

### **Mera peak climbing:**

Mera Peak (6,461m/ 21,190 ft) is an exciting, scenically stunning mountain becoming popular among trekkers and climbers as it is the highest trekking peak in Nepal in Khumbu (Everest) Valley. Situated on the edge of famous Khumbu Region and dominated by Mt. Everest, climbing Mera peak is an opportunity to all the adventure seekers who are physically fit. Lifting the eyes from Mera and keep on lifting them until, above the clouds, You are rewarded with panoramic views of Mt. Everest (8,848m/29,029ft), Cho-Oyu (8,201m/26,906ft), Lhotse (8,516m/27,940ft), Makalu (8,463m/27,766ft), Kanchenjunga (8,586m/28,169ft), Nuptse (7,855m/25,770ft), and Chamlang (7,319m/24,013ft). Cross Mingbo La (5815m/19074ft) and walking through the Hinku Valley; the fantastic view South Face of Ama Dablam. Being so lofty, reaching the summit really feels like an achievement. Mera Peak climbing begins following a short and exciting flight to the mountain airstrip of Lukla and after continuous trek for days through the high and lovely valleys you will get into the area of Mera. Although physically very demanding on account of the altitude, the climb on Mera Peak is not technically difficult as ascending snow slopes rarely exceed 40 degrees. The only qualification you need to ascend Mera peak is your excellent physical fitness and an extrovert sense of adventure. Our Mera peak itinerary has been carefully designed to allow gradual acclimatization for the climbers. The walk in initially through the virgin forest of the Hinku Valley is incredibly beautiful and provides excellent acclimatization for the peak itself. Our team will make your lifetime adventure experience in Nepal.

It has been a matter of curiosity of many climbers that on which- North Mera Peak (6,476m/21,240 ft, Central Mera Peak (6,461m/ 21,190 ft), or South Mera Peak (6064m/ 19890 ft) have we been operating our Mera expedition. In general, we operate expedition to Mera Central (6,461m/ 21,190 ft) although the highest one is Mera North (6,476m/21,240 ft). Due to huge crevasses and glacial changes happening there in the route to Mera North we operate most of the expedition to Mera Central. Despite of safety hazard, if one chooses to do Mera North, we operate the expedition to Mera North also on their request.

### **Important Note and Optional Activities:**

Your safety is of paramount concern whilst traveling with us. Please note that your leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. Every effort will be made to keep to the above itinerary; however, as this is adventure travel in remote mountain region, we cannot guarantee it! Weather conditions, health condition of a member, unexpected natural disasters, etc., can all contribute to changes in the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required.

**Day 01: Kathmandu- Lukla (2,800m/9,186ft):30 min flight, 3-4 hours trek** Take an early morning flight to Lukla, and get your first real peak of the Himalayas on the flight, arriving at the Lukla airstrip deep in the Khumbu region. The remaining day will be spent preparing for the expedition and over night in Lukla.

**Day 02: Fly to Lukla and trek to Paiya (Chutok) [2730m/8954ft]:3-4 hrs** Early morning after breakfast, we get transferred to domestic airport to fly to Lukla. After an adventurous 40-minute flight above breathtaking green and white mountains, we reach Tenzing-Hillary Airport at Lukla. This is one of the most beautiful air routes in the world culminating in a dramatic landing on a hillside surrounded by high mountains peaks. At the airport, we meet our other crew members. We get time to stroll around while the guide divides and manages baggage to be carried by porters. We start our trek down from Lukla. It will make sense to fly up to Lukla for acclimatization and walk down. We walk through the jungle down to Surke then a bit ahead we have lunch at Pakhapani or ahead nearby. Continuing ahead through many traditional villages, jungles, and hills, we gradually reach the vicinity of Paiya for the first night's camp. We see number of peaks from here such as Knogde Ri, Khatang, Tang Ragi Tu and other peaks above 7 thousand meters from Paiya. Overnight at Paiya.

**Day 03: Paiya to Pangkoma [2850m/93,48ft]: 5-6 hrs**

After breakfast, we march a little down until we reach wooden bridge and then carefully we have to go ahead through the slippery trail to cross Kari La Hill (pass). We have our lunch in the village ahead and start up walking through the rhododendron and bamboo forest through the narrow mountain trail. We need to keep our cameras ready with full charge to catch the outstanding views of Dudhkoshi River valley and DudhKund Himal before reaching the farming and trading village of Pangkongama for night's rest.

**Day 04: Pangkoma to Nigmsa (Shibucho) [2745m/90,003ft]: 4-5 hrs**

The trail descends the rock-strewn path leading to the Rhododendron forest. We come across a lot of Mani walls through the trail. Passing again through hills, ridges and teahouses, we start downwards and have lunch around there in village nearby. Mesmerizing views of the south face of Mera Peak (6064m/19890ft) and Naulekh Peak awaiting our insight ahead. The trail zigzags through forested areas and then descends steeply. We experience the most interesting and charming feelings as we walk past forests of pine and rhododendron to reach Nigmsa (Shibucho) where we camp for the night's rest. (B, L, D)

**Day 05: Nigmsa (Shibucho) to Chetrakhola [3150m/10332ft]: 7-8 hrs**

After breakfast, we start up through a steep and slope trail through narrow and typical mountain trail, a bit complicated ahead through Rhododendron and bamboo forests, we pass in the course of landslides and down we reach to the stream. By the side of the crystal clear stream we have our lunch today. Straight ahead and up through the rhododendron forests we may encounter wild animals if we are lucky. A little down through the bamboo jungle and past a nice stone cave by the side of a river, we will camp for the night's rest. Overnight at Chhatra Khola. (B, L, D)

**Day 06: Chetrakhola to Kothe [3600m/11808ft]: 6-7 hrs**

Chirping birds wake us up early in the morning. We start after breakfast and reach a fine vantage point of the Hinku Valley where we line around in the splendor of nature surrounding us. Straight through the bamboo and pine forest in the narrow trails while enjoying the views of Mera and the Hinku Valley, there is possibility of encountering with mountain wild animals like sloth bear, jungle cat, etc., among the tall pine trees. Past Tashing Dingma we find shops and teahouses where we have our lunch. We continue ahead by the ridge of the river in the Hinku valley all the way up and reach Kothe where we have the night's rest in a camp. Overnight in Kothe.

**Day 07: Kothe to Thangnam [4,350m/14,270ft]: 3-4 hrs**

Today is another short-trek day in which we trek along the ridge of the Hinku Khola in the shadow of Mera Peak. We take lunch at Gondishung, the summer herders' settlement in the west bank of the Hinku Drangka. Beyond Gondishung we pass a 200 year-old Lungsumgpa Gumpa where we can find Mera peak scripted in rock along with its route to reach Mera. We pray for our successful ascent of Mera Peak in the boulder of the Gumpa offering incense. A short walk takes us to Thangnam, which is a summer grazing area with the primitive lodges and shops. Overnight in Thangnam at the camp

**Day 08: Acclimatization Day: Hiking to Charpate Himal Glacier**

Today is our rest day. It is not recommend to stay idle although it is a rest day instead we have to stay active to be ready for next day's adventure. So after breakfast, we hike for about 3 hours up to Charpate Himal Glacier. Seen very close from the Thangnam, Charpate Himal is regarded holy by the Sherpa community and is worshiped by traditional Sherpas of the mountains. We will observe Mera North very close and outstanding from here. After an hour's pleasant hike downwards, we will be back at the camp at Thangnam. Overnight at Thangnam.

**Day 09: Tangnang to Khare [5,045m/16,486ft]: 2-3 hrs**

We head towards Mera Base Camp at Khare. We follow the lateral moraine of Dig Glacier to Dig Kharka, which offers spectacular views of Charpate Himal. The trail climbs through moraines and to the snout of the Hinku Nup and Shar Glaciers and then climbs more steeply to our camping spot at Khare. The camping experience at Khare is something that would cherish us throughout our life. It is pleasure to view beautiful North face of Mera Peak from our campsite at Khare. Overnight at Khare.

**Day 10: Khare to Mera Base Camp [5300m/17,384ft]: 3-4 hrs**

Today after breakfast, we walk through boulder strewn course to reach Base Camp of Mera Peak. We have to march through steep route (about 260 meters) and it takes around 2 to 3 hours to reach Base Camp. Upon reaching there after a short rest accompanied with our lunch, we start ice climbing training with our climbing guide. Inexperienced climbers need to learn much more today. After about 2-3 hours training, we might choose to go to Mera La. However, as we will be taking the route to High Camp through Mera La the next day, we might opt to rest at our camp at Base camp today admiring the eye-catching views the area offers

**Day 11: Mera Base Camp to High camp [5,780m/18,958ft]: 4-5 hrs**

We take the route through Mera La to reach the Mera High Camp today. You need to walk through rock-strewn area for about two hours while making your way to Mera High Camp and this can be a bit hazardous if it has recently snowed, as there are a number of crevasses here. We make our way to the top of the rock band, which is marked by a large cairn. We set up a high camp and enjoy rest of the day the sunrise and sunset view along with the Mt. Everest, Makalu, Cho Oyu, and south face of Lotshe, Nuptse, Chamlang and Baruntse are outstanding and seems like they are piercing the skyline. We overnight in Mera High Camp.

**Day 12: Mera High Camp to Summit [6,461m/21,1907ft] and back to Khare [5045m/16,547ft]: 8-9 hrs**

This is really a big day. Our crew will wake up around 1 a.m. for preparation. You should also wake up around 2.30 am and you will have very early breakfast today. After breakfast, your group will put on crampons and rope and set up for special journey to the summit. If you are a well-acclimatized group, it takes around 4-6 hours to reach the summit of Mera central for you. From the summit can be seen the magnificent views of Mt. Everest (8,848m/29,021ft), Cho-Oyu (8,210m/26,928ft), Lhotse (8,516m/27,935ft), Makalu (8,463m/27,760ft), Kanchenjunga (8,586m/28,165ft), Nuptse (7,855m/25,765ft), Chamlang (7,319m/24,010ft), Baruntse (7,129m 23,383ft) Ama Dablam (6,812m/22,343ft),Kangtega (6,779m/22,235) and many peaks over six thousand. After achieving the summit, you retrace your steps down to high camp. After having a rest accompanied with some hot soups/tea at the high camp, we will continue down to Khare for the night's rest. You will really find this day really long but inspirational one for your life! Overnight at Khare.

**Day 13: Reserve Day for Contingency**

There is no such guarantee that we can get quite a favorable weather on our planned day for the summit (day 13), so this day is used as a contingency in case if we are unable to summit the Mera on day 13 due to bad weather condition or some other reasons. If weather became exceptionally unfavorable we wisely have to postpone the program of summiting the peak on day 13 for today (Day 14). Sometimes somebody in the group may get some problems in acclimatizing well enough to make the ascent; the day can be used in that condition too. If the trip goes smoothly, we do not need this spare day

**Day 14: Khare to Kothe [3600m/11808ft]: 4-5 hrs**

After a great 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, you arrive Kothe. The night we enjoy with local wines and foods and relax at the camp and overnight.

**Day 15: Kothe to Thuli Kharka: 5-6 hrs**

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

**Day 16: Thuli Kharka to Lukla: 6-7 hrs**

Two hours up from Thuli Kharka we walk to reach Zatrwa La pass. After crossing the pass we see beautiful view of Lukla valley. Cho yu, Kongde peak, Numbur Himal, Kusum Khangru and so many others. From Zatrwa La we walk all the way down to Chutanga and then straight forward easy walk takes us to Lukla village where we conclude the trekking and this evening we enjoy the last dinner in mountain with our crew. Overnight in teahouse

**Day 17: Fly back to Kathmandu**

The flight time to Kathmandu are scheduled in the morning normally because Lukla suffers a lot of wind in the afternoon. We fly back to Kathmandu after our long mountain journey. The early morning flight drops us at Kathmandu.

**COST: 1070 per person**

**Note: If you want to include kathamndu accommodation and sightseeing let me know.**

**Above cost Include:**

1. Airport pick up & Droop.
2. Trekking Guide, Climbing Guide & necessary staff
3. All food (Break fast, Lunch& Dinner.)
4. Accommodation. (Lodge and tent)
5. Hot drinks. (Tea, coffee) 3 time a day.
6. Land transportation.
7. Climbing Permit.
8. Trekking permit.
9. National park Permit.
10. Air Ticket (Kathmandu-Lukla-Kathmandu)

11. All food, drinks, Lodge, salary, Insurance, Medical, Equipments, Air ticket, land transport etc for Nepalese staff.
12. All taxes.

**Above cost does not include:**

1. Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, any kind of unforeseen and personal expenses etc
2. Tipping
3. Personal climbing gear.

**Note. We provide Lodging and fooding at the Lodge available place and there is no Lodge when you are climbing so we provide tent and food on the camp, our own cook cooking.**