Trek Mania Nepal Pvt. Ltd.

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Mera Peak Climbing 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

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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 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.

Mera Peak Climbing Permits

mera-peak-climbing-permit

Climbing Mera Peak requires a few essential permits that help support conservation and local communities. The Mera Peak Climbing Permit is issued by the Nepal Mountaineering Association (NMA) and the cost varies by season—USD 350 in spring, USD 175 in autumn, and USD 175 in winter and summer. Additionally, climbers need the Makalu-Barun National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Entry Permit. These permits can be arranged in Kathmandu before the trek begins and are typically included in most organized expedition packages. Carrying valid permits at all times is mandatory and helps ensure a smooth, legal, and responsible climbing experience.

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PRICE INCLUDES

- Airport pickup and drop
- Two-night Deluxe hotel in Kathmandu
- Flight Lukla - Kathmandu
- Mera Peak Climbing Permit.
- Included Garbage disposal charge.
- Sagarmatha National Park Entry Permit.
- Khumbu Pasang Lhamu Rural Municipality Entry Permit
- One climbing guide (Sherpa) among two members.
- All Ground transport as per the itinerary.
- All standard Meals (Breakfast, Lunch, and Dinner) throughout the trek and climb
- Breakfast in Kathmandu.
- Accommodation in a lodge during the trek and basic camping arrangements during climbing.
- A porter for every two passengers (please make your bag 15 kg and around)
- Insurance for every staff member
- Mera Peak Climbing Map
- Emergency Helicopter rescue arrangement if in case (pay by your travel insurance) in the worst case only.
- Sleeping bag down jackets, if you do not have your own, to be returned after the trip.
- First Aid Box carried by the porter.
  Seasonal Fruits throughout the trek
- Medical supplies, first aid kit box, including an Oximeter and pulse meter checker.
- All other government taxes and expenses

PRICE EXCLUDES

- Personal clothing, gear, and climbing equipment
- Personal accident insurance, emergency evacuation cost, oxygen, and medical box.
- Alcoholic beverage, laundry, and tips.
- Extra night Hotel accommodation and sightseeing tour in Kathmandu (available as per your choice)

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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.

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).

Day 2: Drive from Kathmandu to Khari Khola via Surke

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. Then we drive further to Khari Khola.

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 3: Khari Khola to Panggom (2,846m)

Trekking from Khari Khola to Panggom is a beautiful, steady climb that takes about 5 to 6 hours. You'll be gaining around 700 meters of elevation, moving from the valley up into the peaceful hills at 2,846 meters.

The trail starts by crossing a suspension bridge, and then it's mostly a steady uphill walk. Along the way, you will pass through lovely Sherpa villages, terraced farm fields, and quiet forests filled with rhododendron and bamboo. It's a bit steep in some sections, but the mountain views and the fresh air make it totally worth the effort. Once you arrive in Panggom, it's a nice, cozy Sherpa village with a few good teahouses where you can sit by the fire, have a hot meal, and rest for the night.

Day 4: Panggom to Ramailo Danda

Today is a very beautiful but quite tough day on our trek. We will start from Panggom (2,850m) after a good breakfast and directly start climbing up to the Panggom La pass at 3,174m. From the top of the pass, you can see very beautiful views of the green valleys and big mountains.

After taking some pictures, our trail goes down steeply through deep forests full of bamboo and rhododendron trees until we reach the riverside for our lunch. But don't get too happy about the downhill, because after lunch, we have a very steep, non-stop uphill climb waiting for us.

It will make your legs work hard for sure! In total, it takes around 5 to 7 hours to walk this 8.5 km trail. But once we finally reach the ridge at Ramailo Danda (3,276m), all your tiredness will vanish instantly because the view from the

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tea house is absolutely top-class.

Day 5: Ramailo Danda to Chhatra Khola (2,800m)

Today is another very adventurous day, and we will walk for around 6 to 7 hours to reach Chhatra Khola (2,800m). We will start early from Ramailo Danda, and the trail is full of ups and downs through very thick and wild forests. First, we will climb a bit higher on the ridge to get beautiful morning views of the Mera Peak side, and then our trail goes steeply down into the deep valley.

Be careful with your steps because the path can be a bit slippery with bamboo leaves and mud, and sometimes we have to walk on stone steps. We will cross a few wooden bridges over small rivers, and we might even see some wild animals or beautiful birds if we are lucky! After a long walk through the jungle, we will finally reach our stop at Chhatra Khola, which is a small and peaceful place right next to the river. Your legs will be tired, but the sound of the flowing river will make you feel very relaxed!

Day 6: Chhatra Khola to Kothe (3,691m)

Today is a very exciting day because we will officially join the main trail of the Mera Peak trek and reach Kothe (3,691m). We start our walk right next to the river, and today's path is a long, steady uphill climb through the beautiful Hinku Valley. We will walk for about 6 to 7 hours through thick forests of pine and rhododendron. Slowly, the trees will start to get smaller, and the valley will open up very big and wide.

Along the way, we will get our first really close and majestic views of Mera Peak and other snowy mountains, which will make you forget all your tiredness! The trail has some rocky parts and a few ups and downs, but walking beside the rushing Hinku Drangka river is very peaceful. Finally, we will arrive at Kothe, which is a big, nice village with good tea houses and local shops. Tonight will feel much colder because we are high up now, so a hot soup and a warm dining room will be waiting for you!

Day 7: Kothe to Thaknak (4,358m)

Today we are going deep into the high altitude as we walk from Kothe to Thaknak (4,358m). The trek is a bit shorter today, taking about 4 to 5 hours, but we must walk very slowly and steady to adjust with the thin air. The trail follows the rocky riverbed of the Hinku Valley, gradually climbing up. As we walk, the tree line finishes completely, and we enter the beautiful alpine landscape surrounded by massive snowy peaks.

On the way, we will pass the famous Lungsumgba Gompa, a very old Buddhist shrine built into a rock, where we can pray for a safe journey. You will also see the damaging effects of the old Sabai Tsho glacial lake outburst. The mountain views today are absolutely top-class, with Mera Peak looking closer and closer! Finally, we will reach Thaknak, a small summer settlement of yak herders. The weather here becomes very chilly, so we will enjoy hot tea by the fireplace tonight!

Day 8: Thaknak to Khare (5,045m)

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Today is the most exciting and important day because we are finally reaching Khare (5,045m), which is our Mera Peak Base Camp. The walk is not too long, about 4 to 5 hours, but because we are crossing the 5,000-meter mark, we must walk very slowly and drink plenty of water to avoid altitude sickness.

The trail climbs up steadily along the lateral moraine of the Dig Glacier.

We will walk past the beautiful but dangerous Dig Tsho glacial lake. The path becomes more rocky and steep as we get closer to Khare. As you look up, the views are just mind-blowing! You can see the huge North Face of Mera Peak looking so close you can almost touch it, along with other giant mountains like Charpati H Himal and Mera La. When we finally arrive in Khare, we will find a nice cozy tea house. Tomorrow we will do gear checking and climbing training here, so tonight we just eat a hot meal, keep warm, and get a good rest!

Day 9: Acclimatization & climbing training at Khare

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 10: Khare to Mera High Camp

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 11: Summit Mera Peak and Descend to Khare

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 12: Khare to Kothe

Today, trek from Khare towards Kothe, descending through beautiful mountain landscapes, alpine forests, and traditional Sherpa villages. Stay overnight at a suitable lodge along the route and continue your journey the following day.

Day 13: Kothe to Thuli Khare

Today is our last major uphill challenge before we head back to Lukla, and we will walk for about 5 to 6 hours from Kothe to Thuli Kharka (4,300m). We start by saying goodbye to the Hinku River and immediately begin climbing up toward the western edge of the valley. The trail goes through very thick forests filled with pine, juniper, and beautiful red rhododendron trees.

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As we climb higher and higher, the big trees disappear, and the trail becomes quite rocky and steep. It will definitely test your leg power today, so we must walk. Along the way, you can look back to get some last, amazing views of Mera Peak from different angles—it looks absolutely top-class! After crossing a few small streams and summer pasture lands, we will finally reach Thuli Kharka. This is a high, open pasture settlement sitting on a ridge, right under the massive peaks. Tonight will be very cold because we are back up at high altitude, but the hot dinner and hospitality in the tea house will keep us very warm and happy!

Day 14: Thuli Kharka to Lukla

Today is the final day of our beautiful trekking adventure, and we will walk for around 6 to 7 hours to reach Lukla (2,840m). We need to start very early in the morning because we have to cross the famous and challenging Zatrwa La Pass (4,610m). The trail starts with a steep uphill climb on a rocky ridge, and you will feel the cold morning wind. But once you reach the top of the pass, the view is absolutely mind-blowing! You can see the whole Kanchenjunga side, Cho Oyu, and the beautiful valleys below. We will take some nice pictures, say goodbye to the high mountains, and cross the pass.

After the pass, the trail goes completely downhill. The path is quite steep and has many stone steps, so please be very careful with your knees and steps! Slowly, we will leave the rocky high-altitude zone and enter green forests of rhododendron and pine again. After a long descent, we will finally arrive back at the lively town of Lukla. Tonight, we will celebrate our successful trek with our guides and porters, enjoy a good hot shower, and have a small party before our flight back to Kathmandu tomorrow!

Day 15: Lukla to Kathmandu by flight (or Ramechhap, then drive to Kathmandu)

After breakfast, fly from Lukla to Kathmandu, enjoying spectacular aerial views of the Himalayan mountains. During peak trekking seasons, flights may operate from Ramechhap Airport instead of Kathmandu. In that case, drive from Ramechhap to Kathmandu, enjoying the scenic countryside along the way.

After landing at Ramechhap Airport, drive to Kathmandu by tourist bus or private car, depending on your preference. The journey takes approximately 4–5 hours, passing through beautiful countryside, rivers, and hills. Upon arrival in Kathmandu, transfer to your hotel, marking the end of your memorable Himalayan adventure.

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.

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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.

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