



Mera Peak

Trip Facts

Difficulty Challenging and difficult	Max Altitude 6,476m/21,247ft	Accommodation Hotel in Kathmandu / Tea houses on trek and on tent while climbing	Meals
Activity Peak Climbing	Best Season Mar–May & Sep–Nov	Start / End Point	Duration 17 Days

Trip Overview

Mera Peak is the highest trekking peak in Nepal. It stands at a towering 6,476m (21,247ft). It lies in the Solu-Khumbu (Everest) Region. The Nepal Mountaineering Association (NMA) manages it legally. It is a famous non-technical summit. It is less vertical than Island Peak. This makes it a premier choice for trekkers. You can summit without advanced mountaineering skills. However, it requires immense physical stamina. The higher elevation and long glacier march demand strong cardiovascular endurance.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Welcome Briefing

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 2 - Fly from Kathmandu to Lukla & Trek to Paiya

Difficulty	Max altitude 2,860m/9,383ft	Accommodation	Meals
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Day 3 - Trek from Paiya to Pangkongma

Difficulty	Max altitude 2,846m/9,337ft	Accommodation	Meals
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Day 4 - Cross the Pangkongma La Pass & Trek to Ningsow

Difficulty	Max altitude 3,174m/10,413ft	Accommodation	Meals
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Day 5 - Trek from Ningsow to Chhatra Khola

Difficulty	Max altitude 2,800m/9,186ft	Accommodation	Meals
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Day 6 - Trek from Chhatra Khola to Kothe

Difficulty	Max altitude 3,691m/12,110ft	Accommodation	Meals
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Day 7 - Trek from Kothe to Thangnak

Difficulty	Max altitude 4,358m/14,298ft	Accommodation	Meals
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Day 8 - Trek from Thangnak to Khare (Mera Base Camp)

Difficulty	Max altitude 5,045m/16,552ft	Accommodation	Meals
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Day 9 - Pre-Climb Training & Acclimatization Day in Khare

Difficulty	Max altitude 5,045m/16,552ft	Accommodation	Meals
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Day 10 - Trek from Khare to Mera High Camp

Difficulty	Max altitude 5,780m/18,963ft	Accommodation	Meals
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Day 11 - Summit Day: Mera Peak Peak (6,461m) & Return to Khare

Difficulty	Max altitude 6,461m/21,198ft	Accommodation	Meals
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Day 12 - Contingency Day for Weather delays

Difficulty	Max altitude 5,045m/16,552ft	Accommodation	Meals
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Day 13 - Trek from Khare to Kothe

Difficulty	Max altitude 3,691m/12,110ft	Accommodation	Meals
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Day 14 - Trek from Kothe to Thuli Kharka

Difficulty	Max altitude 4,300m/14,108ft	Accommodation	Meals
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Day 15 - Cross the Zatrwa La Pass & Return to Lukla

Difficulty	Max altitude 4,610m/15,125ft	Accommodation	Meals
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Day 16 - Fly from Lukla back to Kathmandu

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 17 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 2 nights accommodations during Kathmandu stay in twin sharing basis.
- Internal Flights & Ground Transit: 1. Round-trip domestic flights between Kathmandu (or Manthali) and Lukla. 2. Airport transfers via private vehicle in Kathmandu and Ramechhap.
- Required Permits & Fees: 1. Sagarmatha National Park Entry Permit. 2. Khumbu Pasang Lhamu Rural Municipality Local Permit. 3. Peak climbing permit. 4. TIMS (Trekking Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges and fixed camp during climbing for total of 14 nights.
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- Climbing gears like Crampons, Ice ax, Summit gloves, harness, down jackets, poles, insulator etc.
- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between \$3 to \$7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost \$2 to \$5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly \$5 to \$10 USD for a set amount of data. 4. Drinking Water: Bottled water costs \$1 to \$4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around \$1 to \$2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items at Namche or trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening in Lukla.



FAQs

Do I need prior mountaineering experience to climb Mera Peak?

No prior mountaineering or technical ice-climbing experience is required. Mera Peak (6,461m) is classified as a trekking peak because its climbing routes consist of straightforward, non-technical snow slopes without vertical ice walls. However, you must have strong physical stamina and experience with multi-day high-altitude trekking.

What is the highest point reached, and how cold does it get?

The ultimate destination is the summit at 6,461 meters (21,197 feet). At High Camp (5,780m) and on summit day, temperatures routinely plunge well below freezing, ranging from -10°C to -25°C (14°F to -13°F), often accompanied by intense, freezing winds.

What technical climbing gear is required, and can I rent it?

You will need specialized plastic climbing boots, crampons, an ice axe, a climbing harness, ascenders (Jumar), carabiners, and a helmet. All of this gear can be rented in Khare (the village before Base Camp) for approximately USD 80 to USD 120 total, saving you from carrying heavy gear from Kathmandu.

Which permits are required for this expedition?

Mera Peak requires three separate documents: • Nepal Mountaineering Association (NMA) Climbing Permit: Price varies by season (approx. USD 250 in Spring/Autumn). • Makalu Barun National Park Entry Permit: Approx. USD 30. • Local Government / TIMS Card: Approx. USD 20.