

Mera Peak Climbing



Introduction

Mera peak 6470m is **one of the beautiful and easy peaks in Nepal** around Huknu Valley, Khumvu region. Expeditions to the Mera Peak starts form Lukla airstrips. The trail straight raise to Zetra La pass which seems bit tuff at the beginning. The trail to the Mera Peak almost over the 4000m. Making a trek to the Mera peak a real mountaineering adventure for which effort is rewarded with spectacular scenery and ultimately one of the finest viewpoints in Nepal. The views are with Makalu, Barunche, Everest, Amadamlam, Lhotse, Cho-oyu are breath taking. It requires to be well equipped and a experience guide to led you till the top. Alpine Asian Treks and Expedition can organize for logistic and other kinds of support to climb the peak.

Trip Facts

Trip Duration	13 Days
Trip Grade:	Moderate to fairly hard
Best Season	March-may, Oct - November
Per Day Hiking:	5-6 hr

Elevation	6470m
Accommodation	Hotel/ LOdge/ Camp
Transportation	Private car/ van/ Flight

Itinerary Details

Day 01: Arrive in Nepal and transfer to Hotel:

Our representative will be waiting in Nepal airport with flower and garland to welcome to you. Transfer to your hotel. Free in the evening. Later we will organize a Nepali cultural dinner at Nepali restaurant. O/N in the Hotel.

- Arrival transfer by private car
- Taken care by our representative
- Welcome dinner at Nepali restaurant
- Overnight rest at Hotel

Day 02: Free day in Kathmandu and documentation for climbing:

Enjoy your breakfast at your hotel and drive to sightseeing (Swyambhunath, Boudhanath and pashupatinath). Afternoon we will introduce your climbing guide and re-check the equipment. Trip briefing about the trekking and climbing. O/N in the hotel.

- Breakfast at Hotel
- Drive to sightseeing by car with city tour guide
- Night rest at Hotel

Day 03: Fly to Lukla and Trek to Chtanga 3050m:

Our guide will pick you from your hotel and drive to domestic airport. Fly to Lukla and have your breakfast at local restaurant. You will meet your rest of the crew in Lukla. Our team buy some necessary things which we will need while in trekking to Mera Peak. Camp at Chutanga. O/N in the local guest house/ lodge /N in the camp.

- Transfer to domestic airport by car/ van
- Domestic flight to Lukla
- Taken care by guide and porter
- BLD from guest house/ lodge
- Night rest at guest house/ lodge

Day 04: Trek to Thuli Kharka (4300m) O/N in the camp.O/N in the camp:

This is a long and bit hard day as you have to cross Zetra La 4640m. It could be difficult on snow or snowy day. Trek start after early breakfast and you will be serving a pack lunch. O/N in the local guest house/ lodge.

- BLD from guest house/ lodge
- Taken care by guide and porters
- Over night at lodge/ guest house

Day 05: Trek to Kote (3500) O/N in the camp:

Today is a easy day compare to yesterday. The trail will descend down to the Hunku River which we will follow to the peak. Today you will view the Mt. Everest, Lhotse and makalu. O/N in the local guest house/ lodge

- BLD from guest house/ lodge
- Taken care by guide and porters
- Over night at lodge/ guest house

Day 06: Trek to Thangnak (4356m) O/N in the camp:

Start trekking after the breakfast. Follow the river and today the view of Hinku Valley, Mear Peak and Naulakh are start viewing. It is a normal day. O/N in the local guest house/ lodge

- BLD from guest house/ lodge
- Taken care by guide and porters
- Over night at lodge/ guest house

Day 07: Trek to Khare 5045. O/N in the camp:

You are above 5000m, you may feel little difficulties to breath but the giant Mountain View will release the pain. This day is a bit steep hiking compare the previous couple of days. The view fo Mera peak and Kusum Kanguru are breath taking. Khare is a small village before the base camp. O/N in the local guest house/ lodge

- BLD from guest house/ lodge
- Taken care by guide and porters
- Over night at lodge/ guest house

Day 08: Rest day at Khare (5045m):

This day is a rest and training day before you attempt the peak. Your climbing guide will teach you about how to use the climbing gears and safety instruction in the mountain. There is a small rock mixed slope wall to climbing technique and using gears. Back to the camp and rest for acclimatization before hike to Base Camp. O/N in the local guest house/ lodge

- BLD from guest house/ lodge
- Taken care by guide and porters
- Over night at lodge/ guest house

Day 09: Trek to Base camp 5350m:

Hike to the base camp, the trail follow through Mera La 5415m which is considered bit technical. Mera-La is a route to Mt. Borunche and Chamlang expedition and way to Ming-Bo la pass to Chukung. Our climbing guide set the equipment as per the requirements. O/N in the camp.

- BLD from our kitchen
- Taken care by guide and porters
- Over night at camp

Day 10: Trek to High camp 5780m.

You must feel some breathing problems as you are already 5700m or above. Your team will make hot soup, tea, and coffee to drink so that you have enough liquid to your body. Once arrive in the camp your Climbing guide will have small refreshment training about climbing technique and using the gears. Night rest at camp.

- BLD from our kitchen
- Taken care by climbing guide
- Over night at camp.

Day 11: Summit and back to base camp 6470m:

GOOD LUCK! Today you have to wake up early in the morning, pack your things, on your boot and start your summit point. You have to climb over the ice and snow. You will climb with camera, some water, pack lunch and our guide will in the lead. Enjoy the stunning view of the mountain and back to base camp. You will have the best view of Mt. Makalu 8475, Barunche 7168, Lhotse Shar 8393, Lhotse 8501, Nuptse 7861m, Amadablam 6856m, Kangtega 6685m, Cho Oyu 8153m, Kyashar 6770m. Back to Khare.

- BLD from our kitchen
- Taken care by climbing guide
- Over night at camp.

Day 12: Trek to Back to Kote:

You must feel easy going down. Enjoy the mountain in the back drop. O/N in the local guest house/ lodge

- BLD from guest house/ lodge
- Taken care by guide and porters
- Over night at lodge/ guest house

Day 13: Trek back to Thuli Kharka:

Follow the Hinku Khola valley. O/N in the local guest house/ lodge

- BLD from guest house/ lodge
- Taken care by guide and porters
- Over night at lodge/ guest house

Day 14: Trek to Lukla:

Trek over Zetra-La and arrive in Lukla. This is your last night in the mountain. You can invite to your crew to the farewell treat together. O/N in the local guest house/ lodge

- BLD from guest house/ lodge
- Taken care by guide and porters
- Over night at lodge/ guest house

Day 15: Catch a flight to Kathmandu:

Enjoy the last breakfast in the mountain and take a domestic flight to Kathmandu. Take an easy day

around down town.

- Breakfast at guest house in Lukla
- Domestic flight to Kathmandu
- Transfer to hotel by car van.
- Over night rest at Hotel

Day 16: Free day in Kathmandu:

Enjoy the breakfast at Hotel. Take an easy day around downtown. Night rest Hotel.

- Breakfast at Hotel
- Over night rest at Hotel

Day 17: Depart to Home:

We will transfer to international airport for the final departure. Sweet home.

- Breakfast at Hotel
- Transfer to airport by car/ van

Cost Includes :

- Arrival and departure transfer from Nepal airport
- 4 night hotel in Kathmandu in on BB twin sharing.
- All the land transfer as per itinerary
- All domestic flight to and from Lukla
- All meals whilst trekking (Lodge/ guest house/ our kitchen)
- Applicable trekking and climbing permits and fees
- Porters and/or pack animals to carry personal gear and group equipment
- Duffle Bag for your gear
- All camping equipment including 2-man tents, sleeping mat, and sleeping bag
- Full trek staff including guides, sherpas, cook and kitchen staff
- Experienced climbing guide
- All group camping, cooking, eating and portage equipment
- Comprehensive medical kit

Cost Excludes :

- Personal climbing equipment
- Entrance while sight seeing
- International flights, visa
- Travel insurance (emergency evacuation)
- Tips and gratuities (crew will expect the tipping)
- Costs arising from unforeseen events outside the control of **AATE**.
- Personal expenses such as drinks, postage, laundry