



Mera Peak Expedition

URL: <https://naatatravels.com/trip/mera-peak-expedition/>

Duration

19 Days

Per Person Cost

USD 1950

Difficulty

Strenuous

Group Size

2-16

Maximum Elevation

6654 meters

Accommodation

3-star hotel in Kathmandu and Teahouses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and all meals during the trek

Departure

Kathmandu

Trip Route

Nepal

Trip Overview

Mera Peak (6461m/21,190 ft) is the highest trekking peak in Nepal. Situated on the edge of famous Khumbu Region, Mera Peak serves us with the pleasurable mountain vistas of five 8000m peaks including Mt Everest, Lhotse, Cho Oyu, Makalu and Kanchenjunga.

Despite the height of 6461m, Mera Peak is a straight forward climb and can be scaled by those with an outgoing sense of adventure. As the itinerary is professionally a cal cultures and traditions. The climb takes the north face glacier in a steady rise to the summit ridge which ultimately leads to the top.

The weather in the Himalayas can change within few hours, which is why a spare day has been added in the itinerary. In case of unfavorable weather on the day of summit, we can walk up the summit the following day. But if the weather favors us then the spare day can be used any other day as per your wish, however, without hampering the date of flight from Lukla to Kathmandu. Since the flights are pre-booked and the rescheduling might not be possible, specially during the peak season. The best preferred season for the climbing is during the spring and autumn as mountain vistas are mesmerizing. nd articulately designed, good fitness level is the only parameter of climbing experience required. Besides, Natta's Sherpa guide will provide us the basic mountaineering training before the real summit. The

itinerary allows plenty of time for acclimatization.

Our trek embarks towards south from the Lukla airport taking us through the splendid forested hillsides and several passes before the ascent up to Mera La. We take the lesser travelled route through the Hinku valley and return via Zatra La Pass rather than the usual route directly via the Zatra La pass. Trekking this route has several benefits. We pass through the amazing Nepalese wilderness and quaint villages that will give us a glimpse into the rich local cultures and traditions. The climb takes the north face glacier in a steady rise to the summit ridge which ultimately leads to the top.

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Note: This trip can be organized both as a trip with tented accommodation in camps as well as tea house/guesthouse accommodation. In this itinerary we have only included the accommodation in tea houses as it is relatively much cheaper than camping (staying in tent and cooking meals in kitchen tent). But the accommodation at high/base camp (1/2 days) will be in a tent as there are no guesthouses/teahouses up there. This is included in the itinerary. In case of one to two trekkers, the guide himself will prepare the food whereas in case of more number of trekkers, separate cook will be sent along to prepare food at tented camps.

Trip Itinerary

Day : Arrival in Kathmandu

A representative from our office will be there at the airport displaying a “Naata Trek and Tours” signboard containing your name outside the airport terminal. He/she will escort you to your hotel. Naata Trek and Tours will also organize a welcome dinner program.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1400 meters

Day : Kathmandu Sightseeing

We will have a pre trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and

shikhara-style temples grouped around a fifty-five window palace of brick and wood. The attraction of the Bhaktapur Durbar Square is the Lion gate, the Golden gate, the Palace of Fifty-Five Windows, art galleries, the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1400 meters

Day : Fly to Lukla and trek to Chutok

We take an early morning 35 minutes flight to Tenzing-Hillary Airport at Lukla. After our arrival we will introduce you to our porters before we begin our short trek to Chutok La pass. The walk today is easy and takes us 3 hours.

Time:

2-3 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2804 meters

Day : Trek to Col Khari La to Pangkongma

The trail today is composed of successive ups and downs in the forested areas till we reach Col Khari La at 3081m and then steeply descends till Bhupsa at 2300m. From here on the trail climbs to a large white house at the top of Kharte and takes us to the broad valley of Khari Khola. The trail then slowly gains elevation up to a forested valley before passing through a small Sherpa village. We cross a few small streams after which we reach Pangkongma where we stay the night.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3081 meters

Day : Trek to Kurke

We trek today through rocky terrains and untamed landscapes. During this trail we can see mountain vistas above us and forested regions below us. After walking for approximately 5 hours we reach Kurke where we stay the night.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3800 meters

Day : Trek to Thuli Kharka

After we move on from Kurke pass the trail climbs steeply over a ridge and reaches another pass at 4,400m and descends to Thuli Karkha which essentially means “vast pasture”. We trek for almost 6 hours.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4200 meters

Day : Trek to Khothey

We descend most of the trail today and pass through meadows and into a forested area of Pines and Rhododendrons. From here we can get amazing views of the south side of Mera Peak. We stay the night in Khothey.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3600 meters

Day : Trek to Tangnag

An early morning start takes us up the Hinku valley and through beautiful pastures and takes us to a valley between Kusum Kangru 6,370m and the west summit of Mera Peak 6,255m called Tangnag where we stay the night.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4350 meters

Day : Acclimatization day in Tangnag

We spend a day here in order to acclimatize and adjust to the thinning of the air. After proper rest, we can explore other adventure possibilities like strolling by Sabal Tsho, beautiful moraine-dammed lake which is hidden behind the Sabal Glacier and climbing a peak up to an altitude of nearly 5000m. We can also explore Hinku Nup Glacier which leads north toward Kangtaiga. The upper Hinku valley turns to the east at Tangnag, crossing the moraine of the Dig Glaciers.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Day : Trek to Khare

The trail goes through the Thangnak meadow amidst blocks brought by the break of the moraine of the south side of the lake in 1999. Then it climbs steeply to the stream bed coming out on the wide grassy basin of Dig Kharka. From the camp superb views of the northern face of the Mera Peak can be seen.

Time:

4-5 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

4900 meters

Day : Trek to Hight Camp

As we progress along the snowy glacier, we approach the pass and the slope becomes steep. This is one of the best parts of the trek. Stunning panoramas of giant mountains rising above 7,000 m, among the highest on earth: Chamlang (7,290 m), Makalu (8,475 m) and Baruntse (7,220 m) to the east, Everest (8,848 m), Lhotse (8,501 m) and Nuptse to the north cannot be ignored. Continuing westward, peaks of Ama Dablam, Cho Oyo (8,153 m) and Kantega doesn't fail to fill our view.

Time:

6-7 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

5800 meters

Day : Summit Mera peak (6,654 m) and then return to Khare (4,900 m, 10-12 hours)

We start early in the morning depending on the weather condition. From the high camp the route follows SW entering a broad comb on the left of the steep slopes. Then it reaches a pass at the bottom of a final

steep slope. From the summit, we can embrace the most spectacular view of at least five of the world's fourteen 8000m peaks. Then we descend down and return to Khare. The total duration for the trek will be around 10-11 hours.

Time:

10-12 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

6654 meters

Day : Spare day for in case of bad weather

This day in the itinerary is separated as a spare day. The weather at mountains cannot be predicted as it might change in every other day. In case of extremely bad weather on day 12, you can summit the peak on this day. However, the weather might work in our favour most of the times. In such cases, you can continue to trek and utilize this day to rest or to relax yourself anywhere in the trail until you reach Lukla.

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Day : Trek to Khothey

Leaving the mountains behind us, our descend takes us through Tangnag before continuing back to Khothey which will take almost 6 hours.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3600 meters

Day : Trek to Thuli Kharka

Our trek descends back the same way. Today, we will be spending the night over at Thuli Kharka. The total duration of the trek will be around 6 hours.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4200 meters

Day : Trek to Lukla

Finally, we return back to Lukla where the trek began, which will seem like ages ago. It will give you the time to reflect on the trek also giving you time to explore the town.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2804 meters

Day : Flight back to Kathmandu

Enjoying the scenic 35 minutes flight, we return to Kathmandu. We have the rest of the day to rest our aching muscles and do last minute activities.

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1400 meters

Day : Leisure day in Kathmandu

We have the day to do leisurely activities and do some last minute shopping. Later in the evening Naata Trek and Tours will organize a THANK YOU farewell dinner program to celebrate the successful completion of the expedition.

Accommodation

3-star hotel

Meals:

Breakfast and dinner

Altitude:

1400 meters

Day : Departure

Today is the last day of our trip. A representative from Naata Trek and Tours will escort you to the international airport to bid you farewell.

Trip Includes

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek

- Tented accommodation during the climb
- All meals (breakfast, lunch and dinner) during the trek and climb
- Welcome and farewell dinners
- All ground transportation on a comfortable private vehicle as per the itinerary
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- English speaking, trained and experienced trekking guide(leader), climbing guide (leader) and assistant guides
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- Down jacket (to be returned after trip completion)
- Naata's trekking bag/duffel bag, t-shirt and trekking map are yours to take
- All necessary paper work; trekking permits and Mera climbing permit
- Good quality tents and kitchen utensils for camping
- Group mountaineering (climbing) equipments
- Medical kit (carried by your guide)
- All government and local taxes

Trip Excludes

- Nepalese visa fee (bring accurate USD cash and two passport photographs) or see Travel Essentials
- International airfare to and from Kathmandu
- Excess baggage charges (if you have more than 15 kg luggage, 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
- Altitude chamber (PAC) or oxygen
- Lunch and evening meals in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary)
- Travel and rescue insurance (see Travel Essentials)
- 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
- Services not listed in the 'What Is Included' section

Address

Naata Travel and Adventures Pvt. Ltd.

Kathmandu, Nepal