

1. Short Mera Peak Climbing

2. Overview

Short Mera Peak climbing in Nepal is a high-altitude adventure that takes you to a maximum elevation of 6,476 meters at the summit. Mera Peak is located just 20 kilometres southeast of the Everest massif...

3. Itinerary

Day 01: Fly to Lukla and trek to Chutanga

Altitude: 3,100m/10,168ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Wake up early in the morning for the Lukla flight. After breakfast, our guide will transfer you from your hotel to the domestic terminal. 35 minutes of a short and scenic flight takes you to Lukla airport. Start trekking from Lukla through terraced villages and dense rhododendron forests to reach Chutanga. **Note:** If your Lukla flight is from Manthali Airport, we need to reach the Thamel bus station and the bus leaves at 2 AM.

Day 02: Trek from Chutanga to Thuli Kharka via Zatrwa La (4,600m/15,092ft)

Altitude: 4,300m/14,104ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Today, we will cross the challenging Zatrwa La (4,600m/15,092ft) to enter the Hinku Valley. The ascent through dense forests of juniper and fir takes you to open ridgelines with sudden panoramic views. From Zatrwa La Pass, a wide view of a beautiful glacier-carved valley beside the famous Khumbu region starts to appear. Also, a glimpse of Kongde Ri, Karyolung, and Number Himal is stunning to watch from here.

Day 03: Trek from Thuli Kharka to Kothe

Altitude: 3,691m/12,107ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

After a long descent from the Thuli Kharka, you will reach the lush Hinku Hola river valley. The trail passes through Sanu Gaun, Pangkongma, and Gonglha before reaching the riverside settlement of Kothe at 3,691 m. Kothe is located where the Hinku River turns sharply to the north. From here you will experience no roads, no motors, just glaciers, mountains and sky. While walking through the forest, keep your eye on Himalayan monal pheasants and langur monkeys. Once you reach Kothe, you can see Kusum Kanguru on the eastern side, and Mera Peak becomes visible further up the valley.

Day 04: Trek from Kothe to Thaknak

Altitude: 4,358m/14,295ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Today, you will gain rapid altitude, so instead of a long walk, today will be a short and steady altitude push. Following the trail of the glacial Hinku River upstream, it leads to Gondishung, which features mani walls and an ancient gumpa (Buddhist monastery) dating back centuries. The landscape turns from dense forest to open moraine and rocky terrain as you approach Thaknak. As soon as you arrive at Thaknak, you are welcomed by mountain views. You can see Mera Peak in the north, along with Charpate Himal (6,100 m) and Sabai Tsho glacial lake further up the valley.

Day 05: Trek from Thaknak to Khare

Altitude: 5,045m/16,548ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Following the steady trail, the Hinku valley turns into a narrow and glacial path. On the way, you will see Sabai Tsho, a beautiful glacial lake with bright green water reflecting the ice and rocky mountains above. As you continue, the end of the Mera Glacier comes into view as you reach Khare, the last permanent settlement before the higher camps. From Khare (5,045 m), you can see Mera Peak (6,476 m) and the upper Mera Glacier, with the route toward Mera La (5,415 m) leading into the glacier slopes. It is the main base for the Mera Climb, where trekkers learn basic mountaineering skills before the summit push.

Day 06: Khare: Acclimatization and pre-climb training

Altitude: 5,045m/16,548ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Today is a crucial rest day to acclimatize your body to high altitude. In the morning, you will hike to the glacier to learn glacier skills. Your certified Sherpa guides give you training on how to use the crampon fitting, ice axe technique, rope management, and rope travel on moderate slopes. These glacier skills will help you stay safe and confident during the summit climb.

Day 07: Trek from Khare to Mera High Camp

Altitude: 5,780 m/18963.2 ft

Meals: Breakfast/Lunch/Dinner

Stay: Tented camp

From Khare, the trail climbs over rocky and snowy terrain until it reaches the Mera Glacier. Once on the glacier, climbers put on crampons to walk safely on the ice and avoid slipping. The route continues across Mera La (5,415 m) and then ascends the broad Mera Glacier to High Camp (5,780 m). This glacier walk is steady and spectacular, like a vast white highway surrounded by some of the world's highest peaks. High Camp is set on the upper snowfield of the glacier. From here, the mountain views are stunning, and on clear evenings, several 8,000-meter peaks can be seen.

Day 08: Mera High Camp to Summit, (6,461m/21,1907ft) Trek Back to Khare

Altitude: 5,045 m/16551.8 ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Once the alarm hits, we wake up and get ready for the summit by putting on the headlamp in the dark. From High Camp, the climb begins on the rocky moraine before stepping onto the Mera Glacier. The initial ascent is moderate, with a steady snow slope as climbers move upward in rope teams. As the route continues toward the upper glacier, the terrain becomes steeper and more demanding due to thin air and freezing temperatures. Climbers carefully navigate crevasses while maintaining a steady pace. The final section leads to the summit ridge, where the slope becomes steeper, and fixed ropes are used for safety. From here, the route continues to the Central Summit of Mera Peak (6,461 m). The summit offers a breathtaking 360-degree panorama of the Himalayas, including Mount Everest (8,848 m), Lhotse (8,516 m), Makalu (8,485 m), Cho Oyu (8,188 m), and Kangchenjunga (8,586 m), along with other peaks like Baruntse (7,129 m) and Chamlang (7,319 m). After spending time at the summit, head back to the Khare, navigating safely.

Day 09: Reserve Day for Contingency

Altitude: 5,045 m/16551.8 ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Himalayan weather is famously unpredictable. We have kept this full day in reserve for weather delays, summit re-attempts, or simple recovery after the summit push. If everything goes as per plan, you can even skip this day.

Day 10: Trek from Khare to Kothe

Altitude: 3,600 m/11811 ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Begin your long descent by heading downstream along the Hinku Khola (river). From a high altitude landscape, you will return to the forest with ease in breath due to altitude loss. You will stop in Lungsumgba Gumpa once again. Behind you, Mera Peak stands in the distance, while Kusum Kanguru rises along the eastern ridge.

Day 11: Trek from Kothe to Thuli Kharka

Altitude: 4,300 m/14107 ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

You will follow the same route on your return journey. The trail climbs back toward Thuli Kharka, passing through Sanu Gaun and forested paths. Thuli Kharka has open meadows with yak grazing grounds, where you can spend a peaceful night.

Day 12: Trek from Thuli Kharla to Lukla via Zatrwa La Pass

Altitude: 2,830 m/9284 ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

For the final time, you will cross the mountain pass - Zatrwa La Pass(4,600 m). From the pass, enjoying the view of Kusum Kanguru, Numbur Himal, Hinku valley, and Mera range, you will descend to Lukla following the Dudh Koshi River.

Day 13: Fly to Kathmandu

Altitude: 1,350 m/4429 ft

Meals: Breakfast/Dinner

Stay: Hotel

An early morning flight from Lukla takes you to Kathmandu. Before getting to the airport for the flight, you will say farewell to your guide and porter. Then, enjoying the aerial view of Everest, Lhotse, Makalu, and Mera Peak from above, you will land at Kathmandu airport. From the airport, you will be transferred to your hotel.

5. Cost Includes

Airport Pick-up & Drop Services:

- 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:

- Eleven nights' best available teahouse accommodation during the trek,
- A night in a Tent Camp at Mera High 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, 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
- Hotel in Kathmandu
- 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

Here is your full packing list for Mera Peak Climbing.

Technical Climbing Gear

- Mountaineering boots
- Crampons (12-point)
- Ice axe (50–60 cm)
- Climbing harness
- Helmet
- Jumar / ascender
- Locking carabiners (HMS)
- Non-locking carabiners
- Glacier goggles
- Trekking poles
- High gaiters (knee-height)
- Summit day pack (20–30 L)
- Dry bags / pack liners
- Sleeping bag (?20°C rated)
- Headlamp (300+ lumens)
- Water bottles (Nalgene 1 L)
- Thermos flask (1 L)

Clothing

- Moisture-wicking base layer tops
- Moisture-wicking base layer bottoms
- Mid-layer fleece jacket (200 wt)
- Light insulated puffer jacket
- Expedition down jacket (700+ fill)
- Softshell jacket
- Hardshell waterproof jacket (Gore-Tex)
- Hardshell waterproof trousers
- Softshell / fleece trousers
- Trekking trousers
- Sun hoody (UPF 50+)
- Underwear (moisture-wicking)
- Casual t-shirts
- Casual trousers / shorts
- Liner gloves (merino or silk)
- Mid-layer fleece gloves
- Expedition mountaineering mitts
- Liner socks (thin merino)
- Trekking socks (mid-weight merino)
- Mountaineering socks (heavy)
- Camp sandals or down booties
- Warm beanie (merino/synthetic)
- Fleece balaclava
- Sun hat / baseball cap
- Neck gaiter / Buff

Health Safety and Personal

- Sunscreen SPF 50+
- Lip balm with SPF
- Altitude medication (Diamox)
- Antiseptic wipes / Betadine
- Blister kit (Compeed + needle)
- Elastic bandage / KT tape
- Ankle support and joint taping
- Pulse oximeter
- Hand sanitizer
- Wet wipes / body wipes
- Toilet paper + lighter
- Microfibre towel
- Biodegradable soap & shampoo
- Earplugs
- Trekking snacks

Electronics and Navigation

- Power bank (20,000 mAh)
- Phone charging cables
- Camera / action cam
- Memory cards + SD reader

Documents, Money and Logistic

- Passport (original)
- Passport photocopies
- Mera Peak climbing permit
- Travel insurance documents
- Cash (Nepalese Rupees)
- Emergency contact card