Mera Peak Climbing

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**19 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**6476m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,250 per person**

Trip overview

Mera Peak Climbing is Nepal's highest trekking peak and one of the most popular introductory mountaineering expeditions in the Himalayas. Located in the remote Hinku Valley of the Everest region, the journey combines adventurous trekking, glacier travel, and a non-technical summit ascent suitable for fit trekkers with basic climbing preparation.

The route typically begins with a flight to Lukla and follows a less crowded trail through remote valleys, high mountain passes, and traditional Sherpa settlements before reaching Mera Peak Base Camp and High Camp. From the summit, climbers are rewarded with one of the most spectacular panoramic views in the Himalayas, including Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga.

Geography & Landscape

Mera Peak lies within the remote Hinku Valley, inside the protected area of Makalu Barun National Park. The region is known for its pristine wilderness, diverse ecosystems, and dramatic alpine scenery.

The landscape changes dramatically throughout the journey—from dense rhododendron and bamboo forests in the lower regions to high alpine meadows, glacial valleys, and rugged moraine fields near base camp. As climbers ascend higher, the terrain becomes increasingly glaciated, with vast ice fields and snow slopes leading toward the summit ridge.

One of the defining features of Mera Peak is its isolation. Unlike more crowded trekking routes, the Hinku Valley offers a true wilderness experience with minimal human settlement, making the journey peaceful and highly immersive in nature.

Sherpa Guide & Support

Mera Peak Climbing is conducted under the guidance of experienced licensed Sherpa guides who specialize in high-altitude mountaineering. Their role is essential for both safety and summit success.

Key Support Services Include:

- Route planning and navigation through glacier and high-altitude terrain
- Fixed rope setup and technical assistance on steep sections
- Basic mountaineering training (crampons, ice axe, harness use)

- Continuous altitude monitoring and health checks
- Weather assessment and summit timing decisions
- Emergency response and evacuation coordination if required

Porter support is also provided for carrying expedition equipment up to base camp, allowing climbers to focus on acclimatization and performance.

With professional Sherpa guidance, Mera Peak becomes a well-supported expedition, offering a safe and structured introduction to Himalayan climbing at high altitude.

Highlights

- Summit Mera Peak (6,476m), Nepal's highest trekking peak.
- Panoramic views of Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga.
- Trek through the remote and scenic Hinku Valley.
- Experience authentic Sherpa culture and traditional mountain villages.
- Cross alpine landscapes, glaciers, and high-altitude terrain.
- Learn basic mountaineering and glacier travel skills.
- Enjoy a breathtaking sunrise from the summit.
- Ideal preparation for future Himalayan climbing expeditions.

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrive in the vibrant capital city of Kathmandu, where our team will welcome you at the airport and transfer you to your hotel. Depending on your arrival time, you may relax after your international journey or explore the bustling streets of Thamel, known for its trekking shops, restaurants, and cultural atmosphere. In the evening, a detailed trip briefing will be conducted to introduce the expedition, review equipment, and discuss the upcoming adventure.

Day 2 : Trek Preparation and Permit Arrangements in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to final preparations for the Mera Peak expedition. Our staff will arrange all necessary trekking and climbing permits while you complete any last-minute gear purchases or rentals. You may also visit some of Kathmandu's famous cultural landmarks, including Swayambhunath or Boudhanath Stupa. The evening is free for rest before departing for the mountains.

Day 3 : Fly Kathmandu/Ramechhap to Lukla (2,860m) and Trek to Puiyan (2,800m)

Altitude: 2,800m

Walk: 4–5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Your adventure begins with an exciting mountain flight to Lukla, the gateway to the Everest region. After meeting the trekking crew and making final preparations, the trek starts with a gradual descent through pine forests and traditional Sherpa settlements. The trail crosses suspension bridges and offers the first

glimpses of the surrounding Himalayan landscape before reaching the peaceful village of Puiyan.

Day 4 : Trek from Puiyan to Pangom (2,850m)

Altitude: 2,850m

Walk: 5–6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today's route follows a series of ridges and valleys through dense rhododendron and bamboo forests. The trail involves several ascents and descents, making it a moderately challenging day. Along the way, trekkers pass small settlements inhabited by Rai and Sherpa communities. Pangom is a traditional mountain village known for its terraced fields and authentic rural atmosphere.

Day 5 : Trek from Pangom to Ningsow (2,850m)

Altitude: 2,850m

Walk: 5–6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

After leaving Pangom, the trail enters a less-traveled section of the Everest region. The route passes through forests rich in wildlife and bird species. Several viewpoints offer excellent views of the Dudh Koshi Valley and surrounding hills. Ningsow is a small settlement that serves as an important stop before entering the remote Hinku Valley.

Day 6 : Trek from Ningsow to Kothe (3,600m)

Altitude: 3,600m

Walk: 6–7 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trail gradually descends before entering the pristine Hinku Valley. Dense forests give way to open alpine landscapes as the route follows the Hinku River. Trekkers may catch their first clear views of Mera Peak and surrounding snow-capped mountains. Kothe is situated beside the river and provides a peaceful setting for the night.

Day 7 : Trek from Kothe to Thangnak (4,350m)

Altitude: 4,350m

Walk: 4–5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Following the Hinku River upstream, the trail climbs steadily through alpine meadows and yak pastures. Magnificent views of glaciers and towering peaks accompany the day's walk. As altitude increases, the landscape becomes more rugged and dramatic. Thangnak is a small seasonal settlement surrounded by spectacular mountain scenery.

Day 8 : Acclimatization Day at Thangnak

Altitude: 4,350m

Walk: 2–3 hours (Acclimatization Hike) · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Proper acclimatization is essential for a successful summit. Today includes a short hike to a nearby ridge or toward Sabai Tsho Lake, allowing the body to adjust to the higher elevation. The remainder of the day is spent resting and preparing for the ascent toward Khare.

Day 9 : Trek from Thangnak to Khare (5,045m)

Altitude: 5,045m

Walk: 3–4 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trail traverses glacial moraine and rocky terrain while gradually gaining elevation. Spectacular views of Mera Glacier and Mera Peak dominate the landscape. Upon arrival in Khare, climbers have their first

close-up view of the summit route.

Day 10 : Acclimatization and Climbing Training at Khare

Altitude: 5,045m

Walk: 3–4 hours (Training Session) · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

A full day is dedicated to mountaineering preparation. Professional climbing guides provide instruction on the use of crampons, ice axes, harnesses, ascenders, and fixed ropes. Climbers practice essential techniques on nearby snow slopes, building confidence for the summit attempt.

Day 11 : Trek from Khare to Mera High Camp (5,780m)

Altitude: 5,780m

Walk: 5–6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The route climbs onto the Mera Glacier before continuing to High Camp. The scenery becomes increasingly dramatic, with panoramic views of five of the world's highest mountains. High Camp is established on a rocky outcrop offering unforgettable sunset and sunrise views.

Day 12 : Summit Mera Peak (6,476m) and Return to Khare (5,045m)

Altitude: 6,476m (Summit)

Walk: 9–12 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The summit day begins before dawn. Climbers ascend gradually across snow slopes and glaciers before reaching the final ridge leading to the summit of Mera Peak. From the top, enjoy one of the finest panoramas in the Himalayas, including views of Mount Everest, Makalu, Lhotse, Cho Oyu, and Kanchenjunga. After celebrating the achievement, descend to Khare.

Day 13 : Contingency Day

Altitude: 5,045m

Walk: As Required · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

This extra day is reserved in case of bad weather, delayed summit attempts, or additional acclimatization needs. Having a contingency day significantly improves the chances of a successful summit.

Day 14 : Trek from Khare to Kothe (3,600m)

Altitude: 3,600m

Walk: 5–6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

After the summit, the route retraces the trail down the Hinku Valley. Descending to lower elevations allows the body to recover while enjoying beautiful mountain views from a different perspective.

Day 15 : Trek from Kothe to Thuli Kharka (4,300m)

Altitude: 4,300m

Walk: 5–6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trail climbs through forests and alpine terrain toward Thuli Kharka. Along the way, trekkers enjoy magnificent views of Mera Peak and surrounding ridges.

Day 16 : Trek from Thuli Kharka to Lukla via Zatrwa La Pass (4,610m)

Altitude: 4,610m (Highest Point) / 2,860m (Lukla)

Walk: 6–7 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

One of the most scenic days of the trek, today's route crosses the spectacular Zatrwa La Pass. From the pass, trekkers enjoy panoramic views of the Everest region before descending to Lukla.

Day 17 : Buffer Day in Lukla (2,860m)

Altitude: 2,860m

Walk: Rest Day · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Mountain weather can occasionally affect flights. This spare day provides flexibility and allows trekkers to relax, explore Lukla, and celebrate the successful completion of the climb.

Day 18 : Fly Lukla to Kathmandu/Ramechhap (1,400m)

Altitude: 1,400m

Walk: No trekking · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

A scenic morning flight returns you to Kathmandu. The remainder of the day can be spent relaxing, shopping for souvenirs, enjoying local cuisine, or exploring additional cultural attractions.

Day 19 : Final Departure

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Depending on your flight schedule, transfer to the international airport for departure or continue with additional travel plans in Nepal.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 2 · Trek Preparation and Permit Arrangements in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 3 · Fly Kathmandu/Ramechhap to Lukla and Trek to Puiyan · 2,800 m · day 14°C / night 2°C
- Day 4 · Trek from Puiyan to Pangom · 2,850 m · day 13°C / night 2°C
- Day 5 · Trek from Pangom to Ningsow · 2,850 m · day 13°C / night 2°C
- Day 6 · Trek from Ningsow to Kothe · 3,600 m · day 10°C / night -3°C
- Day 7 · Trek from Kothe to Thangnak · 4,350 m · day 6°C / night -8°C
- Day 8 · Acclimatization Day at Thangnak · 4,350 m · day 6°C / night -8°C
- Day 9 · Trek from Thangnak to Khare · 5,045 m · day 2°C / night -12°C
- Day 10 · Acclimatization and Climbing Training at Khare · 5,045 m · day 2°C / night -12°C
- Day 11 · Trek from Khare to Mera High Camp · 5,780 m · day -1°C / night -17°C
- Day 12 · Summit Mera Peak and Return to Khare · 6,476 m · day -5°C / night -22°C
- Day 13 · Contingency Day · 5,045 m · day 2°C / night -12°C
- Day 14 · Trek from Khare to Kothe · 3,600 m · day 10°C / night -3°C
- Day 15 · Trek from Kothe to Thuli Kharka · 4,300 m · day 6°C / night -8°C
- Day 16 · Trek from Thuli Kharka to Lukla via Zatrwa La Pass · 4,610 m · day 5°C / night -10°C
- Day 17 · Buffer Day in Lukla · 2,860 m · day 13°C / night 2°C
- Day 18 · Fly Lukla to Kathmandu/Ramechhap · 1,400 m · day 21°C / night 11°C

What’s included

Transportation

- Domestic flight: Kathmandu/Ramechhap – Lukla – Kathmandu/Ramechhap
- Airport transfers as per itinerary

Accommodation

- 3 nights' accommodation in Kathmandu at a 3-star hotel or similar.
- Twin-sharing teahouse accommodation during the trek.
- Tent accommodation at Mera Peak High Camp.
- 1 night lodge accommodation in Lukla after the trek.

Meals

- Breakfast, lunch, and dinner during the trek and climbing period.
- Tea/coffee with meals (depending on package).

Permits and Fees

- Mera Peak Climbing Permit issued by Nepal Mountaineering Association.
- Makalu Barun National Park Entry Permit.
- Khumbu Pasang Lhamu Rural Municipality Entry Permit.
- TIMS Card (if applicable under current regulations).

Guide and Staff

- Government-licensed English-speaking trekking guide.
- Experienced climbing guide for summit ascent.
- Porters (typically 1 porter for every 2 trekkers).
- Guide and porter salary, food, accommodation, and insurance.

Climbing Equipment (Group Equipment)

- Climbing rope.
- Ice screws and snow bars (if required).
- First-aid kit.
- Oximeter for altitude monitoring.
- Satellite phone or emergency communication device (on many organized expeditions).

Miscellaneous

- Trek completion certificate.
- All applicable government taxes and service charges.

Not included

International Travel

- International airfare to and from Nepal.

- Nepal entry visa fee.

Personal Expenses

- Travel insurance (mandatory and must cover high-altitude rescue up to 6,500m).
- Personal trekking and climbing equipment.
- Sleeping bag, down jacket, trekking poles, crampons, harness, ice axe (unless specifically included).
- Laundry services.
- Wi-Fi, internet, and charging fees.
- Hot showers during the trek.

Food and Drinks in Kathmandu

- Lunch and dinner in Kathmandu before and after the trek.
- Alcoholic beverages.
- Soft drinks, bottled water, snacks, and energy bars.

Extra Costs Due to Unforeseen Circumstances

- Additional accommodation and meals caused by flight delays or cancellations.
- Extra porter or guide services requested by clients.
- Emergency evacuation and medical expenses.
- Personal rescue insurance costs.

Tips

- Tips for guides, climbing guides, porters, and support staff (customary but not mandatory).

Dates & prices

- 02 Mar 2027 – 20 Mar 2027 · USD 2,250 · Available
- 16 Mar 2027 – 03 Apr 2027 · USD 2,250 · Available
- 06 Apr 2027 – 24 Apr 2027 · USD 2,250 · Available
- 20 Apr 2027 – 08 May 2027 · USD 2,250 · Available
- 04 May 2027 – 22 May 2027 · USD 2,250 · Available

Best time to visit

Best months: March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What to bring — packing checklist

Climbing gear

- [ ] Mountaineering boots (double or insulated, crampon-compatible)
- [ ] Crampons, climbing harness, helmet
- [ ] Ice axe, jumar (ascender), descender / figure-8

- [ ] 2 locking and 2 non-locking carabiners, tape slings and prusik
- [ ] Glacier glasses (category 4) and ski goggles

Clothing

- [ ] Thermal base layers
- [ ] Fleece and softshell mid-layers
- [ ] Expedition down jacket and down or insulated trousers
- [ ] Hard-shell (Gore-Tex) jacket and trousers
- [ ] Liner, insulated and summit mittens
- [ ] Balaclava, warm hat, buff and sun hat

Trekking & camp

- [ ] Trekking boots and camp shoes
- [ ] Sleeping bag rated to –20 °C
- [ ] Daypack 35–45 L and a large duffel bag
- [ ] Trekking poles, thermos flask, pee bottle

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation during the Mera Peak Climbing expedition includes comfortable 3-star hotel stays in Kathmandu, teahouse accommodation throughout the trekking route, and fully equipped tented camps at higher elevations and Mera High Camp. Basic facilities such as hot showers, Wi-Fi, and charging services are available in most lower trekking villages for an additional cost.

Meals

The expedition includes full-board meals (Breakfast, Lunch, and Dinner) throughout the trek and climb. Freshly prepared meals provide the energy required for high-altitude trekking and summit climbing, with packed lunches and high-energy snacks provided during summit day.

Difficulty & Fitness

Mera Peak (6,476m) is Nepal’s highest trekking peak and is considered moderately challenging. Although it is technically straightforward, climbers should have excellent physical fitness and preferably previous high-altitude trekking experience. Daily walking typically ranges from 5–8 hours, with a longer

summit day.

Permits

The expedition requires the following permits:

- Mera Peak Climbing Permit
- Makalu Barun National Park Entry Permit
- Khumbu Rural Municipality Permit

All permits are arranged by the expedition organizer.

Best Time to Climb

The best seasons for Mera Peak are spring (March–May) and autumn (September–November), when weather conditions are generally stable and mountain views are at their best.

Transportation

The expedition begins with a domestic flight between Kathmandu and Lukla, followed by trekking through the remote Hinku Valley. Flight schedules may be affected by weather conditions.

Safety & Altitude

A carefully planned itinerary with acclimatization days helps reduce the risk of altitude-related illness. Professional guides monitor climbers throughout the expedition and provide support during the summit ascent. Travel insurance covering climbing up to 6,500m and emergency helicopter evacuation is mandatory.

Additional information

Extra Information

Climbing Training

Before the summit attempt, climbers receive instruction in the use of crampons, ice axes, fixed ropes, harnesses, and glacier travel techniques. Training ensures participants are well prepared for the summit climb.

Essential Equipment

Participants should bring appropriate high-altitude trekking and climbing gear, including insulated clothing, mountaineering boots, crampons, ice axe, climbing harness, helmet, sleeping bag, sunglasses, and personal essentials.

Why Choose Mera Peak?

- Nepal’s highest trekking peak at 6,476m.
- Ideal progression for aspiring mountaineers.
- Non-technical climb with excellent success rates.
- Spectacular views of Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga.
- Remote and less crowded trekking route through the Hinku Valley.
- Professional climbing support and high-altitude training.
- One of the most rewarding summit panoramas in the Himalayas.

Mera Peak Climbing is an exceptional adventure for trekkers seeking a challenging high-altitude objective and a true Himalayan mountaineering experience.

Frequently asked questions

How difficult is the Mera Peak Climbing?

The Mera Peak Climbing is graded Moderate — suitable for most active travellers. You should be comfortable with long days at altitude; previous use of crampons and ropes helps, and our climbing Sherpas run pre-climb training at base camp. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Mera Peak Climbing?

For the Everest & Khumbu region the best months are March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What permits do I need for the Mera Peak Climbing?

You need the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality permit, plus the Nepal Mountaineering Association climbing permit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Mera Peak Climbing?

You stay in hotels in Kathmandu and teahouses on the approach trek, then in quality expedition tents at base camp and high camp. Our team sets up a dining tent, kitchen and toilet tent and cooks fresh, high-energy meals.

Can I book the Mera Peak Climbing as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Mera Peak Climbing?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Mera Peak Climbing?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/mera-peak-climbing/

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