Mera Peak Climb



Trip Overview

The Mera Peak Expedition is a 20-day high-altitude trek and non-technical alpine climb in the Everest region, combining trekking through Sherpa villages, forests, and glaciated valleys with a summit of Mera Peak (6,476 m). The route begins at Lukla and follows the Hinku Valley, providing gradual acclimatization and exposure to local culture. Tea houses are used along the approach, with tented camps at High Camp. Summit day offers a 360° panorama of Everest, Lhotse, Makalu, Kanchenjunga, and other Himalayan giants. The descent retraces the route back to Lukla, concluding with a flight to Kathmandu. The expedition is ideal for first-time 6,000 m climbers seeking a physically challenging yet non-technical Himalayan experience.

Total Trip Days: 20 DAYS

Region: Makalu–Barun / Hinku Valley (Everest side)

Max Altitude: 6,476 m / 21,247 ft (Mera Peak Central)

Difficulty: Moderate to Fairly Challenging (Alpine PD, non-technical but high & glaciated)

Trip Highlights

- Mera Peak Summit (6,476 m): Non-technical climb with glaciated slopes, fixed ropes on steep sections, and panoramic Himalayan views
- Five 8,000ers in Sight: Everest, Lhotse, Makalu, Kanchenjunga, Cho Oyu visible from High Camp and summit
- High Alpine Trekking: Traverse forests, alpine meadows, lateral moraines, and glacial ridges through the Hinku Valley
- Sherpa Villages & Culture: Visit Paiya, Panggom, Ningsow, Thangnak, and Khare; experience monasteries, mani walls, and local life
- Acclimatization Days: Optional hikes to Sabal Tsho and Hinku Nup Glacier lookout aid high-altitude adaptation
- Scenic Passes: Zatrwa La and Mera La provide panoramic Himalayan vistas and rewarding trekking experiences
- Full Support & Safety: Professional guides, climbing instructors, and porters ensure secure trekking and summit attempts
- Contingency Days: Built-in buffer for weather or acclimatization delays ensures summit opportunities

Itinerary

Day 1:

At arrival at Tribhuvan International Airport, you'll be met and transferred to the hotel. Check-in and rest from the flight; optional evening walk in Thamel. Overnight at hotel in Kathmandu.

Day 2:

Final permit formalities (Makalu–Barun NP & climbing permit), gear inspection, and pre-climb briefing. Optional half-day heritage visit (Swayambhunath/Boudhanath). Overnight at hotel in Kathmandu.

Day 3:

Morning mountain flight to Lukla (2,860 m). Meet crew, sort loads, and begin on an undulating trail through pine and village hamlets to Paiya. Overnight

at lodge in Paiya.

Day 4:

Traverse forested spurs and classic stone steps; great views back toward the Dudh Koshi. Panggom is a Sherpa village with mani walls and small gompas. Overnight at lodge.

Day 5:

Cross the Panggom La and contour through rhododendron and oak. Enter the quieter Hinku side with first distant glimpses toward Mera ridgelines. Overnight at lodge.

Day 6:

A superb forest day on the Hinku “jungle trail”: ups/downs on narrow paths, cascades, and birdlife. Camp/lodge near the roaring Chhetra Khola. Overnight at lodge.

Day 7:

Join the main Hinku Valley; the terrain opens with cliffs and waterfalls. Enter Makalu–Barun NP proper. Kothe is a yak–herder outpost with a few tea houses. Overnight at lodge.

Day 8:

Follow the west bank of the Hinku Drangka beneath Mera’s dramatic north flanks. Alpine meadows and moraine flats lead to Thangnak, with a small gompa and stone huts. Overnight at lodge.

Day 9:

Active rest: hike to **Sabal Tsho** (sacred lake) and up toward the **Hinku Nup Glacier** lookout (~4,800–5,000 m) for views of Kusum Khangkaru and Kyashar. Return to Thangnak. Overnight at lodge.

Day 10:

A gradual but high-altitude day over lateral moraines to **Khare** (Mera Peak base village). Short, steady walking to aid acclimatization. Overnight at lodge in Khare.

Day 11:

Pre-climb training: crampon technique, walking in rope teams, using jumar on fixed line, and glacier safety (self-arrest, transitions). Short hike above Khare (~5,200–5,300 m). Final gear checks. Overnight at lodge.

Day 12:

Ascend snow slopes (often a short fixed-line section) to the **Mera La** col, then continue gently up the broad glaciated ridge to **High Camp** perched on a rocky/snow platform with vast views of Everest, Lhotse, Makalu, Baruntse, and Kanchenjunga on a clear day. **Camping tonight.**

Day 13:

Alpine start (~2–3 am). Gentle glacial ramp (30–35° max) leads to the upper dome. A short steeper final pitch (often fixed rope) gains the **Mera Central summit (6,476 m / 21,247 ft).** 360° panorama of five 8,000ers. Descend to High Camp, retrieve cache, and continue down to **Khare.** Lodge overnight.

Day 14:

Kept as a buffer for poor weather, team acclimatization, or route conditions. If unused, it becomes an extra rest/sightseeing day lower in the valley. Overnight at lodge (Khare or as per plan).

Day 15:

Long but mostly descending day via Thangnak to warmer air and thicker forests. Celebrate with the crew. Overnight at lodge.

Day 16:

Climb back to the ridge system on shepherd trails with distant views toward the Hinku and Dudh Koshi valleys. Overnight at lodge.

Day 17:

Early ascent to **Zatrwa La (a.k.a. Zatrawa/Zatrawa)**; prayer flags and final looks back to Mera. Steep descent on stone steps into the Lukla basin. Hot shower, celebration dinner. Overnight at lodge in Lukla.

Day 18:

Morning flight to Kathmandu. Transfer to your hotel; free afternoon for rest, café hopping, or spa. Overnight at hotel in Kathmandu.

Day 19:

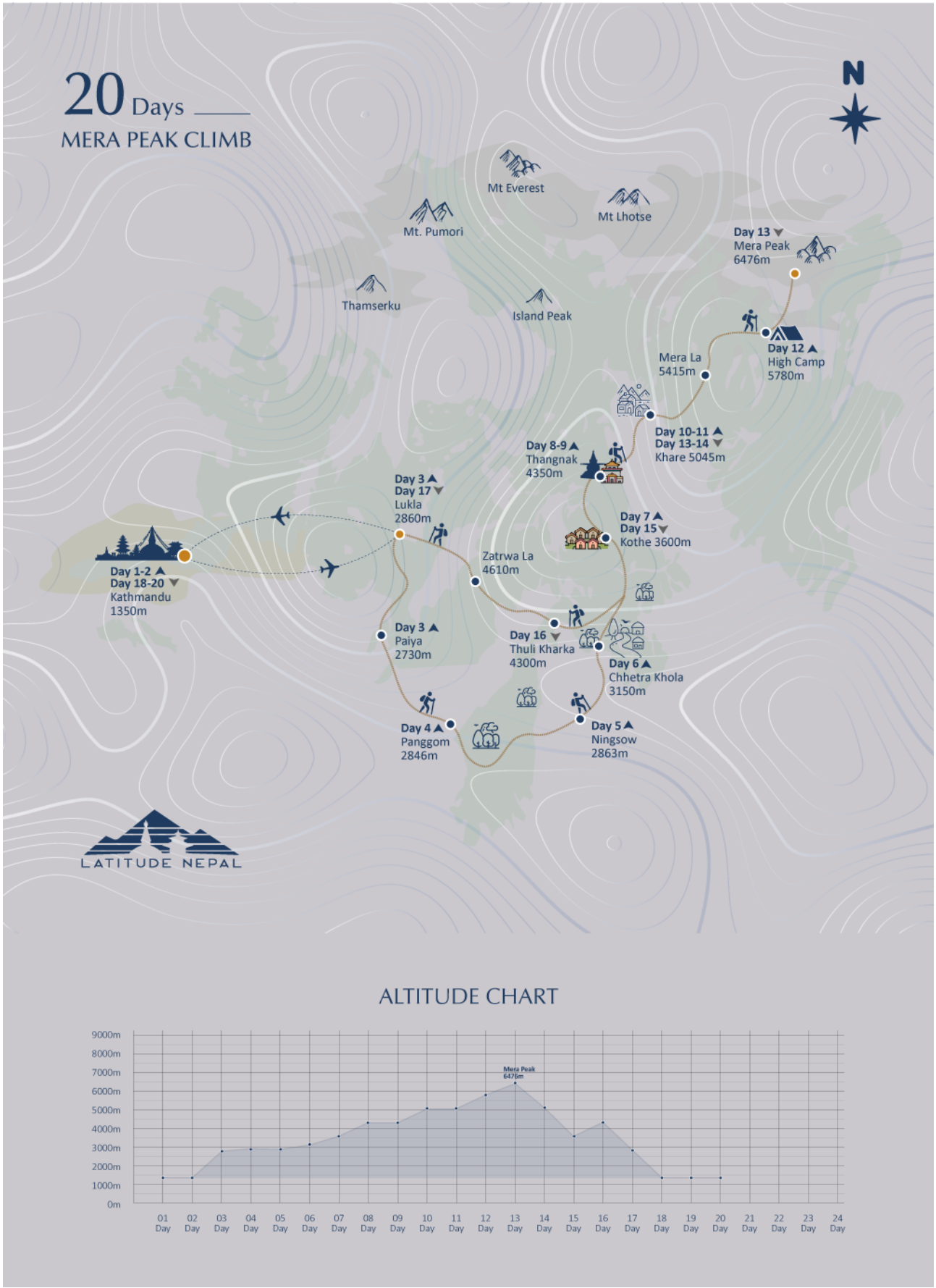
Buffer for any Lukla weather delays; if not required, enjoy optional heritage touring or shopping for handicrafts. Overnight at hotel in Kathmandu.

Day 20:

Our airport representative assists with checkout and escorts you to the airport for your onward flight. Thank you and namaste!

Route Map

20 Days
MERA PEAK CLIMB



ALTITUDE CHART