



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965| Tourism Licence No. 956/065

Mera Peak Climbing 15 Days

Trip Facts

Trip Cost Starts USD 2050 P/P

Group Size above 2 Pax

Single Supplement \$ 250

Max Elevation 6476m

Trip duration 15 Day

Trekking Type 10 nights Lodge

Trekking Type 2 nights Tent

Hotel in Kathmandu 2 Nights BB plan

Ending Point Lukla

Starting Pont Lukla



OVERVIEW

Although Mera Peak, 6476m, is the highest permitted trekking peak in Nepal it is technically an easy climb and therefore, an excellent first peak for those without climbing experience. The other main reason people opt to climb Mera Peak is the magnificent summit view of the over-8000-meter-mountains such as Mt. Everest, 8848m, Mt. Lhotse, 8516m, Mt. Cho Oyu, 8201m, Mt. Makalu, 8463m, and Mt. Kanchenjunga, 8586m.

The Mera Peak climbing trip starts with a flight from Kathmandu to Lukla. The trek leads through through the incredibly remote and beautiful Hinku Valley. This unspoiled area of the Everest region boasts of beautiful green terraced fields, dense forest, rushing streams, swinging bridges, and yak pastures with a backdrop of the highest mountains in the world. Sherpa guesthouses, high in the summer pastures, are a welcome place for weary trekkers.

Mera Peak is technically straightforward, as the snow slopes rarely exceed 40 degrees; however, the final 50m from the top requires ropes, ice pick, harness, crampons. Previous climbing experience would be an advantage, but it is not mandatory because our well-experienced guides will give you training on the climbing gear and necessary skills.

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This is a straightforward climb for which acclimatization is the vital ingredient; as you trek higher into this remote valley, following the river to the glaciers, your body is gradually becoming acclimatized for the climb. Descending from Mera Peak, we retrace our steps to Lukla, feeling energized from our accomplishment and all the extra red blood cells in our system.

This 17-day package is the most direct route to Mera Peak. The Mera Peak Climbing itinerary begins with a flight to Lukla, 2820m, and we cross the Zatrwa La pass, 4610m the next day. The trek is quite demanding as the quick altitude gain allows less time for acclimatization, however, it is a great option for a strong trekker or novice mountaineer with limited time. This is a teahouse trek with camping only during the climb. About 35 % trekkers choose this package.

Day to Day Detailed Itinerary

Day 01: Arrive in Kathmandu

Flying to Kathmandu is in itself an exciting and memorable experience. On a clear day you will get a panoramic view of the snow-capped Annapurna mountain range. In the airport, after completing the visa formalities, collect your luggage downstairs. As you exit the airport terminal, you will be met by our representative carrying your name on a signboard as well as our company signboard, Annapurna Foothills Treks & Expedition. You will be taken to your hotel in our vehicle, where you will be served free welcome drinks, tea or coffee or juice as you check in.

The Managing Director of our company will meet you in the hotel and provide more information about the expedition. Your dues must be cleared before we proceed on the trip. Afterward, you are free to relax or explore around the city. Overnight stay at hotel

Day 02: Flight from Kathmandu to Lukla; Trek to Chutang, 3020m, 3 hrs

We head to Kathmandu domestic airport for the early morning flight to Lukla. It takes only 40-minutes but is an amazing way to start the trek, flying next to the towering mountains. We land on a small airstrip in a valley surrounded by high mountains peaks. Our climbing team is waiting to meet us and soon we start out on our trek. We take a trail heading east, and suddenly find there are few trekkers on this trail leading through pastures and rhododendron and pine forests. Overnight in Lodge . **Included Meals (B L D)**

Day 03: Chutang to Chhatrwabuk/ Thuli Kharka via Zatrwa La, 4620m, 6-7 hrs

The climb to the Zatrwa La pass is steep, and if there is snow it can be quite tricky. Since we are not yet acclimatized it is a tough climb. Once at the pass, we look down on the Hinku Valley, and start the short steep descent to Thuli Kharka (Thuli means big, and Kharka means pasture). Overnight in Lodge . **Included Meals (B L D)**

Day 04: Chhatrwabuk to Kote, 4182m, 4-5 hrs

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The trail traverses ridges above the Hinku Valley and then descends through the beautiful bamboo and pine forests. We follow along a ridge of the Hinku River all the way up to Kote. Overnight in Lodge . **Included Meals (B L D)**

Day 05: Kote to Thangnak, 4356m, 5 hrs

We ascend gradually following the Hinku River. Mera Peak and other mountains tower around us now. On the ridge above the river are pastures. Gondishung is a summer herders' settlement where there is an ancient monastery. The trees become sparser as we are nearing the snow line. Thangnak is a summer grazing area. Overnight in Lodge. **Included Meals (B L D)**

Day 06: Thangnak to Khare, 5045m, 4 hrs

The trail crosses boulders left by Sabai Tsho, the glacial lake which is close to the trail north of Thangnak. We follow the lateral moraine of Dig Glacier to the grassy Dig Khraka, which offers spectacular views of Charpate Himal. The trail climbs through moraines to the snout of the Hinku Nup and Shar Glaciers and then climbs more steeply to Khare. From a ridge above Khare there is an excellent view of the route we will take to Mera Peak. Overnight in Lodge **Included Meals (B L D)**

Day 07: Acclimatization Day in Khare /Preparation day

To acclimatize, we spend the day exploring and practicing climbing techniques with our guide. If we are feeling energetic, we might trek as far as Mera La. Overnight in Lodge **Included Meals (B L D)**

Day 08: Base Camp to High Camp, 5780m, 4 hrs

We make the steep ascent to Mera La and continue up the rock-strewn north flank to a rocky outcropping where we set up high camp. From High Camp we enjoy the view of Mt. Everest, Makalu, Kanchanjunga, Cho Oyu, and south face of Lotshe, Nuptse, Chamlang and Baruntse. We can also see most of the route to the summit. Overnight in Tent **Included Meals (B L D)**

Day 09: Mera High Camp to Summit and back to Khare, 9-10 hrs

We have an alpine start before daybreak as the climb usually takes 5-6 hours. We put on crampons and rope together for the steep climb to the summit. There are a number of crevasses, so we will need to take precaution if there has been recent snowfall. The is a short sharp scramble up an ice-wall to the summit is well rewarded with spectacular views of Cho Oyu, 8201m, Lhotse, 8516m, Everest, 8848m, Makalu , 8463m, Pumori, 7161m, Lobuche, 6145m and many others. It takes about 2 hours to retrace to our steps to Khare. This is a very long but satisfying day! Overnight in Tent **Included Meals (B L D)**

Day 10: Reserve Day

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There is no guarantee that there will be favorable weather for scheduled summit day. In case we are unable to summit Mera Peak on day 12 due to weather or any other reason like someone in the group having altitude related problems, this extra day gives some flexibility. **Included Meals (B L D)**

Day 11: Khare to Kote, 4182m, 7hrs

We descend into the Hinku Valley to Kothé. Kothé and it stays on the open hill side which lies west of the Hinku River. The winds blowing down the forest makes the descent quicker. We get fantastic views looking back on Mera Peak. . Overnight in lodge . **Included Meals (B L D)**

Day 12: Kote to Thuli Kharka 6-7hrs

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, Mera South from Thuli Kharka. Overnight in lodge **Included Meals (B L D)**

Day 13: Thuli Kharka to Lukla, 2800m, 7-8 hrs

Two hours of steep ascent from Thuli Kharka takes us to the craggy Zatrwa La, 4610m, where we look back on the Hinku wilderness and the peak we just climbed. The descent from the high crags can be icy. Finally we reach the forest and farmland of the Dudh Kosi Valley. After many days in the Lukla seems to be a bustling place. We enjoy a celebratory dinner with our crew. Overnight in lodge **Included Meals (B L D)**

Day 14: Flight from Lukla to Kathmandu and transfer to Hotel.

Overnight in Hotel **Included Meals (B)**

Day 15: Happy departure

Overnight in Hotel **Included Meals (B)**

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Service Includes

- Transportation from Airport – Hotel – Airport: Car, Van, Hi-ace or Coaster
- Welcome dinner with Live Nepalese Cultural Program
- Accommodation in Kathmandu, three nights (bed and breakfast and tax included) Hotel Shakti
- Accommodation during trek ; local lodges 10 days, breakfasts, lunches, dinners, tea, coffee and twin-share rooms with beds with comfortable foam mattress and pillows included)
- Meals on the trail during 3 days camping (breakfast, lunch, dinner, tang juice, fruit, tea and coffee)
- All Camping Equipment required during the trek, sleeping tents/mattresses, kitchen tent, kitchen equipment
- Experienced English-speaking Sherpas; Govt. Trained/Licensed Holder guides
- Porters (2 persons- One porter basis; max load 30 kg per porter
- Climbing rope, Ice screws, Snow bars
- Mera Peak Permit
- Equipment Fee for climbing guide
- Garbage Deposit
- Barun National National Park fee, TIMS permits and all required permits and official documentation
- Personal Insurance for Nepalese staff
- Our Service charge
- Round Trip Airfare: Kathmandu – Lukla – Kathmandu
- Local Transportation: Hotel - Airport - Hotel Car; Van, Hi-ace or Tourist bus
- Local Airport Tax

Service Excludes

- Sightseeing tours in Kathmandu, which can be arranged upon your request.
- Personal Insurance for your travel to Nepal.
- Lunch & Dinner in Kathmandu
- Emergency Rescue/Evacuation
- Trekking Sleeping Bag
- Personal Expenses
- Tipping (Tips)
- Liquor, Mineral Water and Soft Drinks
- Hot Shower charge at trekking lodges
- Batteries and Telephone calls
- Heater Charge in Dining

With best regards
Ngima Nuru Sherpa



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