

MERA PEAK

Most Popular Trekking Peak of Nepal

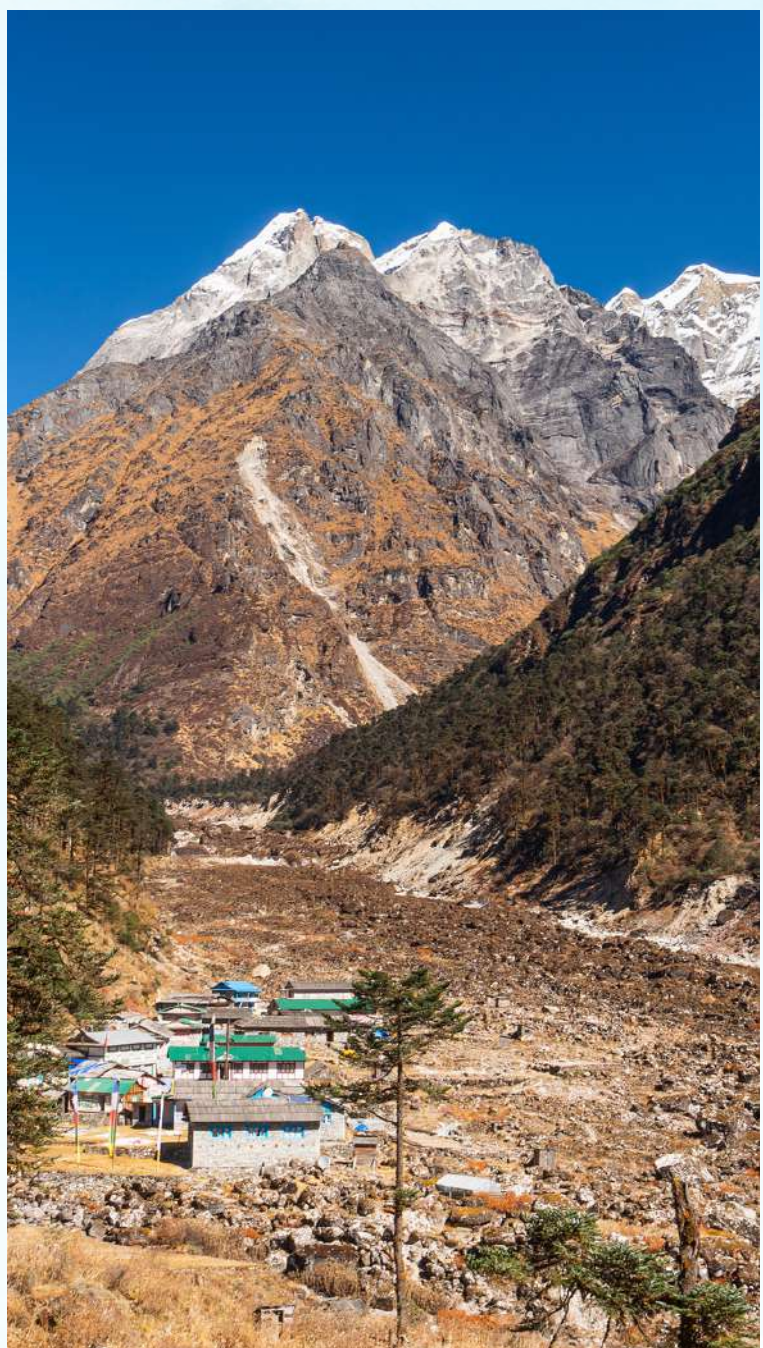
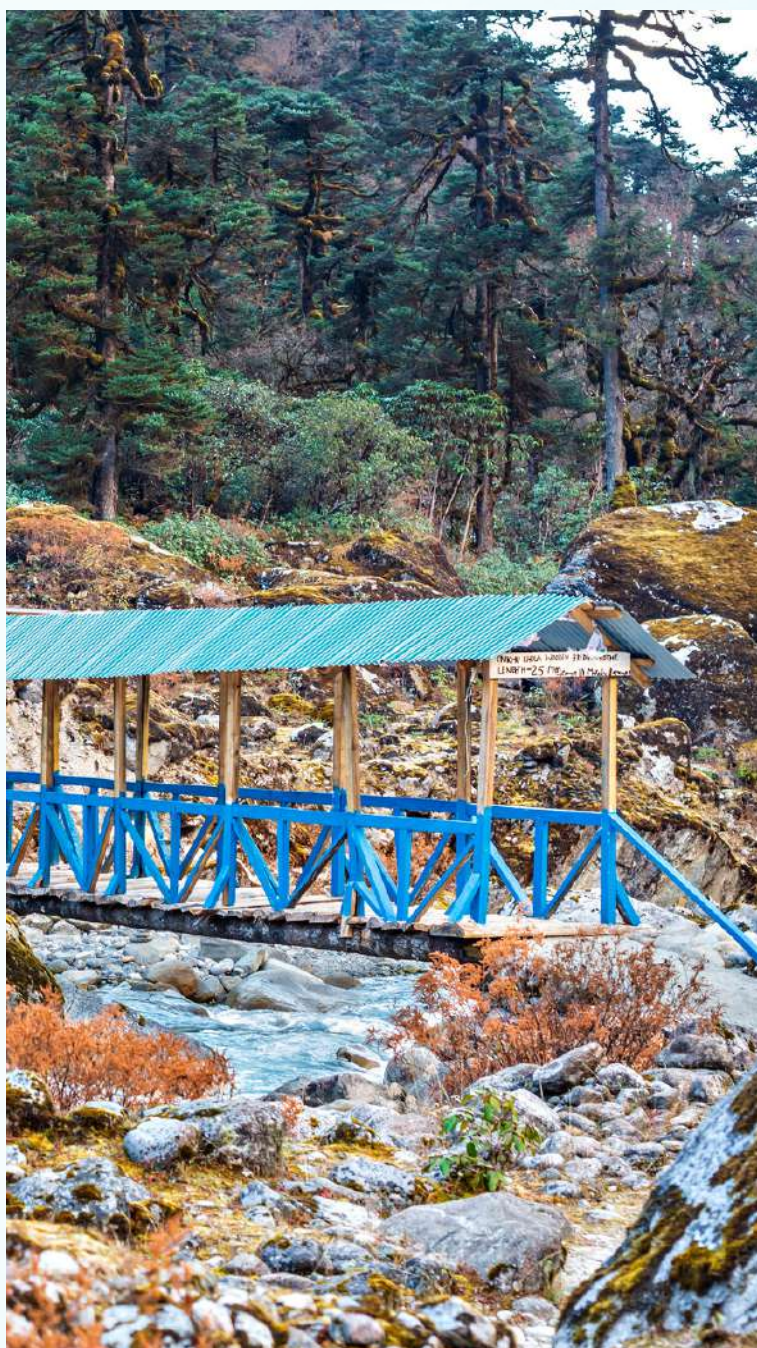


Introduction!

Mera Peak is a popular trekking peak in Nepal that stands at **6470 meters** and is the tallest peak in the world. It is officially the **highest trekking** mountain authorized by the government. Mera Peak stands **south of Mount Everest** and dominates the deserted valleys of **Hongu and Hinku**. The mountain has three summits: North (6,476 m), Central (6,470 m), and South (6,061 m). However, the government recognized the central peak as the permitted one. The climb to Mera Peak provides **stunning views** of **five 8000-meter** summits: Everest 8848 m, Kanchenjunga 8586m, Lhotse 8516 m, Makalu 8485m, and Cho Oyu 8201m, and numerous other peaks in the Everest region. Climbing Mera Peak in Nepal is regarded as a moderately **adventurous**, rather, incredibly rewarding experience in climbing. This climbing provides an **excellent experience** of intermediate peak climbing, making it accessible to travelers worldwide.

The mountain was first climbed by **Jimmy Roberts and Sen Tenzing in 1953**, as part of the Everest expedition. The route to the mountain includes passes - **Zatrwa Pass and Mera La**. The routes get gentler and less steep as you reach Mera Peak. Despite the elevation, the trek from Kote to Khare is actually pretty simple and pleasant. Going up the river valley to Kote with these **majestic peaks** all around you is an experience beyond description. An expedition to Mera peak prepares you perfectly for your next 7000er or even an 8000er.





Mountain Facts

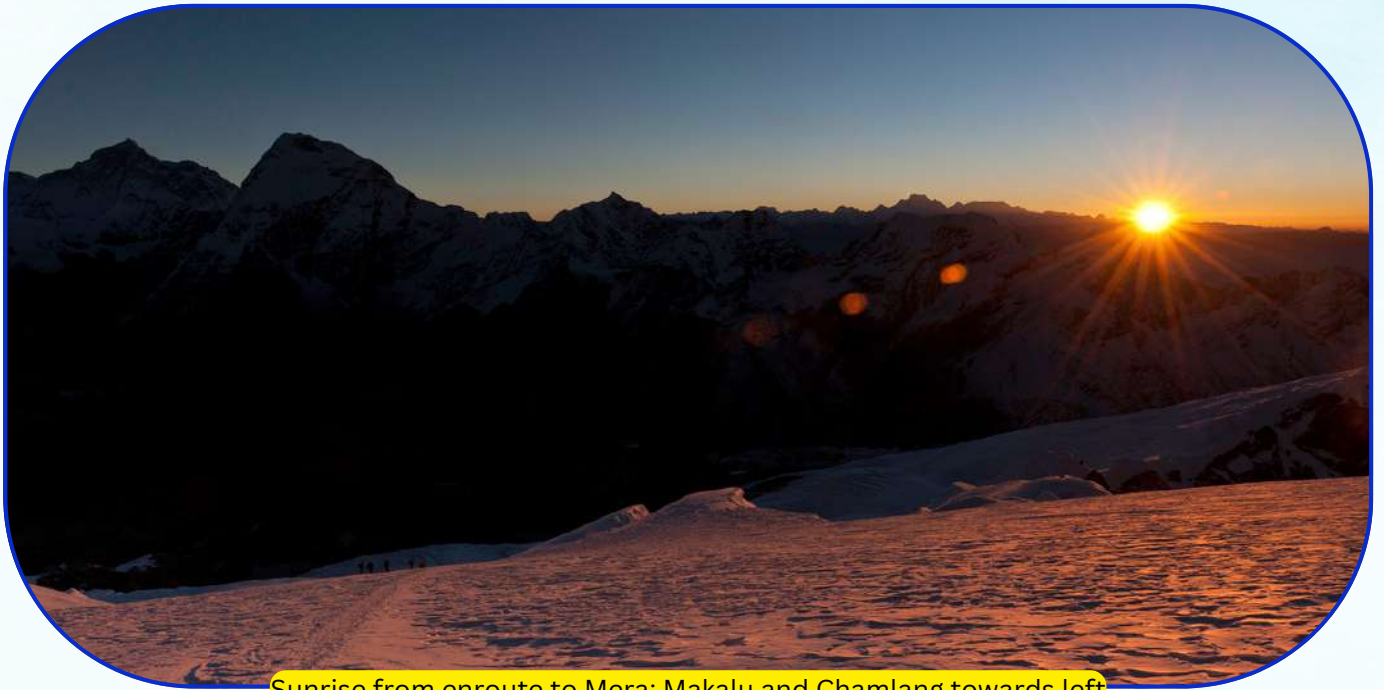
- **Elevation:** 6470 meters; 21,246 feet
- **Basecamp:** 5200 meters; 17,060 feet
- **Location:** Solukhumbu, Makalu
(Latitude: 27°42' 33"N; Longitude: 86°52' 06"E)
- **Range:** Mahalangur Himalaya
- **Classification:** Trekking Peak 6000er
- **Standard Climbing Route:** North Face Route

Trip Facts

- **Duration:** 18 days
- **Starts in:** Kathmandu
- **Ends in:** Kathmandu
- **Climb Grade:** Strenuous
- **Best Season:** Autumn (Sep-Dec) & Spring (Apr-May)
- **Activities:** Trekking and Mountaineering
- **Meal Plan:** Full Board (B/L/D)
- **Accommodation:** Hotels (BB), Tea Houses, and Camping
- **Transportation:** Domestic Flights, Private car or tourist bus

Climbing History of Mera Peak

- **1953** – First summit of Mera Central by Col. Jimmy Roberts and Sen Tenzing
- **1975** - First summit of Mera North by French climbers Marcel Jolly, G. Baus, and L. Honills
- **2017** - Hari Budha Magar summited Mera Peak, in doing so he became the first-ever double above-knee amputee to climb a mountain over 6,000m in altitude.
- **2014** - Expedition Himalaya's first commercial success on Mera Peak.



Sunrise from enroute to Mera; Makalu and Chamlang towards left

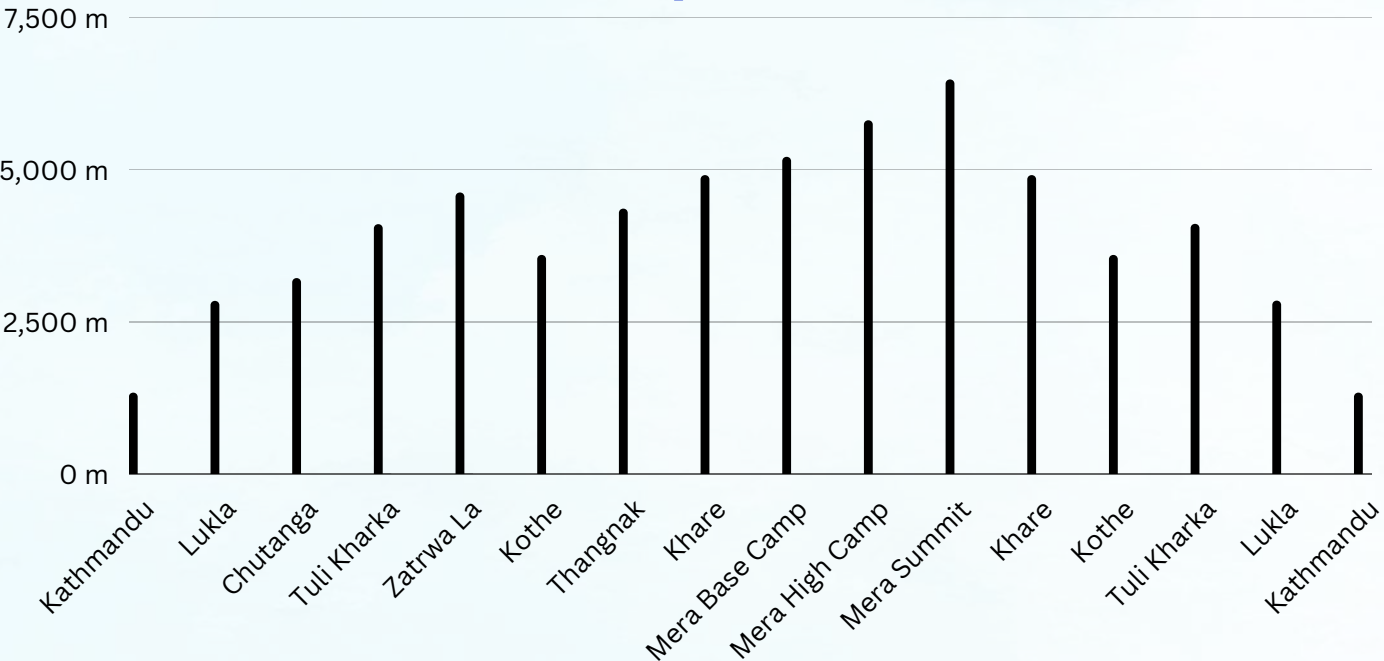
Our Mera Peak Special!

- **Customizable packages** from normal to deluxe
- Highly qualified and **experienced climbing guides** and supporters' team
- **Full-proof documentation** so you don't have to worry a bit
- Every attempt to make your **summit dream** come true
- **Fixed-wing aircraft** to and from Lukla; Taking a **fixed-wing flight in and out of Lukla** is an exciting adventure in itself, and a road trip into the Nepal Himalayas is the best way to take in the region's breathtaking scenery.
- **Required numbers of porters for trek and 2:1 Shepa during the climb**
- Sustainable and **environment-friendly operation module**
- Expedition Himalaya is built on the foundation of **social principles**; we give back to the Himalayan communities as we make it.

Brief Itinerary

Day 01	Arrival Day in Kathmandu (1,330 m/4,264 ft)
Day 02	Rest/preparation
Day 03	Fly to Lukla (2840 m/9320 ft) & trek to Chutanga (3215 m/10,548 ft)
Day 04	Trek to Tuli Kharka (4100 m/13,450 ft) via Zatrwa La (4620 m/15,157 ft)
Day 05	Trek to Kothe (3590 m/11,778 ft)
Day 06	Trek to Thangnak (4350 m/14,272 ft)
Day 07	Acclimatization day at Thangnak
Day 08	Trek to Khare (4900 m/16,076 ft)
Day 09	Rest/ preparation
Day 10	Trek to Mera base camp (5200 m/17,060 ft)
Day 11	Climb to Mera High Camp (5800 m/19,029 ft)
Day 12	Summit day (6470 m/21,246 ft) and descend to Khare (4900 m/16,076 ft)
Day 13	Contingency Day
Day 14	Trek to Kothe (3590 m/11,778 ft)
Day 15	Trek to Tuli Kharka (4100 m/13,451 ft)
Day 16	Trek to Lukla (2840 m/9,320 ft)
Day 17	Fly back to Kathmandu (1,330 m/4,264 ft)
Day 18	International Departure

Mera Peak Expedition Altitude Profile



Mera Peak Trekking Route Map



Mera Peak Climbing Map



Cost Inclusions

- **Departure and arrival shuttle** to and from the airport and hotels
- **Applicable local and government taxes**
- Surface transportation on **private vehicles**
- Bed and Breakfast for **4 Nights' Accommodation** at a **5-Star Hotel (Hotel Radisson)** in Kathmandu (Twin sharing basis)
- Accommodation on **full board** (breakfasts, lunches & dinners) during the **road transfers and trek**
- **National Park Permits**
- **Khumbu Entry Permit**
- Individual **sleeping bag with mattress** for base camp accommodation
- **1 oxygen bottle (4L)** for **emergency purposes** only
- Experienced **climbing Sherpa** for climbing members during the expedition
- **Medical Kit** carried by the Guide/ Sardar
- **Walkie-Talkie** and **Satellite Phone** (Charges Per Call)
- **Sherpa's remuneration and load-bearing bonus** (this bonus does not include the summit bonus)
- **1 Sherpa** for 2 clients on **sharing basis**
- Climbing equipment, transportation, lodging, food, salary, and insurance for **Sherpas and other staff**
- **Fixed-wing aircraft to and from Kathmandu;** Taking a fixed-wing flight out of Lukla is an exciting adventure in itself, and a road trip into the Nepal Himalayas is the best way to take in the region's breathtaking scenery.
- **Welcome and Farewell Dinner** in Kathmandu at an Authentic Nepali Restaurant.



Looking north towards Sabai Tsho; Kyashar to the left

Cost Exclusions

- **International airfare** to and from Kathmandu
- **Nepal Visa** fee
- **Travel & medical insurance** including insurance for emergency rescue & evacuation
- **Lunches and dinners** in Kathmandu
- **Personal expenses** such as telephone, laundry, bottled water, bar bills, etc.
- **Trekking/Climbing gear** (also available on hire)
- **Summit Bonus for Sherpa & tips** for local staffs (\$600+100)
- **Cost for the daily weather forecast**
- **Tips** for the staff as a gratitude
- **Any extra cost** arising out of natural calamities or cancellation of the program
- **All other items** not mentioned in the list of 'Inclusions'



Trip Preparation

Guide to a safe adventure in Nepal!

Visa Process

The Immigration Office at entry points has been facilitating passengers traveling to Nepal by offering Visas on Arrival. The 'On Arrival' visa procedure is simple and quick. In addition, you can apply for a visa at a Nepali diplomatic office abroad before you travel.

After obtaining a visa from a Nepali diplomatic post, you have a six-month window to enter Nepal. Only once you reach Nepal will the length of your stay be calculated.

Covid-19 Updates

Fully vaccinated

All you need is the official Proof of Vaccination, The vaccine should be administered 14 days prior before making visit.

If un-vaccinated or partially vaccinated

All you need is a PCR-Negative report taken 72 hours prior to boarding. *not required for children below 5 years.

Before your visit

Incident or harm, While traveling, unanticipated events can occur, although they are uncommon. So, Expedition Himalaya wants to make sure you have the best possible travel insurance for your trip covering Heli evacuation for emergencies

We suggest that you consult with your doctor and get vaccinated prior to your travel. Because health care is scarce in rural regions, get Hepatitis A and B vaccines, as well as tetanus, typhoid, and polio jabs.

During your stay - responsible practices

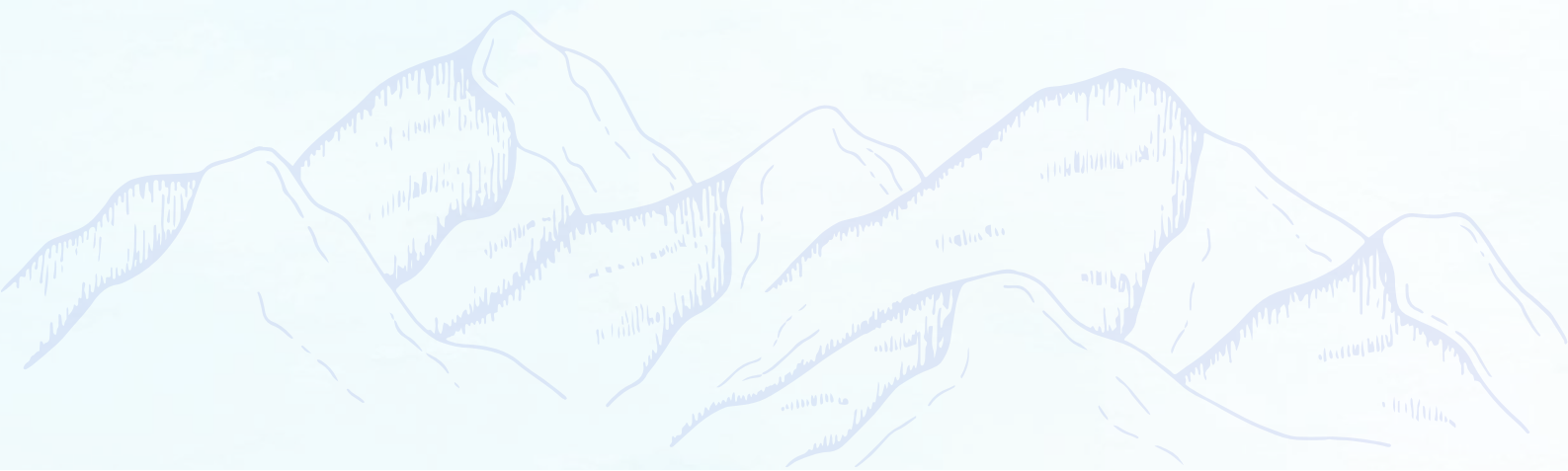
- Maintain distance where possible and mask up in public
- Respect local guidelines, culture, traditions, and inhabitants
- Please follow Leave No Trace and help maintain our green and clean world.

Essentials

- Maintain good health before travelling and get proper health checkups.
- There may not be a POS machine in rural Nepal, and cash is typically the preferred means of payment, so always have adequate cash.
- We suggest you carry a personal first aid kit with medicines prescribed by your doctor.
- Carry appropriate gear and equipment for varied weather conditions based on season, as weather conditions are not stable and constantly change.



View of Mera Peak South Face en route to Thangnak





Expedition Himalaya.com

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