



MERA PEAK ITINERARY

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Mera Peak at 6476m is the highest trekking peak in Nepal. At this altitude the oxygen content of air is less than half of what it is at sea level. It is located in the Himalayan mountain range in Nepal, a little east of the main Khumbu valley on a much quieter trail.

While we try and stick to the tried and tested itinerary below, the mountain and the weather sometimes has other ideas. We will always remain as flexible as possible, which is why we only work with experienced and knowledgeable local guides, to make sure we can change any plans if required.

Please note: We intend to keep the itinerary but this can be adjusted due to conditions and weather, in order to facilitate the best summit chance for you.

DAY ONE:

ARRIVE IN KATHMANDU

We welcome everyone at the airport and transfer to our hotel in Kathmandu. You'll have some time to explore before we gather for dinner and a briefing.

DAY TWO:

FLY TO LUKLA (2,840M), TREK TO PHUIYAN (2,796M)

It's an early start for the exhilarating 45 minute flight from Kathmandu to the small town of Lukla known as the gateway to the Everest region. After some refreshments in Lukla we set off on the trek south away from Everest to Phuiyan.

9km Trek / 650m+ / 700m-

DAY THREE:

PHUIYAN (2,796M) - PANGKONGMA (2,946M)

From Phuiyan, we will follow the normal trade route south for a while and then turn east onto a lesser traveled trail as we hike steeply up to 3,100m on a narrow ancient stone staircase. From here we traverse around the side of the hill on a stunning trail and drop down into Khare Khola before the last climb uphill to the village of Pangkongma.

10km Trek / 850m+ / 660m-

DAY FOUR:

PANGKONGMA (2,946M) - NARJING DINGMA (2,650M)

On our way out of the village we will stop by the monastery. After that we pass through the Rhododendron forest on a steep winding trail up to the Pangkongma la pass at 3,174m. After a pause to enjoy the views we will follow the ridge line on a long descent down over 1,000m to our lunch spot beside the Hinku Khola river. We will then climb up 600m to the stunning site of Narjing Dingma at 2,600m.

7km Trek / 950m+ / 1150m-

DAY FIVE:

NARJING DINGMA (2,650M) - CHALEM KHARKA (3,450M)

After breakfast we make our approach to the beautiful Surka La pass. Once at the pass we descend through fir and rhododendron trees onto a rocky path and up to Chalem Kharka 3,600m.

9km Trek / 850m+ / 100m-

DAY SIX:

CHALEM KHARKA (3,450M) - KHULA KHARKA (4,120M)

The day starts with a long ascent 900m uphill to the high point of the day at 4,500m. This beautiful hike can have snow scattered across the hills as we make our way to Chunbu Kharka. After an initial 45 minutes uphill section, you will then see the rocky trail up ahead. We will take a break before this long grind up for a few hours. After lunch at the top of the pass, the terrain descends gradually over rugged terrain. The views are amazing from here and we also pass by two lakes. Descent down to Khula Kharka.

8km Trek / 1150m+ / 400m-

DAY SEVEN:

KHULA KHARKA (4,120M) - KHOTE (3,480M)

Today we will descend down into the village of Khote. After 20 minutes of uphill walking we then get great views looking back from the Panch Pokhari view point. From here, we contour around the hill side and then descend steeply down high the trail, above the Hinku valley. The trail follows a rocky path downhill. We will have lunch in the forest and continue further down to the river before crossing a wooden bridge to get to Khote.

7km Trek / 250m+ / 900m-

DAY EIGHT:

KHOTE (3,480M) - TAGNAK (4,140M)

The first hour is a beautiful walk with giant mountains in all directions. The trail and terrain is gradual mixed rock and pastures where yaks graze. Tagnak is a growing village in a beautiful mountain setting. We will have time to sit in around and enjoy the views in the afternoon. We're getting close now.

8km Trek / 700m+ / 0m-

DAY NINE:

TAGNAK GLACIER ACCLIMATIZATION DAY

Here we will take a rest day and acclimatise further. Some time will be made for skills training and we'll do some work on the glacier.

DAY TEN:

TAGNAK (4,140M) - KHARE (4,940M)

After our 'rest' day it is time to move again. Our route turns to the east as we trek through the valley floor and then make our way past stunning some stunning views. We also pass amazing lakes and glaciers in one of the great Himalayan valleys. We will arrive in Khare after lunch and relax for the rest of the day, getting used to the higher altitude at almost 5000m

5km Trek / 850m+ / 0m-

DAY ELEVEN:

GLACIER TRAINING

Today we continue the training and preparation as well as the acclimatisation process.

DAY TWELVE:

KHARE (4,940M) - MERA HIGH CAMP (5,800M)

This trek up to High Camp holds some Himalayan treasures with superb views back over the Everest region. We trek up to the glacier is steep in sections and we will pace ourselves due to the altitude. We will be wearing crampons at this stage and the walk across the glacier is outstanding. At camp it's time to re-hydrate and recover for the summit push.

6km Trek / 900m+ / 0m-

DAY THIRTEEN:

MERA HIGH CAMP (5,800M) - MERA SUMMIT (6,476M) - KHARE (4,940M)

The climb to the summit of Mera Peak starts gradually. We leave high camp very early in the morning around 2am and it should take 5/6 hours to reach the summit. As we come to the end of the steep terrain, the central summit appears above the wide glacier, flanked by 2 ridges. This steep section can take 2 hours and is slow going. Mera has 3 summits and our objective is the highest. The last 30m can require a lot of effort, Jumaring on a short steep snow section before arriving on the majestic summit. Finally, after reaching the summit and enjoying amazing views over the Himalaya, we may have a short abseil. We then make the long descent back to High camp.

8km Trek / 676m+ / 1530m-

DAY FOURTEEN:

KHARE (4,940M) - KHOTE (3,840M)

After a well deserved full night of sleep at the lower altitude of Khare, we will get up and make our way back to Khote with big smiles on our faces.

14km Trek / 0m+ / 1300m-

DAY FIFTEEN:

KHOTE (3,840M) - CHETERA BU(4,100M)

We take a shorter, more direct route back to Lukla. From Khote it is all uphill to the Zatrwa La pass at 4,620m, but we break up the distance and have an overnight stop off in Chetera Bu.

6km Trek / 650m+ / 225m-

DAY SIXTEEN:

CHETERA BU (4,100M) - LUKLA (2,840M)

Our last day of trekking as we make our way over the Zatrwa La pass before descending all the way down to Lukla. We check in to our teahouse and gather for celebrations with our porters and sherpas as we tuck in to a delicious celebration dinner. The party continues into the night but don't drink too much, we have the exhilarating flight back to Kathmandu tomorrow...

12km Trek / 750m+ / 1800m-

DAY SEVENTEEN:

FLY TO KATHMANDU

We take an early flight back to Kathmandu and check in to our hotel.

DAY EIGHTEEN:

KATHMANDU

One last day to explore the sights and pick up some souvenirs for friends and family back home. A final celebration dinner altogether in Kathmandu.

DAY NINETEEN:

FLY HOME

Head home.