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NEPAL · EVEREST, KHUMBU

Mera Peak Climbing (6,476m)

Mera Peak Climbing is an unforgettable Himalayan adventure through the pristine Hinku Valley, leading to the summit of Nepal's highest trekking peak at 6,461m.

TRIP PRICE
$2,300

COST / PRICE $2,300	REGION Everest, Khumbu	DURATION 15 days	MAXIMUM ALTITUDE 6,476 m
BEST SEASON Spring & Autumn	DIFFICULTY Challenging	ACCOMMODATION Teahouse / Lodge	TRIP TYPE mountaineering

HIGHLIGHTS

What makes this trip special

01 **Summit Mera Peak (6,461m), Nepal's highest trekking peak, and experience an unforgettable high-altitude adventure perfect for aspiring mountaineers.**

02 **Enjoy spectacular 360° Himalayan views from the summit, including five of the world's highest mountains—Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga.**

03 **Trek through the pristine Hinku and Khumbu Valleys, crossing lush forests, alpine meadows, glacial landscapes, remote Sherpa villages, and the scenic Zatrwa La Pass (4,600m).**

04 **Perfect for first-time climbers, combining a non-technical ascent with expert guidance, proper acclimatization, and an authentic Sherpa cultural experience for a safe and rewarding Himalayan expedition.**

OVERVIEW

Journey overview

While Mera Peak is considered a non-technical climb , it does demand good physical fitness and determination. Suitable for trekkers with moderate trekking or hiking experience, this peak is ideal for those wishing to take their Himalayan adventures to new heights without the need for advanced mountaineering skills. A pre-climb training session at Khare ensures all participants are well-prepared for the final ascent.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1

Arrival at Kathmandu 1400m. and hotel transfer

Upon your arrival at Tribhuvan International Airport (TIA), our representative will be there to greet you and facilitate your smooth transition. They will assist with your luggage and ensure a hassle-free check-in process at your hotel.
Depending on your arrival time, take the opportunity to rest and rejuvenate. If you feel up to it, explore the lively city surroundings or visit nearby attractions. Overnight, enjoy a comfortable stay at a well-appointed star hotel in Kathmandu.

DAY 2

Kathmandu excursion and Mera Peak Climb preparation

Following breakfast, your tour guide will arrive at your hotel to commence the Kathmandu Cultural Tour. Once the sightseeing concludes, you will have a comprehensive overview and briefing on the upcoming Mera Peak Climb.
If you have any remaining shopping for the trek and climb, Thamel offers an array of options to purchase or rent equipment and clothing. After your shopping needs are fulfilled, we'll drop you back at your hotel for a restful overnight stay, ensuring you are well-prepared for the early start of tomorrow's adventure.

DAY 3

Flight to Lukla and trek to Chhuthang (3020m).

Commencing your Mera Peak trek on Day 3, you bid farewell to the bustling capital and venture into the breathtaking Himalayan region. An early morning flight from the domestic terminal of TIA or Manthali Airport (a 4-hour drive from Kathmandu) whisks you away to Lukla. This 45-minute scenic cross-valley flight treats you to panoramic views of lush green hills, meandering rivers, and vibrant settlements before unveiling the majestic snow-clad expanse of the Himalayas.

Upon landing in Lukla, connect with the remaining members of your expedition team. If there are any last-minute shopping needs, explore the local marketplaces. Continuing the adventure on the third day of the Mera Peak itinerary, traverse picturesque paths through dense rhododendrons and pine forests beneath the Kalo Himal Ridge. The trek unfolds along the Dudh Koshi River, leading you to Chhuthang, a pastoral summer landscape utilized by herders.

DAY 4

Chhutthang to Tuli Kharka Trek (4300m) via Zatrawal Pass (4600m)

Embark on another day of picturesque exploration during your Mera Peak Climbing adventure, but keep in mind that traversing one of the high Himalayan passes requires a measured pace and consistent hydration. Beginning your journey from Chhuthang after breakfast, navigate the enchanting trails adorned with magnolia, rhododendron, and pine forests, gradually ascending the steep trail that leads to the summit of Zatrawal Pass.

This marks the initiation of a demanding trek in the Mera Peak itinerary, urging you to conquer challenging inclines. While the climb may pose difficulties, the summit of Zatrawal Pass offers a spectacular panorama of the Himalayan massifs, including Lumdung Himal, Karyolang Peak, Kongdi Ri, and Numbur Himal. Following the awe-inspiring high Himalayan experience, descend along the trail to Tuli Kharka, tracing the paths through Chattre. Tuli Kharka, a spacious pasture land dotted with teahouses, provides a serene overnight resting spot.

DAY 5

Tuli Kharka to Kothe (4182m)

On the fifth day of your Mera Peak adventure, delve deeper into the enchanting atmosphere of the Hinku Valley. Departing from Tuli Kharka, you'll follow a descending trail leading to the ridge of the Hinku River in the initial part of the trek. Navigate rocky paths with alternating ascents and descents through the lush pine, oak, and rhododendron forests, venturing further into the heart of the Hinku Valley.

Along this scenic route, be captivated by a delightful view of Mera Peak. Continuing along the western trail of the valley, make your way towards Kothe, situated along the banks of the Hinku River. Find accommodation in teahouses at Kothe, marking a tranquil halt for the day.

DAY 6

Kothe to Thangnak (4326m)

After enjoying the magical vibrance of the close-up Mera Peak from Kothe, you will proceed along the trails headed toward Thangnak. On this day of your Mera Peak trek, you will move along the steep gradual upward trails on the ridge of the Hinku Khola making your way toward Gondishung, a small summer settlement for the herders.

Moving further ahead you will also pass one of the oldest monasteries in the region, Lungsumgba Gumba which was built approximately 200 years ago. It's a short scenic trail from here that will lead you to Thangnak, a summer grazeland for the herders with several teahouses. From here, you will able to enjoy the stunning views of Mera Peak, Kusum Kanguru, and other adjacent peaks as you settle in for the night in this magical ambiance of the Himalayas.

DAY 7

Thangnak to Khare (5000m)

Following breakfast, your expedition advances towards the final settlement en route to the Mera Peak Base Camp, Khare. As you ascend to the 5,000-meter altitude, it's crucial to stay well-hydrated and maintain a steady pace. In the initial leg of today's trek, traverse the steep moraines of the Dig Glacier, progressing towards Dig Kharka. Continuing the journey, follow the glacial moraines of the Hinku Nup and Shar Glaciers, leading you to Khare.

In the concluding stretch of this day's adventure in the Mera Peak trek, navigate a steep trail that extends to Khare. From this strategic settlement along the route, relish the panoramic views of Himalayan massifs such as Kusum Kanguru, Kyashar, and the north face of Mera Peak.

DAY 8

Acclimatization and side exploration at Khare

As you've ascended significantly on this day of your Mera Peak trek, it serves as your initial acclimatization day. Adequate acclimatization is crucial to mitigate the risk of altitude sickness at higher elevations. Therefore, in your Mera Peak Climbing itinerary, allocate this day to allow your body to rest after the demanding journey. Engage in light physical activities and side explorations to facilitate an effective acclimatization process. Consider undertaking short hikes in the surrounding region and use the time to check and prepare your mountaineering equipment for the upcoming significant adventure starting tomorrow. This thoughtful approach ensures your well-being and readiness for the challenges ahead.

DAY 9

Trekking from Khare to Mera High Camp (5300m)

The eagerly anticipated day has arrived, the pinnacle of your Mera Peak climbing adventure. Today, you ascend the snowy slopes, forging a path toward Mera High Camp. Leaving Khare behind, the journey unfolds as you progress to Mera Base Camp in the initial part of the trek. Traverse the Mera La Pass, the inaugural snow and ice segment of the Mera Peak climb expedition, navigating the glacial expanses en route to Mera Base Camp.

Upon reaching the base camp, the commencement of your climbing expedition on Mera Peak to the high camp is imminent. Ascending through snowy and glacial sections, a gradual climb leads you to Mera High Camp. Our expedition crew diligently sets up warm camps, providing a restful night and preparing nourishing meals. With mesmerizing, up-close views of Everest, Lhotse, Makalu, and Nuptse, settle in for the night as the Mera Peak climbing adventure commences early the next morning.

DAY 10

Summit of Mera Peak (6461m) and descend down to Khare

Today marks the summit day of your expedition. Fully equipped with all the necessary mountaineering gear, you embark on your ascent early in the morning, aiming to reach the summit before noon to avoid the challenges posed by high winds in the afternoon. Guided by a seasoned mountain professional, you follow their footsteps, reassured that every detail has been meticulously arranged for a comfortable climbing experience, alleviating any concerns.

The journey to the summit of Mera Peak from Mera High Camp takes approximately 5-6 hours. Upon reaching the pinnacle, revel in the extraordinary vistas encompassing Ama Dablam, Nuptse, Everest, Makalu, Lhotse, Cho Oyu, Kanchenjunga, and numerous other peaks. Following this awe-inspiring achievement, descend to Khare, where you'll celebrate your triumph and relish the warm comfort of the local teahouse after a fulfilling and adventurous day.

DAY 11

Trekking back to Kothe (4182m) from Khare

After conquering Mera Peak, your journey retraces its path back to Kothe from Khare. Bid farewell to the high-altitude Himalayan region as you backtrack across the moraines of the Hinku Nup and Share Glaciers, leaving Dig Kharka and Dig Glacier behind. Descending to lower altitudes, this leg of your Mera Peak trek is a relatively easy day's walk.

As you navigate the descending trails, you'll pass through the summer grazing land of Thangnak, re-enter the spiritual ambiance of Lungsumgba Gumba, and, in the final stretch of the day's adventure, follow the trekking trail alongside the Hinku River. This trail leads you to the picturesque Kothe Village, nestled along its banks.

DAY 12

Kothe to Tuli Kharka (4300m)

After a hearty breakfast, your journey continues along the familiar path, tracing your steps amidst the scenic trail meandering through dense rhododendrons and pine forests. This leg of your Mera Peak expedition features more uphill segments than descending trails.

Progressing further along the trail, soak in the magnificent views of Mera Peak. Follow the ridges of the Hinku River, and with a gradual ascent during the final stretch, you'll ultimately reach Tuli Kharka. Immersed in the grandeur of the Himalayan ambiance, settle in for the night at a teahouse in this expansive pasture land.

DAY 13

Trekking down to Lukla from Tuli Kharka via Zatrawala Pass (4600m)

Retracing your steps, you journey back to the high Himalayan pass, Zatrawala Pass, and descend to Lukla. Commencing the steep ascent from the Tuli Kharka side on this day's adventure, you conquer the summit of this magnificent pass. After immersing yourself in the breathtaking views of the Himalayan range from this vantage point, you follow a gradual descending route toward Lukla.

Covering a trekking distance of approximately 6-7 hours on this day of the Mera Peak itinerary, you arrive in Lukla from Tuli Kharka. This marks the final day of your Mera Peak climb itinerary, where you will spend the night in the magical, serene, and picturesque ambiance of the Himalayan region. Rest at one of the finest teahouses in Lukla, preparing for the return trip to Kathmandu tomorrow.

DAY 14

Fly back to Kathmandu from Lukla

On Day 15 of your Mera Peak Climbing expedition, you bid farewell to the Himalayas, cherishing the fond memories created in this enchanting region. Board a flight back to Kathmandu from the gateway of Everest, relishing the aerial views of the stunning Himalayas, lush green landscapes, high hills, and vibrant settlements as you descend into the bustling capital.
Upon arrival at TIA or Manthali Airport, you will be transferred back to your respective hotel. After a rejuvenating rest, take the opportunity for some side exploration of Kathmandu. Explore nearby landmarks or stroll around the city, discovering local restaurants and soaking in the vibrant atmosphere.

DAY 15

Airport transfer for departure

On your departure day, our representative will coordinate with your flight schedule, pick you up from your hotel, and facilitate the check-out procedures. It is advisable to reach the airport at least 3-4 hours before your scheduled flight, so please plan your arrangements accordingly.
We trust that you had a fantastic time, and we sincerely thank you for choosing us for your adventures. We look forward to welcoming you again. Have a safe and pleasant journey.

SERVICES

Included and not included

Included

- √ Airport Arrival and Departure Transfer by Private Vehicle
- √ Overnight stay at Kathmandu for 4 Days with BB Plan
- √ Kathmandu to Lukla and back to Kathmandu flight
- √ All essential ground transportation in private transport.
- √ Mera Peak Climbing permits
- √ All essential trekking permits and entrance fees on the national parks.
- √ TeaHouses/Lodges Plus Camping combined accommodation throughout the trek – in accordance with the itinerary
- √ All 3 meals throughout the trek & climb– Breakfast, Lunch, and Dinner
- √ Professional Guide Experienced in trekking & climbing
- √ Two Clients One Porter for trekking Part, one extra Porter for Climbing Part
- √ All essential climbing gear and equipment
- √ Equipment for kitchen and camping during the climbing duration
- √ Basic first aid kits
- √ Staff clothing, wages, and insurance
- √ Welcome dinner as well as farewell dinner in Kathmandu
- √ All required taxes and necessary paperwork by government

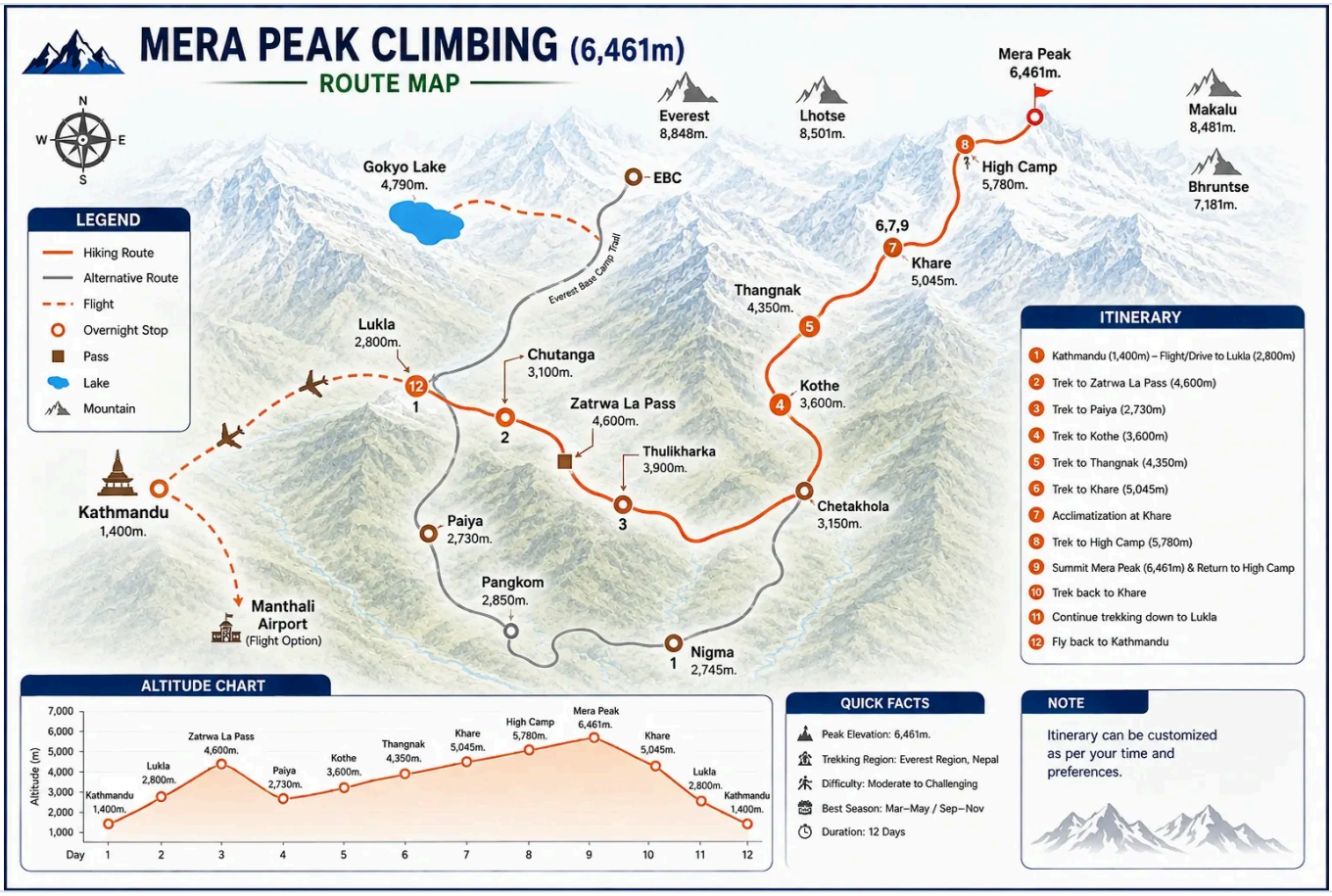
Not included

- – Private climbing gears
- – Your Personal Insurance
- – Tea, Coffee, Cola, Water, Hot shower for trekking part(climbing part all included)
- – Personal expenses - cost
- – Tips Donation Grants & Summit Bonus for guides/porters

ROUTE MAP

Trekking & tour route

Key stops, checkpoints, and route trajectory.



PLANNING

Frequently asked questions

What is the height of Mera Peak?

Mera Peak stands at 6,461 meters (21,190 feet) , making it the highest trekking peak in Nepal .

How difficult is Mera Peak to climb?

Mera Peak is considered a moderately difficult, non-technical climb. Trekkers should have good physical fitness and some high-altitude trekking experience. Basic mountaineering skills like using crampons, an ice axe, and fixed ropes are helpful but can be learned during the trip.

Do I need prior mountaineering experience for Mera Peak?

No advanced mountaineering experience is required. However, previous trekking experience and a good level of fitness are recommended. Basic climbing training is provided at Khare before the summit push.

What is the best time to climb Mera Peak?

The best seasons for Mera Peak Climbing are spring (March to May) and autumn (September to November) when the weather is clear, and the mountain views are at their best.

How long does it take to climb Mera Peak?

A typical Mera Peak expedition takes about 16 to 20 days , including arrival in Kathmandu, trek to the base camp, acclimatization days, summit attempt, and return.

Is Mera Peak harder than Island Peak?

Mera Peak is higher than Island Peak but technically easier. Mera Peak involves basic glacier travel and gentle slopes, while Island Peak has steeper ice walls and more technical sections.

What permits are required for Mera Peak Climbing?

You'll need:
Mera Peak Climbing Permit
Makalu Barun National Park Permit
Khumbu Rural Municipality Permit
Your trekking agency typically arranges these for you.

What equipment do I need for Mera Peak?

Essential gear includes:
Mountaineering boots
Crampons
Ice axe
Climbing harness
Helmet
Down jacket and sleeping bag A complete equipment checklist is provided by your tour operator.

Is altitude sickness a risk during Mera Peak Climbing?

Yes — due to the high altitude, there's a risk of altitude sickness. Proper acclimatization days, a gradual ascent, and hydration are crucial to reduce the risk. The itinerary typically includes a rest day at Khare (5,045m) for this purpose.

Can beginners climb Mera Peak?

Yes, fit beginners with good stamina and basic trekking experience can attempt Mera Peak. Pre-climb training and expert Sherpa guidance ensure even novice trekkers can safely enjoy the climb.

GALLERY

A glimpse of the journey










Community Trek
Explore, Connect & Experience

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PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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