



Imperial Expedition

Mera Peak Climbing/Trek

Mera Peak Trek Overview

- Duration: 18 days
- Activity: Trekking / Camping
- Max. Altitude: 6476 meters
- Average walking: 8km (Per day)
- Accommodation: Camping/ Tea House
- Trekking days: 13 days
- Transport: Road and Air
- Group size: 1-12 person
- Difficulty: Moderate-Difficult
- Region: Makalu Barun National Park

Introduction

Mera Peak (6476m/21,246ft) is a stunning viewpoint for the world's five highest peaks, including Mt. Cho-Oyu in the west and Mt. Kangchenjunga in the east. Mera Peak is the most elevated trekking peak in Nepal and a suitable challenge for a first-time climber and those who plan to climb 8000 meters mountain in the Himalayas. This peak is situated on the border of Sagarmatha National Park in the West and Arun Valley in the east. The trekking part is regarded as more challenging than peak climbing; the climbing involves long inclined slope walks. Mera Peak can approach through multiple routes; popular among tourists is start-and-end trekking in Lukla and taking a flight back to Kathmandu. Another way to Mera peak is by starting from Jiri or Phaplu, which takes a comparatively extended time. This trekking trail is recognized for its tremendous diversity of plants, animals, and people, the area contains 25 species of rhododendron, 47 types of orchids, and 56 rare plants. Snow leopards, red pandas, musk deer, wild boar, and other wildlife are found here.



Important Note

This itinerary may change at any time due to bad weather, natural disaster, authority rules, regulation, and other circumstances beyond our control.



Imperial Expedition

TRIP ITINERARY

Day: 1	Arrive in Kathmandu: + Schedule your flight as your itinerary, and our trekking member will pick you up and drop in hotel. He will brief the next-day schedule.
Day: 2	Kathmandu sightseeing and trek preparation: As per the plan, our guide will pick up for city sightseeing. Three major Kathmandu heritage sites, Baudhanath, Pashupatinath, and Kathmandu Durbar-Square are scheduled for this day. After sightseeing, your guide will check your trekking equipment, recommend necessary gear items to add to the list, and brief you about the next day's activities.
Day: 3	Fly to Lukla (2800 m.) and trek to Chhuthang: An early start to the airport minutes the 25-30 minutes' flight to the STOL airstrip at Lukla. It is enjoyable flight with panoramic views of the Eastern Himalayas range. At Lukla, our crew and porters assemble, loads are sorted and, after a cup of tea we start our trek to Chhuthang, which takes around 5 hours.
Day: 4	Chhuthang to Tuli Kharka Trek Via Zatravala Pass (4,600 m.) After early morning breakfast, we head towards Thuli kharka (4600m). We will cross the Zatravala pass. This is the first strenuous climb on the Mera Peak route; after a 5-6 hours climb; we will stop overnight at Thli Kharka tea house.
Day: 5	Tuli Kharka to Kothe (4182 m./13716 ft.) – 6-7 hours trek: Trek starts with a gradual descent from Thuki Kharka towards the Hinku River. After the descent, walked along the river toward the small village of Kothe, located on the bank of the Hinku River.
Day: 6	Trek Kothe to Thagnak (4356 m.) – 4-5 hours' trek: We are now in the Hinku Valley and cross over by way of a yak herders bridge and join the main trail to Mera peak. Today, we gain our first views of dramatic peaks of the valley; Kusum Kanguru to our left, and an unnamed peak over 6700m that stands directly before us. Once we arrive in Thagnak, we see the dramatic south face of Mera peak.



Imperial Expedition

Day: 7	Trek to Khare (5000 m.) from Thangnak – 3-4 hours' trek: A steady approx. 4hr climb out of the valley and up through rocks to our second last camp below the snowline in Khare. On the way, we will be able to glimpse the remains of the Lake (Sabai Tsho) formed by glaciers.
Day: 8	Rest for Acclimatization at Khare. Today is set aside for preparations for the climb and acclimatization. Our climbing guide will provide rehearsal of using harnesses, crampons, axe, traveling roped up, etc. All members will not travel up the mountain and glacier without being briefed and skilled beforehand. Before going sightseeing around and hiking, consult with your guide.
Day: 9	Khare to High Camp (5700 m.) – 4-5 hours' Trek: All is going as planned, and with the weather on our side, we will start our walk to Mera Base Camp. On the way to high camp, you should use your climbing boots and crampons from Mera base camp. Following the climber's footsteps and enjoying the mountain's panoramic view, you are now on the north side of Peak, where you can see the summit of Mera peak. High camp is set halfway up the long north slope of the mountain, at about 5700m, near a rock knob. Tonight, you have a sleeping tent on sharing basis.
Day: 10	Summit Mera Peak (6476 m.) and descend to Khare. The summit approaches will begin early in the morning (anywhere from 2 to 5 am) from this high camp and take around 4 to 6 hours to make the summit. At the same time, the distance doesn't look far. As the light comes, we can see incredible views across Baruntse (7129m), Chamlang (7319m), and Nau Lekh (6360m), with Makalu (8481m) standing behind. Further to our left is Everest, Cho Oyu, and in the distance on a clear day, Kangchenjunga. Due to the unstable nature of the northern summit knob and time consumption, we will likely ascend Mera's central summit (6461m) once we reach the summit and spend a few minutes on top, we descend back to Khare.
Day: 11	A spare Day in case of Bad weather. Today is a contingency day allowed for inclement weather and poor visibility conditions. We may stop in Khare or High Camp in case of bad weather conditions. Otherwise, we will continue our trip as we planned.



Imperial Expedition

Day: 12	Khare to Kothe (3700m) – 4-5 hours' trek: Feeling tired and exhilarated by our adventure, we pack up and descend the 4-5 hours to the permanent settlement in the valley of Kothe.
Day: 13	Kothe to Thuli Kharka (4300 m.) – 5-7 hours' trek After an initial hike through the forest and beside the river, the path climbs through a thick forest of birch, rhododendron, and pine. Today is around 5-7 hours' steady walk, which seems long, but after the summit of Mera, it comparatively seems easy.
Day: 14	Thuli Kharka to Lukla (2800 m) – A short steady climb up to the Zatrwa La pass (approx. 4600m), and then another 30-45 minutes or so onto another Pass which is a little lower and our last before the long descent. The landscape and countryside are spectacular, with expansive views to the south and west, Karyolug and Numbur, and rows and rows of foothills in the southern part.
Day: 15	Fly back to Kathmandu: Early morning short flight from Lukla to Kathmandu, approximately 20-30 mins. Check-in hotel, rest, and shop. Your guide will update you about the following day's schedule.
Day: 16	An extra day in case of flight cancellation. Flight from Lukla to Kathmandu is unpredictable due to weather or other circumstances. An alternative route to Kathmandu is via road, which takes at least two days to get to Kathmandu. We recommend scheduling your international flight as per the itinerary to operate your trip smoothly. In case of emergency evacuation from Lukla due to flight cancellation, the minimum cost will be US\$350 and the maximum US\$700, depending on the number of group members
Day: 17	Day trip to Bhaktapur: After breakfast, a guide will pick-up you up from the hotel. Bhaktapur Durbar Square is 13 km east of Katmandu and is listed as a World Heritage site. It's famous for its art and architecture. Many famous temples and statues are the main attraction of the Bhaktapur Durbar Square.
Day: 18	Final Departure: Our office staff will drop you at the airport Three hours before the flight schedule.



Imperial Expedition

What's included

- ✓ 4 nights' standard hotels in Kathmandu and 14 nights' teahouses on sharing basis.
- ✓ All listed transport and activities.
- ✓ Trekking permit and national park fees.
- ✓ Arrival and departure transfers.
- ✓ Experienced Trekking guide and other support staff.
- ✓ Flight ticket KTM – Lukla - KTM
- ✓ Proper Insurance of all local staff including porters.
- ✓ Entry fees in Heritage site in Kathmandu as per itinerary.

What's not included

- ✗ Personal Travel and Medical Insurance.
- ✗ Personal Trekking Gear and Equipment.
- ✗ International flight tickets.
- ✗ Lunch and Dinner in Kathmandu.
- ✗ Visa fees and vaccination

Essential Information

WEATHER

Nepal is mainly temperate, with four main seasons. Mostly, the tourists come in the autumn peak season (late September and late November), when the sky is clear, and it is neither too cold in the mountains nor too hot in the Terai. There is the dry season from October to May and the wet season (the monsoon) from June to September. In summer (May to September), Kathmandu can get very hot, often exceeding 30 degrees Celsius. Even in winter (October to April), the bright sunny days usually reach 20 degrees Celsius, although, at night, the temperature may fall to near freezing.

From October to November, the start of the dry season is the best time. The countryside is green and lush with the monsoon finished and a clear sky. Usually, the temperature is low, and visibility is excellent for trekking in the mountains. The climate and visibility are good from December to January, although it's cold. February to April is the second-best time to visit. The weather gets warmer, so high-altitude hiking is more accessible. During this season, Nepal's national flower, rhododendrons, and many other flowers are in bloom, so plenty of colors can be seen along the trekking trails.



Imperial Expedition

Visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple-entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu) for tourists. Tourists who enter by land can obtain a visa at the border check post. You are also allowed to receive a permit issued by a Nepalese Diplomatic Mission before you depart from home.

At the airport, while you can use different modes of payment (at the visa fee collection counter), we advise you to carry some cash to be safe.

On-Arrival Visa Fee

- ➔ 15 Days – \$30 USD ➔ 30 Days – \$50 USD.
- ➔ 90 Days – \$125 USD.

Note: Some countries are not allowed an On-arrival visa by the immigration authority, consult or check on the Nepal immigration website for details.

Drinking Water

The most important thing is to be cautious about drinking water, particularly tap water. It's not safe to drink water from the tap or without purification. Bottled water is available everywhere and is safe to drink, but it's not eco-friendly. In trekking, you can use boiled water as an alternative, which costs an extra per liter. The best way is to purify the tap water yourself using iodine or handheld UV filters such as a "SteriPEN". Before using these tools, check the product's performance in cold or freezing conditions and battery life (lithium batteries are best in cold conditions). We arrange water filter bags for more than four people in a group. Our staff will fill your bottles with water before you start the trek and at each stop point to reduce plastic bottle use.



Note: This is just a sample and not for the purpose of an advertisement.



Imperial Expedition

What to Bring

In Kathmandu, the weather is pleasant year-round, but in winter, the temperature drops below 7 degrees Celsius at night, so it's warm clothes weather, nothing worse. During the monsoon, you'll need a raincoat or umbrella as it usually rains daily in the Kathmandu valley and Pokhara. If you plan on trekking and hiking in the mountains, Jackets and sleeping bags are required; most tea houses provide blankets, but not enough during peak times. Walking shoes are appropriate for short and easy treks, whereas good walking boots are required for high-altitude treks such as Everest Base Camp and the Annapurna Circuit. Most clothing is readily and cheaply available in Nepal. You can also rent equipment just for a particular purpose in Kathmandu or Pokhara. Money exchange centers accept major global currencies, and Indian rupees are accepted in Nepal if you enter through an Indian border post. Major international payment cards can be used in Nepal for paying bills, although you should inform your bank before entering Nepal. However, we advise you to carry some cash in an emergency.

Personal Equipment

Before starting the trek, Imperial Expedition will provide a duffle bag (kit bag) to pack the equipment necessary for the hike. These bags are designed to be carried comfortably by our porters or yaks so you can leave your private bag at the Kathmandu hotel. But you should bring your backpack during the trek. A backpack can carry your valuable items, documents, and necessary items during hiking. We recommend keeping your kitbag under 14 kg (30 lb.) because it will be carried by porters on the trek.

Here is a list of items to pack before starting your trip:

- ✓ Couples' passport-size photos
- ✓ 4-season sleeping bag
- ✓ Down or feather jacket
- ✓ water bottles
- ✓ Waterproof walking boots
- ✓ Waterproof jacket and trousers
- ✓ Gaiters for winter and spring season
- ✓ Trainers/sandals for the evening
- ✓ Warm hat
- ✓ Towel
- ✓ Head torch
- ✓ Plastic bags (bin liners)
- ✓ Toilet paper
- ✓ Trekking pole(s)
- ✓ Universal plug adaptor
- ✓ Scarf/Buff
- ✓ Warm gloves
- ✓ Several pairs of walking socks
- ✓ Tracksuit or thermals
- ✓ Mid layer (fleece)
- ✓ Light to mid-weight trousers
- ✓ Shirts, t-shirts, base layers
- ✓ Sunhat, sunglasses, sunscreen
- ✓ lip salve with sun protection
- ✓ Small personal first aid kit
- ✓ Hand washing gel
- ✓ Biodegradable soap/shampoo
- ✓ Solar charger/spare batteries
- ✓ power bank