# Mera Peak Climbing

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

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| 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** |

## 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).

## Ready to book or have a question?

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

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