

Mera Peak Climbing

Detailed Itinerary

Day 01: Arrive in Kathmandu (1,300 m / 4,264 ft)

Upon your arrival, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. We will then travel to a hotel and check into our rooms. After we are situated we have free time to explore or prepare for the trek. We spend the night in Kathmandu.

Day 02: Prepare for the trek

We take today to gather last minute or forgotten items. We can also use this day to explore Kathmandu or rest. Sightseeing tours are available to take us to the temples, monasteries, and world heritage sites throughout the city. We spend the night in Kathmandu.

Day 03: Travel to Lukla, trek to Paiya (2,730 m / 8,956 ft): 6 hrs

In the morning we take a flight to Lukla, landing in the Tenzing-Hillary airport. We trek along a path surrounded by jungle vegetation until we cross Handi River to reach Surke Village. We continue along the trail to cross the Chutok La pass and reach Paiyan village. We spend the night in Paiyan.

Day 04: Trek to Panggom (2,846 m / 9,337 ft): 6 hrs

We follow the trail until we reach a small suspension bridge. After crossing the bridge, we continue the trail to reach Kari La pass. The pass is amazing in Oct and Nov, when the rhododendrons bloom, the trail is covered in delicate flower petals. The trail is also surrounded by large bamboo groves that add texture to the color pallet of the rhododendron bloom. The trail opens to reveal the Dudh Kosi Valley. Our next stop is Panggom Village. The residents are primarily sustenance farmers but also rely on trading. We spend the night in Panggom.

Day 05: Trek to Ningsow (2,863 m / 9,393 ft): 5 hrs

Trekking out of Panggom we cross the Panggom La pass and ascend on the north bound trail. We cross over the Peseng Kharka River and continue trekking to Peseng Kharka Danda. We then cross another river, Ningsow, to reach Ningsow Village. We spend the night in Ningsow.

Day 06: Trek to Chatra River (2,800 m / 9,186 ft): 8 hrs

We start the day with a short ascent to Ramailo Danda (Happy Danda). The views of Mera Peak are outstanding from Ramailo Danda. We also have extraordinary views of Salpa. As we continue our trek we enter Makalu Barun National Park. It is the 8th national park in Nepal and was established in 1992. The section of the trail in the park is named after the first female mountaineering instructor (Pasang Lhamu). We spend the night at Chhatra River.

Day 07: Trek to Kothe (3,691 m / 12,109 ft): 7 hrs

The trail to Mera Peak follows the Majang River to Hinku River. We follow the Hinku River to Tashing Ongma village. We cross another river before reaching Kothe. We spend the night in Kothe.

Day 08: Trek to Thaknak (4,358 m / 14,298 ft) 4 hrs

We continue following the Hinku River today. We are gifted with amazing views of Mera Peak as we trek. We are also treated with lunch at Gondishung, which is a cattle herder's settlement on the west bank of the river. Just after the settlement we come to a 200-year-old Lungsumba monastery. Thaknak is a short distance away from the monastery. We spend the night in Thaknak.

Day 09: Trek to Khare (5,045 m / 16,486 ft): 3 hrs

On our way to Khare we follow Dg Glacier's Moraine to Dig Kharka. Dig Kharka has wonderful views of Charpate Himal. We continue climbing through moraines to Hinku Nup and Lhotse Shar glaciers. From here we have a steep climb to Khare, where we have views of the north face of Mera Peak. After lunch we can hike around Khare. We spend the night in Khare.

Day10: Acclimate in Khare

We take this day to acclimate and to prepare for the trek ahead. The trekking guide can review go over gear and climbing techniques with us with us. If we have enough time after practicing we can go on a day hike or relax.

Day 11: Trek to Mera High Camp (5,780 m / 18,958 ft): 7 hrs

The trail to Mera High Camp transverses through a boulder-strewn field reminiscent of an ancient glacier. We reach Mera La pass after trekking for a while. The trail is rocky and can be hazardous if there is snow on the ground. We make our way to the top of the path marked by a large cairn. From here we have excellent views of Mt. Everest, Makalu, Cho Oyu, Lhotse, Nuptse, Chamlang, and Baruntse. We make camp at Mera High Camp.

Day 12: Summit Mera Peak (6,461 m / 21,1907 ft) then trek back to Khare (5,045 m / 16,486 ft): 8 hrs

We reach the high point of our journey today! Mera peak is the highest mountaineering summit in Nepal. Our morning expedition begins at 2:00 am. We warm up with a hot breakfast and trek to the peak. The sun rise illuminates the peak in an amazing red aura. The climb does not become technical until the last few meters to the peak. We have spectacular views of Mt. Everest (8,848 m), Cho-Oyu (8,210 m), Lhotse (8,516 m), Makalu (8,463 m), Kangchenjunga (8,586 m), Nuptse (7,855 m), Chamlang (7,319 m), Baruntse (7,129 m) and others. It is

extraordinary. After we summit, we return to high camp to rest before trekking to Khare to spend the night.

Day 13: Reserved for delays like inclement weather.

This day will not be required if everything goes according to plan.

Day 14: Trek to Kothe (3,600 m / 11,808 ft): 5 hrs

We trek along the same trail as we on our ascent. After we reach Kothe, we celebrate the success of our summit with delicious delicacies and hardy beverages. We spend the night in Kothe.

Day 15: Trek to Thuli Kharka (4,300 m / 14,107 ft): 6 hrs

The trail to Thuli Kharka crosses several tributaries of the Inkhu River. We follow this trail until we reach the fork at Taktho. We branch off to the right steadily descending on Thuli Kharka. We pass 2 shrines before reaching Thuli Kharka. We spend the night in Thuli Kharka.

Day 16: Trek to Lukla through Zatrwa La pass (4,600 m / 15,091 ft): 7 hrs

We must climb to Zatrwa La pass before we can continue our decent. After crossing over the pass, we have a pristine view of Lukla Valley. The valley is surrounded by towering mountains like Cho Oyu, Kongde Peak, Numbur Himal, Kusum Khangru and others. The trail continues through Chutang village to Lukla village. In Lukla we have dinner in a nice restaurant with the crew. We spend the night in Lukla.

Day 17: Travel to Kathmandu

We catch an early morning flight to Kathmandu. In Kathmandu we can rest or go souvenir shopping, explore the city taking in the sights. We conclude the trek with a delightful dinner to celebrate the successful completion of the trek to Mera Peak. We spend the night in Kathmandu.

Day 18: Conclude trip.

Though the trek is complete our time in Nepal does not have to end. For those who want to continue their stay in Nepal extra accommodations can be happily made. For those who are homeward bound, a representative of Upper-Himalayan Treks and Adventure will take you to the airport 3 hours before your scheduled flight.