



**INCREDIBLE HIMALAYAN
SHERPA ADVENTURE P. LTD.**
SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

Mera Peak climbing

Duration: 17 days
Difficulty: Moderate

DoT No. 1888/071
PAN No. 601340433
NMA. AM#1171, TAAN
NRB No. 1573/021/072
Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen

Group size: Group Join

Quick Trip Facts

Altitude: 6470m/21227.03 ft.

Season: Spring/Fall/Winter

Accommodation: Teahouse&Tent

Overview

Mera Peak is Nepal's highest trekking permitted pillar. The peak stands to the south of Everest and to the north-east of the airstrip at Lukla. Standing prominently between the wildernesses valleys of Hinku and Hongu.

The Peak first summit by Sen Tenzin and Jimmy Roberts on 20 May 1953. There are several routes none of them are gentle, require crossing quite high and difficult passes. The summit offers us marvellous Panoramic view of Kangtega to the west, Ama Dablam, Mt. Everest, South face of Lhotse, Nuptse, Lhotse ridge, Cho-Oyu, Makalu, Baruntse, Kanchenjunga and Chamlang. Well, the journey paid off with incredible scenery and overview points in Nepal.

We begin the trip short 35min pleasant mountain flight from Ktm to Lukla and allow to trek. Trek to Mera Base Camp and from Lukla through beautiful dense forest, green attached fields, hurry, swinging/ bridges, rhododendron lush forest, streams and yak pastures beaten trail.

With Incredible Himalayan Sherpa Adventure, you'll not only be able to enjoy this incredible panoramic view of Himalayas but you'll also have the chance to observe the traditions and rituals, great hospitality of the local Sherpa people. We put great emphasis on authentic experiences and our professional local guides will introduce you to their culture.

All our treks can be booked as private trips-no large, impersonal groups but small, individual experiences. Let Incredible Himalayan Sherpa Adventure take you on your very own adventure ascend to Mera Peak summit.

Arriving in a big city like Kathmandu can be stressful for you. Thus, we serve you arrival and departure services for the group!

Basically, your trip start with 35mins scenic flight from KTM to Lukla at elevation of 2860m from the sea level.

Concerning your fitness and the availability of your time for the trip, you have several alternatives to start the Everest Base Camp trek. If you want to start your trek with the elevation of 1775m and 2410m, **Shivalaya** via Jiri **and Phaplu** will be the best for you. Phaplu is access with both the land and air transportation. But starting your treks from Phaplu and Shivalaya will required 4 to 6 more days.

Highlights Include:

- + Nepal highest peak 6470m/21227ft.Mera summit
- + World's five 8000m highest peak view from Mera Summit
- + Mountain flight through diversity landscapes to and fro
- + Trekking through mysteriously off the beaten trail
- + Meals during trek and in expedition with services
- + Trek in the Hinku Valley
- + Unique Sherpa culture and great hospitality

Suggested Itinerary:

Day 01; Arrive Kathmandu (1350m/4429 ft.)

Flying into Kathmandu is a memorable experience with the Himalaya spread out before you. Arrival in Kathmandu at the Tribhuvan International Airport (TIA) in Kathmandu, a representative of IHSA will welcome you and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at host family.

[Overnight at hotel]

Day 02; Kathmandu Tour (1350m/4429 ft.)

Your tour in KTM of the most beautiful UNESCO World Heritage sites- Swayambhu, Boudha & Pashupatinath. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03; Scenic flight to Lukla & trek to Chutanga (3430 m/11,250 ft.), 45min flight+4-5hr walk

We fly to Lukla. The route to Chutanga is a nice wander through woodland and scrub, crossing rivers on rickety bridges and passing a few farms. These would be the last genuine settlements in the route to Mera Peak. From Lukla we follow eastwards hamlets and wood yards, rhododendron forests, bushes on the hill side below Kalo Himal Ridge.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 04; Chutanga to Thuli Kharka (4320m/13200ft), 5-6hr walk

Our Trek begin with a steep climb to cross the Kalo Himal Ridge in the Nau Lekh range which separates the Khumbu from the Hinku Valley. A steep

ascend climb brings us to a cairned notch in the ridge with a bundles of Buddhist prayer flags at 4,450m. From here our path traverses across a boulder slope, round a corner and climbs continue to the Zatrwa-La at 4,600 m. The trek offers us impressive views across the Dudh Koshi towards Karyolung, the Lumding Himal and the scenery across the rolling foothills of the Hinku Valley. From here short walk bring us to Thuli Karkha.
[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse

Day 05; Trek onward to Kothe (3,600 m / 11808ft.), 5-6hr walk

Trek commence with descend across three ridges and dropping steeply down to the Hinku River. From here we climb uphill to Kothe through lush rhododendron forests on the Hinku Valley.
[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse

Day 06; Kothe to Thaknak (4,350m/14,270ft), 3-4hr walk

Trek begin along the ridge of the Hinku River in the shadow of Mera Peak. We pass ancient Lungsumgba Gompa of 200 years old, we will find Mera Peak scripted in rock along with its route to reach Mera. Further short walk brings us to Thaknak.
[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse

Day 07; Thaknak to Khare (5,045m/16,486ft.), 2-3hr walk

From here we follow the lateral moraine of Dig Glacier to Dig Kharka. The trek offers us incredible views of Charpate Himal. The trail climbs through moraines to the snout of the Hinku Nup and Shar Glaciers, climbs more steeply to Khare. From Khare see superior views of the Northern face of Mera Peak.
[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse

Day 08; Acclimatization/skills refresher day at Khare (5,045m /16,486ft.)

We Practice your fixed -rope, abseiling skills, peak climbing techniques, the proper ways of using climbing gears the ice axe, climbing boots and crampons, harness, ascender, etc.
[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse

Day 09; To Mera La (Mera Peak Base Camp) (5, 300m/17,384ft.), 5-6hr walk

We scramble up rock steps to gain the glacier where we rope up and put on crampons. Snow slopes are followed over the pass and we descend to rock shelves on the far side where we set up camp. If anyone feels the previous training was not sufficient and wants to train more to build confidence to succeed the climb.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at tent

Day 10; Ascend to Mera Peak High Camp (5,780m/18,958ft.), 4-5hr walk

Climb begin on rocky trail, it could be hazardous if it has recently snowed, as there are a number of crevasses here. Our highly trained and professional guide set out our way to the top of the rock band, which is marked by a large cairn. From high Mera High Camp overview Mt. Everest, Makalu, Cho-Oyu, south face of Lhotse, Nuptse, Chamlang and Baruntse.

Overnight at Mera High Camp.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at tent

Day 11; Mera Peak Summit (6,470m), 8-9hr walk

As the sun rises Mera's central and north summits soon appear above the head of a wide glacier flanked by two ridges. We climb open snowfields to reach a classic snow ridge just below the final steepening of Mera Central. This 50m snow slope is climbed using a Jumar. On the summit there's time to soak in a jaw-dropping panorama of many of the world's highest peaks such as Mt. Everest (8,848m), Cho-Oyu (8,210m), Lhotse (8,516m), Makalu (8,463m), Kanchenjunga (8,586m), Nuptse (7,855m), Chamlang (7,319m), Baruntse (7,129m) with glowing sunlight.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at tent

Day 12; Spare day

In case of bad weather.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at tent

Day 13/14/15: Return to Lukla

For the return trip, we retrace our steps to Lukla. Although the path is downhill, the unrelenting slope places a strain on the knees. We take frequent stops where we can have a relaxes tea. From Lukla you can extend the trip and continue to the Gokyo Lakes, Everest Base camp, Three Highest Passes, Rolwaling Tashi Laptse Pass Trek or can climb Island Peak Climbing.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 16; Scenic fly back to Ktm & drive to hotel [35min flight]

We fly back to Ktm. From airport we short drive to hotel and relaxing.

[Included meals: Breakfast]

Overnight at hotel

Day 17: Departure from Kathmandu (1350m/4429ft.)

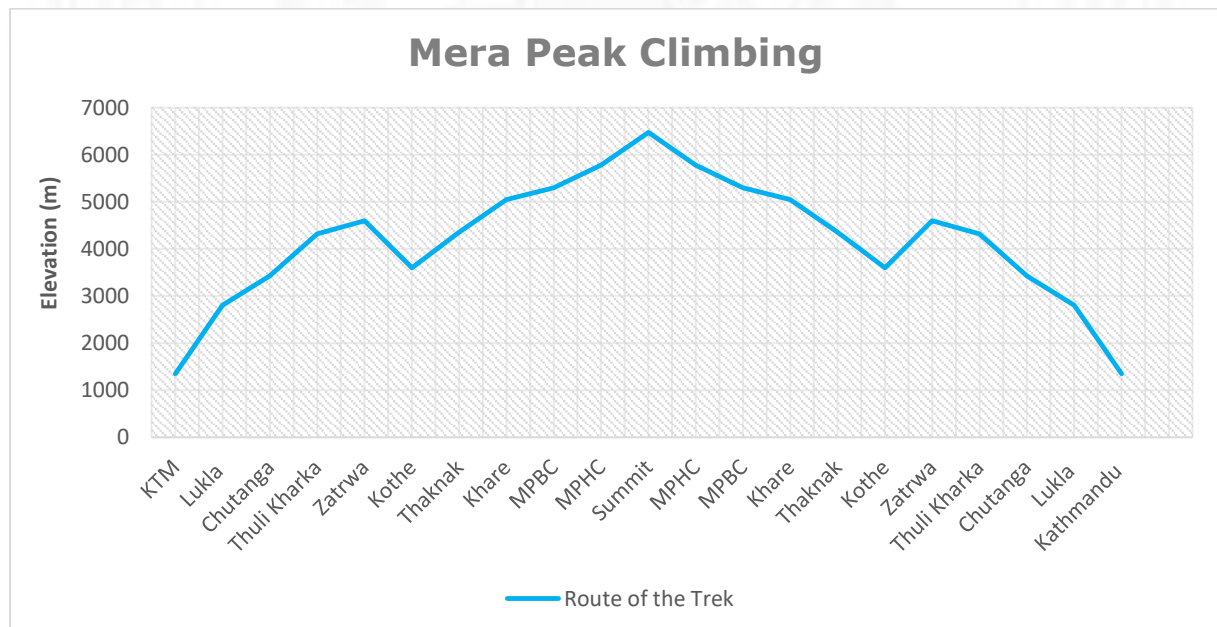
A representative of IHSA will drop off you at the airport by private vehicle

[Included meals: Breakfast]

Supplementary time

The flight from Kathmandu to Lukla significantly reduces the journey time compared to the trek via Jiri (which we also offer). The flight is the shortest and most popular way of gaining access to the region but the mountain weather is notoriously unpredictable and sometimes even during the best part of the season, flights are delayed or postponed for one or more days. We can also arrange for a Helicopter charter from Kathmandu to Lukla instead but this adds significant extra cost. We highly recommend that you take potential delays into account and allow for an extra day in Kathmandu. You can use your extra time here in Nepal by doing many exciting activities like rafting, jungle safari, Bunge jumping, Rock climbing, Langtang Helicopter Tour or simply enjoy the bustling streets of Kathmandu.

Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in

Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 17 days Mera Peak Climbing
- + Guides and porter services
- + Food throughout the trip
- + Airport pick up & drop off personally. For details see below.

Price: ~~USD1745~~ per person with group size of 2
USD 1690 per person with group size of 2

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu
- + Sightseeing with guide. For details see below.

Price: ~~USD1875~~ per person with group size of 2
USD1825 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please contact us for details.

Trek Duration:

Standard itinerary – 17 days. Can be shortened or extended depending on time and Fitness.

Additional Options:

+ Hotel upgrade in Ktm: [65 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Gokyo Lakes, Everest Base camp, Island Peak** Climbing rather than return to Lukla, this can also be arranged.

+ Optional shorten Route

If you would you like ride to Kathmandu by helicopter rather than retrace your steps to Lukla, this could be arranged.

Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu [upgrade possible]
- + Sightseeing in KTM by private vehicle and professional English speaking city guide
- + Private trek and climbing with an English speaking govt. licensed and ministry of tourism trained trekking guide and climbing guide with meals, accommodation, salary and insurance
- + Necessary porters to carry your luggage with meals, accommodation, salary and insurance
- + Access Flights (Both-Ways)
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trip in carefully selected teahouses & tent accommodation during the climbing period.
- + Mera peak climbing permit and Khumbu Pasang Lhamo Municipality Collect fee
- + Garbage Deposit for the trip
- + Climbing rope Snow bars
- + First aid medical kit carried by the guide
- + Group climbing equipment, stoves and fuel
- + Supplementary climbing oxygen, mask and regulator
- + Kitchen Sherpa staff gratuities

Excludes:

- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

Personal gears:

- Trekking Sleeping Bag
- Crampons
- Harness
- Ice Axe
- 2 x Tape slings
- 2 x Screw Gate Karabiners
- Descender / Abseil Device (Jumar)
- Prussic Loops
- Helmet

suggest USD 10 - 15 per meal in Kathmandu (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude;

particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

If you make us to organize "Mera Peak Climbing only" from Khare to Khare, this can also be arranged.

Note: Mera Peak Climbing could be do 1N/2D or 2N/3D.

Have a good trip...