



Mera Peak - 20 days

Go on 20 days trip for

\$ per person

Mera Peak (6,654 m) is the highest permitted trekking peak in Nepal . It stands to the south of Everest and dominates the watershed between the heavily wooded valleys of the Hinku and Hongu Drangkas. J.O.M. Roberts and Sen Tenzing made the first successful ascent of Mera Peak on 20 May 1953 . The route they used is still the standard route. The summit of Mera Peak provides one of the finest viewpoints in Nepal , offering a panoramic view of Chamlang, Kangchenjunga, Makalu , and Baruntse in the east and the peaks of Cho-Oyu, Ama Dablam and Kangtega to the west. Everest can be viewed to the north over the massive unclimbed south face of Lhotse and the Nuptse/Lhotse ridge. Under favorable conditions, it is possible to climb the peak and descend back on the same day.

When to climb

The typical eastern Himalayan climbing seasons apply: April-May before the monsoon, or October-November after it, more or less. I have seen some outfitters book this trip during the Christmas holiday season, but in my opinion it would be excessively cold and dark then!

Day by Day Itinerary:

Day 01: Arrive Kathmandu

Day 02: Sightseeing preparation

Day 03: Fly to Lukla

Day 04: Chuthanga,

Day 05: Chuthanga Acclimatization

Day 06: Thuli Kharka

Day 07: Kothe

Day 08: Kothe Acclimatization

Day 09: Thagnak

Day 10: Thagnak Acclimatization

Day 11: Trek to Khare (BC)

Day 12: Acclimatization

Day 13: Trek to High Camp

Day 14: Weather day

Day 15: Summit Mera return Khare

Day 16: Kothe

Day 17: Thuli Kharka

Day 18:

Lukla

Day 19: Fly Kathmandu

Day 20: Depart Kathmandu

Mera Peak (6,654m.), in the heart of the Everest region, is ideal for those looking to join their first Himalayan Climbing expeditions. Though Technically and easy climb it is a real challenge to reach the Summit of Nepal's Highest Trekking Peak .

Nepal Mountaineering Information

Climbing rules

In exercise of the powers conferred by Government of Nepal, Nepal Mountaineering Association has made the following rules to be observed for the climbing of the peaks of Nepal Himalaya listed in Appendix '1'. These rules will come into force at once.

Definition: -

Where applicable definitions for these rules will be the same as those for Government of Nepal Mountaineering Expedition Regulations 1979 and its first Amendment 1984.

Permission:-

Any person or mountaineering team desirous of climbing the peak listed in Appendix '1' must receive permission from Nepal Mountaineering Association. Application to climb the peak must be made in the form as prescribed in Appendix '2'. Permission to climb the peaks will be granted for a period of one month only. Permission may be extended, if necessary, for another period of two weeks. The period of permission granted relates to time spent for climbing above the base camp. The trek to and from the base camp is not included. Application for climbing permit may be made at any time by the concerned mountaineering team. Permit will be granted on a first come first serve basis. The right to give permission to another party for climbing the same peak during the same period is reserved by Nepal Mountaineering Association. Nepal Mountaineering Association will recommend to Immigration Office of Government of Nepal for obtaining trekking permit of the area to the team members.

Payment of fee: -

The climbing fee structure of NMA 18 Trekking Peaks listed in Appendix "1" is as follows:

Personal Equipment List

- Backpack
- Day Pack (if using porter support)
- Trekking Boots/ shoes
- Socks x 3
- Sleeping Bag (4 season)
- Down Jacket (can be rented in KTM / Pokhara or Namche Bazaar)
- Shorts x 2
- Fleece Pant / Jacket
- Flashlight (extra batteries)
- Shirt/T-Shirt x 1
- Thermal Underwear Top 2 / Bottoms 2
- Book

- Trekking poles (optional)
- Sun Hat / Visor
- Gloves
- Sun Screen
- Sunglasses (UV protected. Imperative to have quality eye wear)
- Waterproof Jacket
- Watch
- Wool- fleece / Hat with ear protection
- Water Treatment
- Permit / Money
- Camera / film
- Small First Aid

Pre-departure information and trekking tips

*If you have something you are particularly prone to, ear infections or sinus problems, bring what you need with you.

If you have something you are particularly prone to, ear infections, foot rot, or sinus problems, bring what you need with you. You will definitely want to be carrying some for common illnesses like diarrhea, staff infection and upset stomachs. You will need a complete set of inoculations for Asia , ask your doctor for advise.

Food: Please bring any of your own food: power bars, granola bars, dried fruit, chocolate, always nice to have.

Travel: We will be more than happy to organize all your internal travel arrangements in the Kingdom of Nepal . We have a wide variety of services and budget options to suit your needs including, airport pick-ups, sightseeing excursions, airline reconfirmation, hotel reservations and much more. Contact our friendly and experienced staff for a personal itinerary.

Cost: The cost of the trip includes all specialized climbing equipment (see personal equipment list) meals and accommodation during the trip, permits, porters, local transport and internal flights to and from Kathmandu . It does not include personal expenses, alcohol, candy, soft drinks, meals or accommodation when staying in Kathmandu or Pokhara

Your pre-departure meeting will take place in Kathmandu two evenings prior to the beginning of the course.

Age: Age is an attitude and not a problem, but we do require that group members be at least 18 years old.

Insurance: expedition members are responsible for having their own travel insurance including helicopter evacuation.

Vaccinations: Nepal has no official vaccination requirements for entry. However we recommend that you visit a doctor for the latest recommendations and protect yourself accordingly.

Visa: Visa can be obtained at Tribhuvan International Airport upon arrival. You will need 2 passport size photograph.

Currency: The best currency to have is US Dollars in travelers' cheques, cash and/or credit cards. American Express, MasterCard and Visa are all accepted in Nepal .

Group Size	Rate US\$	Additional P/P US\$
1-4 Persons	350.00 Only	
5-8 Persons	350.00 Plus	40.00 (Per person)
9-12 Persons	510.00 Plus	25.00 (Per person)

For extending permission, an additional 25% charge of the total amount of the initial fee will be made for each extra week. The leader or climbing member of the team must collect the permit in person from Nepal Mountaineering Association. The maximum number of person in a group is 12 pax.

Refund:-

In the event of cancellation of the permission by NMA or the failure of the expedition to materialize due to some other reasons, the fees already paid will not be refunded. Every individual or party granted a climbing permit shall be accompanied by a Sirdar/Guide, who must be registered with NMA.

Free Peaks:

Mountaineering & climbing is going more popular day by day. So, Govt. of Nepal don't charge any for certain peak permit.

Mountaineering Peaks:

Nepal has large number Himalayan peaks (covered white snow). It's interesting to spend holidays making it adventurous with Peaks, get list.

Trekking Peaks:

Trekking means just walking through up and down. But it means more when you are in Nepal. It's adventurous way to enjoy with nature, high mountains, peaks. For adventurous lover there lots peak which you pass through in your trek.

What is included in the price?

- Airport pick up
- Three nights Hotel in Kathmandu.
- Trekking accommodation in tented camp.
- Experienced Climbing/Trekking guide.
- Experienced trekking cook.
- Required trekking porters entire trekking/peak climbing period.
- Three time meal during the trekking Breakfast, Lunch & Dinner.
- Desert /fruit after having diner as company provide
- Trekking/Climbing guide and trekking cook both way flight ticket.
- Hot drinks such as tea, coffee, hot chocolate, Juice etc.
- Climbing equipments such as Rope, Ice axe, Jhumber, Eightfinger, Gaiters, Assenders, Snow bar, Snow

- ice screw etc.
- Trekking equipments such as two men tent, Dining tent, Kitchen tent, toilet tent, Mattress, Kitchen utensils (equipments) etc.
- Overland Transportation
- Insurance for Nepalese staff. (Trekking/ climbing guide, cook and porters)
- Guide and porter fares and taxes.
- Government Tax and office service charge.
- Airport drop

What is not included in the price?

- Lunch & Dinner during Kathmandu stay
- Domestic and international flight ticket
- Personal equipments
- High risk medical insurance
- Alcoholic beverage and telephone calls
- Soft drinks such as cola, mineral water
- Nepal Visa Fee
- Purely personal nature expenses
- Tipping (Tips)
- Personal accident insurance
- Emergency evacuation, Helicopter rescue if required
- Personal Satellite phone with e-mail & internet permit
- Waki takies permit
- Extra expenses for personal
- Filming permit

Trip Fact

- **Trip code**EHCS-5582
- **Destination**Nepal
- **Duration**20 days / 19 nights
- **Season**October to Nov, March to April
- **Group Size**Min.2pax + 12pax above
- **activities**Mera Peak