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Kapan Marg, Kathmandu, Nepal



Mera Peak Climbing

Mera Peak is a very popular & the highest trekking peak in Nepal. This is a fairly challenging trek that has been designed to cater for the adventurous trekker. On scaling the summit of Mera Peak, we have an spectacular view of the Himalayan ranges. This trek allows sufficient time for any reasonably physically fit person to make a comfortable ascent of this most spectacular of the Nepalese trekking peaks. Best time for this trip would be from September to December or March to June.

Price:

Trip Start:

Trip Ends:

Duration: 21 Days

Grade: Hard

Altitude: 6476m

Destination:

Trip Style:

Transport:

Group Size: 10+

Best Time: Autumn and Spring Season

Itinerary

Day	Title	Description
1	<u>Arrival in Kathmandu (1,350m)</u>	After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up and take a rest. Welcome dinner will be hosted in the evening. Overnight in Kathmandu.
2	<u>City tour in Kathmandu and trek preparation</u>	After introduction with the city tour guide at the hotel you will begin your tour to Pashupatinath temple, Swayambhunath stupa and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Baudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterwards. Overnight in Kathmandu.
3	<u>Flight to Lukla 2,850m</u>	We take an early morning flight to Lukla. During the flight, we can bask in the mesmerizing views of giant snow-capped mountain peaks. On arriving at Lukla, we meet our trekking crew. We will be camping for the night here one of the many lodges.
4	<u>Trek to Chutanga 3,050m</u>	After a hearty breakfast we head Eastwards from Lukla. The trail crisscrosses through pristine hamlets & thick forest along Kalo Himal Ridge. During winter, snow makes us transverse steep terrain. But during favorable climatic condition, the trail is usually straightforward. After 3-4 hours of trekking, we enter Chutanga.
5	<u>Rest Day</u>	We spend two memorable evenings at Chutanga. This gives us sufficient time to acclimatize prior to confronting the Zatrwa La. We can indulge in a leisurely trek to a small 4,000m peak just below the Zatrwa Teng Pass. From here excellent views over the valley of the Dudh Kosi & the picturesque trail zigzagging towards Zatrwa La. After exploring, we descend back to our camp at Chutanga for a good relaxation.

- 6 Trek to Tuli kharka [4300m] The trail crosses the Kalo Himal Ridge which separates the Khumbu from the Hinku Valley. Further ahead, we transverse a comfortable path showcasing a cairned notch on the ridge with a collection of prayer flags at an elevation of 4,450m. Enroute we may encounter Yak herders. The views across the Dudh Kosi towards Karyolung & the Lumding Himal are very impressive. Half an hour below the pass is a huge boulder which marks our campsite, Tuli Kharka after 6 to 7 hours.
- 7 Trek to Mosum kharka 3,700m The trail descends the rock-strewn path leading to a fine vantage point of the Hinku valley where mesmerizing views of the South face of Mera Peak become visible. The trail zigzags through forested areas & then descends steeply into the Hinku valley. Enchanting panorama of Peak 43 & Kusum Kangguru unfolds as we bask in the splendor of nature surrounding us from within the Hinku Valley. We experience the most exotic & delightful feelings as we walk past forests of Pine & Rhododendron. Soon after reaching Mosum Kharka, we set a campsite by the banks of Hinku Drangka.
- 8 Trek to Tangnag 4,350m As we head to the West bank of the Hinku Khola Northwards, forest blurs in & the valley zooms out. We spot meadows being used as grazing areas for Goats, Sheep & Yaks in the Upper Hinku. After several ascents over 4-6 hours, we approach the summer settlement of Tangnag. We halt for lunch at this spot. Lying in its vicinity is 200 year-old Gompa resting beneath a massive boulder & a number of crude Mani walls.
- 9 Rest day at Tangnag We utilize two days getting completely acclimatized. 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 & climbing a peak up to an altitude of nearly 5,000m. From here we can also explore Hinku Nup Glacier which leads North toward Kangtaiga.
- 10 Trek to Khare 5,000m As we walk from Tangnag, the trail ascends to a wide grassy basin, popularly called Dig Kharka. After a while, we arrive at Khare. There are many campsites at Khare, the most popular one is at the upper end of Khare lying beneath a group of boulders. We choose this site for camping. This campsite offers splendid vistas of the North face of Mera, Hinku Shar Glacier & Mera La.

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| 11 | <u>Khare upper end 5,500m</u> | We use this day for acclimatization & proper rest. We can take a nice walk up to a small peak on the West side of the Hinku Nup Glacier, where we can reach a height of around 5,500m. At this point, we get to capture stunning views of Mera La & Mera Peak. |
| 12 | <u>Trek up to campsite by lower part of Hinku Nup glacier</u> | We follow the trail leading to Mera La. We continue traversing as far as the lowest part of the Hinku Nup Glacier. At this point, we get captivated by the exotic beauty of snow-slope and the panorama of Himalayan peaks. |
| 13 | <u>Rest day</u> | This day has been specially set aside for giving us time to acclimatize completely, plus have good rest. After well deserved relaxation, we get an extra boost to lift up our adventure & climbing spirits. |
| 14 | <u>The ascent 6,476m</u> | Early in the morning at around 2am after wholesome breakfast, we advance towards the summit. By sunrise we can reach up to 6,000m. With a good effort, we finally scale the summit. From the here, we can embrace the most spectacular view of at least five of the world's fourteen 8,000m peaks. Most of this spectacular panorama can be seen from the site of the high camp & all of it is visible from 6,000m. After the climb, we descend to the campsite on the Hongu side of the pass. |
| 15 | <u>Reserve Day for Contingency</u> | There is no guarantee that we will have favorable weather on our planned day for the summit. Therefore, this day is set aside as a contingency in case we are unable to summit the Mera on the desired day due to bad weather conditions or any other unanticipated reason. However, if the trip goes smoothly, this day will not be required. |
| 16 | <u>Khare to Gotay (3600m)</u> | We trek from Khare to Gotay along the same trail used previously. After reaching Gotay, we celebrate our success by trying out local delicacies and wines. |
| 17 | <u>Gotay to Thuli Kharka (4,300m)</u> | We begin our trek to Thuli Kharka after breakfast. We climb up and descend, cross several tributaries of the Inkhu Khola before reaching a forked trail nearby Taktho. We choose the trail on our right and continue walking. Our trail passes by a Chorten after which we walk downhill on a steep trail. Next, we ascend to Thuli Kharka and pass by another Chorten on the way. |
| 18 | <u>Return back to Lukla</u> | |

19	<u>Flight to Kathmandu</u>	From Lukla, we take an early morning flight to Kathmandu.
20	<u>Extra day in Kathmandu</u>	This day will be an extra buffer day just in case the flight from Lukla get cancelled due to bad weather. We will have farewell dinner in the evening.
21	<u>Departure Home</u>	Our adventure in Nepal ends today. An Adventure Ascent representative will drop you off at the Tribhuvan International Airport a few hours before the scheduled flight for final departure towards your sweet home.

Includes

Airport Pick up and transfers to hotel and briefings with tea and biscuits in Kathmandu.

All accommodation as BB in 4 star hotel.

Experience professional guide for tour, trekking.

Full insurance for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available only on trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets and airport tax for Everest region and Jomsom only.

First Aid Kit for staff.

Oxygen gas in case.

National park entry fee and TIMS card or trekking permit whatever needed.

Sleeping bag.

Trekking stick.

Potter bag (Luggage).

Excludes

Lunch and dinner in Kathmandu and Pokhara.

All hard drinks such as : Mineral water, whisky, rum, cola, fanta, etc.

All entrance fees during the sightseeing in Katmandu and until finished.

Any extra cost offering from unfavorable circumstance such as weather bad.

Personal expenses like hot shower and battery charge.

Personal equipment.

Emergency Rescue evacuation if necessary.

Personal tips for trekking staff.