

Mera Peak Climbing 16 Days via Surke - 16 Days

Mera Peak Climbing (6,476m) is one of the most thrilling and rewarding trekking peak adventures in Nepal. As the highest trekking peak in the Himalayas, Mera Peak is a dream for adventure enthusiasts who want to experience both trekking and mountaineering in a single journey. From its summit, climbers are rewarded with breathtaking views of five of the world's tallest mountains—[Mount Everest](#), Lhotse, Cho Oyu, Makalu, and Kanchenjunga.

Why Choose Mera Peak?

What makes Mera Peak special is its gradual ascent and fewer technical challenges compared to other climbing peaks. This makes it an excellent choice not only for experienced climbers but also for fit trekkers who are new to mountaineering. With the right acclimatization, climbing preparation, and guidance from expert Sherpa climbers, the summit of Mera Peak is an achievable and highly rewarding goal.

The Journey Through Hinku Valley

The adventure begins with an exciting drive from Kathmandu to Surkhe, bypassing the flight to [Lukla](#). From there, the trek winds through lush rhododendron forests, terraced farmlands, and remote Sherpa villages, gradually leading into the pristine Hinku Valley. Unlike the busier [Everest Base Camp](#) trail, this route offers a peaceful environment with fewer crowds, making it ideal for trekkers who want a more authentic Himalayan experience.

Acclimatization and Training at Khare

Reaching Khare (5,045m), the base camp for Mera Peak, is a major highlight of the expedition. Here, trekkers spend time acclimatizing to the altitude and undergo essential climbing training. Skills such as using crampons, walking in rope teams, handling an ice axe, and ascending fixed ropes are practiced under the supervision of experienced guides. This preparation ensures both safety and confidence for the summit push.

Summit Day – Standing on Nepal's Highest Trekking Peak

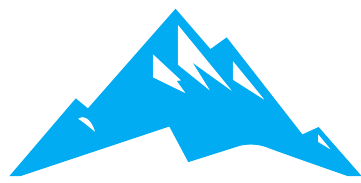
The most awaited part of the journey is the summit day, when climbers start before dawn to scale Mera Peak. The gradual snow slopes and glaciers lead to the summit ridge, where the world's tallest peaks stretch across the horizon. Standing at 6,476 meters, climbers enjoy panoramic views of Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga, an awe-inspiring reward for days of trekking and effort.

Why This 16-Day Itinerary Works Best

This carefully designed 16-day Mera Peak Climbing itinerary allows gradual acclimatization, cultural exploration, and the right balance of trekking and climbing. With expert Sherpa support, scenic trails, and proper preparation, this climb is one of the safest and most memorable Himalayan adventures. Whether you're aiming to step into the world of high-altitude mountaineering or test your endurance on Nepal's iconic trekking peak, Mera Peak is the perfect choice.

Difference Between the Normal Route and This Route

The [normal route to Mera Peak](#) usually involves flying from Kathmandu or Ramechhap to Lukla and then following the shorter trail through Chutang, Thuli Kharka, and Zatrwa La Pass into the Hinku Valley. While this route saves



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time, the rapid altitude gain over Zatrwa La (4,600m) can pose a higher risk of altitude sickness. In contrast, the Surkhe–Paiya–Panggom–Ningsow route used in this 16-day itinerary is slightly longer but much safer, as it allows gradual acclimatization. It also passes through authentic Sherpa villages, rhododendron forests, and less-crowded trails, offering both cultural richness and natural beauty. This makes it an excellent choice for trekkers who prefer a more scenic, peaceful, and sustainable approach to Mera Peak climbing.



ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,400 m)

Upon landing at Tribhuvan International Airport, you'll be greeted by your local team and transferred to your hotel in Kathmandu. After some rest, you'll meet your guide for a trip briefing covering the climbing route, required gear, permits, insurance checks, and safety procedures. The evening is free to relax or stroll around Thamel, Kathmandu's bustling trekking hub.

Day 2: Kathmandu – Trip Preparation & Sightseeing

Today is dedicated to final preparations. Your guide will help you with a thorough gear check, ensuring boots, crampons, harness, helmet, and jumars fit properly. Permits are finalized, including the Makalu-Barun National Park entry permit (NPR 3,000) and the Mera Peak Climbing Permit, issued by the Nepal Mountaineering Association (US\$350 in spring, US\$175 in autumn/winter/summer). If time permits, enjoy a sightseeing tour of Kathmandu's UNESCO World Heritage Sites such as Swayambhunath Stupa, Boudhanath, and Pashupatinath Temple.

Day 3: Drive Kathmandu to Surkhe (12–14 hrs) | Overnight Surkhe

A long but scenic private jeep drive takes you through the BP Highway, rolling Solu hills, and rural villages toward Surkhe, located just below Lukla airstrip. This avoids the crowded Lukla flight and helps with gradual acclimatization. You'll arrive in the evening, check into a local teahouse, and have an early dinner before resting for the trek ahead.

Day 4: Surkhe to Paiya (Chutok, 2,730 m) | 5–6 hrs

Leaving Surkhe, the trek follows the quieter Hinku Valley trail. The path winds through forests of oak and rhododendron, crossing suspension bridges and small streams. After some ups and downs on stone staircases, you'll arrive at Paiya (also called Chutok), a peaceful settlement with a few teahouses. This is your first night in the remote trekking zone.

Day 5: Paiya to Panggom (2,846 m) | 5–6 hrs

Today's walk climbs steadily along terraced fields and ridges, with occasional views toward the Mera Peak region. By afternoon, you'll reach Panggom, a traditional Sherpa village with a monastery. This stop provides a glimpse into Sherpa culture and is an important acclimatization stage before moving higher.

Day 6: Panggom to Ningsow (2,863 m) | 4–5 hrs

This relatively shorter day is designed for gradual altitude adjustment. The trail undulates through dense forested valleys, alive with bird calls and occasional wildlife sightings. After 4–5 hours of trekking, you'll reach Ningsow, a small settlement where you'll spend the night.

Day 7: Ningsow to Chhatra Khola (2,800 m) | 7–8 hrs

A long day of trekking through rolling ups and downs. The trail first climbs to Ramailo Danda, offering your first broad view of Mera Peak. Entering the Makalu-Barun National Park, you'll descend through bamboo forests, which are known as red panda habitat. The day ends at Chhatra Khola, a riverside stop.

Day 8: Chhatra Khola to Kothe (3,691 m) | 6–7 hrs

Following the Hinku River upstream, the trail gradually climbs into the upper valley. The scenery shifts from dense rhododendron and birch forests to more open alpine landscapes. You'll arrive in Kothe, a small settlement on the west bank of the Hinku Valley, with impressive views of snow-capped peaks surrounding the valley headwall.

Day 9: Kothe to Thaknak (4,358 m) | 3–4 hrs

A shorter day focused on controlled altitude gain. The route climbs gently along lateral moraines with views of Charpate Himal. You'll reach Thaknak (Thangnak) by midday, leaving plenty of time to rest or take an acclimatization hike to nearby ridges. This is an important stop for building strength before heading higher.

Day 10: Thaknak to Khare (5,045 m) | 2–3 hrs

From Thaknak, the trail follows the Dig Glacier to Dig Kharka, then ascends steadily along moraine ridges toward the Hinku Nup and Shar glaciers. The day is deliberately short to allow adaptation at 5,000 m. You'll arrive at Khare, the base camp area for Mera Peak, which offers spectacular views of the mountain and surrounding glaciers.

Day 11: Khare – Acclimatization & Pre-Climb Training

A crucial training and acclimatization day at Khare. Under your guide's supervision, you'll learn and practice essential climbing techniques: walking with crampons, handling an ice axe, ascending with a jumar, moving in rope teams, and using a belay device. Training usually takes place on nearby snow slopes, preparing you for summit conditions.

Day 12: Khare to Mera High Camp (5,750–5,780 m) via Mera La (5,415 m) | 4–6 hrs

Leaving Khare, you'll rope up and climb onto the Mera Glacier. A gradual ascent leads to Mera La (5,415 m), from where the trail continues across the broad glacier toward Mera High Camp. The camp sits beside a protective rock outcrop with breathtaking sunset views over Everest, Lhotse, Makalu, and Kangchenjunga. Expect a cold and windy night at this exposed site.

Day 13: Summit Mera Peak (6,476 m) to Descend to Khare | 7–9 hrs

Your summit push begins around 2–3 a.m. under headlamps. The climb follows gentle glacial slopes (30–35°), with a final steeper pitch usually fixed with ropes for safe ascent. Reaching the summit at 6,476 m, you'll witness one of the world's greatest panoramas—Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga all in view. After celebrations, descend carefully to High Camp for a short break, then continue down to Khare for a well-earned rest.

Day 14: Khare to Kothe (3,691 m) | 5–6 hrs

Retracing your steps, the trail descends past the glaciers to Thaknak, then continues to Kothe. This is a long but easier downhill day, with opportunities to relax back in the forests of the Hinku Valley. Strong teams may choose to push farther toward Thuli Kharka to position for the Lukla exit.

Day 15: Kothe to Lukla (via Thuli Kharka & Zatrwa La) | 6–7 hrs trek, then fly to Kathmandu (or Ramechhap)

The trail climbs up to Thuli Kharka and then crosses the Zatrwa La Pass (4,600 m), marking the final mountain barrier before Lukla. Descend to Lukla in time for your flight. Depending on season, flights operate to Kathmandu or Ramechhap (Manthali), followed by a drive to Kathmandu. Evening free in the capital.



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Day 16: Departure from Kathmandu

After breakfast, enjoy some final hours in Kathmandu for souvenir shopping or relaxation. Your team will arrange the airport transfer for your international flight. With unforgettable memories of your climb, you'll depart Nepal, marking the end of the expedition.



FAQ

1. What is the best time to climb Mera Peak?

The best months are pre-monsoon (March to May) and post-monsoon (September to November). During these periods, the weather is stable, skies are clear, and the views of Everest, Lhotse, Makalu, and other peaks are spectacular.

2. What is the difficulty level of Mera Peak?

Mera Peak is considered a challenging trekking peak rather than a technical climb. It requires good fitness, stamina, and some basic mountaineering skills such as using crampons and an ice axe.

3. Do I need prior climbing experience?

No prior experience is strictly required, but previous trekking experience above 4,000 meters is highly recommended. Our expert guides will provide all necessary training and support.

4. What is the maximum altitude we will reach?

The summit of Mera Peak is 6,476 meters (21,247 ft) above sea level. Acclimatization days are included to reduce the risk of altitude sickness.

5. How physically fit should I be?

A good level of fitness and stamina is necessary. Participants should be able to trek 5–7 hours daily at high altitudes and handle snow and ice conditions. Regular cardiovascular exercise and hiking prior to the trip is recommended.

6. What kind of accommodation is provided during the trek?

Lodges and tea houses are standard along the route. They offer basic facilities, including twin-sharing rooms, hot meals, and shared bathrooms. On the high camp during climbing, tents may be used.

7. Will I get communication facilities during the trek?

Mobile networks are limited along the route. Most tea houses have Wi-Fi at an extra cost, but signal may be unreliable.

8. What are the risks involved?

Risks include altitude sickness, cold weather, snow/ice hazards, and fatigue. Following guide instructions, acclimatization days, and proper preparation will minimize risks.

9. Do I need insurance?

Yes, trekking and mountaineering insurance covering high-altitude trekking, rescue, and helicopter evacuation is mandatory.