



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 2465 P/P

Group Size above 2 Pax

Single Supplement \$ 250

Max Elevation 6476m

Trip duration 15 Day

Trekking Type 11 nights Lodge

Trekking Type 1 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; our 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 15-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 (1,300m/4265ft)

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, (3,020m/9908ft) 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 (4,200m /13779ft) via Zatrwa La pass 6-7 hrs

The climb to the Zatrwa La 4620m 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)**

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Day 04: Chhatrwabuk to to Kothe, (3,600m /11,811ft) 4-5 hrs

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: Kothe to Thangnak, (4,356m/14,291ft) 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, (5,045m/16,551ft) 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: Khare to High Camp, (5780m/18,963ft) 5-6 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(6,476m/21,246ft) and back to Khare, 11-12

We have an alpine start before daybreak as the climb usually takes 9-10 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)**

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Day 10: Reserve Day

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 Kothe, (3,600m /11,811ft) 7hrs

We descend into the Hinku Valley to Kothe. Khote 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: Kothe to Thuli Kharka/ Chhatrwabuk (4,200m/13,779ft) 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/ Chhatrwabuk to Lukla, (2,800m/ 9,186ft) 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

- ✓ Transfer from Airport – Hotel – Airport: Car, Van, Hi-ace or Coaster in a private vehicle.
- ✓ Authentic Nepali welcome dinner with Live Nepalese Cultural Program.
- ✓ Accommodation in Kathmandu, 2 nights on Twin share Bed and Breakfast Basis
- ✓ Accommodation during Trek ; local lodges 11 nights (Full board meals with twin-share rooms ,beds with comfortable foam mattress and pillows)
- ✓ Accommodation during Camping ; Meals One night at High Camp
- ✓ English speaking experienced and certified Sherpa Guide (Govt. Trained/License Holder).
- ✓ All Camping Equipment required during the trek, sleeping tents/mattresses, kitchen tent, kitchen equipment
- ✓ Climbing rope, Ice screws, Snow bar
- ✓ Trekking cook, kitchen staff, Trek Sherpa and other support staff while Camping Days
- ✓ One Sherpa guide-assistant if group size is more than 4 Trekkers.
- ✓ **Porters: One porter for One Trekker basis in all of our Climbing Trips**
- ✓ Trek Staff costs including their salary, insurance, equipment, food and accommodation.
- ✓ Personal insurance for Nepalese staff.
- ✓ Annapurna Foothill's Duffle bag for Trekking/Climbing.
- ✓ Annapurna Foothill's T-shirt
- ✓ **Energy Supplies (Snickers, Mars, Bounty) and Fresh / Can Fruits on the Trek**
- ✓ First aid medicine kit.
- ✓ Mera Peak Climbing Permit
- ✓ Barun National Park Fee, TIMS permits & all required permits or Official Documentation.
- ✓ Round-Trip airfare between Kathmandu and Lukla (Airport Tax Included)
- ✓ **Kathmandu – Lukla – Kathmandu Excess baggage fees**
- ✓ All government and local taxes.
- ✓ Mera Peak Climbing certificates issued from the respective body of Nepal Government.

Personal Climbing Gears includes:

- ✓ Mountaineering/ Climbing Boots
- ✓ Crampons
- ✓ Helmet
- ✓ Harness
- ✓ Ice Axe
- ✓ 2 x Screwgate Carabiners (Lock and UnLock)
- ✓ Descender (Figure 8, Belay Device)
- ✓ Ascender (Jumar)
- ✓ Prussic Loops
- ✓ 2 x Tape slings

Cost Exclude(s)

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- ✗ Your Personal Travel Insurance.
 - ✗ Nepal Entry Visa Fee.
 - ✗ Lunch & Dinner in cities - allow \$ 10 to 14 for per meal in Tourist restaurants.
 - ✗ Beverages (soft drinks, mineral water,boiled water and beer).
 - ✗ Tips for guide, porters and driver (customary).
 - ✗ Any personal expenses not mentioned in above services.
 - ✗ Additional night accommodation in Kathmandu because of early return from Trek (due to any reason) than the planned itinerary
-

Trip Note!

Why Climb Mera Peak with Annapurna Foothills Treks?

Annapurna Foothills Treks has been running climbing expeditions for over 10 years. Annapurna Foothills Treks reaches for the highest ethical business practices. Our team of mountaineering guides is dynamic, professional, and qualified as instructors.

Why Climb with a Sherpa?

Annapurna Foothills Treks is here to **save you the unnecessary expense** of going with an expatriate company and an expatriate guide. Our **qualified and experienced guides** are well able to guide your expedition safely and can provide an accurate cultural perspective as well. Additionally, when you book with Annapurna Foothills Treks, you are **supporting the Sherpa community** who are dependent on the trekking/climbing industry for their livelihood.

Our climbing guides are dedicated mountaineers and license-holders who always put your safety first. They use harness and ropes below the every peak whether for crevasse danger or steep slopes. Our Sherpa guides are there to fix the rope as well as teach climbers how to fix the rope or set up a belay for glacier travel.

While some people spend unnecessarily to go with a foreign company, others risk their lives to save money by going without a guide. We encourage you to **play it safe**, and climb with our experienced guides. **Our packages are reasonably priced** and afford the **safety** of an experienced guide who will allow you independence if you desire.

To be safe, you dont need shops worth of Karabiners, ice-screws, snow stakes and rock racks- You need an experienced Sherpa guide as a partner.The routes we suggest are the most straightforward. Under good conditions, none of the routes are challenging for skillful technical alpinist. Safety-conscious amateurs have potential to provide satisfaction and experience without much risk.

Sherpa Support Staff:

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Even our support staff are well experienced, so you can look forward to a well organized trip. The relationship we have developed among us over the years makes for a wonderful exchange of ideas, laughter and assistance. Your personal packs will be carried by the porters, saving you time and energy to fully enjoy the surrounding environment.

Each staff member at Annapurna Foothills Treks and Expeditions is insured for their appropriate roles. (Some companies are cutting corners here.)

Logistics:

You can fully enjoy the world of mountains unfettered by the rigors of food preparation, lodging and logistics. Annapurna Foothills Treks provides a wide variety of quality meals to keep climbers healthy and strong. Most of the food is flown in from the Kathmandu.

Environmental Responsibility:

Annapurna Foothills Treks practices and teaches the Leave-No-Trace principles. Moreover, we are committed to protecting the land and culture of the indigenous people. The mountains are our home and we are unwilling to sacrifice their preservation for human objectives. **Annapurna Foothills Treks** believe that given the proper information most people will do all they can to help protect and maintain the environment.

Altitude Advice:

It is really difficult to head straight up to high altitude for the **first time** even if you follow the recommended 400m-a-day-rule. Walking, let alone climbing, uphill at 5000m is harder than you think. The trek in is a means of acclimatization and getting fit. Our itinerary is planned to allow rational acclimatization and avoid altitude sickness. We should also plan for few extra days as bad weather may affect the designed schedule. This doesn't guarantee the successful ascent but often avoids the disappointment of a cloudy summit day.

Safety for Mera Peak Climb

When travelling in remote mountain regions, uncertainties such as weather, health problems and natural disasters require a certain amount of flexibility. While our goal is to follow the itinerary, that is not our first priority; **your safety is always our first priority**. Annapurna Foothills Treks and Expeditions request your cooperation to accept the decisions and advice of our trusted and experienced guides if they deem it necessary to change or cancel any part of the itinerary due to safety concerns.

We should also plan for few extra days as bad weather may affect the designed schedule. This doesn't guarantee the successful ascent but often avoids the disappointment of a cloudy summit day.

Mera Peak Trip Accommodation:

Annapurna Foothills Treks takes great care to arrange the most comfortable accommodation possible throughout your stay. Accommodation is included in the cost of your package.

Our clients enjoy two nights in the Standard Hotel Holy Himalaya, in Kathmandu, before heading into the remote regions and after returning trip. During the trek, 11 nights will be spent in clean and comfortable tea houses/lodges.

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Travel Insurance:

To must be adequately protected in terms of insurance. You will need special travel insurance for participation in hazardous activities. We recommend a complete travel insurance policy that covers cancellation, lost baggage, theft, injury, liability, medical treatment, death and expenses. Make sure the insurance covers all the activities that you will be undertaking during your stay in Nepal including trekking and climbing.

If a client requires medical treatment, all hospital expenses, including doctors fees and repatriation costs, are the clients responsibility.

If you are injured and unable to walk in a remote area, a helicopter rescue will be arranged. Annapurna foothills Treks has an agreement in Kathmandu that guarantees payment for helicopter evacuations. We will pay a cash deposit to the helicopter operator and collect the money from you once you have been rescued. Before leaving on the expedition, we will make sure your policy specifically covers mountaineering or alpinism otherwise you may have a difficult time settling the large claim

Mera Peak Equipment and Packing List

This list is only our suggestion Mera Peak Climbing. You will want to adjust the list according to your personal requirements, interests, and season of your trip. Well-seasoned trekkers will surely have their own ideas about what to pack.

Almost all of these items on the list are available in Kathmandu. Kathmandu has a good selection of gear stores where many outdoor brands are available at a reasonable price (eg. North Face, Mountain Hardware, Everest Hardware and Marmot.) It is also possible to save money by renting equipment in Kathmandu.

Please remember that Annapurna Foothills Treks and Expedition provides one porter for one client. The weight limit normally is 20 kg per porter. You will carry a day pack, 40- 50 liters with extra windbreaker, sunscreen, water bottle and items you need on the trail.

*Because most items are available in Kathmandu we have marked the **items which you should bring from home with an asterisk (*)**. Some marked items are available, but the exact variety may not be available in Kathmandu.*

Clothing

It is important to be equipped to cope with the extremes in temperature as well as unexpected bad weather. At high altitudes it can be very hot when hiking in the sun and very cold when you stop in the shade and when the temperatures dip at night. What is mentioned on the list is the minimum you should bring. A couple extra T-shirts is a good idea. You may get a chance to wash clothes, socks and underwear on rest days in Kothe but that is not always dependable.

Upper Body

- 2-Light weight thermal tops- long sleeved (medium weight merino or equivalent)
- 3-T shirts or cool-max trekking shirts
- 1- pull over or jacket (Merino, polartec power-stretch, soft shell, 100 weight fleece)

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- 1-200 weight fleece jacket or prima loft jacket
- 1-Waterproof shell jacket with hood (lightweight, breathable)
- 1-Down parka with hood

Lower Body

- 2-Thermal bottoms (merino or polartec powerdry)
- 1-Fleece or polartech powerstretch pants
- 1-Light weight hiking trousers
- 1-Heavy weight hiking trousers (wind proof soft shell for warmth at higher altitude)
- 1-Hiking shorts (optional)
- Waterproof shell pants (lightweight, breathable)
- *Under Garments

Feet

- 4- Warm Trekking socks (wool)
- *4- Lightweight Cotton Trekking socks
- 2-Thick wool socks to wear at night in lodges
- *Gore-tex waterproof hiking boots- (you should buy at home and break them in before you come)
- *Spare laces for hiking boots
- Snow Gaiters (optional)
- Camp shoes/sandals (croc's are ideal)

Hands

- 1-Lightweight gloves-Polypro
- 1-Heavyweight gloves or mittens with a waterproof shell outer (seasonal)
- 1 pair expedition shell gloves

Head

- Warm beanie hat
- Tubular Headwear (buff)
- Sun hat or cap (cap and buff all fit under your hood)
- Polarised Sunglasses with UV protection

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Accessories:

- 1-Daypack (approximately 2500 to 3000 cubic inches)
- 2-Water bottle or camel bag, 1-liter (one with an insulated cover is recommended)
- large duffle bag “**We provide Annapurna Foothill’s Duffle bag for Trekking/Climbing**” (and a lock as the porters will carry this)
- Stuff sacks, dry bags, garbage bags etc (to organise and waterproof your things inside the duffle bag)
- Trekking pole set
- Sleeping bag (- 30°C)
- Head lamp and spare batteries

Personal First Aid kit (we suggest the following items):

- *personal medication
- Broad spectrum antibiotics (e.g. *Ciprofloxacin*)
- Diarrhea stopper (e.g. *Immodium*)
- Rehydration salt sachets
- Medication for giardiasis (e.g. *Tinidazole*)
- *Blister kit (tiny roll of 3M medical tape/breathable surgical tape)
- Antiseptic (iodine or alcohol wipes for cleaning wounds)
- *Sterile non-stick absorbent dressing/gauze (for more serious wounds)
- *Antibiotic cream (sample size)
- 10 *ibuprofen* tablets (anti-inflammatory; pain relief)
- 4 antihistamine tablets (for bites, allergic reactions; e.g. *Benadryl*)
- throat lozenges
- Small Swiss Army knife (which has knife, scissors and tweezers)
- Small whistle
- Diamox (consult your doctor about this)

Toiletries/hygiene:

- Toothbrush & *paste (preferably biodegradable)
- Toilet paper
- Light weight towel and *soap (preferably biodegradable)
- *Face and body moisturizer (the low humidity at high altitude dries the skin)
- Feminine hygiene products
- Small mirror
- *Deodorants

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- Nail clippers
 - Wet wipes/ baby wipes (in case there is no warm water for a wash)
 - Antibacterial hand gel
 - Sunscreen (with a high UV factor needed for high altitude)
 - Sunblock lip balm (kept in a pocket and regularly applied)

Extras/Luxuries:

- *Lightweight reading material, journal
- Trail Map/Guide book
- Journal & Pen
- *Travel game i.e. chess, backgammon, scrabble, Small pillow
- Thermarest (optional – in case the mattress in the lodge is inadequate)
 - *Earplugs (in case group member snores)
 - Personal treats and snacks
 - *Zip-lock bags for snacks so you can divide each day
 - A bag to leave these in Kathmandu (very cheap in Kathmandu)
 - Shoulder bag or small backpack for exploring around town (optional)
 - *Music player
 - *Camera
- Binoculars
 - Town clothes and shoes
- *Swimming costume (for Kathmandu)
 - Tips for your Sherpa guide and porter

With best regards
Ngima Nuru Sherpa



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