmandu. Our team will receive you and transfer you to your hotel. The rest of the day is free to rest and recover from your journey.

ALT: 1,400m

02

### Climbing Equipment Check

This day is reserved for checking and organizing climbing equipment. You will meet the climbing guide and receive a detailed briefing about the expedition and safety procedures.

ALT: 1,400m MEAL: Breakfast

03

### Fly to Lukla and Trek to Chutanga

Take an early morning scenic flight to Lukla. After landing, begin trekking through forested trails toward Chutanga, marking the start of your Himalayan journey.

ALT: 3,020m HIKE: 3–4 hours MEAL: B, L, D

04

### Trek to Mosom Kharka

The trail ascends gradually through alpine forests and open landscapes. Enjoy peaceful surroundings as you move deeper into the remote Hinku Valley.

ALT: 3,690m HIKE: 4–5 hours MEAL: B, L, D

05

### Trek to Kote

Continue trekking along the Hinku River with beautiful views of surrounding hills. The trail becomes more open as you approach the village of Kote.

ALT: 4,182m HIKE: 5–6 hours MEAL: B, L, D

06

### Trek to Tangnag

Follow the river valley while enjoying views of snow-capped peaks. The landscape becomes more alpine as you approach Tangnag.

ALT: 4,356m HIKE: 4–5 hours MEAL: B, L, D

07

### Acclimatization Day

This rest day is essential for proper acclimatization. Short hikes are done around Tangnag to help the body adjust to higher altitude.

ALT: 4,356m HIKE: 2–3 hours MEAL: B, L, D

08

### Trek to Khare

The trek continues steadily toward Khare, the base for Mera Peak climbing. Snow-covered peaks begin to dominate the landscape.

ALT: 4,900m HIKE: 4–5 hours MEAL: B, L, D

09

### Acclimatization and Climbing Training

Spend the day acclimatizing and learning basic snow and ice climbing skills. The guide will train you on the use of crampons, ice axe, and rope techniques.

ALT: 4,900m HIKE: 2–3 hours MEAL: B, L, D

10

### Trek to High Camp

Climb gradually on snow and glacier terrain toward High Camp. The route offers incredible views of surrounding Himalayan peaks.

**ALT: 5,700m HIKE: 4–5 hours MEAL: B, L, D**

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11

### Summit Mera Peak

An early morning start for the summit push. Reach the summit of Mera Peak and enjoy breathtaking views of Everest, Lhotse, Makalu, and other Himalayan giants before returning to High Camp.

**ALT: 6,461m HIKE: 7–8 hours MEAL: B, L, D**

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12

### Descend to Khare

Descend carefully from High Camp back to Khare. The descent is easier and allows time to relax after a successful summit.

**ALT: 4,900m HIKE: 4–5 hours MEAL: B, L, D**

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13

### Trek to Tangnag

Retrace the trail back through familiar terrain. Enjoy the warmer air as you descend further into the valley.

**ALT: 4,356m HIKE: 4–5 hours MEAL: B, L, D**

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14

### Trek to Kote

Continue descending along the river valley, passing through scenic landscapes and forested trails.

**ALT: 4,182m HIKE: 5–6 hours MEAL: B, L, D**

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15

### Trek to Tashing Ding

The trail leads through lush forests and local settlements. This day offers a pleasant change as vegetation becomes denser.

**ALT: 3,580m HIKE: 5–6 hours MEAL: B, L, D**

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16

### Trek to Chutanga

A steady trek through forest trails brings you back toward Chutanga. Enjoy the final days of trekking in the mountains.

**ALT: 3,020m HIKE: 4–5 hours MEAL: B, L, D**

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17

### Trek to Lukla

Final trekking day back to Lukla. Celebrate the successful completion of your Mera Peak adventure with the team.

**ALT: 2,850m HIKE: 4–5 hours MEAL: B, L, D**

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18

### Fly to Ramechhap and Drive to Kathmandu

Fly from Lukla to Ramechhap and continue by road to Kathmandu. Transfer to your hotel and enjoy a relaxed evening.

**ALT: 1,400m MEAL: Breakfast**

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19

## Departure

Transfer to the international airport for your onward journey. End of the Mera Peak Climbing expedition.

**ALT: 1,400m MEAL: Breakfast**

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**END OF SERVICES**

## - What's Included

- Hotel accommodation in Kathmandu
- International airport pickup and drop
- Domestic airport pickup and drop
- Round-trip flight: Kathmandu – Lukla – Kathmandu
- Sagarmatha National Park entry fee
- Khumbu Pasang Lhamu Rural Municipality entrance fee
- Trekking meals during the trek (Breakfast, Lunch, and Dinner)
- Mera Peak climbing permit
- Professional trekking guide
- Porter for luggage support
- Insurance for guide and porter
- Experienced climbing Sherpa for the summit

## - What's Not Included

- All kinds of drinks
- Battery charging, camera charging, and hot showers
- Personal expenses, donations, and tips
- Tips for guide and porter
- Travel and rescue insurance
- Nepal visa fee

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CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

## Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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