

Mera Peak

REGION	Hinku · Mera La
DURATION	17-19 days
MAX ALTITUDE	6,476 m
GRADE	Trekking peak · PD
SEASON	Mar-May · Sep-Dec
FROM	from \$5,500

Overview

The highest trekking peak in Nepal

Mera Peak is one of the more comfortable and quickest mountains for peak climbing in Nepal. Standing at an elevation of 6,476M, it is the highest trekking peak in the country, making it a popular choice for adventurers. Thanks to its location, the summit offers striking views across neighbouring 8,000M giants - Everest, Lhotse, Cho Oyu, Makalu, and Kanchenjunga - alongside beautiful 6,000M and 7,000M peaks such as Baruntse and Ama Dablam. Trip length runs 17-19 days depending on flight schedules to and from Lukla, weather-related delays, and whether an additional acclimatisation or contingency day is used along the route.

The Trek

As Mera Peak sits below 6,500M, only a brief acclimatisation period is required. The trek itself provides sufficient acclimatisation, so by the time climbers reach the climbing camp they are ready for the ascent, without the need for an extended base camp stay. The climb begins with a classic mountain flight to Lukla, followed by an 11-day trek through the stunning Hinku Valley to the climbing camp. The standard route, while physically demanding, is not technically difficult, making Mera Peak an ideal beginner-level Himalayan climb.

The mountain's climbing history is tied to some of the great names of early Himalayan exploration - Sir Edmund Hillary, Eric Shipton, and George Lowe among them, part of a British expedition that explored the area in the early 1950s. The first successful summit was made on 20 May 1953 by Col. Jimmy Roberts and Sen Tenzing.

Climbing Route and Best Time

The standard route follows the North Face, which is relatively approachable for beginner climbers, making Mera Peak an excellent first Himalayan expedition. The North Face route crosses a high-altitude glacier, so snow conditions play a critical role in safety and summit success. Summit day itself is long and physically demanding, requiring a good level of fitness for a safe and successful ascent.

September to December and March to June are the best periods to climb, and this long climbing season, relatively approachable route, and spectacular summit scenery make Mera Peak a leading objective for commercial expeditions in Nepal - while its remoteness still offers a comparatively private climbing experience.

Spring (March, April, May) and Autumn (September, October, November) remain the most favourable seasons, though the trip can also run in winter for climbers seeking that added challenge. After a

35-minute mountain flight, climbers arrive in Lukla and begin trekking the following day through the Hinku Valley toward Mera Peak. Most groups proceed directly to high camp at Khare; a base camp is also established at Mera La (5,400M) for climbers without prior experience, or those who prefer a steadier pace.

Highlights

- Highest trekking peak
- Five 8,000ers from the top
- Remote Hinku approach
- Glacier summit, low technicality
- First Ascent 20 May 1953, by Col. Jimmy Roberts and Sen Tenzing
- Climbing Route Southeast and Northwest

Itinerary

Day 1 - Arrival in Kathmandu and Transfer to Hotel (1,350M / 4,430ft)

On arrival at Tribhuvan International Airport, you will be met and welcomed before being transferred to your hotel in Kathmandu. The rest of the day is free to rest, freshen up after your flight, and settle in ahead of the expedition briefings to follow.

Day 2 - Preparation in Kathmandu with Briefings, Shopping, and Formalities

A full day dedicated to expedition preparation. This includes a detailed pre-departure briefing covering the route, climbing plan, and safety procedures, along with completing permit and documentation formalities. Time is set aside for last-minute shopping for any missing trekking or climbing gear, and for meeting your guide and fellow team members ahead of departure.

Day 3 - Drive to Ramechhap (474M / 1,558ft, 5-6 hours) and Flight to Lukla (2,800M / 9,186ft, 35 mins)

An early start for the drive to Ramechhap, from where a short 35-minute mountain flight carries the group to Lukla. The flight offers sweeping views over the foothills as the terrain rises toward the high Himalaya. On arrival in Lukla, the trek officially begins, with final gear checks and a short orientation walk around the village.

Day 4 - Trek from Lukla to Chutanga (3,050M / 10,006ft, 4 hours)

Leaving the bustle of Lukla behind, the trail climbs steadily through forest away from the main Everest trekking route, offering a quieter introduction to the Hinku region. The walk to Chutanga is a moderate uphill trek through rhododendron and pine forest, gaining elevation steadily as the group begins to adjust to the altitude.

Day 5 - Trek via Zatrwa La Pass (4,610M / 15,125ft) to Thuli Kharka (3,900M / 12,597ft, 7 hours)

One of the more demanding days of the approach trek, involving a steep climb to the Zatrwa La Pass at 4,610M. The ascent is rewarded with far-reaching views over the Hinku and Hongu valleys before a descent to Thuli Kharka. The long day and significant elevation gain make this a good early test of acclimatisation.

Day 6 - Trek from Thuli Kharka to Kothe (4,095M / 13,435ft, 5 hours)

The trail descends from Thuli Kharka into the Hinku Valley proper, passing through rhododendron and birch forest before reaching the small settlement of Kothe, situated alongside the Hinku Drangka river. The change in scenery marks the entry into the remote, quieter valley that leads toward Mera Peak.

Day 7 - Trek from Kothe to Thangnak (4,350M / 14,272ft, 4 hours)

A shorter but steady climb further up the Hinku Valley, following the river upstream through

increasingly alpine terrain. Thangnak sits close to the Dig glacier, with the first clear views of the high peaks surrounding Mera beginning to open up.

Day 8 - Acclimatization Day with Hike to Sabal Tsho Lake on the Kusum Kangguru Flank

A dedicated rest and acclimatisation day at Thangnak. A hike up toward Sabal Tsho Lake, on the flank of Kusum Kangguru, helps the body adjust to the thinning air while offering superb views over the glacier and surrounding peaks. This day is an important safety measure ahead of the higher camps to come.

Day 9 - Trek from Thangnak to Khare (5,045M / 16,579ft, 4-5 hours)

The trail climbs alongside the Dig Glacier, with increasingly dramatic views of Mera Peak itself coming into view. Khare is the last proper settlement before the climb begins in earnest, and the final stop for restocking supplies and resting before the higher camps.

Day 10 - Trek and Climb from Khare to High Camp (5,780M / 18,963ft, 6 hours)

A demanding day combining trekking and the first stretch of glacier climbing, as the route leaves Khare and climbs onto the Mera Glacier itself. Crampons are typically fitted for this stage. High Camp offers a dramatic, exposed setting with sweeping views, and final preparations are made here for the summit push.

Day 11 - High Camp to Summit (6,476M / 21,246ft, 11-13 hours)

The summit push begins in the early hours of the morning to take advantage of firm snow conditions and stable weather. The climb follows the high-altitude glacier route to the summit of Mera Peak, from which Everest, Lhotse, Cho Oyu, Makalu, and Kanchenjunga are all visible on a clear day, alongside Baruntse and Ama Dablam. This is a long and physically demanding day, and the group descends back to High Camp (or directly toward Khare, depending on conditions) once the summit has been reached.

Day 12 - High Camp to Summit (6,476M / 21,246ft, 11-13 hours)

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Day 13 - Trek from Khare to Kothe (3,600M / 11,811ft, 5 hours)

With the summit achieved, the descent begins in earnest, retracing the route down through Khare and back into the Hinku Valley to Kothe, with noticeably easier breathing as the altitude decreases.

Day 14 - Trek from Kothe to Thuli Kharka (3,900M / 12,597ft, 5 hours)

The return route climbs back out of the Hinku Valley toward Thuli Kharka, retracing the earlier trail through forest and open ridgeline, with a final look back toward the peaks left behind.

Day 15 - Trek to Lukla via Zatrwa La Pass (4,610M / 15,125ft, 9 hours)

A long final trekking day, crossing back over the Zatrwa La Pass before descending steadily to Lukla. It is a demanding day given the elevation gain and loss involved, but marks the last major push of the trekking route before returning to Kathmandu.

Day 16 - Fly from Lukla to Ramechhap, then Drive to Kathmandu (1,350M / 4,430ft, 8 hours)

A short return flight from Lukla to Ramechhap is followed by a road journey back to Kathmandu. It is a long travel day, but a comfortable one, with time to reflect on the expedition before returning to the city.

Day 17 - Free Day in Kathmandu and Farewell Dinner in the Evening

A free day to rest, explore Kathmandu, or take care of any last-minute shopping and sightseeing. In the evening, the group gathers for a farewell dinner at a typical Nepali restaurant, complete with a cultural show, to celebrate the completion of the expedition.

Day 18 - Final Departure

Transfer to Tribhuvan International Airport for your onward international flight, timed to your scheduled departure, bringing the Mera Peak expedition to a close.

What's included

- Pick-up and drop-off services from both international and domestic airports on arrival and departure
- Representative assistance at domestic and international airports, with a company banner, placard, and identity card for easy identification
- Three nights hotel accommodation in Kathmandu in the requested category (tourist standard to five-star) as per the itinerary
- Teahouse accommodation during trekking (excluding chain hotels)
- Camping accommodation at the Advanced Base Camp during the ascent period
- Surface transportation in major cities and trekking areas as per the itinerary
- Regular domestic flights from Kathmandu to Lukla and Lukla to Kathmandu for members and climbing Sherpa guides
- Experienced, government-authorised (licence-holding) high-altitude trekking and climbing Sherpa guide during the trekking and climbing period
- Chef cook and cook assistant at the Advanced Base Camp during the climbing period
- All wages, equipment, medical, and accidental insurance for guides, Sherpas, cooks, porters, and all involved staff
- Three meals a day (breakfast, lunch, and dinner) with tea/coffee during trekking at teahouses
- Lunch served on the trekking trail; dinner and breakfast at the overnight teahouse
- Clean, fresh, and nutritious meals during trekking and at the Advanced Base Camp
- High-altitude nutritional food, EPI cooking gas, and stoves at high camps for boiling water, tea, coffee, and preparing meals
- Up to 20kg personal climbing equipment allowance per person during domestic flights and trekking, carried by porter, yak, or mule
- Mera Peak climbing royalty and permit issued by the Nepal Mountaineering Association
- Makalu Barun National Park entry permit
- TIMS (Trekking Information Management System) permit
- Khumbu Pasang Lhamu Rural Municipality permit (trek card)
- All essential trekking, peak climbing, and camping equipment at the Advanced Base Camp
- Two-man mountaineering tents with comfortable mattresses at Advanced Base Camp and high camps for members and staff
- Dynamic and static ropes, ice screws, snow bars, rock pitons, and locking and non-locking carabiners for route fixing and safety
- Regular weather reports throughout the mountaineering period
- First-aid medical kits for members and staff
- Satellite phone carried by the trekking and climbing Sherpa guide for emergency communication
- Medical insurance, helicopter evacuation insurance, and treatment insurance for all involved staff
- Trekking and Mera Peak climbing route maps

- Official service charges, government charges, VAT, and all applicable taxes
- Complete pre-departure briefing and assistance
- Flight ticket reconfirmation and visa extension assistance, if required
- Farewell dinner at a typical Nepali restaurant with a cultural show in Kathmandu
- A souvenir gift, such as a T-shirt or pashmina, and a brochure

Not included

- Lunch and dinner in Kathmandu (except the farewell dinner)
- Packed food, snacks, mineral water, energy drinks, aerated drinks, alcohol, cigarettes, chocolates, and nutrition bars
- Personal expenses, laundry charges, and tips
- Personal trekking and climbing equipment
- Expenses for landlines, mobile phones, walkie-talkies, satellite phone usage, and internet services
- Personal travel insurance covering emergency rescue, medical treatment, tests, and hospitalization
- International airfare
- Nepal tourist visa fee
- Extra expenses due to natural disasters, landslides, political disturbances, strikes, or changes in government regulations
- Additional costs for extra staff not mentioned in the package
- Any additional services not mentioned under "Cost Includes"
- Tips, gifts, or gratuities for guides, Sherpas, porters, and staff

Available departures

- 15 Mar 2026
- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026