

- The Mera is easy and highest trekking peak in Nepal.
- Mera Glacier.
- Trek through the Sherpa village of the Everest area.
- Sen Tenzing and Jimmy Roberts first time successful ascent of Mera on 20 May 1953.
- Climbers can enjoy with snow-capped world's highest mountains above 8,000meters Everest, Lhotse, Makalu, and Neighbor Mountains.

Mera peak climbing is popular, easy, and the highest trekking peak in the impressive Khumbu region eastern part of Nepal. It raises to the south of Everest and to the northeast of Lukla. Technically, The Mera is not a difficult peak in comparison with other peaks in Nepal. It is ascending snow slopes that rarely exceed 30 degrees to the top. It is the perfect choice for physically fit and basic climbing knowledge. Tenzing and Jimmy Roberts first time successful ascent of Mera on 20 May 1953. The trails they used still the standard route.

Climbers can enjoy snow-capped the world's highest mountains above 8,000 meters Everest, Lhotse, Cho Oyu, Makalu, Kanchenjunga, and Neighbor Mountains. Summit of Mera base camp is hardly more than a mountain walk across crevasse glacier. High altitude respect and acclimatization must be complete at the recommended time. This usually means reaching the summit a short time after arriving at Lukla. Many people fail to reach the summit because they didn't follow the acclimatization rule. The Glacier Adventure Company has a decade of experience team and a careful design Itinerary. Many times we have successful records of Mera peak climbing.

## Trip Facts

**Price:**

USD 2885

**Duration:**

19 days

**Activities:**

Hiking & Trekking, Sightseeing, Climbing

**Accommodation:**

Lodge and tent

**Meals:**

Breakfast in kathmandu/All the meals

**Destination:**

Mera Peak Summit

**Max. Altitude:**

6461(Summit of Mera peak)

**Group Size:**

Minimum 1

**Best Season:**

March, April, May, September, October, November

**Start/End:**

Kathmandu

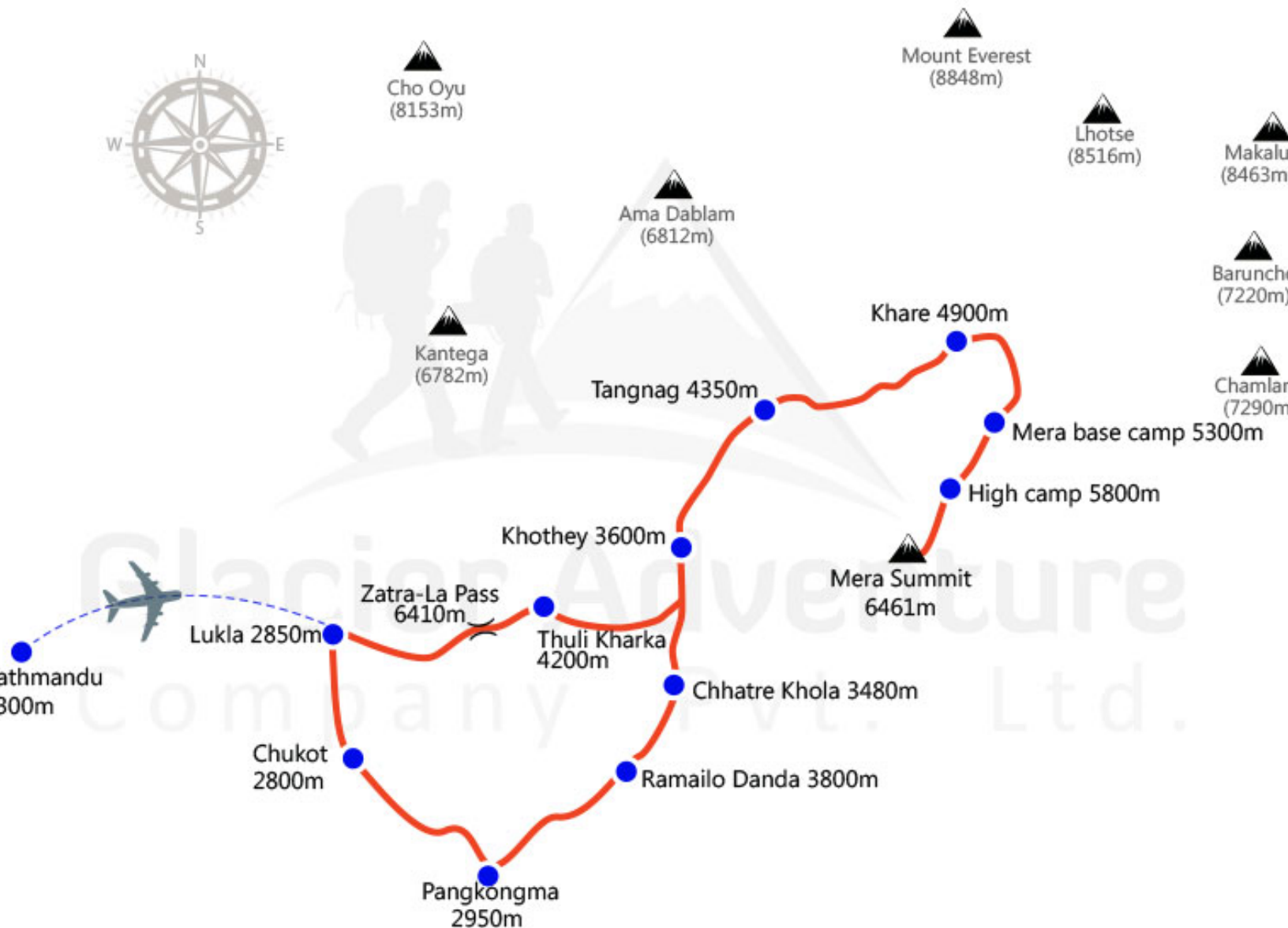
**Daily walking Hour:**

5 to 7 hours

**Transportation:**

Car/Van/Plane

## Route Map



## Day to Day Itinerary

### Day 1: Arrival in Kathmandu (1300m)

**Accommodation:** Hotel | **Meal:** Welcoome Dinner

When traveler arrival airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

### Day 2: Kathmandu sightseeing (1300m)

**Walking hr:** 5hrs | **Accommodation:** Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for Climbing. The traveler meets Leader and team member, they check your equipment as well as advice what you need for climbing.

### Day 3: Kathmandu to Lukla to Chutok (2800m)

**Walking hr:** 5hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today, Brand new day. Travelers are entering Sherpa Land. Early morning after breakfast drive to Kathmandu airport, then short flight (40m) from Kathmandu to Lukla with beautiful mountain scenery. After Lukla, the trail descends to Surke village through Handi Khola, then the trail continues the Paiyan.

### Day 4: Chukot to Khari La hill (3080m) to Panggom (2950m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail descends for a while, then the trail ascending until Kari La passes through rhododendron and bamboo forests with narrow mountain trail in the Dudh Koshi valley then continue to Panggom.

### Day 5: Panggom to Ramailodanda (3800m)

**Walking hr:** 6 hrs | **Accommodation:** Tent | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail ascending to Panggom Top then the trail descends through north side. Trekkers cross Peseng Kharka Khola, then reaches Peeng Kharka Danda then reach Ningsow village, finally reach in Ramailo Danda. This is the best viewpoint of Mera peak and Salpa. There is the simple guest house. If many tourists, need to use the tent.

### Day 6: Ramailodanda to Chhatre Khola (3480m)

**Walking hr:** 5hrs | **Accommodation:** Tent | **Meal:** Breakfast, Lunch & Dinner

Today is the shortest day. After breakfast starts walking. The trail descends to Chhatra Khola through the big forest when crossing the Chhatra Khola, then the trial ascending short time. There is the simple guest house. If many tourists, need to use the tent.

### Day 7: Chhatre Khola to Khothey (3600m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail ascends to Thakthok through the forest after that trekkers follow the

main trail. The trail descends to Kothe. This place is better lodged than Chhatra Khola. Evening time visit around Kothe.

## Day 8: Khothey to Tangnag (4350m)

**Walking hr:** 5hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking Thaknak. The trail ascending to Hinku valley through summer pastures, near Langsamba valley narrows wedged between the Kusum Kangru 6369 m and the west summit of Mera Peak 6255 m. The Langsamba is the oldest Gompa. Trekkers take lunch Gondishung then continue to the Thaknak.

## Day 9: Tangnag to Khare (4900m)

**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the shortest day. After breakfast starts walking. The trail, surprisingly ascends to Khare in short time of period through dig Kharka. Enjoy spectacular views of the north of Mars and Carpet Himal.

## Day 10: Acclimatization day!

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is acclimatization day for adjusting thin air and time for check climbing equipment like Ice ax, harness, climbing boots and crampons then climbing guide share your climbing techniques on the ropes. Prepare for the next day go to High camp.

## Day 11: Khare to High Camp (5800m)

**Walking hr:** 6 hrs | **Accommodation:** Tent | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail ascends with the rocky trail then snowy glacier, continue to Mera la, finally reach High camp. Climbers follow AMS rule and guide advice. The climbing guide sets up camp in High camp. Enjoy excellent panoramic views of Chamlang (7290m), Makalu (8475m) Baruntse (7220m), Everest (8848m) and Lhotse (8501m)

## Day 12: Summit day(6461m)

**Walking hr:** whole day | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day for Climbers. Convert dream to reality. The climber gets up 2 o'clock mornings for breakfast. Beginning time it's very cold but warm up soon, climber continues up with the glacier. The trail Mera top is not technical. The trail slowly ascending to mera top but some time need to use fixes rope before top (50m). When summit (6461m) Mera superb views of Mt. Everest (8,848m) Cho-Oyu (8,210m) Lhotse (8,516m) Makalu (8,463m) Kangchenjunga (8,586m) Nuptse (7,855m) Chamlang (7,319m) and Baruntse (7,129m) take your time to enjoy it then continue down to High camp, Lunch there, after that continue to Khare.

## Day 13: Climbing period

**Accommodation:** tent | **Meal:** Breakfast, Lunch & Dinner

In the mountain no guarantee weather condition so that if bad weather, according to our itinerary. Glacier Adventure put extra day. If not, a bad weather, goes according to our itinerary smoothly. This day is not required.

## Day 14:Khare to Khothey (3600m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking for Kothe. When is success climbing. Leaves the mountain behind to you. The trail descends to Kothe. The trail used previously.

## Day 15:khothey to Thuli Kharka (4200m)

**Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail ascends bank of Inkhu Khola, reach in Thakthok then follow the right path continue to walk, finally reach the Thulikharka.

## Day 16:Thuli kharka to Zatrwa La pass to Lukla (2850m)

**Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. Today cross Zatrwa La pass (4610m). The trail ascends to Zatrwa top, then the trail descends curtain. When crossed sees the beautiful Lukla valley after that the trail straightforward to Lukla. Enjoy snow-capped mountain views with Kongde Peak, Number Himal, Kusum Khangru and other mountains.

## Day 17:Lukla to Kathmandu (1300m)

**Accommodation:** Hotel | **Meal:** Breakfast & Lunch

Early in the morning after breakfast walk to Lukla airport, then the short flight to Kathmandu, transfer to hotel in Kathmandu, Your adventures finished take a rest and relax. Enjoy the day.

## Day 18:Leisure day in Kathmandu (1300m)

**Accommodation:** Guest house | **Meal:** Breakfast & fare well Dinner

Today is leisure day, in case of bad weather in Lukla. If, Trekkers cannot fly on scheduled date and time from Lukla to Kathmandu. Free time to go shopping, the souvenir to your family members and friends. Enjoy the day.

## Day 19:Departure day

**Meal:** Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Mera peak climbing without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change Itinerary. However, Unlikely that Itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they change the best one of the whole group. Where a change does occur, we do everything best. We minimize its special effects but we cannot be responsible for the results of delays.

## Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three star hotel in Kathmandu breakfast included (4 nights)
- Welcome and fair well dinner.
- All accommodation and meals during the trek & Climbing.
- A full day sightseeing tour in Kathmandu valley including tour Guide and Entrance fees
- Government license experienced English speaking trekking/climbing Guide. During the trek & Climbing.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Sagarmatha National Park permits/Island peak Permit fees/ Garbage Deposit Fee.
- General Climbing equipment such as rope, Ice Screw, Snow Bar etc.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- Flight from Kathmandu to Lukla to Kathmandu/airport tax
- All our government taxes.
- Official expense.

## Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, Mineral water or boiled water, shower)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara (and also in the case of the early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and the early return from the mountain (due to any reason) than the scheduled.

**IMPORTANT NOTE**

Climber's safety is our paramount concern while Mera Peak Climbing with Glacier Adventure. Every effort will be made to keep to the above itinerary. Mera Peak Locate the Khumbu region. Glacier Adventure can't guarantee it such as weather conditions, availability of Staff and the health of team members can all contribute to change. The Guide and assistance guide will try to ensure that the trip runs according to plan. Please be prepared to be flexible if necessary.

**Pre-trip meeting**

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd the day of the itinerary. Climbers introduce the leader. We will provide an opportunity for individuals to ask questions about Mera Peak Climbing. The pre-trip meeting covers personal equipment, acclimatization, and to introduce you to another team member. Glacier Adventure hopes pre-trip meetings have excellent, informative, supportive, and fun.

**Acclimatization**

Glacier Adventure's Mera Peak Climbing itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast to cause a medical condition serious enough to kill. The high mountain area is less oxygen in the air. If, Climbers wanted safe Mera Peak Climbing. Their body needs some days to rest in the less air environment. Especially, Climber needs to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

**Physical condition & experience requirements**

Technically, Mera Peak is an easy trekking peak Remote Mountain in the Khumbu region. This is suitable for Physical fit Persons. The Climber must be in good health and physical condition. The technical condition is very basic include the use of ropes, ice- Ax. And crampons. Mera peak climbing is not a technical peak. The climber who had good technical knowledge would be better. The most important thing is a positive attitude that makes this trip successful. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

**Insurance**

When traveling with Glacier Adventure. Climbers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have any problem. Climbers should be careful in choosing a policy; however, some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

**Staff Arrangements**

CONVERT DREAM TO REALITY

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Glacier Adventure staffs try to make successful, enjoyable, and memorable your Mera Peak Climbing. They are innocent, helpful, experienced, and Careful. Your trip leads most professional leaders. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography, Mountaineering, and the history of Nepal. Glacier Adventure's leader trained following things.

English Language.

Trekking Guide Training.

First aid course.

Conservation & Biodiversity

Mountaineering (Climbing) Training.

### **Porter care**

Trekking and climbing are adventures. Porter's job is a hard-working job. They carry trekker supplies and baggage that makes a journey easy and comfortable in the remote mountains of the Khumbu region. We ensure all our porters are well trained, well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters in dangerous situations. For the porter's sake, we require all trekkers to keep their bag weight of 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

### **Accommodations**

All accommodations for Mera Peak climbing are twin sharing basic included in the trip cost. The trip based on, standard service and Standard hygiene food. There are three types of accommodations for the trip. Standard tourist hotel in Kathmandu and during the treks, Climbers spends standard Guesthouse which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities and during the climbing used tents and foam mattresses, toilet facilities will be provided with required natural protection. We always try to provide accommodations in all places.

Glacier Adventure  
Company Pvt. Ltd.

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