Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

Mera Peak Climbing - 17 Days

Mera Peak, standing at 6,476 meters (21,247 feet), is the **highest trekking peak** in Nepal, located in the Khumbu region. Known for its stunning panoramic views of some of the world's highest mountains, including **Everest**, Lhotse, and Makalu, **Mera Peak** attracts climbers and trekkers alike.

While the ascent is technically straightforward, it offers an exciting challenge for those looking to experience high-altitude climbing without the complexities of more demanding summits.Mera Peak, the highest of the peaks in Nepal defined as 'trekking peaks,' sits at 6476m and displays astonishing views of the Himalayan vistas, including five 8,000m peaks, Lhotse, Cho Oyu, Makalu and **Kanchenjunga**.

Lying in the Hinku Valley of the Everest Region, Mera Peak is a popular climbing peak with an easy route. A favorite among many climbers who visit Nepal, Mera Peak is the ideal acclimatization peak for those planning to climb **Mount Everest** or any of the major peaks in Nepal.

Image not found or type unknown

The route to Mera Peak follows the off-the-beaten path in the rarely-visited Hinku Valley. The trekking path is secluded, and the area is wild and pristine, with very few human settlements, with excellent Himalayan views. During the trek, you will be sleeping at teahouses located at isolated Kharkas or summer camps of yak herders most nights.

You make your summit push after spending a night camping at **Mera High Camp** (5,780m), which is a day camp after Khare, the last human settlement on the route.The climbing route for Mera Peak is easy, and very little technical climbing is involved.

However, thin mountain air and cold might be the issues that will make your ascent difficult in the higher elevations. However, once you reach the top, the Himalayan panorama from the summit is stunning. After the summit push, you will make your descent to Lukla via the same route.

WHAT IS MERA PEAK CLIMBING?

Short Mera

Image not found or type unknown

Mera Peak (6,476m/21,246 ft) is the highest trekking peak situated in the Hunku Valley of the Khumbu Region. Remaining in a relatively isolated region, it is the best alternative to other hectic trekking destinations.

Climbing Mera Peak is a thrilling trekking and climbing experience who wish to see the natural beauty of the Himalayan vistas. It is a great way to improve fitness while having fun with your friends. Climbing peaks in Nepal is a daring sport that includes climbing up a series of natural formations, such as valleys, naturally amazed valleys, and high mountain massifs.

Being the highest trekking peak, it doesn't require any technical skills or experience. However, you will still be required to

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

bring your climbing gear, such as ropes, harnesses, helmets, ice axes, and other equipment for safely ascending and descending. When you reach the top, there is usually beautiful scenery and spectacular views of nature.

WHY IS MERA THE BEST TREKKING PEAK?

Best Time for Mera Peak Climbing

Image not found or type unknown

The significant reason why people choose to climb Mera Peak Expedition is the stunning summit perspective of over 8000m peaks, including Mt. Everest (8848.86m), **Mt. Lhotse (8,516 m)**, Mt. Cho Oyu (8,188 m), Mt. Makalu (8,463 m), and Mt. Kanchenjunga (8,586 m), including dozens of others.

This, paired with the fact that it provides unsurpassed vistas and magnificent panoramas, makes this trekking peak one of Nepal's most famous peaks.Next, the trekking route to Mera is very peaceful. You find a very small number of travelers on the way.

The trekking lodges are basic ones, and the people are very kind and generous, and are very far from the bustling cities. The villages are isolated. Nature is amazing, you should pass the astonishing, lush backwoods of **Makalu Barun National Park**.

BEST SEASON FOR MERA PEAK CLIMBING

Mera Peak Climbing fro...

Image not found or type unknown

For peak climbing in Nepal, there are two seasons: the on-season and off-season. Peak Seasons are the periods when you can jump right in for the Mera Peak Climbing without thinking more or worrying much. Famous as the peak times or best time, On seasons have almost everything in the perfect place, such as stable weather, mild temperature (neither too hot nor cold), no rainfall and snowfall, and no sudden turnaround.

There are two seasons (among four), which are the best times in a year that condense all of the above features, and they are **Autumn and Spring**. Let’s just dive into each of these seasons to get more ideas about them.

Mera Peak Climbing in Autumn

The Autumn Season (September to November) is the best season to summit Mera. It is because it is considered the most exciting, appealing, and safest time for any other adventurous activities in Nepal, including peak climbing. September, the beginning of Autumn, appears just after the departure of the Monsoon.

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

There can be some remaining clouds of monsoon around the skies in early September to cause minor showers. However, from the mid of September, Autumn runs in full phase and the entire surrounding area and weather begin to become stable, with no rainfall or snowfall, and the temperature remains warmer even in high elevations.

This remains all over October and November. The temperature of the lower parts of the Khumbu region (Below 4000m) turns approximately 12 °C during the daytime and remains 6 °C in the mornings and nights. In the higher parts of the Khumbu, such as Khare and above, you can expect minus degrees.

Notwithstanding the above-mentioned facts, Winter is next to Autumn, and the last two weeks of November are colder than other days. Thus, in case you are planning to climb Mera in late November, please pack some extra warm clothing to cope with the incoming winter.

Benefits of climbing Mera in Autumn

- Clear weather conditions, clear skies, unobstructed mountain views, and stable temperatures
- Perfect opportunities for climbing
- Very little or rare chances of rain or waterfall
- One of the peak times for mountaineering in Nepal
- Explore Nepali culture, interact with the local Sherpas, and know their traditions and lifestyles.
- The festive season in Nepal.

Demerits of doing Mera Peak Climbing in Autumn

- Might be hassled while getting tickets, accommodations, and packages
- Trekking routes might be crowded in some areas.

Climbing Mera Peak in Spring

Spring is another perfect season to climb Mera Peak. It offers poses that are very similar to Autumn. The weather remains unwavering, and so does the temperature, which is identical to climbing. During this period, you will find green vegetation and blossoming flowers all around the trekking destinations.

As Spring begins in March, the temperature begins to increase and ends in May, which may face occasional clouds in the skies as it is welcoming the monsoon from the next month. Planning to climb Mera during this period will benefit from a lot of good things.

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

The temperature at the lower Khumbu region remains around 10°C during the day, and with the sunset, it begins to drop and may reach up to -4°C through the morning and nighttime.However, in the higher elevations (Khare and above), the temperature may drop till the Mera top.

You may have to face up to -30°C (lowest temperature) during this expedition. This is the temperature through the Spring season plays which is tolerable with the right gear and clothing.The weather conditions through the Spring remain stable with no fears of snowfall and rainfall.

The days of Spring are bright with open skies and the sun shining up above, which makes climbing easier. From the summit of Mera Peak, climbers will be able to have great views of the mountains, terrains, and snow-clad peaks, including Mt Everest, Mt Lhotse, and Mt Cho Oyu as they look entirely different during Spring.

Benefits of doing Mera Peak Climbing in Spring

- Stable weather conditions, clear visibility, and warm temperatures.
- Observe the greenery of the entire hill with the seasonal flowers blossoming.
- Very few or very little chances of rainfall
- Making new friends on the trail, interacting with them, and exploring the cultural aspects of Nepal.

Demerits of doing Mera Peak Climbing in Spring

- The trekking and climbing routes might get busy
- It is hard to desire rooms, tickets, accommodations, and so forth.

ACCOMMODATION IN MERA PEAK CLIMBING

During the Mera Peak Climbing Package, you will have **three sorts of accommodations: hotels, teahouses/trekking lodges, and camping.** While you are in Kathmandu, you will be accommodated in a 3-star standard hotel, while trekking to Khare, you will be accommodated in the trekking lodges or teahouses.

The teahouses will mostly be the twin-sharing ones. The rooms only have two single beds, a mattress, pillows, and a clean white sheet. This is enough to spend an overnight.While reaching above Khare, there are no teahouses, and you need to spend a night in a tented camp in Mera High Camp.

Camps will be set by your climbing leader and you will sleep comfortably before beginning the summit push. An ultimate summit journey will begin from High Camp.

A TYPICAL DAY WHILE MERA PEAK CLIMBING

Every day, you will be trekking, climbing, taking pictures, enjoying the scenery, exploring the surroundings, and witnessing the Himalayan lifestyles of the Sherpa people. During your trek/expedition, your Sherpa leader will share information about the history, cultures, traditions, religious places, arts and crafts, along with the High Himalayas and

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

places where you will be reaching.

Porters will carry most of your burden (luggage). You will be carrying a small bag with necessary documents and other valuables.The day breaks with an early morning hot cup of coffee/tea. Then you will jump to breakfast before starting the trekking/climbing.

Then, you will set off on the day's journey at around 7-8 am, which relies on the duration and nature of the trek/climb. Walking for three to four hours, you will have lunch around midday on the route to the day's destination. After lunch, you will rest for about an hour before continuing the excursion.

The afternoon trek is normally shorter; you need to walk only about three hours. Once you touch the overnight lodge/tea house/tent, you can nosh on the extra dietary food and explore the place where you will spend the night.Dinner will be served approximately around 6-7 p.m.

After dinner, you can spend quality time in friendly conversations, interact with the locals, understand their lifestyles, or play cards with your crew members. Your climbing leader will inform you about your next day's journey (plan). Most of our guests are concerned about learning common Nepali words.

If reading offers you pleasure, you can pack one or two books of your choice.

THE MEALS DURING MERA PEAK CLIMBING

During our Mera Peak Climbing journey, we will provide you with nutritious, hygienic, and tasty meals – three times a day (breakfast, lunch, and dinner) at the best available local lodges/teahouses/hotels. The menu mainly consists of local, Asian, and Western cuisine.

During this trek, we will provide **16 breakfasts, 13 lunches, and 14 dinners**.

The most popular menu items are –

For breakfast: Oatmeal, Corn Flakes, Local Tsampa porridge, Eggs, French toast with Jam, Butter, Cheese, Pancakes, Muesli Breads, Fruits, Vegetables, Honey, Tibetan bread or Chapati, Hot drinks (varieties of teas and coffees, hot chocolates, etc.)

For Lunch: Dhal, Bhat, and Tarkari (the main Nepali food), Macaroni dishes, Tenduk, Spaghetti Noodles, Thukpa, Pasta, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Salad Pizza (Tomato, Mushroom, Mixed), Tibetan Bread, Spaghetti Noodles, Vegetable curry, Potatoes, Vegetables, Various Soups, Macaroni dishes, Tenduk, Snacks (Papad, Prawn), Desserts (Rice Pudding, Apple pie), and so forth.

For Dinner: Dhal, Bhat and Tarkari (the main Nepali food), Potato items, Momo (dumplings), Noodles Thukpa, Pasta, Vegetable curry, Korean Ramen, Tenduk Spaghetti, Snacks (Papad, Prawn), Tibetan Bread, Vegetable and Salad Pizza (Tomato, Mushroom, Mixed), Various Soups, Sherpa Stew, Steaks, Sandwiches, Macaroni, Desserts items (Rice

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

Pudding, Apple pie), Hard Drinks Steaks, etc

In the high-elevation journey (in Mera High Camp), we recommend you have more liquids, green/lemon tea, hot lemon, ginger tea, and garlic soup (must) for your health advantages.

During your stay in high camps, our experienced Sherpa leaders and kitchen helpers prepare your meals. We also offer the kitchen and dining equipment essential for these camps. Furthermore, we will guarantee that you get adequate additional nutritional necessities, including fresh vegetables and fruits.

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

PRICE INCLUDES

Transportation

- Private vehicle for transfers as per in itinerary; airport pickup & drop, sightseeing
- Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes

Food and Accommodation

- Four nights' accommodation in Kathmandu in a 3-star category hotel
- Eleven nights' accommodation in the best available local lodge/teahouse throughout the trek
- One night's accommodation in the tented camp during the climb
- All standard meals [Breakfast, Lunch, and Dinner] during the trek and climbing
- Available seasonal fruits throughout the trek/climb
- Breakfast at a hotel in Kathmandu
- Farewell Dinner in Kathmandu

Staff

- A Government licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- A porter for two trekkers/ climbers ratio including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment
- A Government licensed English-speaking climbing guide, including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.

Permits and Tariffs

- Makalu Barun National Park Entry Permit
- Mera Peak Climbing Permit and Taxes
- All other government, local taxes, and official expenses

Extra

- A Gore-Tex duffle bag [100% waterproof] to keep your personal belongings carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Mera Peak Climbing trekking map and Outward Adventure t-shirt
- Outward Adventure Appreciation Certificate after the successful climb
- A first aid medicine bag in each group

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, 01 USD per KG extra, can pay directly to the airline.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb
- Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides and porters (Tips are appreciated)

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

ITINERARY IN DETAIL

Day 1: Kathmandu Arrival (1,338m/4,390ft)

Welcome to Nepal!

Once you land at Tribhuvan International Airport, Kathmandu, the capital and cultural hub of Nepal. Once you complete your custom formalities like visa and get your luggage, you will be greeted by one of the representatives of **Outward Adventure Treks** with your nameplate and company logo.

The representative will greet you, offer a garland, and process to shift to the hotel at Thamel, the tourist hub in the center of Kathmandu. You are tired, the long journey is done, and you are suffering from jet lag. Thus, you can rest, have a shower, and ramble around Thamel testing new cuisines of Nepal today.

No scheduled programs today. If you lack any gear and equipment, you can hire or buy in the shops nearby. Your climbing guide shall assist you in doing so the following day.

Overnight in the Hotel

Day 2: Kathmandu Sightseeing and Trek Preparation

Our second day in Kathmandu begins with a yummy breakfast at the yard of the hotel. After having breakfast, we head for the sightseeing tour of Kathmandu valley. Today, we will cover the most visited World Heritage Sites in Kathmandu Valley: Swyambhunath, Patan Durbar Square, Pashupatinath, and Boudhanath.

It will be an entire day of exploration. Our tour expert will explain to you the cultural, historical, and religious aspects of the monuments. You will come to see the religious shrines in every corner of Kathmandu: temples, stupas, prayer wheels, flags, monasteries, and more.

Exploring them all, we drive back to the hotel and get rest. In the evening, we get engaged in the preparation of the adventure. The needed gear and equipment can be bought/hired today as suggested by our climbing experts. Those gears and equipment are either unavailable or too costly in the mountains.

Day 3: Fly Lukla (2,850m/9,350ft) and trek to Chhutang (3,100m /10,170ft) - 4 hours

Our journey to Himalayan vistas begins today. We, after having a short meal at our hotel's lobby, move towards the airport - the domestic terminal. All the flights to the mountainous regions are scheduled in the morning, as in the day/evening, there will be weather-related hazards.

Catching an early flight, we head towards Lukla, the gateway to Everest. Upon landing there, we get the first view of Himalayan vistas. WOW! After that, we meet our rest crew and hand over our bags to the porters and start our trek towards Chhutang. We are now in a completely different region - no vehicle, no rush, nothing, just chilling in the cool atmosphere and mountain vistas, green valleys, hills, and so on.

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

Reaching our day destination - Chhutaga, we check into one of the tea houses there and relax. Interacting to the Sherpa people, exploring the villages, and enjoying the views around are the options.

Overnight in the Teahouse in Chhutaga

Day 4: Trek Chhutang to Tulikharka (4,300m/14,107ft) - 8 hours

After having breakfast, we leave Chhutang we will follow the trail that gradually ascends and steepens as we head towards the crossing of Zatrawala Pass at 4600 meters. Upon reaching the top of the pass you will be rewarded with magnificent views of Numbar Himal, Kongdi Ri, Karyolang Peak, and several other magnificent peaks. We will trek along a level path for almost two hours before descending all the way to Tuli Kharka.

Day 5: Trek Tulikharka to Kothe (3,580m/11,745ft) - 7 hours

Our journey passes a mixture of both uphill and downhill trekking through densely forested lands having rhododendron, oak, pine, and juniper trees. Now, we shall have the picturesque views of Mera Peak and its surrounding massifs. A steep downhill to the Hinku River and an ultimate uphill will take us to Kothe. Kothe, a small village that offers serene wilderness containing lush vegetation and a magnificent mountain view lies on the west side of the Hinku valley.

Day 6: Trek Kothe to Tangnang (4,358m/14,297ft) - 6 hours

We continue our walk alongside the Hinku Khola with the spectacular sceneries of Mera peak, Kusum Kanguru, Charpati Himal, and Thamserku. After Kothe, we move towards the upper Hinku valley. Now, the vegetation has started to become sparse and shrubby. We do not have significant villages, instead, we shall pass the nomadic meadows. Passing a couple of settlements, shrubby vegetation, etc. we will reach the village of Tangnang, a place that used to be a summer camp for yak herders but now has been developed as the hamlet of teashops and lodges for climbers on the trail. We will spend overnight at one of the local lodges there.

Day 7: Trek Tangnang to Khare (5,045m / 16,552ft) - 5-6 hours

Leaving Tangnang, we move towards Khare today following the lateral moraine of Dig Glacier. On the way, we get mesmerizing views of Chartpate Himal. One the way, we walk past The trail climbs through moraines and to the snout of the Hinku Nup and Hinku Shar Glaciers and then climbs more steeply to Khare. A handsome stay at Khare is something that we would cherish all over our lifetime. It is pleasure to watch the outstanding view of the North face of Mera Peak from Khare.

Day 8: Rest day at Khare – Acclimatization and Ice Climbing Practice

We, after breakfast, begin our preparation for ice climbing just above Khare or towards Mera Peak Base Camp. We walk a couple of hours to adjust ourselves to the thin air nearby. During our training or walking, we will practice the usage of climbing gear and techniques of ice climbing for a few hours following the instruction of our climbing leader. You will get some practical tips on how you can keep yourself safe in the mountains.

This training is crucial and beneficial, mainly if you are a novice adventurer. After having some practice at the glacial

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

lands, we stroll back to the lodge and do the final preparation of our equipment and packing of our mountain bags.

Day 9: Trek Khare to Mera High camp (5,750m/18,865ft) - 5-6 hours

Leaving the trekking sections, we begin walking to the climbing sections today. Initially, we climb to the crest of the moraine above Khare and then up to a steep slope of snow to reach a boulder-strewn bowl below the lower tongue of the Mera Glacier. The walking can be strenuous and challenging because of the elevation and bitter cold. Every step may come with a struggle.
The trail from Khare to Mera High Camp is not technical but if it is snowed recently, can be hazardous as there are several crevasses here.

Upon reaching high camp, we set up tents and make it comfortable for an overnight stay. From here, we can observe stirring views of the five highest peaks in the world piercing the skyline- Mount Everest (8848m), Lhotse (8516m), Cho Oyu (8188m), Makalu (8485m), and Kanchenjunga (8586m). We also get good views of Mt. Baruntse (7129m), Mt. Gaurishanker (7134m), Chamlang (7319m and several other peaks.

Day 10: Climb Mera High Camp to Summit to Mera Peak (6,654m / 21,831ft) and back to Khare – 9-10 hours

This is the most important day of our journey as we reach our ultimate destination, the summit of Mera Peak. We wake up early, around 1-2 am to get prepared. We then get some warm food and put on crampons, headlights, and rope before setting out for the summit push. Following our climbing leader, we walk through the gradual uphill, non-technical trail- only one thing may disrupt-thin air and chilly atmosphere.

From Mera high camp a well-acclimatized party will take just 3-4 hours to get to the central summit of Mera Peak which means we will reach our destination around 8-9 am. From the top we will have astonishing scneries of views of Mt. Everest (8,848.8m/29,032ft), Cho-Oyu (8,201m/27,825ft), Nuptse (7,855m/25,770ft), Lhotse (8,516m/27,940ft), Makalu (8,463m/27,766ft), Shishapagma (8,027m/26,335ft), Kangchenjunga (8,586m/28,169ft), Lobuche East (6,145m/20,160ft), Chamlang (7,319m/24,013ft) etc. After clicking plenty of pictures and exchanging the joy of summiting, we track our steps back

From the summit we take pleasure in the splendid views of Mt. Everest (8,848.8m/29,032ft), Cho-Oyu (8,201m/27,825ft), Nuptse (7,855m/25,770ft), Lhotse (8,516m/27,940ft), Makalu (8,463m/27,766ft), Shishapagma (8,027m/26,335ft), Kangchenjunga (8,586m/28,169ft), Lobuche East (6,145m/20,160ft), Chamlang (7,319m/24,013ft) are spectacular from the summit. We click plenty of pictures and exchange the joy of summit before retracing our steps back to Khare.

Day 11: Contingency Day

We keep this day as a spare day. It is because in case we have to postpone the summit attempt on the peak because of bad weather or because some of us have not acclimatized well enough to make the ascent. Everything is fine, we just get rest at the lodge of Khare.

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

Day 12: Trek Khare to Khote – 6-7 hours

Enjoying the successful climb, we hike downhill passing Hinku valley, to Kothe. On the way, we pass moraines of glaciers, Kharkas (summer nomadic lands), Tangnang, numerous streams, summer settlements, pasturelands, lush forests with magnificent views of snow-capped mountains, and more. At the end of the day, we reach Kothe for an overnight stay.

Enjoying the successful journey, we hike downhill passing Hinku valley. Passing moraines of Dig glacier, Dig Kharka, Thankak, some streams, summer settlements, pasturelands, lavish forests, having the magnificent scene of snow-clad and dazzling mountains we reach Kothe for our overnight stay at the end of the day.

Day 13: Trek Kothe to Zatrabu/Tulikharka - 6-7 hours

After breakfast, we set our journey to Thuli Kharka. Each day, we are trekking toward lower elevations. We trek along with the Hinku River. Crossing an ancient gompa, lavish forests, some streams, several rhododendron trees, and some summer settlements, we reach Trashin Ongma. Further walking downhill, through lavish hills and valleys, and greeneries, viewing Mera peak from different angles, we reach Thuli Kharka for an overnight stay.

Day 14: Trek Thulikharka to Lukla - 8 hours

It is the last day walk of our entire journey. After breakfast, walk to **Zatrwa La Pass.** Sitting at the top of Zartwa La, we will get the last mesmerizing sceneries of mountains valleys, and more. Now, following the well-maintained trekking route, observing the fluttering prayer flags, and mane walls, we reach Chutanga.

After some breaks and refreshments, we bustle downhill towards our destination Lukla. After reaching Lukla, we exchange our experiences of the trip. We organize the small programs as the last night activities with all the crew members, enjoy the moment, and celebrate the success of the journey.

Day 15: Fly back to Kathmandu

Catching an early flight, we fly back to Kathmandu. Rest f the day, we can visit the different historical, cultural and religious world heritage sites of the valley. Our tour guide will lead you to the different monuments and you will get the different aspects of them. In the evening, we will sit for a farewell dinner in one of the cultural restaurants in Kathmandu. Before that, you can buy souvenirs in Thamel to collect memories of Nepal.

Day 16: Rest Day in Kathmandu - Preparation of Final Departure

This day is scheduled as a contingency day in Kathmandu. The flight from Lukla to Kathmandu can be delayed or canceled sometimes due to bad weather conditions. In case, we could not fly yesterday, will fly to Kathmandu today.

If everything is normal, we explore Kathmandu valley; remaining World Heritage Sites, windy, religious streets, taste local cuisines, buy some souvenirs for our beloved ones, and many more.

Day 17: Final Departure (Airport Drop)

This is the last day of our trip. You did such a wonderful trek/climbing! Keeping all these things as a memory, you are

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

leaving this amazing country today. We will transfer you to Tribhuvan International Airport (TIA) 3 hours before your flight. Expecting positive recommendations, and meeting again in the future, we bade goodbye.

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

FAQ

1. Is Mera Peak hard to climb?

Mera Peak, at 6,476 meters, is a non-technical trekking peak. Basic gear like crampons and an ice axe is enough, but good fitness and proper acclimatization are essential.

2. How long does it take to climb Mera Peak?

Mera Peak Climbing takes 14–18 days from Kathmandu, including acclimatization at Khare. The summit day lasts 8–10 hours, requiring proper pacing and flexibility for weather.

3. What is the best time to climb Mera Peak?

The best seasons are spring (March to May) and autumn (September to November) for stable weather and clear visibility.

4. What is the cost of climbing Mera Peak?

Costs can vary depending on the trekking company and included services. We offer you the best price of $3000 including permits, flights, guides, meals, and accommodation; private climbs are pricier, and personal gear, insurance, and tips are extra.

5. What gear do I need for Mera Peak Climbing?

Essential gear includes trekking boots, warm clothing, sleeping bags, climbing harness, crampons, and an ice axe. (Please go through the gear and equipment section in this page)

6. How fit do I need to be to climb Mera Peak?

Climbing Mera Peak requires good fitness. Trek 6–7 hours daily on high-altitude trails. Regular hiking, running, or strength training helps improve stamina and summit success.

7. How do I prevent altitude sickness?

Prevent altitude sickness on Mera Peak by acclimatizing slowly, staying hydrated, pacing yourself, resting, and avoiding alcohol. Follow your guide’s advice and descend if symptoms worsen.

8. What are the food options on the trek?

Food typically includes local Nepali cuisine and some Western dishes, catering to various dietary restrictions.

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

9. Can I hire a guide and porter?

Yes, hiring a guide and porter is must for safety and to ease the trekking experience. We offer you the veteren local Sherpa Guides for climbing.

10. Is there internet access during the trek?

Yes, Internet access is available in larger towns like Namche Bazaar, but it may be limited in remote areas.

11. What if I can't reach the summit?

If you can't reach Mera Peak summit, safety comes first. Your guide may rest, descend, or wait for better conditions. Reaching High Camp is still a great achievement.

12. Do I need travel insurance for the trek?

Yes, travel insurance is mandatory for Trek. It should cover high-altitude trekking and helicopter evacuation up to 6,500 m to ensure safe rescue in emergencies.

13. What happens in case of an emergency?

Guides are trained in first aid and evacuation procedures, and they will have communication devices for emergencies. Further, we have helicopter evacuation service from Kathmandu in the emergencies.

14. What wildlife might I see on the trek?

You will pass through the Makalu Barun National Park which is home to various wildlife, including musk deer, Himalayan tahr, and various bird species.

15. Can I climb Mera Peak solo?

Solo climbing is not allowed; you must be part of a guided group or hire a guide.

16. What is the success rate for summiting Mera Peak?

The success rate is generally high, often above 80%, depending on weather and acclimatization.

17. Do I need to have climbing experience?

Prior climbing experience isn't required for Mera Peak, but good fitness helps. The route is mostly non-technical, using crampons, harness, and ice axe near the summit. With proper acclimatization and a guide, first-time climbers can summit safely.

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

18. What should I do if I feel unwell during the trek?

Inform your guide immediately; they will assess your condition and recommend a course of action.

19. Can I extend my trip to see more of Nepal?

Yes, many climbers choose to explore additional areas of Nepal after the trek. After completing this trip, you can visit Annapurna, Langang, Manaslu, Muktinath and several other areas and can also visit National Parks and do safaries or cultural tours as well.

20. What is the average daily trekking time?

Daily trekking times vary but generally range from 5 to 8 hours depending upon the destination you are going to cover.

21. How do I get to Lukla from Kathmandu?

Most trekkers fly from Kathmandu / Manthali to Lukla; the flight takes about 30-40 minutes.

22. What permits are required for Mera Peak?

Climbing Mera Peak requires three permits: Mera Peak Climbing Permit (NMA), Makalu Barun National Park Entry Permit, and Local Area Permit from Khumbu Pasang Lhamu. These are usually arranged by your trekking agency.