

# Mera Peak Climb

18 Days Challenging Trek



Mera Peak (6,476 m) is Nepal's highest trekking peak and one of the most sought-after climbs in the Himalayas. Rising proudly between the remote Hinku and Hongu Valleys, this climb offers a perfect blend of wilderness trekking, cultural immersion, and high-altitude mountaineering. Over 18 days, the journey leads you from the lush forests of the lower Khumbu to the glacial amphitheater beneath Mera Peak, culminating in a summit experience that unveils five of the world's 8,000-meter giants – Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga.

Unlike technical climbs, Mera Peak is considered non-technical and ideal for physically fit trekkers who dream of standing atop a Himalayan summit without prior mountaineering experience. The ascent, however, is demanding due to altitude and terrain, and requires steady acclimatisation, patience, and determination.

The route passes through terraced hillsides, Sherpa villages, and rhododendron forests before entering the stark alpine landscapes of the upper Hinku Valley. Nights are spent in welcoming teahouses and high camps under star-studded Himalayan skies, while days unfold with spectacular views, fluttering prayer flags, and the hum of yak bells echoing in the distance.

## About the Mera Peak Region

The Mera Peak climb unfolds in the lesser-trodden Hinku Valley, southeast of Everest. This region lies within the Makalu Barun National Park, a pristine wilderness of deep valleys, hanging glaciers, and cascading rivers. The valley is inhabited by the Sherpa and Rai communities, who maintain a life deeply intertwined with the rhythms of nature and Buddhist tradition.

While the trek begins with a flight to Lukla, it quickly diverges from the busy Everest Base Camp trail, venturing into quieter, wilder landscapes. The climb itself offers a unique vantage point, a sweeping 360 degree panorama of the Himalayan crest from a height of nearly 6,500 meters, a view few other trekking peaks can rival.

Mera Peak stands as a gateway for adventurers aspiring to go beyond trekking but not yet ready for full-fledged expedition climbs. It's an unforgettable journey through remote Nepal, culminating in a triumphant moment atop the "Roof of the World."

## TRIP OVERVIEW

**Duration:** 18 Days

**Difficulty:** Challenging (High-altitude trekking peak)

**Max Elevation:** Mera Peak Summit (6,476 m)

**Best Season:** Spring (April–May) and Autumn (October–November)

## TRIP HIGHLIGHTS

- Summit the highest trekking peak in Nepal (6,476 m).
- Witness sweeping views of Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga.
- Trek through the serene and untouched Hinku Valley.
- Experience Sherpa and Rai cultures in remote mountain villages.
- Traverse from lush rhododendron forests to glaciated alpine terrain.
- Camp at Mera High Camp with panoramic Himalayan vistas.
- Achieve a true sense of wilderness away from the crowded Everest trails.



## OUTLINE ITINERARY

**Day 1–2:** Arrive in Kathmandu; sightseeing and trek preparation.

**Day 3:** Fly to Lukla (2,840 m) and trek to Paiya (2,730 m).

**Day 4–5:** Trek through Pangkongma to Nashing Dingma.

**Day 6–7:** Trek to Chhatra Khola and Kothe in the Hinku Valley.

**Day 8–9:** Trek to Thaknak and Khare for acclimatisation.

**Day 10:** Acclimatisation and glacier training in Khare.

**Day 11:** Trek to Mera La Base Camp (5,350 m).

**Day 12:** Climb to Mera High Camp (5,780 m).

**Day 13:** Summit Day! Mera Peak (6,476 m) and return to Khare.

**Day 14–16:** Descend through Kothe, Thuli Kharka, and Lukla.

**Day 17:** Fly back to Kathmandu.

**Day 18:** Free day or departure.

## WHAT TO EXPECT

**Physical Challenge:** Long, high-altitude trekking days with a non-technical but demanding summit climb.

**Accommodation:** Teahouses in villages; tented camp at High Camp.

**Food:** Sherpa, Nepali, and limited Western meals; hot soups and hearty fare for high altitude.

**Weather:** Cold temperatures above 4,500 m, especially at night; stable and clear during trekking seasons.

**Support:** Experienced climbing guide, porters, and full logistical support with group equipment.

## Detailed Itinerary

### DAY 1: ARRIVAL IN KATHMANDU

**Activities:** Arrive in Kathmandu and transfer to your hotel in Thamel. Rest and recover from your journey.

**Accommodation:** Overnight in Hotel

## DAY 2: KATHMANDU SIGHTSEEING & TREK PREPARATION

**Activities:** Explore UNESCO World Heritage Sites such as Swayambhunath and Patan Durbar Square. Attend a detailed trek briefing and equipment check.

**Accommodation:** Overnight in Hotel

## DAY 3: FLY TO LUKLA (2,840 m), TREK TO PAIYA (2,730 m) – 4/5 hrs

**Activities:** A thrilling mountain flight to Lukla opens your adventure. The trail winds through forests and across small ridges to Paiya, a quiet village surrounded by green hills.

**Accommodation:** Teahouse in Paiya.

## DAY 4: PAIYA TO PANGKONGMA (2,846 m)

**Activities:** Trek through rhododendron and bamboo forests, cross narrow bridges, and reach the charming Sherpa village of Pangkongma. The first views of Mera Peak appear on the distant horizon.

**Accommodation:** Teahouse in Pangkongma.

## DAY 5: PANGKONGMA TO NASHING DINGMA (2,600 m)

**Activities:** A descent through terraced hillsides leads to the Inkhu Khola River, followed by a climb through dense forest. The day ends at Nashing Dingma, surrounded by waterfalls and terraced farms.

**Accommodation:** Teahouse in Nashing Dingma.

## DAY 6: NASHING DINGMA TO CHHATRA KHOLA (3,150 m)

**Activities:** Trek through steep ridges and rhododendron forests with views of Kongde Ri. The route winds down to the serene Chhatra Khola, gateway to the Hinku Valley.

**Accommodation:** Teahouse in Chhatra Khola.

## DAY 7: CHHATRA KHOLA TO KOTHE

**Activities:** Enter the pristine Hinku Valley, following the river upstream through bamboo and pine forests. The scenery shifts dramatically as towering peaks rise around you.

**Accommodation:** Teahouse in Kothe.

## DAY 8: KOTHE TO THAKNAK

**Activities:** Trek along the Hinku River past yak pastures and summer huts. Arrive in Thaknak, surrounded by glacial moraines and the dramatic view of Mera Peak's north face.

**Accommodation:** Teahouse in Thaknak.

## DAY 9: THAKNAK TO KHARE

**Activities:** A gradual ascent brings you to Khare, base for Mera Peak. The trail follows glacial streams and moraine ridges, offering increasingly alpine landscapes.

**Accommodation:** Teahouse in Khare.

## DAY 10: ACCLIMATISATION & TRAINING DAY IN KHARE

**Activities:** Essential acclimatisation day with basic glacier training such as using crampons, harnesses, and ice axes. The surrounding snow-capped ridges offer breathtaking acclimatisation hikes.

**Accommodation:** Teahouse in Khare.

## DAY 11: KHARE TO MERA LA BASE CAMP (5,350 m)

**Activities:** Trek over rocky terrain to reach Mera La, the high pass connecting Khare and the upper Hinku Valley. Settle at Base Camp, surrounded by glacial landscapes.

**Accommodation:** Tent Camp.

## DAY 12: MERA BASE CAMP TO MERA HIGH CAMP

**Activities:** A slow, careful ascent on snow slopes leads to High Camp, perched dramatically above the Mera Glacier. The views of Makalu, Baruntse, and Chamlang are awe-inspiring.

**Accommodation:** Tent Camp.

## DAY 13: SUMMIT MERA PEAK & DESCEND TO KHARE

**Activities:** Begin before dawn with a steady climb up gentle glacier slopes. The final ridge offers a spectacular summit panorama which includes five of the world's 14 eight-thousanders - Everest, Lhotse, Cho Oyu, Makalu, and Kanchenjunga all visible in one sweep. Descend safely to Khare.

**Accommodation:** Teahouse in Khare.

## DAY 14: KHARE TO KOTHE

**Activities:** Retrace your steps through the high valley, celebrating your summit success with your team back in Kothe.

**Accommodation:** Teahouse in Kothe.

## DAY 15: KOTHE TO THULI KHARKA

**Activities:** A scenic climb through forests and ridgelines, with far-reaching views of the Hinku Valley and distant Everest peaks.

**Accommodation:** Teahouse in Thuli Kharka.

## DAY 16: THULI KHARKA TO LUKLA VIA ZATRWA LA PASS

**Activities:** Cross the Zatrwa La Pass, your final high point, before descending to Lukla. The trek concludes with reflections of the remarkable journey behind you.

**Accommodation:** Teahouse in Lukla.

## DAY 17: FLY TO KATHMANDU

**Activities:** Morning flight back to Kathmandu. Free time for rest, shopping, or exploring local cafés.

**Accommodation:** Overnight in Hotel

## DAY 18: DEPARTURE DAY

**Activities:** Activities: Transfer to Tribhuvan International Airport for your onward flight, marking the end of your Himalayan adventure.

