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Short Mera Peak Climbing - 14 Days

Mera Peak, standing at 6,476 meters (21,247 feet), is one of the highest trekking peaks in Nepal, situated in the Khumbu region. It is often favored by climbers seeking to experience high-altitude mountaineering without the technical difficulties associated with many other peaks. The breathtaking views from its summit, including the majestic Everest, make it a popular destination for both novice and experienced climbers.

Mera Peak, standing at 6,461 meters (21,197 feet), rises majestically south of Everest, overlooking the remote valleys of Hinku and Honku. This trekking peak is among the most popular in the region, offering stunning views of the Himalayas and requiring only basic mountaineering skills.

The trek to Mera Peak traverses the lush highland valleys of Hinky and Hongu, situated in the unspoiled and less-traveled areas of the Nepali Himalayas. Hikers are rewarded with breathtaking landscapes, including views of some of the world's tallest peaks.

J.O.M. Roberts and Sen Tenzing achieved the first successful ascent of Mera Peak in May 1953, via a route that is now recognized as the standard approach from Mera La.


On the Way Amphu Laptsa

While the ascent from Mera La is technically straightforward, it involves crossing high and challenging passes, which can be strenuous, particularly during heavy snowfall or in areas with complex crevasses.

Classically, Mera Peak Climbing is an itinerary of around 18 to 23 days long. However, a shorter plan, Short Mera Peak Climbing, is becoming more and more popular nowadays. Especially those with a close-fitting timetable have been selecting this plan more than others.

While climbing these majestic peaks, our veteran Sherpa leaders will assist you and teach you how to climb, but Mera Peak climb is quite easy and requires minimum technical climbing skills. From the top of Mera Peak, you will see a panorama of the Himalayas, including three eight-thousanders - Mt. Everest, Mt. Cho Oyu, and Mt. Makalu. If you couldn't summit this peak today, we have added an extra contingency day to provide you with some time the next day.

BEST TIME FOR CLIMBING MERA PEAK IN NEPAL

We, the Outward Adventure Treks team, are comprised of experienced Sherpa people who have already been to Everest and Mera, along with almost all the mountains, have designed this trip and selected the perfect months for Mera Peak Climbing as the pre- and post-monsoon period, as the best time for climbing it. Most of our guests from the entire globe choose the months of September, October, November, March, April, and May, and some choose the winter period as well.

During these months, our guests get the most favorable weather conditions, stunning views, and a more enjoyable

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trekking experience. However, always prepare for variable weather, and consider your acclimatization and fitness levels to ensure a safe and successful ascent.

Optimal Seasons

1. Spring (March to May)

Weather Conditions: Spring is one of the most popular times to climb Mera Peak. The temperatures begin to rise, and the skies are generally clear. Daytime temperatures can range from 10°C to 15°C (50°F to 59°F) at lower altitudes, while higher elevations remain colder.

Advantages

- Ideal Weather Conditions: Spring offers stable weather with milder temperatures and clear skies, making climbing safer and more enjoyable.
- Optimal Visibility: The clear spring days provide stunning views of the surrounding peaks, including Everest, Lhotse, and Makalu, enhancing the overall experience.
- Flora in Bloom: Spring brings vibrant wildflowers and lush greenery, adding beauty to the trekking trails and making the journey visually captivating.
- Fewer Crowds: While spring is a popular season, it generally sees fewer climbers than autumn, allowing for a more tranquil experience on the mountain.
- Acclimatization Opportunities: The longer daylight hours and favorable conditions facilitate effective acclimatization, reducing the risk of altitude sickness.
- Cultural Festivals: Spring coincides with various local festivals, offering climbers a chance to experience unique cultural events and traditions in the Sherpa villages.

Considerations

- As you approach late April and May, be prepared for increased crowds as trekkers flock to the region before the monsoon.

2. Autumn (September to November)

Weather Conditions: Autumn is another prime season for climbing. The weather is stable, with temperatures gradually cooling as winter approaches. Daytime temperatures can reach up to 15°C (59°F) at lower elevations, while nights are much colder.

Advantages

- Stable Weather: Autumn features clearer skies and stable weather patterns, making it a reliable time for climbing with fewer weather-related disruptions.
- Crisp Air: The cooler temperatures in autumn provide refreshing conditions for trekking and climbing, enhancing

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endurance and comfort.

- Stunning Foliage: Experience the breathtaking autumn colors as the landscapes transform, with vibrant hues of red, orange, and yellow in the valleys.
- Less Humidity: The drier conditions in autumn mean reduced humidity, making trekking more pleasant and less taxing on your body.
- Fewer Climbers: Although popular, autumn generally sees fewer climbers than spring, offering a more peaceful and intimate experience on the mountain.
- Post-Monsoon Clarity: The post-monsoon season ensures clear views of the majestic peaks, providing spectacular photography opportunities and stunning vistas.

Considerations

- Late November can bring colder weather, particularly at higher altitudes, so be prepared for winter conditions.

TIMES TO AVOID FOR MERA PEAK CLIMBING

1. Monsoon Season (June to August)

Weather Conditions: The monsoon can bring heavy rainfall to the region, leading to muddy trails, increased risk of landslides, and poor visibility.

Disadvantages

- High likelihood of rain and cloud cover, which can obscure views.
- Trails can become treacherous and less stable.
- Increased humidity and the potential for leeches in lower elevations.

2. Winter (December to February)

Weather Conditions: Winter brings harsh conditions, with temperatures dropping significantly, especially at higher altitudes.

Disadvantages

- Severe cold can make climbing challenging and dangerous.
- Heavy snowfall can create avalanche risks and block trails.
- Fewer available trekking services and support, as many operators shut down during the coldest months.

ABOUT THE ROUTE

How difficult is Mera Peak Climb

Image not found or type unknown

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The journey to Mera Peak Climbing begins in Kathmandu, the gateway for all expeditions in Nepal. You'll take a short 35-minute flight to Lukla, escaping the bustling streets of the capital. Upon landing, you'll embark on the trekking trail leading to Chhutang, where you'll spend your first night.

The following day, you'll make your way to Thuli Kharka (4,300m). As you continue, you'll pass through several settlements in the Everest Region, including Kothe, Thangnak, and Khare, eventually reaching Mera Base Camp. It's important to take a full day in Khare to acclimatize to the altitude.

Once you're ready, you'll set out for Mera High Camp (5,780m) from the base camp. The ascent is steeper and involves snowy sections, requiring some effort. After reaching the high camp, you'll continue towards the summit of Mera Peak. The route is generally straightforward but includes some technical segments. With the proper mountaineering gear and fixed ropes, you'll reach the summit.

After enjoying the views from the top, you'll begin your descent, retracing your steps back to Lukla. In the following days, you'll make your way back through the foothills of Mera Peak for your return flight to Kathmandu.

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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

- Two nights in Kathmandu in a 3-star category hotel
- Ten nights in the best available local lodge/teahouse throughout the trek
- One night 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 Gortex Duffle bag [100% waterproof] to keep your personal belongings to be 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

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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)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,400m/4,593ft) - Transfer to Hotel and Trek Preparation

Upon your arrival in **Kathmandu**, the vibrant capital of Nepal, you will be greeted by one of the representatives of **Outward Adventure Treks and Expedition** and transferred to your hotel. After settling in, take some time to relax and acclimatize to the bustling atmosphere of this historic city. You may choose to explore the local area, visiting nearby shops, cafes, or attractions like the **Swayambhunath** (Monkey Temple) or Thamel, known for its trekking gear stores and cultural vibe.

In the afternoon, we will conduct a pre-trek briefing where you will meet your trekking team and guide. This meeting will cover important information regarding the Mera Peak climbing expedition, including safety protocols, gear checks, and the overall itinerary. It's a great opportunity to ask any questions you may have and ensure you are fully prepared for the adventure ahead. Our guide will also discuss the challenges of high-altitude trekking and emphasize the importance of acclimatization.

Later in the evening, enjoy a welcome dinner featuring traditional Nepali cuisine. This is a perfect way to immerse yourself in the local culture while sharing stories with fellow trekkers about your experiences and expectations for the climb. After dinner, return to your hotel for a good night's rest, as you will be embarking on an exciting journey to Mera Peak, one of the highest trekking peaks in Nepal, in the coming days.

Day 2: Fly to Lukla and trek to Chutanga (3,100m/10,168ft) - 35 minutes flight and 4 to 5 hours trek

The second day of your adventure with Outward Adventure Treks, you will embark on an exhilarating early morning flight from Kathmandu to Lukla, a journey that takes approximately 35 minutes. As you ascend, gaze out of the window to witness the breathtaking views of the Himalayan landscape unfolding beneath you. Lukla, known as the gateway to the Everest region, sits at an altitude of 2,860 meters (9,383 feet) and features a unique airstrip carved into the mountainside. Upon arrival, you'll meet your trekking crew and take a moment to prepare for the day's adventure.

After a brief introduction and a chance to acclimatize to the altitude, you'll set off on your trek towards Chutanga, located at an elevation of 3,100 meters (10,168 feet). The trail leads you through lush forests of rhododendron and pine, with the distant sounds of rushing streams accompanying your journey. As you traverse through charming Sherpa villages, you'll have opportunities to interact with the locals and learn about their rich culture and traditions. The trek is moderate, allowing you to take in your surroundings while adjusting to the altitude.

The trek to **Chutanga** typically takes around 4 to 5 hours, depending on your pace and the number of breaks you take. Along the way, you'll encounter stunning viewpoints that offer panoramic vistas of the surrounding peaks, including glimpses of the majestic Numbur and Kongde mountains. As you ascend, the air becomes crisper, and you may feel the exhilaration of being immersed in such a pristine natural environment. Remember to stay hydrated and enjoy the journey; the experience is as enriching as the destination itself.

Upon reaching Chutanga, you'll be greeted by a serene landscape where you can relax and take in the beauty of the

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mountains. Your guide will help you settle into your accommodation, where you can unwind and recharge for the days ahead. In the evening, gather with your fellow trekkers for a hearty meal, sharing stories and laughter as the sun sets behind the peaks. This day marks not just a physical journey, but also the beginning of lifelong memories and friendships forged in the heart of the Himalayas.

Day 3: Trek from Chutanga to Thuli Kharka (4,300m/14,104ft) via Zatrwa La (4,600m/15,092ft) - 5 to 6 hours trek

Today, you will rise early to prepare for a day filled with stunning vistas and challenging terrain as you trek from **Chutanga to Thuli Kharka**. After a nourishing breakfast, you'll set out on the trail, heading towards the Zatrwa La Pass, which sits at an impressive altitude of 4,600 meters (15,092 feet). This ascent will provide you with breathtaking views of the surrounding mountains and valleys, making the effort worthwhile. The trek today will take approximately 5 to 6 hours, so be sure to pace yourself and take in the sights.

As you begin your ascent to **Zatrwa La**, the trail winds through rocky paths and alpine meadows, offering a mix of gentle inclines and steeper sections. The flora here is diverse, and you may spot various wildflowers blooming in the cooler climate. Keep your eyes peeled for local wildlife, as this region is home to a variety of birds and small mammals. The air will grow cooler as you gain altitude, so dress in layers to stay comfortable throughout the hike.

Upon reaching Zatrwa La, take a moment to pause and absorb the magnificent views that surround you. From this vantage point, you'll be treated to panoramic sights of the Himalayas, including peaks like Numbur and Khatang. The sense of achievement at reaching the pass will be palpable, and it's a perfect spot to capture photos and reflect on your journey so far. After enjoying this moment, you'll begin your descent towards Thuli Kharka.

The trail from **Zatrwa La** to Thuli Kharka descends through rocky terrain and lush valleys, providing a different perspective of the landscape. As you navigate downhill, you may encounter herders with yaks and sheep, adding to the authentic Himalayan experience. The descent can be steep in places, so take your time and be mindful of your footing. The changing scenery, with its combination of rugged mountains and serene valleys, serves as a reminder of the natural beauty that characterizes this region.

Upon arrival in **Thuli Kharka**, situated at an altitude of 4,300 meters (14,104 feet), you will settle into your accommodations. Here, you can unwind and enjoy the tranquility of the surroundings. As evening approaches, gather with your trekking group for a delicious dinner prepared by your guides, sharing stories and reflecting on the day's adventures. The camaraderie developed during this trek will deepen as you bond over shared experiences in the heart of the Himalayas, setting the stage for the exciting days that lie ahead.

Day 4: Trek from Thuli Kharka to Kothe (3,691m/12,107ft) - 6 to 7 hours trek

On Day 4 of your trek with Outward Adventure Treks, you will journey from Thuli Kharka to Kothe, a scenic trek that spans approximately 6 to 7 hours. After a hearty breakfast, you'll set off early, energized and ready to embrace another day of adventure in the Himalayas. The trail today offers a blend of stunning landscapes, from lush forests to open

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meadows, as you gradually descend towards Kothe, which is nestled at an altitude of 3,691 meters (12,107 feet).

As you begin your trek, the path leads you through tranquil forests filled with pine and rhododendron. The cool morning air, combined with the sound of birdsong, creates a serene atmosphere that enhances your connection to nature. As you walk, take the opportunity to admire the changing vegetation and keep an eye out for local wildlife, including colorful birds and possibly even a glimpse of the elusive Himalayan tahr. This section of the trek is relatively gentle, allowing you to appreciate your surroundings while maintaining a steady pace.

After a few hours of trekking, you'll reach a viewpoint that offers spectacular vistas of the valley below and the towering peaks in the distance. This is a perfect spot for a brief rest, where you can capture photos and soak in the breathtaking views. Continuing on, the trail will begin to descend more significantly as you approach Kothe. You'll traverse through picturesque landscapes dotted with traditional teahouses, providing glimpses of local life and culture along the way.

As you get closer to Kothe, the terrain opens up, revealing stunning panoramas of the surrounding mountains and valleys. The sight of the village coming into view signals that you are nearing your destination. Upon arrival in Kothe, you will check into your accommodation and have some time to relax. Kothe is a charming village known for its friendly locals and stunning scenery, making it a perfect place to unwind after a long day of trekking.

In the evening, gather with your trekking companions for a well-deserved dinner. Your guides will prepare a delicious meal, providing a chance to reflect on the day's journey and share stories of your experiences thus far. The camaraderie built during these treks is often one of the highlights of the adventure, as you bond over shared challenges and breathtaking moments in the heart of the Himalayas. As the day winds down, enjoy the peaceful surroundings of Kothe, setting the stage for the exciting days that lie ahead on your trek.

Day 5: Trek from Kothe to Thaknak (4,358m/14,295ft) - 3 to 4 hours trek

The 5th day your adventure with Outward Adventure Treks, you will embark on a short but rewarding trek from Kothe to Thaknak, which is situated at an altitude of 4,358 meters (14,295 feet). After enjoying a hearty breakfast and taking in the serene morning atmosphere of Kothe, you'll set out for a trek that will last approximately 3 to 4 hours. This day is designed to help you acclimatize to the higher altitude while still providing stunning views and a sense of achievement.

As you leave Kothe, the trail meanders through enchanting forests and alongside the Dudh Koshi River, whose glacial waters flow with a refreshing clarity. The journey takes you through a variety of landscapes, each offering unique natural beauty. The sound of the rushing river, combined with the rustling leaves, creates a peaceful backdrop as you walk. The ascent is gradual, allowing you to enjoy the changing scenery without feeling rushed.

As you trek, you will start to notice the landscape transforming into a more alpine environment, with rocky outcrops and sparse vegetation becoming more prominent. This transition signifies your approach to higher altitudes and offers a glimpse of the towering peaks that surround you. Along the way, take the time to appreciate the flora and fauna unique to this region, and keep your camera ready for the breathtaking vistas that await.

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Upon reaching Thaknak, you will be welcomed by stunning views of the surrounding mountains and a sense of tranquility that comes with being in such a remote location. Thaknak serves as a perfect stopover for trekkers heading towards the high-altitude areas, and you will find yourself immersed in the natural beauty of the region. After settling into your accommodation, take a moment to relax and enjoy the fresh mountain air.

In the evening, gather with your fellow trekkers for dinner, where you can savor local dishes and share stories from the trail. This is an excellent opportunity to bond with your trekking companions as you reflect on your journey thus far and prepare for the challenges ahead. As night falls, the stars will shine brightly in the clear mountain sky, providing a perfect backdrop for a memorable evening in Thaknak, setting the stage for the exciting days to come on your trek.

Day 6: Trek from Thaknak to Khare (5,045m/16,548ft) - 3 to 4 hours trek

On Day 6 of your journey with Outward Adventure Treks, you will set out from Thaknak to Khare, a trek that takes you to an elevation of 5,045 meters (16,548 feet). The trek is relatively short, lasting about 3 to 4 hours, but it promises to be both challenging and rewarding as you ascend into the high-altitude terrain. After a nutritious breakfast with your group, you'll prepare for a day that will bring you closer to the majestic peaks of the Himalayas.

As you leave Thaknak, the trail begins to climb steadily, leading you through rugged landscapes that showcase the raw beauty of the high mountains. The path winds through rocky sections and sparse vegetation, offering stunning views of the surrounding snow-capped peaks. As you trek, take the time to catch your breath and appreciate the breathtaking scenery—this is a landscape shaped by millennia of glaciation, and the beauty is both awe-inspiring and humbling.

During the ascent, you may encounter the remnants of glacial moraines, a reminder of the powerful forces that have sculpted this dramatic environment. The air will become noticeably thinner, so it's essential to pace yourself and stay hydrated. Your guide will be there to ensure that everyone is acclimatizing well and to provide support as needed. This part of the trek is an excellent opportunity to connect with your fellow trekkers and share the experience of pushing your limits in such an extraordinary setting.

As you approach Khare, the terrain gradually flattens out, revealing a stunning alpine landscape dotted with glacial features. Upon reaching Khare, you'll find yourself surrounded by towering peaks and the serenity of the high-altitude environment. This village serves as a crucial acclimatization stop for trekkers heading further towards the peaks. After settling into your accommodation, take some time to relax and soak in the atmosphere of this remarkable location.

In the evening, gather with your trekking companions for a hearty dinner. As you share stories and experiences from the trek, you'll feel a strong sense of camaraderie and achievement. Khare is a unique place to reflect on your journey thus far and prepare for the next stages of your adventure. As night falls, the stars will illuminate the clear mountain sky, creating a magical backdrop for what promises to be an unforgettable experience in the heart of the Himalayas.

Day 7: At Khare – Acclimatization Day and pre-climb training

Day 7 at Khare is a vital acclimatization day, allowing you to adjust to the high altitude of 5,045 meters (16,548 feet) before continuing your trek. Proper acclimatization is essential for ensuring your body can cope with the thinner air as

you prepare for the challenges ahead. After a leisurely breakfast, your group will discuss the day's plan, which includes acclimatization hikes and pre-climb training to enhance your skills for the upcoming ascent.

In the morning, you'll embark on a short acclimatization hike to a higher elevation, typically around 5,300 meters (17,388 feet), before returning to Khare. This gradual ascent helps your body adapt to the altitude without the strain of a full day's trek. During the hike, take the opportunity to enjoy the stunning views of the surrounding mountains and glaciers. The landscape at this elevation is breathtaking, with rugged terrain and vast expanses of snow and ice. Be sure to keep hydrated and listen to your body; if you experience any signs of altitude sickness, inform your guide immediately.

After returning to Khare, the afternoon will be dedicated to pre-climb training. Your guides will provide essential instruction on the necessary climbing techniques, equipment usage, and safety protocols for the ascent. This training session will cover topics such as using crampons and ice axes, understanding glacier travel, and navigating the terrain safely. Engaging in practical exercises will help boost your confidence and ensure that you're well-prepared for the challenges of climbing in a high-altitude environment.

In addition to the technical training, this day is also a chance to bond with your fellow trekkers. Sharing experiences, tips, and encouragement can enhance your group's morale and camaraderie. Take this opportunity to ask questions and discuss any concerns you may have with your guides. Their expertise and experience will be invaluable as you prepare for the next stages of your adventure.

As evening falls, enjoy a well-deserved dinner with your trekking companions. Reflect on the progress you've made and the experiences you've shared so far. This acclimatization day not only serves to prepare you physically for the ascent but also strengthens the bonds formed among your group. With the stunning backdrop of the Himalayas, you'll find inspiration and motivation as you look forward to the exciting challenges that lie ahead on your journey.

Day 8: Trek from Khare to Mera High Camp (5,780m/18,958ft) - 5 to 6 hours trek

On Day 8 of your adventure with Outward Adventure Treks, you will embark on a significant trek from Khare to Mera High Camp, situated at an altitude of 5,780 meters (18,958 feet). This journey typically takes about 5 to 6 hours and marks a pivotal moment in your trek as you approach the high-altitude environment of Mera Peak. After a hearty breakfast, you'll gather your gear, excited and prepared for the challenges ahead.

As you leave Khare, the trail begins with a steady ascent that will test your endurance and acclimatization. The path winds through stunning alpine landscapes, characterized by rocky terrain, glacial moraines, and spectacular views of the surrounding peaks. The air will feel thinner, so it's essential to pace yourself and take regular breaks to stay hydrated and energized. Your guides will be attentive to your needs, ensuring that everyone is comfortable as you navigate the higher altitudes.

During the trek, you'll have the opportunity to witness the breathtaking beauty of the Himalayas. The views become increasingly dramatic as you ascend, with panoramic vistas of snow-capped mountains and deep valleys. Keep your camera ready, as the landscape changes with every step, offering countless photo opportunities. The sense of

adventure and the thrill of being in such an extraordinary environment will inspire you as you move closer to Mera High Camp.

Upon reaching Mera High Camp, you'll be greeted by a stunning backdrop of towering peaks, including the majestic Mera Peak itself. This location serves as a critical base for climbers, providing a unique atmosphere filled with anticipation and excitement. After settling into your accommodations, take some time to relax and acclimatize to the altitude. Enjoy the incredible views surrounding you, as they serve as a powerful reminder of the adventure you are undertaking.

In the evening, gather with your trekking companions for a nourishing dinner. This is a perfect time to share your thoughts about the trek and bond over the day's experiences. Your guides will also brief you on the plan for the next day, which may include further acclimatization or preparation for the ascent. As night falls, the stars will illuminate the skies above Mera High Camp, creating a magical atmosphere that encapsulates the spirit of adventure in the heart of the Himalayas. With the excitement of the climb ahead, you'll find motivation and inspiration in the camaraderie of your group and the beauty of the mountains surrounding you.

Day 9: Summit Mera Peak (6,461m/21,193ft) and trek to Khare (5,045m/16,548ft) - 11 to 12 hours trek/climbing

It is the biggest day of your journey. Today, you will embark on one of the most exhilarating parts of your journey: the summit attempt of Mera Peak, standing tall at 6,461 meters (21,193 feet). This day is packed with adventure and requires an early start, often before dawn, to maximize your chances for a successful summit. After a light breakfast, you'll gear up and gather with your team for a final briefing from your guides, ensuring everyone is prepared for the challenges of the ascent.

As you begin your ascent, the air will feel noticeably thinner, and the temperature will be chilly, so dressing in layers is crucial. The initial part of the climb involves navigating through rocky terrain and snowfields, and your guides will lead the way, maintaining a steady pace. Using crampons and ice axes, you'll work together as a team, moving carefully over the glacier. The camaraderie built during the trek will be essential as you support one another through this physically demanding challenge.

As you climb higher, the views become increasingly breathtaking. The landscape transforms into a stunning panorama of snow-covered peaks and deep valleys, offering a sense of awe and inspiration. Take moments to pause and absorb the beauty around you, but remember to keep moving and conserve your energy. The ascent is steep in sections, requiring focus and determination. Your guides will be there to motivate you and ensure your safety as you tackle the more challenging parts of the climb.

Reaching the summit of Mera Peak is a monumental achievement that will make all the effort worthwhile. Upon arriving at the top, you'll be greeted by an extraordinary 360-degree view of some of the highest peaks in the Himalayas, including Everest, Lhotse, and Makalu. Take time to celebrate this remarkable moment with your team, capturing photos

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and relishing the sheer magnitude of your accomplishment. The sense of triumph and the stunning scenery will create memories that last a lifetime.

After spending some time at the summit, it's time to begin your descent back to Khare. The journey down requires careful navigation, as you'll be retracing your steps over the glacier and rocky terrain. Although descending is generally less strenuous than ascending, it still demands attention and caution. Your guides will assist you in safely navigating the path, ensuring that everyone makes it back safely and without incident.

Arriving back in Khare will bring a sense of relief and fulfillment after a long and demanding day. You'll settle into your accommodations and enjoy a well-deserved dinner with your trekking companions. Sharing stories of the summit and reflecting on the challenges overcome will strengthen the bonds formed during your journey. As you unwind and recount the day's adventures, the stars will twinkle overhead, a fitting end to a remarkable day of climbing and exploration in the heart of the Himalayas.

Day 10: Contingency Day for Mera Peak Summit

The 10th da of our journey is designated as a contingency day for the Mera Peak summit, providing a crucial buffer in case of unfavorable weather conditions or unforeseen circumstances that may have hindered your ascent. This day is vital for ensuring the safety and success of the expedition, allowing trekkers to rest and acclimatize further if needed. If conditions are favorable, the group may take the opportunity for a second summit attempt. Alternatively, this day can be used for additional training, reviewing climbing techniques, or exploring the stunning surroundings of Khare, giving you a chance to reflect on your journey and bond with fellow trekkers. Regardless of the day's activities, the emphasis remains on safety and preparation as you navigate the challenges of high-altitude climbing.

Day 11: Trek from Khare to Kothe to Thuli Kharka (4,300m/14,104ft) - 8 to 10 hours trek

On this day, you will begin the journey back from Khare to Thuli Kharka, with a stop at Kothe along the way. This trek is a long one, spanning approximately 8 to 10 hours, but it offers a chance to retrace your steps through the stunning landscapes you've come to know. After an early breakfast, you'll gather your gear and bid farewell to the high-altitude environment of Khare, filled with memories of your summit experience.

As you trek back to Kothe, the path will be familiar yet refreshing, allowing you to appreciate the beauty of the surroundings with a new perspective. The descent takes you through rocky terrain and lush forests, with occasional views of the majestic peaks you've seen before. The air will feel more breathable as you lose altitude, making the trek more comfortable. Along the way, your guides will encourage you to take breaks, hydrate, and enjoy the diverse flora and fauna that thrive in this region. You might even encounter local herders or other trekkers, adding to the vibrant atmosphere of the trail.

Upon reaching Kothe, you'll stop for a well-deserved lunch and some rest. Afterward, you'll continue your trek toward Thuli Kharka, where you'll settle in for the night. The trail from Kothe to Thuli Kharka offers more stunning views, and as you approach your destination, you'll feel a sense of accomplishment after the long day of trekking. In the evening,

gather with your companions for a hearty dinner, sharing stories and reflecting on the incredible experiences you've had throughout your journey. This day not only marks the return to lower altitudes but also provides an opportunity to bond with your team as you prepare for the final stages of your trek.

Day 12: Trek to Lukla (2,840m/9,316ft) via Zatrwa La Pass (4,600m/15,088ft) - 5 to 6 hours trek

On Day 12 of your journey with Outward Adventure Treks, you will trek from Thuli Kharka back to Lukla, passing through the stunning Zatrwa La Pass at an elevation of 4,600 meters (15,088 feet). This trek typically takes about 5 to 6 hours and offers a beautiful blend of challenging terrain and breathtaking scenery. After a hearty breakfast, you'll prepare for the day ahead, excited to revisit the landscapes that have become familiar over the course of your trek.

As you set out, the trail will lead you back toward Zatrwa La, where you will begin your ascent. The climb to the pass is invigorating, with the crisp mountain air and the anticipation of reaching the top. As you gain altitude, take time to appreciate the panoramic views of the surrounding peaks, valleys, and the glacial terrain that characterize this remarkable region. The moment you reach Zatrwa La is a highlight of the trek, providing a perfect opportunity for photos and reflection on your incredible journey through the Himalayas.

After enjoying the views from the pass, you will begin your descent toward Lukla. The trail winds through lush forests and charming Sherpa villages, where you may encounter local life and culture along the way. As you approach Lukla, the landscape transitions to a more developed area, signaling your return to the bustling gateway of the Everest region. Upon arriving in Lukla, you will check into your accommodation and have some time to relax after the long trek. In the evening, gather with your trekking companions for a celebratory dinner, sharing stories and laughter as you reflect on the adventures and challenges you've faced together during this unforgettable journey.

Day 13: Fly from Lukla to Kathmandu(1,338m/4,390ft) - 35 minutes flight

Today you will wrap up your incredible journey in the Himalayas with a scenic flight from Lukla back to Kathmandu. After an early breakfast, you'll take some time to savor the last moments in this enchanting mountain town. The bustling atmosphere of Lukla, with its vibrant shops and friendly locals, serves as a reminder of the unique experiences you've had throughout your trek.

As you arrive at the airport, you'll check in for your flight, which typically lasts about 35 minutes. The small aircraft offers stunning views as it ascends and navigates through the rugged mountain terrain. Keep your camera ready, as the aerial perspective of the towering peaks, deep valleys, and winding rivers is nothing short of breathtaking. This flight is often regarded as one of the most scenic in the world, providing a fitting farewell to the majestic landscapes you've explored.

Upon landing in Kathmandu, you'll be greeted by the bustling energy of the city and the warmth of its people. After transferring to your accommodation, you'll have the rest of the day to relax and reflect on your incredible journey. Whether you choose to explore the vibrant streets of Thamel, visit local shops, or simply unwind, this day marks a transition from the serene mountains back to the lively culture of Kathmandu. In the evening, gather with your trekking companions for a farewell dinner, celebrating the bonds formed and the unforgettable memories created during your trek

in the Himalayas.

Day 14: Depart Kathmandu (International Departure)

After the wonderful adventure with Outward, your journey concludes as you prepare for your departure from Kathmandu. After enjoying a final breakfast at your hotel, take a moment to reflect on the incredible experiences you've had over the past two weeks. The memories of trekking through the breathtaking landscapes of the Himalayas, summiting Mera Peak, and the camaraderie built with your fellow trekkers will stay with you long after you leave.

Depending on your flight schedule, you may have some free time to explore the vibrant streets of Kathmandu one last time. Consider visiting some of the city's iconic landmarks, such as Swayambhunath (the Monkey Temple) or the historic Durbar Square, where you can soak in the rich culture and history of Nepal. Alternatively, you might want to pick up some last-minute souvenirs to commemorate your adventure.

As your departure time approaches, a representaitives of Outward will assist you with the transfer to Tribhuvan International Airport. Check in for your flight and prepare for your journey home or onward travel. Whether you are returning home or continuing your travels, the experiences and friendships forged during this trek will remain a cherished part of your life. As you board your flight, take one last look at the majestic Himalayas, knowing that you have accomplished something truly remarkable and created memories that will last a lifetime. Safe travels!