

# Mera Peak Climbing



## Introduction

Mera peak (6654m/21831feet) is one of the most popular trekking peaks in Nepal. The walk from Lukla through the Sherpa regions of the remote Hinku valley is an unforgettable experience. This peak is located south of Everest in the Hinku valley and is relatively easier to climb than most other peaks. Standing proudly erect at an altitude of 6654m, Mera Peak is the most popular climbing destination. This fairly challenging climbing has been designed to cater to trekkers adventure needs to explore Mera peak from length to breadth. The peaks visible includes Mt.Everest (8848m), Lhotse(8516m), Cho-oyu (8201m), Makalu(8463m) , Kanchenjunga(8698m), Nuptse(7855m), Amadablam (6812m) and Chamlang (7319m) amongst many more above 6000m to below 8000m. This program allows sufficient time for any reasonably physically fit person to make a comfortable ascent of this most spectacular of the Nepalese trekking peaks. Best time for this trip would be from September to December and March to May.

## Trip Facts

Trip Duration	16 Days
Trip Grade:	Challenging
Best Season	March to May & September to November
Per Day Hiking:	4-9
Elevation	Minimum 2820m-Maximum6654m
Accomodation	Lodge and Tent Camp

Transportation

Flight/Car/Jeep/Bus

## Cost Includes

### What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 2 Nights Hotel in Kathmandu.
3. Kathmandu - Lukla - Kathmandu flight ticket.
4. Mera Peak Climbing Permit.
5. Sagarmatha national park fee .
6. All meals (Breakfast, Lunch, Dinner) with Tea house and Tent Camp accommodation during the trek.
7. One English speaking experience Climbing Sherpa, Cook and required porters.
8. Equipment such as Tent, Ice ax, Rope, Ices crow, Snow bar.
9. Garbage Deposit.
10. First Aids Kit.
11. Duffel Bag.
12. Fingertip Pulse Oximeter (we use everyday to check your oxygen level and blood pressure in your body to avoid high risk ).
13. Nepal Hidden Treks and Expedition T-short.
14. Trekking /Climbing guide/porters/other staffs: Salary, Insurance, Equipment, Meals and Accommodation etc.
15. 13% Government VAT and official charge.

### What are Excluded?

- International airfare and visa fee (15 days for USD\$25 and 30 days for USD\$40).
- Lunch and Dinner in Kathmandu.
- Personal climbing gears & clothing (also available on hire).
- All the drinks such as: coke, beer, mineral water.
- Your travel insurance which should include the emergency rescue.
- Tips for staffs.

## Short Itinerary

**Day 01:** Arriving in Kathmandu (1350m).

**Day 02:** Fly to Tenzing Hillary Airport , Lukla.

**Day 03-14:** Trekking and Climbing

**Day 15:** Fly to Kathmandu

**Day 16:** Departure from Kathmandu (1350m).

## Itinerary Details

### 1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

### 2. Kathmandu - Lukla

Early morning flight from Kathmandu to Lukla (2820m) and then overnight at Lodge.

### 3. Lukla - Chhutanga

Trek from Lukla to Chhutanga (3310m, 5 hours walking) and then overnight at Lodge.

### 4. Chhutanga - Chhetrabu

Trek from Chhutanga to Chhetrabu (4170m, 7 hours walking) cross over the pass of Zatrwa La (4640m) and then overnight at Lodge

### 5. Chhetrabu - Quarte

Trek from Chhetrabu to Quarte (3510m, 7 hours walking) and then overnight at Lodge.

### 6. Quarte - Tagna

Trek from Quarte to Tagna (4350m, 6 hours walking) and then overnight at Lodge.

### 7. Tagna - Khare

Trek from Tagna to Khare (4900m, 5 hours walking) and then overnight at Lodge

### 8. Acclimatization day

This day, you will trek to Mera base camp (5415m, 5 hours walking) and back to Khare and then overnight at same place.

### 9. Full day rest in khare.

Full day rest in khare.

### 10. Khare - Mera High Camp

Trek from Khare to Mera high camp (5800m, 5/6 hours walking) and then overnight at Tent Camp.

### **11. High Camp - Summit - Khare**

Early in the morning at 2 or 3 o'clock start with tea or coffee and start to climb. We will summit around 9 or 10 o'clock. You can take picture and seeing the wonderful views then back to camp for a hot meal and then trek to Khare (4900m, 10 hours walking). It is one of the long and hard day and then overnight at Lodge.

### **12. Khare - Quarte**

Trek from Khare to Quarte (3510m, 7 hours walking) and then overnight at Lodge

### **13. Quarte - Chhatrabu**

Trek from Quarte to Chhatrabu (4170m, 7 hours walking) and then overnight at Lodge

### **14. Chhatrabu - Lukla**

Trek from Chhatrabu to Lukla (2820m, 7 hours waking) and then overnight at Lodge

### **15. Lukla - Kathmandu**

Lukla to Kathmandu by flight (30 minutes) and then overnight at Hotel.

### **16. Departure to international airport.**

Final departure to international airport to fly your home country.