

1. Trip Overview

Mera Peak Climbing Trip Notes :

- Maximum Elevation during the trip will be at 6461 m of height.
- The trip can last for around 19 days.
- 2 travelers can travel through the trails at minimum.
- The trip is graded as strenuous one.
- Accommodations are provided at the hotels, lodges and in tents.
- The best time of the travel will be on the month of October or from March to May.

More Attractions About Mera Peak Climbing :

- Trek up to Mera Peak which is officially the highest of Nepal's permitted trekking peaks that rises to the south of Mount Everest.
- Trail through this trip rewards with the spectacular views of Mt. Everest 8848m, Mt. Cho Oyu 8201m, Mt. Makalu 8485m, Mt. Kanchenjunga 8586m, Mt. Lhotse 8516m and several other peaks lying in the Everest region.
- Exploration of the unique culture and traditions of Sherpas living in highlands.
- Opportunity to get close to the wild, flora and fauna along with uninhabited and beautiful - Hongu and Hinku valleys.

Mera Peak Climbing is a bit physically demanding because of its altitude though the ascending snow slope does not exceed more than 40 degrees. Mera Peak is located at an altitude of 6461m on the edge of Khumbu region in Everest Himalayan range. Trekking to the Mera Peak is an adventurous trip and the highest trekking peak which share the both region of Everest and Makalu region. The trip through the trail of . The travelers are rewarded with the beautiful views of Mt Everest (8848 m), Mt Lhotse (8516 m), Mt Makalu (8485 m), Mt Kangchenjunga (8586 m), and Mt cho- oyu (8201 m) which are the 5 mountains out of 6 highest mountains in the world. The trail passes through the uniquely traditional Sherpa villages and Alpine forest of Hinku Valley containing blue pine and Rhododendron forests which reach to Mera Base Camp. In order to have the thrilling adventure to Mera Peak, travelers need good mountaineering skills and special permit from the Nepal Mountaineering Association. Mount Glory Treks and Expedition can manage and design an organized itinerary and other programs for Mera Peak climbing according to the the interest of an individual willing to try the thrilling adventure throughout the year.

Mera Peak Climbing is an excellent option for trekkers with moderate mountaineering experience. It is less challenging due to its elevation but some basic mountaineering skills is required. Our team will provide you basic skill before actual summit. Mount Glory organize its climbing trip to Mear Peak from its starting days. One can witness the beautiful and breath-taking mountain view from the periferi and along the path of Mear Peak. As its a challenging peak for most of the trekkers as its referred to as Nepal's highest trekking peak and was mistakenly copied to the official trekking peak list and the actual elevation is 6476m. The typical approach and the one discribed in Mera Peak Climbing itinerary is Flight to Lukla and heading east over Zatra La Pass and into Hinku Valley. Mount Glory provides

you ultra experience sherpa's many of homes have scaled other peaks including Everest.We run our climbs with at least 4 climbers 1 guide ratio to ensure that every trekkers makes it to summit and as a chance to try even if member of group have different pacing.

2. Trip Includes

- Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- 04 Nights Twin sharing accommodation in standard Hotel in Kathmandu; Breakfast included.
- All your standard meals during the trek(Breakfasts, Lunches and Dinners).
- Standard Accommodation While on trekking.
- Full day guided sightseeing of kathmandu with well English Speaking Tour Guide.
- Airfare from Kathmandu – Lukla - Kathmandu including airport departure tax in Kathmandu and Lukla airport.
- Porters to carry your bags(1 porter for 2 guests).
- Peak climbing special permit
- Human resource: A professional and experienced Climbing guide (English-speaking); and porter (carrying up to 25 kg); all the expenses for the guide and porter(s) are covered (wages ,accommodation, meals, transportation, insurance, etc.). High altitude workers special insurance. Climbing Guide bonus
- Food,Accommodation,salary,insurance and equipment's for all staff.
- Free Mount Glory Adventure duffel,Down Jacket,Sleeping Bag and Tshirt (Return Back).
- All goverment,hotel and other applicable taxes.
- Farewell dinner in typical Nepali Restaurant with cultural dance show.
- Trip Completion Certificate And Token Of Love.
- Official expenses.

3. Trip Excludes

- International Airfare and taxes.
- Travel insurance which covers emergency Rescue and Evacuation.
- Nepal Entry visa(visa is obtained in Nepal Airport immigration on arrival.USD 25 per visa for 15 days,USD 40 pervisa for 30 days and USD 100 per visa for 90 days.All the visas are multiple entry *visas.please carry 02 passport sized photograph for the visa.
- Lunch and Dinner in kathmandu.
- All items of personal expenses.
- Tipping for guide,porters and drivers(Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.

Note: Please bring 4 Passport size photos, copy of passport and travel insurance at Our First Meeting In Our Office.

4. Trip Itineraries

Day 1: Arrival In Kathmandu(1,400 m) And Pre-Trip Meeting.

Trip Hours:

Accommodation: Standard Hotel

Max Altitude: 1400m

Meals:

Day 2: kathmandu(1400m) full day Sightseeing by private tourist vehicle.

Trip Hours:

Accommodation: Standard Hotel

Max Altitude: 1400m

Meals: Breakfast Included

Day 3: Fly to lukla (30 min).

Trip Hours:

Accommodation: Standard Trekking Lodge With Attach Bathroom

Max Altitude: 2610m

Meals: Breakfast,Lunch And Dinner Included

Day 4: Trek to chhutanga(3450m).

Trip Hours:

Accommodation: Tented Camp

Max Altitude: 3450m

Meals: Breakfast,Lunch And Dinner Included

Day 5: Trek to Thuli Kharkab(4250m).

Trip Hours:

Accommodation: Tented Camp

Max Altitude: 4250m

Meals: Breakfast,Lunch And Dinner Included

Day 6: Trek to Kothey(3634m).

Trip Hours:

Accommodation: Tented Camp

Max Altitude: 3634m

Meals: Breakfast,Lunch And Dinner Included

Day 7: Trek to Thangnak(4600m).

Trip Hours:

Accommodation: Tented Camp

Max Altitude: 4600m

Meals: Breakfast,Lunch And Dinner Included

Day 8: Trek to khare5025m).

Trip Hours:

Accommodation: Tented Camp

Max Altitude: 5025m

Meals: Breakfast,Lunch And Dinner Included

Day 9: Rest day at khare (5025m),

Trip Hours: 5

Accommodation: The Dwarika's Hotel or Hyatt Regency

Max Altitude: 100

Meals: Hotel

Day 10: Trek to Mera La Pass (5350m).

Trip Hours:

Accommodation: Tented Camp

Max Altitude: 5350m

Meals: Breakfast,Lunch And Dinner Included

Day 11: Trek to Mera High Camp(5750m).

Trip Hours:

Accommodation: Tented Camp

Max Altitude: 5750m

Meals: Breakfast,Lunch And Dinner Included

Day 12: climb Mera peak climbing(6476m), and return back to khare.

Trip Hours:

Accommodation: Tented Camp

Max Altitude: 6467m

Meals: Breakfast,Lunch And Dinner Included

Day 13: Trek back to kothe (3634m).

Trip Hours:

Accommodation: Tented Camp

Max Altitude: 3634m

Meals: Breakfast,Lunch And Dinner Included

Day 14: Trek to Thuli Kharka.

Trip Hours:

Accommodation: Tented Camp

Max Altitude:

Meals: Breakfast,Lunch And Dinner Included

Day 15: Trek to Lukla (2850m), 3 hours walk and overnight at hotel.

Trip Hours:

Accommodation: Standard Trekking Lodge With Attach Bathroom

Max Altitude: 2850m

Meals: Breakfast,Lunch And Dinner Included

Day 16: Flight back to Kathmandu (30 min) and transfer to hotel.

Trip Hours:

Accommodation: Standard Hotel

Max Altitude: 1400m

Meals: Farewell Dinner Included

Day 17: Leisure time in Kathmandu Free Day.

Trip Hours:

Accommodation: Standard Hotel

Max Altitude: 1400m

Meals: Breakfast Included

Day 18: Departure at Tribhuban International Airport.

Trip Hours:

Accommodation:

Max Altitude: 1400m

Meals: Breakfast Included

5. Trip Useful Info

Do I Need Any Prior Climbing Experience For Mera Peak?

Previous climbing experience certainly helps, but no prior experience is required for Mera Peak climbing. Moreover, at Mera Peak base camp, our climbing Sherpa will organize a special session on climbing skills and the use of climbing equipment's. Some cardio and regular walks will certainly help prior to your arrival in Kathmandu. However, anyone with pre-medical history needs to seek medical consent before considering the climbing.

Do I Need Travel Insurance For An Emergency To Join Mera Peak Climbing?

We strongly suggest you have an all-inclusive travel insurance policy covering all the aspects of your adventure. However, we ensure you that there would be hardly any evacuations or any health catastrophe as your leader is medically trained and has ample knowledge to deal with any life-threatening situation. But it's always wise to have insurance as your back up.

What Permits Are Required For Mera Peak Climbing?

As for Mera Peak climbing, you would need special climbing permit along with National Park permits, and TIMS card (trekking information management system). We obtain these entire permit and travel documents for you.

What Do You Mean By Acute Mountain Sickness? How Can It Be Treated?

Acute mountain sickness is a negative health effect of high altitude caused by your body's reaction to a shortage of oxygen. The amount of oxygen present at sea level is double of that contained at 5,000m above the sea-level. Your body needs sufficient time to adjust your breathing to the higher altitude. Above 2,800m, the effect of high altitude is experienced.

Symptoms of AMS are a headache, nausea, loss of appetite, coughing, and fatigue. If you're feeling any of these while trip, rest and discontinue your trip for that day. If your health is getting worse while resting, return back to lower altitude. You should rest until you feel okay. Then, you can continue your trip. You can always abandon your trip if you're not able to complete it. Let your guide know if you are having troubles during the trip and act on his advice.

6. Contact Us

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We are located - Near to Bhagwati Mandir (5.6 km from Tribhuvan International Airport), Thamel Marg, Thamel, Kathmandu, Nepal.

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