

Mera Peak Climbing



info@hillarysteptreks.com

[+977-9851172243](tel:+977-9851172243)

Mera Peak Climbing

URL: <https://hillarysteptrek.com/trip/mera-peak-climbing/>

Duration

13 Days

Per Person Cost

USD 2300

Difficulty

Challenging

Group Size

1+

Best Seasons

March -May & Sep -November

Maximum Elevation

6470m

Accommodation

Tea house and Tent in ClimbingFlight section

Transportation

Flight

Meals

Full Board

Trip Route

Lukla -Chhutanga - Zatravala
Pass-Khare- Highcamp -
Summit

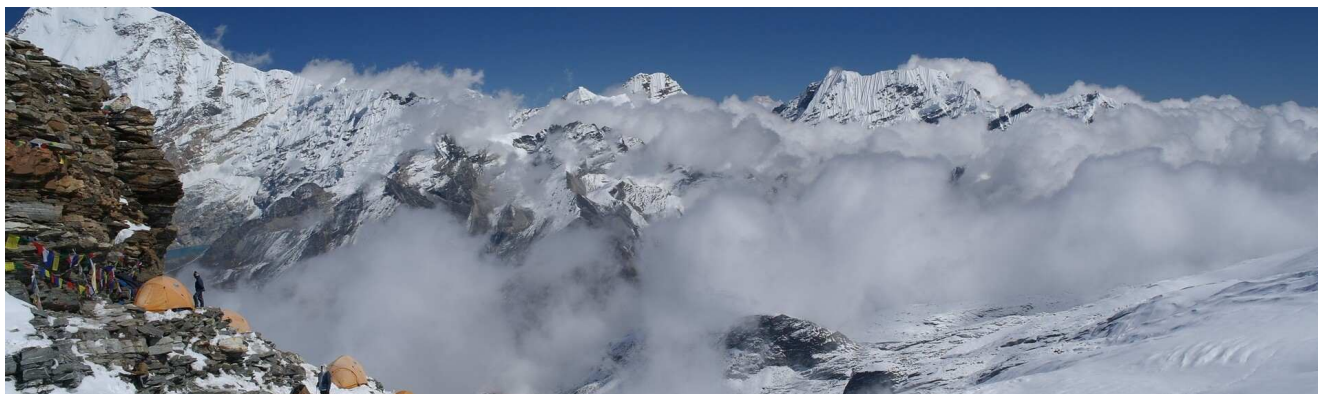
Trip Highlights

- Climbing the majestic Mera Peak, which lies at an elevation of 6,476 m.
- Get the chance to see some of the tallest mountains in the Khumbu region, like Makalu (8,485 m), Cho-Oyu (8,188 m), and even Mt Everest (8849m).
- Trek through the majestic landscapes of the Himalayas, from barren lands, rocky valleys, glacial moraines, and snowy mountains.
- Stroll in the remote villages and settlements of the region and interact with Sherpa, Rai, and Limbu communities to learn their culture.
- Throughout the trek, you will explore temples, monasteries, caves, mani walls, chortens, meditation spots, and other unique sites.

Trip Overview

Mera Peak Climbing is one of the **highest trekking destinations in Nepal**, which lies at an elevation of 6461 meters above sea level. The peak is a hidden gem in eastern Nepal and is often considered the next level for someone who has conquered the world-renowned Everest Base Camp trek. If you are up for the time of your life crossing villages and farmlands and following the trail straight to the heart of the Himalayas, Mera Peak Climbing is a perfect match for you.

During the Mera Peak Climb, trekkers will be able to see different types of mountain views, including Mt. Everest (8848.86m), Lhotse (8516m), Cho Oyu (8188m), Makalu (8485m), and Mt. Kanchenjunga (8685m). Mera Peak itself consists of three separate peaks, each above 6000m. Their name is Mera North, Mera South, and Mera Center, with a height of 6467m (6065m) and 6461m), respectively.



Mera Peak Climb might be one of the **short treks in Nepal**; however, it is equally challenging. As you will be trekking over an altitude of 6000m, the trekkers must be wary of complicated factors like high altitude, long distances, complex hikes, and remote terrains. So ensure you are well prepared and have essential training to raise your stamina levels before trekking.

Trip Itinerary

Day 01: Fly to Lukla from Kathmandu and Trek to Chhutanga

We will meet you at the hotel early today for your **flight to Lukla**. From Kathmandu, this short flight will take you to the gateway of Everest. Soon after you've taken off, the views of the surrounding landscape and mountains will treat you with delight. Nearing Lukla, you can admire the views of the snow-capped peak once more before landing on the short & thrilling airstrip of Tenzing Hillary Airport. and Trek to Chhutanga

Time:

35min flight and 4 hours trek

Accommodation

Lodge

Meals:

B.L.D

Altitude:

2,860m/9,383ft, 3500m

Day 02: Trek from Chhutanga to Thuli Kharka (Chatra-la) via Zatravala-Pass

Today will be longer and slightly challenging as we aim to reach Thuli Kharka from Chhutanga. The scenic Zatravala Pass will be the midpoint of the walk and you can enjoy a majestic view of the mountains all around you during the trek. Spend some time in the Pass and take a gradual downhill trail to reach Thuli Kharka in the late afternoon. Overnight at a teahouse in Thuli Kharka.

Time:	Accommodation	Meals:
4.5km, 6-7 hrs	Lodge	B.L.D

Altitude:
3,500m/10,007ft,
4200m/13780ft,
4,610m/15125ft

Day 03: Trek from Thuli kharka to Kothe

You have another beautiful day today to trek to Kothe from Thuli Kharka. Walking beside the Hinku river your trail goes up and down throughout the day without gaining significant elevation at any section. As you enter the Hinku Valley and near Kothe, you will get the first glances of the Mera peak nearby. Rest for the day after arriving at the small traditional village of Kothe. Overnight at a teahouse in Kothe.

Time:	Accommodation	Meals:
6.5 km 5-6 hrs	Lodge	B.L.D

Altitude:
4200m/ 13790ft,
3600m/11,811ft

Day 04: Trek from Kothe to Thangnak

We will continue to follow the trail beside the Hinku river today to reach Thangnak. The highlight of today will be a short visit to Lungsungba Gumpa after Gondisung which is more than 300 years old. Traversing a gradually rising path you will reach a vast Yak pasture as you approach Thangnak. Thangnak also has a trail going towards Gokyo valley and some trekkers like to add an additional day or two to explore that valley.

Time:	Accommodation	Meals:
8.45km, 4-5 hrs	Lodge	B.L.d

Altitude:
3,600 m/13,435ft,
4,350m/14,272ft

Day 05: Trek from Thagnak to Khare

You will walk in the terminal moraine of the Hinku Nub and Shar glaciers for most of today. The trail is not long but is steep and ascends with some tricky sections in Between to reach Khare. As the view of the Mera Peak gets ever so close, you will get past the 5000 meters mark in elevation to arrive at Khare. Overnight at a teahouse in Khare.

Time: 5km, 3-4 hrs	Accommodation Lodge	Meals: B.L.D
------------------------------	-------------------------------	------------------------

Altitude:
4,350m/14,272ft,
4900m/16076ft

Day 06: Acclimatization Day in Khare

For better acclimatization, we will rest and do short hikes around the little village today. After breakfast head out to climb the nearby viewpoints and warm up your body. Prepare for a bit challenging couple of days from Khare coming your way. Also, be ready to stay in a camp for some days from now on. Rest for the day after returning from the hikes from Khare. Overnight at a teahouse in Khare.

Time: 3.5km 2-3 hrs	Accommodation B.L.D	Meals: B.L.D
-------------------------------	-------------------------------	------------------------

Day 07: Trek from Khare to High camp

Trek up to the High Camp today from Khare. In the morning you will climb through a steep section over the Mera glacier to reach the Mera Base Camp. Rest for a while and have your lunch here. a snowy and rocky trail will take you to the top of the Mera pass and straight to the Mera High Camp. your team will set up the cam and prepare for the early ascend to the summit tomorrow. We will also check the weather condition and your oxygen levels to ensure the safety of everyone climbing the peak. Overnight at a camp in Mera High Camp.

Time: 4.38km, 6-7 hrs	Accommodation Tent Camp	Meals: B.L.D
---------------------------------	-----------------------------------	------------------------

Altitude:
4900m/16,076ft,
5,800m/19,028ft

Day 08: Summit to Mera Peak from High camp and descend to Khare

Today is the day you've prepared and waited for a long time to reach the summit of the majestic Mera Peak. The ascend starts very early in the morning and we will leave the high camp by 3 am. Your experienced guides will set the footsteps for you to follow as you scale this beautiful peak. Follow the instructions of the guide as there are a couple of tricky sections where you might require proper instructions and ropes for climbing.

After reaching the summit you can have a magical sunrise view of the Himalayas with a clear view of **Mt. Everest (8,848m), Cho-Oyu (8,210m), Lhotse (8,516m), Makalu (8,463m), Kangchenjunga (8,586m), Nuptse (7,855m), Chamlang (7,319m), Baruntse (7,129m)** and others. Spend some time here and we will be back at the High Camp. Gathering our items from here we will continue further down to Base Camp and have our lunch. Retracing our steps from here we will reach Khare and rest for the day. Overnight at a teahouse in Khare.

Time:	Accommodation	Meals:
9km, 10-12hrs	Lodge	B..L.D

Altitude:
6,470m/21,227ft,

Day 09: Contingency Day for Mera Peak

you can't guarantee favorable weather when you are in the Himalayas. We have an extra day prepared for you here just to be assured. You will push for the summit today if the day before had adverse or unsafe climbing conditions. If everything goes well you can have a sightseeing tour in Kathmandu on this extra day

Accommodation	Meals:
Tent	B.L.D

Day 10: Trek from Khare to Kothe

We will retrace our steps back to Kothe from Khare today. Our lunch stop will be arranged at Thangnak and you can enjoy their trail even more with the successful completion of the trek. Rest for the day after arriving at Kothe in the afternoon. Overnight at a teahouse in Kothe.

Time:	Accommodation	Meals:
13.45km, 5 hrs	Lodge	B.L.D

Altitude:
4900 m / 16,076 ft,
3600m/11,811ft

Day 11: Trek from Kothe to Thuli Kharka

We will return to Thuli Kharka from Kothe today. You'll have plenty of time to try some local snacks talk with the locals and enjoy the stops more during the trek back today. Rest for the day after arriving at Thuli Kharka in the afternoon. Overnight at a teahouse in Thuli Kharka

Time:	Accommodation	Meals:
6.5km, 5-6 hrs	Lodge	B.L.D

Altitude:
3600m/11811ft, 4200m/17780ft

Day 12: Trek from Thulikharka to Lukla via Zatravala Pass

For the last stretch of our Mera Peak Climbing adventure, we will return to Lukla via Zatravala pass. You will enter the forest trail and enjoy a different landscape once more leading you to our destination today. Enjoy the completion of the trek and treat yourself to some bakeries, bars, massage parlors, and more in Lukla. Rest for the day after arriving at Lukla in the afternoon. Overnight at a teahouse in Lukla.

Time:	Accommodation	Meals:
8.8km, 6-7 hrs	Lodge	B.L.D

Altitude:
4200m/13780ft, 2860/9383ft,
4610/15125ft

Day 13: Fly back to Kathmandu from Lukla

You have got a morning return flight from Luka to TIA, Kathmandu. From the plane enjoy one last spectacular view of the Himalayas. We will drive you back to the hotel from the airport. You can explore more of Kathmandu in your spare time today. We will provide you with some key spots to buy some Nepalese souvenirs as well. Overnight at a hotel in Kathmandu

Time:	Accommodation	Meals:
35 Min	Hotel Thamel Park	B

Altitude:
1350m/4429ft, 2860m/9383ft

Includes

Accommodation

- Lodge accommodation during the trek (twin sharing basis)
- Tent Camp at High Camp during the Climbing Section

Meals

- All the standard meals (Breakfast, Lunch & Dinner/The main course) during the trek
- Farewell dinner in Kathmandu

Transportation

- Pick up/Drop off / from /to International & Domestic Airport
- Kathmandu/Lukla/Kathmandu by flight with airport tax

Extras

- Mera Peak Climbing permit fees
- Makalu Barun National Park Permit Fee
- Professional & Government licensed holder English Speaking Trekking Guide
- Climbing Sherpa during the Climb section
- Porter (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, food, accommodation, etc
- Cook and helper in Mera High Camp
- Sleeping bag (if needed)
- Hillary Step Treks Duffel bag (return after trek)
- Hillary Step Treks Complementary T-shirt & Warm Hat)
- Trekking Map
- First aid kit
- Seasonal fruits
- Mera Peak Climbing Certificate
- All government and Local Taxes

Excludes

- International airfare and visa fee (15 Days US\$30 and 30 Days US\$50).
- Hotels and Meals in Kathmandu(We can arrange if you ask)
- Extra night accommodation in Kathmandu due to early arrival late departure or early return from the

trek

- All the drinks like tea, coffee, Coke, Fanta, mineral water, boiled water, hot shower, battery charge, desert, etc
- Your Climbing gears (Climbing Boot, Crampons, Ice Axe, Jummer, Harness Set, Carabineer, Figure 8, Tap Sling) Hire in Khare
- Your travel insurance should include emergency rescue.
- Tips for guides and porters (Customary)
- Any other expenses which are not mentioned in the 'Price Include' section

Trekking Information

Starting and Ending Point During Mera Peak Climbing

The trek to Mera Peak's base camp **begins from Kathmandu**. We will land at Lukla, the gateway to Everest, by a short domestic mountain flight. Leaving the crowded trail behind, we will pass Chutunga, Kothe, and iconic Thagnak villages to reach Khare.

We'll acclimatize and prepare to climb Mera Peak on a rest day here at Khare. We will stay one night in the high camp. We will start the climb to the summit with a majestic view of snow-covered mountains all around us. From the top of the peak, you can see the sublime scenery of the magical Himalayas, including Mount Everest, Mount Lhotse, Mount Makalu, Mount Cho Oyu, and even Mount Kanchenjunga.



Hence, the hike's starting point is [Lukla](#), and the ending is the Mera Peak. After completing the expedition, the trekkers will return to the same route and end in Lukla. The next day, the flight from Lukla to Kathmandu concludes the Mera Peak Climbing Trek.

Elevation of 13 Days Mera Peak Climbing

Mera Peak Climb is one of the short treks in Nepal. However, trekkers have to gain significant elevation to reach the peak of Mera mountain. The trek begins from Lukla, at an altitude of 2860m, and leads to Chhutanga on Day 1, climbing an elevation of 640m. On the second day, the trekkers must climb over 1100m elevation when they reach Zatravala Pass. However, they will descend to Thuli Karka at 4200m. On the third day, the trekkers will have to descend and reach Kothe and Thangnak the next day, climbing an elevation of 500m and reaching Thangak.

The elevation increases continuously as the trekkers reach Khare, where they will climb another 700m. The crew rests in Khare for one day and, the next day gets to the High Camp at an altitude of 5800m, which means another elevation of 900m. Finally, the highest elevation of the trek is at the top of the **Mera Peak at 6470m**, which means adding a further elevation of 670m. Hence, it clearly shows that trekkers have to climb elevations every day.

Best Time to Climb Mera Peak

The Mera Peak Trek is one of the best treks in the world because it is both fun and challenging. However, if you combine the exciting trek with the [best time for Mera Peak Climbing](#), you will minimize the challenge of the treks and increase the fun. In Nepal, there are two ideal seasons for a trek: **spring and autumn**. Similarly, there are two off-seasons for trekking: the Monsoon and Winter. So, let's get into them in more detail.

Spring

One of the most popular trekking seasons in Mera Peak is spring. In this season, the winter and **temperature are clear**, and climbers can enjoy the majestic scenery of the mountains, skies, remote settlements, and villages. The best attraction for trekking in *Spring is the majestic flowering trails of rhododendrons and magnolias*. The trails are also more accessible, and the atmosphere is pleasant overall. Remember that the ideal trekking season will bring many crowds to the trails and the teahouses.

Autumn

Another ideal trekking season other than the Spring season is the Autumn season. This season **starts in September and ends in November**. The weather, climate, and temperature of the Autumn season are perfect. The early days of September receive significant rainfall as it falls in the post-monsoon area. *One of the major attractions of the Autumn season is the stunning golden views of the mountains and skies during the season.*

Monsoon

Like the ideal trekking season, there are also off-seasons and monsoon season is one of them. The monsoon season brings many problems for the trekkers, like wet and slippery roads and insect infestation on the trails, and there is also the chance of increasing natural disasters like floods, landslides, and soil erosions. So, if you don't want to risk injury or damage to the property, then unless you are a highly experienced trekker and climber.

Winter

Winter is another off-season for trekking after the monsoon season. It begins in December and ends in February. In this season, the weather is hazy and dynamic, and the temperature is extremely cold, and at night, it reaches even lower than the freezing point. Another reason not to trek in the winter season is natural disasters like blizzards, snowstorms, and avalanches.

Trekking Route for Mera Peak Climbing

The Trekking Route for Mera Peak Climbing is interesting but challenging. During the Mera Peak trek, you have to climb different trekking routes and reach teahouses from teahouses. The Mera Peak trek starts from the flight from Kathmandu to Lukla. The trek begins from Lukla to the Chutanga. The trek takes you to different places like Thuli Kharka and Zatravala Pass.

The trek continues the next day through barren landscapes and reaches a small but beautiful village in Kothe. Trekkers continue climbing steep ascents and reach Thangnak after 5-6 hours of trekking. The next day, the trek continues from Thangnak and reaches Khare, the first acclimatization place.

After spending the night in Khare, trekkers start climbing the route to the snowy peaks and valleys. When climbing from Khare, they reach the High Camp, where they can see fantastic mountain views and the entire valley. The next day, the trekkers climb the Mera Peak and return the same route.

Major Attractions During Mera Peak Climbing

Despite being in the Sagarmatha region, it is overshadowed by Nepal's most popular trekking region, Everest Base Camp Trek. This trekking region lies in the Sagarmatha zone, Mahalangur section, and Barun sub-section of Nepal. It is one of the least crowded trekking peaks in Nepal, as not many foreign trekkers know about the destination. Trekkers can explore some major attractions during the Mera Peak trek.

Makalu Barun National Park

One of the most popular trekking attractions is Makalu Barun National Park. The park's height ranges from 435 m to above 8000 m and covers an area of 1,500 km². Trekkers from the park can view some of the tallest peaks, like Makalu, Chamalang, Baruntse, and Mera. In the national park, many endangered flora and fauna are kept in conservation.

Mera La Pass

Another major attraction that trekkers can explore during their Mera Peak exploration is the Mera La Pass. This pass is located at an elevation of 5,415m, and when the trekkers are on their way, they can explore it. It's a popular, rewarding, and challenging journey from which you will see breathtaking views of the mountains and valleys.

Stunning scenic vistas

Mera Peak lies in the impressive Mahalangur Range and Barun sub-section, where trekkers can see majestic views of valleys, rivers, skies, and mountains. This is also the chance for them to click some

stunning photos. These photos will show the scenic beauty of the majestic Sagarmatha region and will surely last in your memory for a long time.

Cultural Immersion

Cultural immersion is another major attraction of the Mera Peak Trek. During the trek, you will visit several Sherpa villages and meet the local people who follow new culture, traditions, and rituals. You can also time it to the Autumn season and participate in their unique festivals, wear distinctive clothes, and eat delicious local foods.

Lukla Flights from Kathmandu

Lukla is where your Mera Peak climbing adventure begins. You'll take a short **45-minute domestic flight from Kathmandu to Lukla** in the morning. During the flight, you can enjoy a fantastic view of Nepal's diverse geography and the majestic Himalayas. The landing at Tenzing Hillary Airport in Lukla is infamous for its short runway and extreme geographic location. You will have a nerve-racking experience while landing here.

You'll have a proper introduction to the remote Himalayas from this flight. One of the major attractions of the Lukla flight from Kathmandu is the panoramic views of the mountains. The Lukla flight is very challenging, mainly due to the Tenzing Norgay Airport, where the runway is small, making landings very difficult.

Mera Peak Permit Cost

You will have to issue and pay for the Mera Peak Trek [permit](#). *These trekking permits are the Sagarmatha National Park Entry Permit, the Mera Peak Climbing Permit, and the TIMS card.* Trekkers who want to explore the Mera Peak region must issue all these permits. Once you have issued the license for the other treks, there is no need to issue the same license for another trek in the same area.

Mera Peak Climbing Permit

You will need a particular Nepal Mountaineering Association (NMA) license for the Mera Peak Climbing. The cost for this permit by NMA differs according to the season. The general cost for Mera Peak is

- From March to May, USD 250 per person
- September to November: USD 125 per person
- December to February/ June to August USD 70 per person

Sagarmatha National Park Permit

You will also require the usual permits to trek in the Everest region and the Sagarmatha National Park. The first permit is to enter the Sagarmatha National Park (SNPP). It will cost you around 34 USD per person and will be valid for the duration of the trek. Similarly, the following permit will be for the Khumbu Pasang Lhamu Rural Municipality Entrance Permit, available at Lukla. It will cost you about 20 USD per person.

Altitude Sickness & Acclimatization

Altitude sickness is common for trekkers over the Himalayas' 3000 meters (10000 ft) mark. During the Mera Peak Climbing, you will also do plenty of high-elevation trekking, which invites the possibility of altitude sickness. [Altitude sickness](#) is the state of the body when it doesn't cope with the environment of high altitude, climate, weather, and, most importantly, lower oxygen levels.

The Primary symptoms of altitude sickness include headache, nausea, breathlessness, vomiting, and, in extreme cases, hallucinations and unconsciousness. Make sure you let your guides know if you have any of these symptoms anytime while doing the Mera Peak Climb. Proper acclimatization is one of the best ways of preventing altitude sickness.

Acclimatization

Acclimatization is the process that helps trekkers cope with the high-altitude trek and ensures their bodies adjust to the lower oxygen levels. The proper way of acclimatization includes gradual ascent and descent; do not rush to the altitude, trek high, and sleep low. The acclimatization process might not entirely prevent altitude sickness, but it will reduce the chance of it.

Some of the other remedies for preventing altitude sickness.

- Drink plenty of water and rehydrate at regular intervals. It is best to drink a liter every hour you've walked here.
- Try eating a balanced diet. Avoid too much salty food and alcohol throughout the climb.
- Get plenty of rest & sleep. Don't push yourself too much while walking. The key is to ascend slowly and gradually.
- Do warm-up hikes and stretching before starting the walk for the day.
- If necessary, take the pills for Altitude sickness by consulting your guide. If you feel too uncomfortable, descend immediately.

Internet Connectivity

Internet connectivity during the Mera Peak Trek is **fantastic**, especially in the villages and towns. However, when you climb the altitude, internet coverage decreases. WIFI and internet coverage may be available in the teahouses and lodges. So, if internet coverage is not optimal, there are other alternatives.

You can access **internet data** in Nepal from the NTC or Ncell sim card. You have to pay a minimum of Rs 50 to Rs 100. You can also access the internet from mobile hotspots in hotels and lodges. Another means of Internet access is satellite Internet, which can be reliable at high altitudes; however, the speed and coverage might not be as fast as you may like.

Travel Insurance for Mera Peak Climbing

Travel insurance is **essential for trekking and peak climbing** expeditions in Nepal. It is best if your insurance policy covers expenses from personal accidents to medical bills in Nepal. Remember that your travel insurance mainly covers extreme adventure activities and helicopter rescue facilities. Otherwise, if you get stuck at a high altitude, the helicopter rescue alone **costs about \$5000** and other medical expenses.

Since you know what expenses the travel insurance covers, you must also understand what expenses it doesn't. The costs that your travel insurance covers are the expenses incurred by drug abuse, negligence, costly personal jewelry, and acts of terrorism. After issuing the travel insurance, you must submit it to your travel agency, and only after that will you get the facilities from the travel insurance.

Trip Safety

- To ensure your safety during the whole duration of the Mera Peak climbing in Nepal, HST will make sure:
- Your guides are licensed, experienced, and knowledgeable about the trek and basic first aid.
- The weather, trail, and climbing conditions are ideal for your climb with minimum risk.
- Balance diet and hygienic stay arrangement for the peak climbing period.
- You have all the necessary equipment and gear for the Mera Peak expedition.
- Your team has operational emergency contact devices like satellite phones.

A Typical Day in Mera Peak Climbing

The typical day in the Mera Peak climbing climb depends on the itinerary schedule the trekkers choose or curate. However, a general overview of the usual day in this trek is known by the trekkers and travel agencies. Generally, every trek starts with breakfast, the initial portion, lunch, the later portion, arrival to the day's destination, lunch, and time for bed. So let's get into it.

Morning

6 AM; 7 AM: The general trek starts around 6 AM, where trekkers will wake up and freshen up with a quick bath or shower. The preparation for the trek begins early on as they start packing the items necessary for the trek. Some items like snacks, sunscreen, goggles, etc., can be kept in the handbag, and the rest of the other items. Now it's time for the first meal of the day, breakfast. Do not skip breakfast for these high-altitude treks, as they are essential to gaining a burst of energy to cover more distance in the initial portion of the trek. Now that you have finished breakfast, it's time for a final gear check before starting your trek. So now, let's get going.

7 AM - 12 PM: From 7 AM onwards, the trek officially begins. The trekkers will start moving from the previous teahouse where they were staying to reach the destination of the current day; in the initial part of the trek, the trekkers will pass through different types of landscapes and continue ascending and descending from teahouse to teahouse. Furthermore, the initial part of the trek is all about covering more distance.

Day

12 PM to 1 PM: After four to five hours of trekking, it's time to stop for lunch and rest. Your guide will take you to the best restaurants in the area, where you can enjoy delicious local meals in Dal, Bhat, and Tarkari. You might get Western dishes like pizzas, burgers, dumplings, spaghetti, or macaroni in some areas. This is also the time for some acclimatization, as you constantly need to rest, so this is the ideal time.

1 PM to 5 PM: The trek to Mera Peak continues in the afternoon. It takes three to four more hours,

slowing down as we pass through local villages and towns. The pace will be slower in the second half of the trek as you steadily ascend and descend. As the sun goes down, the villages cast long shadows on the mountains, creating a beautiful sight. The evening begins, and it's time to reach the new teahouse destination.

Evening

5 PM to 7 PM: It is wise to reach the new teahouse in the early evening as it is risky to trek when the light is out. When you reach the new teahouse, you can freshen up and rest in your room. The trekkers will then stroll around the new place, meet with local people, and visit the local temples, monasteries, restaurants, pubs, etc. Indulging with the people and learning about their culture will be valuable.

7 PM to 8 PM: It's dinner time at the teahouse from 7 to 8 PM. You'll have various options, including local Nepali or Thakali Dal, Bhat, Tarkari, and Western dishes. Some teahouses also offer Western dishes like Pizzas, Burgers, and Dumplings. Eating healthy, carb-rich foods for energy during lunch is wise, but try not to overeat, as it can make it hard to fall asleep.

8 PM to 10 PM: You can talk briefly after dinner, but going to bed early is a wise choice. After a long day of trekking, resting and sleep is essential, and it becomes even more critical when another intense day of trekking awaits you tomorrow. Getting as much REM sleep as possible is necessary to be fresh and rejuvenated for the trek ahead.

Being a Responsible Traveler in Nepal

- Nepal is a beautiful country and it will always welcome travelers from all around the world. You must be a responsible traveler while in this country. This means: -
- Respect the local culture, lifestyle, and tradition. Be polite.
- Try to reduce your weight space and litter while traveling in Nepal.
- Have your documents and permits with you and be patient with the checkpoints.
- Don't break any rules or laws and always be aware of these from your travel companies.
- Don't disturb the wildlife or vegetation of the places you'll trek in.
- Don't take anything from the religious/ heritage sites back with you.

Difficulty of Mera Peak Climbing

Mera Peak Climbing is one of the best and most fun challenges, offering stunning views of mountains and valleys. It is not as commercialized, and trekkers might not think there are challenges in this trek, but they are wrong. As explained below, trekkers can face many difficulties during the Mera Peak.

Dynamic Weather

One of the significant difficulties that trekkers will face during their climb to Mera Peak is the dynamic weather. At high altitudes, the weather never remains stable and changes constantly. One time, you will be trekking on a hot sunny day to a rainy day and immediately change into the snowy areas. The constant changing of the weather also brings sickness and illness to the region.

Tough Terrains

You will pass dense forests, mountain passes, and rushing rivers during the climb. You will also need to navigate steep and rocky areas covered with snow and ice. The climbing difficulty level is considered Alpine PD, which means the slopes are not steeper than 30 degrees, and there are fixed ropes for safety. The terrain is tough to climb, and the snowy mountains become slippery.

High Altitude

Because of the high elevation, there is a risk of altitude sickness. To avoid altitude sickness, it's essential to take enough time to get used to the high altitude, take regular breaks, and stay well hydrated. Watch out for symptoms such as headache, fatigue, dizziness, shortness of breath, and nausea. If any person is suffering from altitude sickness, then they should take medication and lower the altitude immediately.

Drinking Water and Electricity during Mera Peak Climbing

Mera Peak Trek is one of the underrated treks in Nepal. It is also not as popular and established as other treks, so there are fewer facilities compared to the other treks. Hence, the drinking water facility in Mera Peak is not as suitable as that of the other treks.

You can buy bottled water in city areas like Kathmandu; however, in the villages, the primary source of drinking water is taps and hand pumps. These sources are not ideal for drinking water, so they must be filtered and boiled before drinking. You must pay an additional charge to your teahouse and collect them for drinking water in your leather bottle.

Like drinking water, electricity is limited in high-altitude remote areas. Although the electricity might be continuous in some teahouses, most villages still suffer load-shedding. To rectify this problem, the local authorities have solar panels, which provide some relief to the villagers and trekkers.

Food During Mera Peak Climbing

Every trekker trying to complete the Mera Peak Climbing must be wary about the foods they will be eating. The foods they consume must be nutritious and full of proteins and carbohydrates. During this trek, the trekkers will have **Breakfast, Lunch, and Dinner** daily. So, let's learn some of the menus they will be having.

Breakfast

Breakfast is the first significant meal option of the day. Trekkers get breakfast early in the morning before their initial portion of the trek. They must not skip breakfast, essential for getting a burst of energy and covering the first portion of the trek. The menus for breakfast are porridge, pancakes, cornflakes, eggs, teas, and coffees.

Lunch and Dinner

Lunch is the second portion of the trek. After four to five hours of trek, trekkers like to rest and have lunch in one of the restaurants that your guide leads you to. Dinners are the most miniature meals of the trek, which you will have in the treehouse where you will be staying. The menus for lunch and dinner are

Nepali, Dhal, Bhat, Pizzas, Burgers, Dumplings, Thukpas, etc.

Drinks and Desserts

The main items that trekkers can get for drinks are tea, coffee, energy drinks, hot chocolates, and even alcohol. However, during the high-altitude trek, highly caffeinated products and alcohol are prohibited as they can cause dehydration. Desserts like chocolate, cake, rice pudding, Khir, etc., are typical for trekkers to enjoy during their treks in the Khumbu region.

Training and Preparation for Mera Peak Climbing

Mera Peak Trek is a challenging trek that involves trekking at high altitudes and covering long distances and durations. Hence, training and preparation for this trek are essential if the trekkers don't want to get tired all the time. Proper training and preparation might be slow and take some effort, but they will naturally help the trekkers in the long run. Here are some ways to train and prepare for the Mera Peak Training.

Physical Fitness

One preparation or training requirement for Mera Peak Climbing is improving your physical fitness. Fitness training, such as cardiovascular and breathing exercises, is essential to improving core strength, physical stamina, and respiration problems at high altitudes. Some ways of improving physical fitness are swimming, jogging, hiking with backpacks, etc.

Gear and Equipment

Another way to prepare for the Mera Peak Trek is by trekking conditions of gears and equipment. It would be best to pack woolen clothes since you will be trekking at a higher altitude. Trekking on the slippery glacial mountain is also tricky, so you must carry hiking boots, poles, sleeping bags, and other things. Hence, preparing gear and equipment is necessary to avoid complex problems during your trek.

Proper Acclimatization

Since Mera Peak climb is located at a high altitude of over 6000m, so there is a considerable possibility of altitude sickness. One of the ways to prevent or minimize altitude sickness is by proper acclimatization. Knowing the meaning of acclimatization in the context of trekkers and peak climbers is essential. Acclimatization is getting customers to the Himalayas' weather, climate, and low oxygen levels. So, figuring out how to properly acclimatize will save you from altitude sickness.

Read More: [Trekking In Nepal: Everything You Must Need to Know](#)

Accommodation During Mera Peak Climbing

The accommodation during the Mera Peak Climbing is a significant factor to consider. In this region, the lower region consists of **hotels, lodges, and teahouses** trekking, while in the higher altitude, the trekkers have to spend their time camping in tents in the vast barren lands or rocky peaks and valleys. When climbing Mera Peak, there are places to stay in villages like Lukla, Chutanga, and Khare. They have simple rooms with shared bathrooms. As climbers go higher, there are fewer places to stay, so they

might need to camp overnight.

Climbing teams usually bring tents, sleeping bags, and cooking supplies for camping. They set up camps at specific locations along the route to provide shelter during the climb. At even higher altitudes, over 5000m, the trekkers can stay in the previously established high camp where all the facilities are crafted for the benefit of the trekkers.

Is this 13-day Mera Peak Climbing crowded during Peak season?

Mera Peak Climbing can be **crowded during the peak season**. Trekking's peak seasons are Spring (March to May) and Autumn (September to November). During these seasons, the environment is favorable for trekkers, as they get ideal weather, temperature, and clear views of the skies and mountains.

During these seasons, trekkers from all around the world decide to visit the Everest Base Camp Trek; when the trails and the teahouses of the EBC trek become crowded, many trekkers diversify into the alternative trek of the Sagarmatha region. At that time, they will decide to trek the Mera Peak. Compared to other seasons, during these two seasons, the crowds pouring become more significant than other seasons. The accommodation facilities will also be crowded, so book in advance and get optimal food and accommodation services.

If you want to extend your trek, we have another trip package: [15 Days Mera Peak Climbing](#).

Why Climb with Hillary Step Treks (HST)

1. We are experienced. Our team has managed peak climbing expeditions in Nepal like Mera peak for over a decade now.
2. Our guides are fluent in English, Nepali, and Local Sherpa dialects. They know the terrain, culture, people, and the Everest region through & through.
3. HST will provide you best value services for your money. No hidden cost, every step with HST is transparent and clear. We value our clients over profit any day.
4. Your safety is the top priority while trekking with the HST team.
5. We go the extra mile to assure you of a complete peak climbing experience in Nepal. HST is your ideal choice for Mera Peak Climbing as well.

Packing checklist for Mera Peak Climbing

Mera Peak is a challenging trek involving climbing high altitudes, trekking long distances and durations, and climbing steep ascents, peaks, and valleys. Surviving high altitudes will be challenging, so you must pack all the essential items, such as clothing, gear, and equipment. So here are some of the crucial checklists for the Mera Peak Climbing.

Gears for climbing

- Helmet
- Ice Axe with a waist leash
- Mountaineering Crampons

- Lightweight Mountaineering Harness
- Carabiners (2 Screwgate and 2 Snapgate)
- Ascender/Jumar
- Prussik /Accessory Cord
- Gaiters

Clothing

- Thermal Base Layers - Tops and Bottoms
- Heavy Base Layers
- Trekking Pants
- Hard-shell pants
- Down Pant
- T-shirts - Short and long sleeve
- Mid Layer Top
- Insulated Jacket
- Hard-shell Jacket
- Double-insulated mountaineering boots
- Hiking boots (Full and waterproof)
- lightweight shoes for general use
- Gloves
- Sunhat and glasses

Other items

- Small pack (35-40 liters)
- Waterproof duffel bag
- Water Bottles with insulation cover
- Trekking poles
- Headlamp: 200-300 lumens with spare batteries
- Power bank/Solar Charger
- Warm Sleeping Bag

FAQs of Mera Peak Climbing

Is Mera Peak harder than Kilimanjaro?

Yes, Mera Peak is generally considered harder than Kilimanjaro. Mera Peak, at 6,476, is a higher and more technical climb than Kilimanjaro, which stands at 5,895 meters. Mera Peak requires mountaineering skills, including the use of ice axes, crampons, and rope techniques, whereas Kilimanjaro is a non-technical climb with established trails.

Can a beginner climb Mera Peak?

Yes, beginners can climb Mera Peak, but it requires thorough preparation. Mera Peak is one of the more accessible trekking peaks in Nepal. While Mera Peak is considered a trekking peak and does not require advanced technical climbing skills, it does demand physical fitness, acclimatization, and some basic mountaineering skills.

How long does it take to climb Mera Peak?

Climbing Mera Peak typically takes about 15 to 20 days. This period includes the trek to and from the peak, time spent acclimatizing to high altitudes, and the summit attempt. The duration can vary depending on the itinerary, weather conditions, and individual fitness levels.

Can you see Everest from Mera Peak?

Yes, you can see Everest from Mera Peak. On a clear day, the summit of Mera Peak offers spectacular panoramic views of several of the world's highest mountains, including Mount Everest, Lhotse, Makalu, and Cho Oyu.

What is the success rate of Mera Peak?

The success rate of climbing Mera Peak is relatively high, with estimates ranging between 80% and 90%. This high success rate is attributed to the peak's non-technical nature and the well-planned itineraries that include sufficient acclimatization.

How steep is Mera Peak?

Mera Peak is not extremely steep compared to more technical peaks, but it does have some challenging sections. The climb involves traversing glaciers and climbing snow slopes that can reach angles of about 30 to 40 degrees.

Is Mera Peak technical?

Mera Peak is considered a non-technical climb, making it one of the more accessible trekking peaks in Nepal. It does not require advanced mountaineering skills or extensive technical climbing experience.

Which mountains are visible from Mera Peak?

From Mera Peak, you can see a full 360-degree view of five of the world's highest mountains: Mount Everest (8,848.86m), Kangchenjunga (8,586m), Lhotse (8,516m), Makalu (8,485m), and Cho Oyu (8,201m), along with many other peaks in the Khumbu region.

What is the history of Mera Peak?

Jimmy Roberts first climbed Mera Peak on May 20, 1953. Mera Peak is the tallest trekking peak in Nepal. Mera Peak is popular for its relatively straightforward climb compared to higher peaks, offering stunning views of the surrounding Himalayan giants, including Mount Everest, Lhotse, and Makalu.

Is Mera Peak easier than Island Peak?

Yes, Mera Peak is more accessible than Island Peak. Mera Peak is less technical, with fewer steep sections and no significant ice wall climbs, making it more accessible for climbers with basic mountaineering skills. Meanwhile, Island Peak requires navigating more technical terrain, including a steep, ice-covered summit ridge with fixed ropes.

Can you climb Mera Peak solo?

Yes, it is possible to climb Mera Peak solo, but it is not recommended. The challenges of high altitude, changing weather conditions, and the potential for crevasses on the glacier make it safer to have support. The Nepalese government requires trekkers and climbers to accompany a licensed guide or climbing team for safety reasons.

What is the meaning of Mera Peak?

The name "Mera Peak" is derived from the local language in Nepal. "Mera" means "big" or "great" in the Sherpa language, while "Peak" refers to its summit. So, Mera Peak can be translated to "Big Peak" or "Great Peak," reflecting its impressive stature as one of the prominent peaks in the Himalayas.

Is Mera Peak worth it?

Yes, Mera Peak is worth it for many climbers. The trek offers stunning panoramic views of the Himalayas, including Mount Everest, Makalu, and Lhotse. It provides challenging yet achievable climbs for those with basic mountaineering skills and a strong fitness level.

What grade is Mera Peak?

According to the French Alpine grading system, Mera Peak is graded as an Alpine PD (Peu Difficile). This grade indicates that the climb is relatively straightforward, involving some technical climbing skills, such as basic ice axe and crampon use, and the ability to navigate glacier terrain.

How much does it cost to climb Mera Peak?

The cost to climb Mera Peak typically ranges from \$2,500 to \$4,000, depending on the climbing season, the services included, and the level of support provided. This price usually covers permits, guide and porter fees, accommodation, food, and sometimes climbing gear rental.

How fit should I be for Mera Peak?

For Mera Peak, you should be in excellent physical condition. You need strong cardiovascular endurance, so regular aerobic exercises like running, cycling, or swimming are important. Familiarity with basic mountaineering skills, such as using ice axes and crampons, is also helpful.

Address

Nayabazar 16, Kathmandu, Nepal