High Route Adventure Pvt Ltd.

Email: info@highrouteadventure.com
Phone: +977 9851058664
Website: www.highrouteadventure.com

1. Mera Peak Climbing (6,476m)

2. Overview

Mera Peak (6,476m) is the world's highest trekking peak, situated in Nepal's Solukhumbu district, as part of the Mahalangur Himalayan Range. This 17-day Mera Peak Climbing journey takes you deep in the remote Hinku Valley…

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1350 m | Meals: Dinner | Stay: Hotel

You may arrive in Kathmandu at any time. Upon your arrival, you will be welcomed by one of our airport representatives. He will help you get transferred to your Hotel. There are no planned activities for the day, thus you may check into your Hotel and relax. Overnight stay at the Hotel in Kathmandu.

Day 02: Fly to Lukla and trek to Paiya (Chutok)

Altitude: 2730 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

You will be transferred to the airport for your Lukla Flight early in the morning. After landing at Lukla, you will begin your trek going into the Dudh Koshi River valley. Crossing a suspension bridge over the Handi Khola, you will settle in Surke. As you climb up the Chutok La pass, you can get good views of the Lukla village and the nearby mountains. Down below the pass is the small settlement of Paiya/Chutok. Overnight stay at the guesthouse at Paiya.

Day 03: Trek from Paiya to Panggom

Altitude: 2846 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

From Paiya, the path leads you to a small bridge over a river. After crossing the bridge, the trail gets a little slippery due to the watery mud-leveled ground. As you follow the path, you will reach the Kari La Pass. It is a steady climb up the pass and another steady descent down. Finally, you will reach the settlement of Panggom, occupied by settlers who trade and farm. Overnight stay at the guesthouse at Panggom.

Day 04: Trek from Panggom to Ningsow

Altitude: 2863 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

After breakfast, you will leave Panggom via the Panggom La Mountain Pass. With an ascent-and-descent pathway, you will reach the Pesang Kharka Khola that flows through the valley floor. Crossing the river, you will follow the path once again to reach Peeng Kharka Danda. The trails descend to the banks of the Ningsow River to follow it to the Ningsow village. Overnight stay at the guesthouse at Ningsow.

Day 05: Trek from Ningsow to Chhatra Khola

Altitude: 2800 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Today, you will have a pleasant trek from Ningsow towards Chhatra Khola, following the path that descends and ascends to reach a small settlement of Ramailo Danda along the way. Further, from the Danda, the trail also enters the Makalu Barun National Park. This part of the trek is done on a path that is called the Pasang Lhamu Trail. As you trek towards Chhatra, you can also sometimes spot Red Pandas in the trees, roosting. Finally, you will reach the village. Overnight stay at the guesthouse at Chhatra Khola.

Day 06: Trek from Chhatra Khola to Kothe

Altitude: 3691 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

From the village, you will follow the trail that runs north from the main trail to Mera Peak. The narrow path runs alongside the Majang Khola and after merges with another trail alongside the Hinku River. The trail then leads you to the settlement of Tashing Ongma, known for its seasonal tea shops. Further from here is the Sanu Khola, which you will cross via a suspension bridge before finally reaching Kothe. Today you will get first view of Mera Peak. Overnight stay at the guesthouse at Kothe.

Day 07: Trek from Kothe to Thaknak

Altitude: 4358 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

You will trek alongside the Hinku River, with the Mera Peak towering over you. After passing through the Gordishung village- a small herder's settlement located on the western banks of the Hinku Dragna, you will continue towards the Lungsungba Gompa, a 200-year-old Gompa where you can find an inscription in rock mentioning Mera Peak. A short trek from here takes you to Thaknak, a summer grazing area that has primitive lodges. Overnight stay at the lodge at Thaknak.

Day 08: Trek from Thaknak to Khare

Altitude: 5045 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Further from Thaknak, the path follows a lateral moraine of the Dig Glacier, which presents spectacular views of the Charpate Himal. You will follow the trail that then climbs through the moraine to take you to the snout of the Hinku Nup and Shar Glaciers. From here, you will steadily climb up to the Khare village from where you can get good views of the northern face of Mera Peak (6476m). Overnight stay at the guesthouse at Khare.

Day 09: Khare: Acclimatization and pre–climb training

Altitude: 5045 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

This day is reserved for acclimatization. Today, our guide will also give you some proper training on how to use climbing equipment like crampons, ropes, carabineers, and ice axes. Our guide will also give you pointers and tips on the whole climbing experience. Overnight stay at the guesthouse at Khare.

Day 10: Trek from Khare to Mera High Camp

Altitude: 5780 m | Meals: Breakfast | Lunch | Dinner | Stay: Tented camp

Walking through a boulder-strewn terrain, you will climb a steep hill to reach the Mera Peak Base Camp. From the camp, you will continue further ahead through the Mera La Mountain Pass to reach the Mera High Camp. Climbing to the top of the rock band, which is marked by a cairn, you will set up Camp for High Camp. Along the way, you can enjoy breath-taking views of the peaks, like Lhotse (8516m), Makalu (8485m), and Cho Oyu (8,188m). Overnight stay at Mera High Camp.

Day 11: Mera High Camp to Mera Peak Summit, and return to Khare

Altitude: 5045 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

This is an important day of the entire trip. Today, you will be scaling the Mera Peak (6,476m / 21,247ft). Waking up quite early at 2 in the morning, you will make your way up the glacier and onto the ridge. As you continue, you can experience the sunrise as well, warming you up against the chilly dawn. With the help of ropes and other climbing equipment, you will begin your climb, following the Sherpa guide. Finally, as you reach the summit, you can take in mesmerizing views of the neighboring Everest peaks from the top. Finally, after enjoying the sight and the achievement, you will slowly retrace your steps back down the summit and trek back to Khare.

Day 12: Reserve Day for Contingency

Altitude: 5045 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

This day is reserved for contingency, just in case if you are unable to summit the peak on the desired day due to reasons like bad weather. This day can be skipped if the trip goes smoothly.

Day 13: Trek from Khare to Kothe

Altitude: 3600 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

From Khare, you will trek back towards Kothe, retracing your steps as before. The journey is pleasant and easier as it is a descent. You will descend to the base camp and cross the Mera La Pass (5,415 meters) and head west to Kothe. Overnight stay at the guesthouse at Kothe.

Day 14: Trek from Kothe to Thuli Kharka

Altitude: 4300 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

After breakfast, you will begin your trek to Thuli Kharka, climbing and descending across the valley and crossing several streams of the Inkhu Khola that drain the terrain. You will pass by the settlement of Takho and also pass by many chortens. Overnight stay at the guesthouse at Thuli Kharka.

Day 15: Trek from Thuli Kharka to Lukla via Zatrwa La Pass

Altitude: 2860 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

The Zatrwa La Mountain Pass is situated at an elevation of 4,600 meters. Crossing the pass, you will finally reach the Lukla village. The view of the village, as well as the peaks of Cho Oyu (8,188 m) and the Kongde Ri (6187m) among others from the top of the pass, is amazing. From the top, you will descend the pass towards Chutang and then trek to Lukla. Overnight stay at the guesthouse at Lukla.

Day 16: Fly to Kathmandu

Altitude: 1350 m | Meals: Breakfast | Dinner | Stay: Hotel

Bidding the Everest peaks goodbye, you will have a short flight back to Kathmandu. Upon landing, you will be dropped off at the Hotel. Here, you can stroll around the city or shop gifts as you spend your final day in Nepal. Overnight stay at the Hotel in Kathmandu.

Day 17: Final departure

Altitude: 1350 m | Meals: Breakfast

Approximately three hours before your scheduled flight, you will be dropped off at the airport for your departure.

5. Cost Includes

Airport Pick-up & Drop Services:

- International Airport arrival pick-up
- International Airport drop-off on your final departure day
- Domestic Airport drop-off from the hotel
- Domestic Airport pick-up & transfer to the hotel
- Kathmandu to Ramechhap to Kathmandu drive by sharing transportation (In case of Lukla flight based in Ramechhap)

Accommodation Services:

- Two Nights 3-star hotel in Kathmandu on BB Plan
- Thirteen nights' best available teahouse accommodation during the trek
- One night in a Tent Camp

Permit Service:

- Local Government Entry Permit
- Climbing Permit

Domestic Flights:

- Kathmandu to Lukla flight ticket
- Lukla to Kathmandu flight ticket
- Ramechhap to Lukla to Ramechhap flight ticket (In case of Lukla flight based in Ramechhap)

Meals & Drinking Water

- Breakfast: Local & continental choice
- Lunch during the trek
- Dinner during the trek
- Purified drinking water during the trek using a water filter or water purification tablets.
- Welcome & farewell dinner in Kathmandu at the best restaurant.

Guide & Porter Services:

- English-speaking government-licensed Trekking guide
- Professional Sherpa climbing guide
- Local Sherpa for carrying Luggage (up to 25 kg Max)
- All Meals for the guide & porter
- Insurances for guide & porter
- Well-paid salary as per Government rates
- A first-aid kit box carried by the team leader

Other Services:

- Down jacket and sleeping bag (Returned after trip completion)

- The HRA Brand Duffle Bag for the Trip, HRA Company T-shirt, and Cap
- High Route Adventure’s Appreciation Certificate after the successful Summit
- Oximeter - To determine your normal oxygen range
- Good quality tents and kitchen utensils for camping
- Group mountaineering (climbing) equipment
- Mera Peak map
- All government and local taxes

6. Cost Excludes

- Nepalese visa fee
- Excess baggage charge
- Personal Climbing Gear
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from the mountain (due to any reason) than the scheduled itinerary
- Lunch and dinner meals in Kathmandu
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, Hot Drinks, shower, etc.)
- Tips for guide, porter, and driver

7. Equipment / Packing List

The essentials you need for a comfortable and safe Himalayan climb

Mera Peak stands tall at 6,476 meters and is one of Nepal’s most popular trekking peaks. While it doesn’t require advanced climbing skills, the altitude, cold, and terrain demand solid preparation. Here's a full list of the gear you should bring — written simply to help every trekker get ready with confidence.

? Clothes You’ll Need

You’ll face changing weather — sunny days, windy passes, and freezing summit mornings. Dress in layers to adjust as you go.

? For Inner Warmth

- 2–3 quick-dry tops (long sleeves preferred)
- 2 sets of thermal bottoms
- A warm base-layer for sleeping

? For Middle Layer

- Fleece or light down jacket
- Warm trekking pants

? For Outer Protection

- Waterproof jacket (with a hood)
- Windproof pants or overpants

? For Higher Camps

- Thick down jacket (for extreme cold)
- Down trousers or insulated pants (for summit day)

? Footwear

Keeping your feet warm and dry is key on Mera Peak.

- Trekking boots (broken in and waterproof)
- High-altitude double boots (for summit night)
- Warm camp shoes or sandals
- At least 3–4 pairs of socks (mix of light and warm)
- Gaiters (for snow and mud protection)

? Gloves and Hand Warmth

- Thin gloves (for walking during the day)
- Warm insulated gloves
- Thick mittens (for the summit morning)

? Headwear and Eye Gear

- Wool hat or beanie
- Sun hat for lower altitudes
- Neck warmer or buff
- Dark sunglasses (with UV protection)
- Snow goggles (for bright summit snow)
- Head torch (with extra batteries)

?? Climbing Gear (Personal Use)

Some gear may be included in group supplies — but here’s what climbers usually carry:

- Safety harness
- Ice axe (lightweight)
- Steel crampons (check fit with boots)
- Rope clamp or ascender (like a jumar)
- Rappelling device (ATC or similar)
- Helmet (light and strong)
- Locking and regular carabiners
- 1–2 climbing slings or cords

? Bags to Carry Your Kit

- Big duffel bag (for porters/yaks)
- Medium-sized backpack (for day use)
- Smaller daypack (for short walks or flights)
- Rain cover or dry bags (to keep items dry)

?? Sleeping Gear

- Warm sleeping bag (rated to -20°C or lower)
- Extra liner (adds warmth and cleanliness)
- Sleeping pad or mat (for comfort and insulation)

?? Hydration & Food Basics

- Two 1-liter water bottles (wide mouth)
- Small thermos (for hot drinks)
- Personal snacks (nuts, bars, etc.)
- Reusable mug and spoon (optional but handy)

? Hygiene & Health

- Toothbrush and paste
- Soap, hand gel, and wipes
- Toilet paper (bring your own!)
- Sunscreen (high SPF) and lip balm
- Blister plasters and basic first aid
- Any personal medications
- Altitude pills (consult your doctor before use)
- Water purifying tablets or filter

? Extras & Must-Haves

- Passport and ID copies
- Cash for small expenses and tips
- Notepad or book for rest days
- Power bank and charging cable
- Camera or phone with extra memory
- Trash bags (leave no waste behind!)

? A Few Final Tips:

- Try your gear at home first to make sure it fits and works.
- Check with your guide or agency for items they provide.
- Don’t overpack — focus on warmth, function, and simplicity.
- Keep gear lightweight but strong enough to handle snow and cold.