

Mera Peak Climbing

Location: Hinku Valley, Solukhumbu **Duration:** 20 Days **Max altitude:** 6,476 m (Mera Peak summit)

Difficulty: Extreme **Group size:** 2–8 climbers

Overview

Mera Peak (6,476 m) is Nepal's highest "trekking peak" and one of the great expedition summits open to motivated climbers. From the summit you can see five 8,000-metre giants — Everest, Lhotse, Makalu, Cho Oyu and Kanchenjunga — a panorama unmatched anywhere else on earth. The expedition climbs through the wild and beautiful Hinku valley, far from the crowds, before tackling the long glacier ascent to the summit. Less technical than Island Peak but at significantly higher altitude.

Highlights

- Summit Mera Peak (6,476 m / 21,247 ft)
- See five 8,000 m peaks from the top
- Wild Hinku valley approach
- Less technical than Island Peak
- High-altitude expedition experience

Day-by-Day Itinerary

DAY 1 Kathmandu arrival

Trip briefing.

DAY 2 Permits & gear preparation

Final prep day.

DAY 3 Fly Kathmandu to Lukla, trek to Chutanga

3,050 m. Begin remote trek.

DAY 4 Acclimatisation hike at Chutanga

Adjust to altitude.

DAY 5 Chutanga to Tuli Kharka via Zatrwa La

4,300 m. First high pass.

DAY 6 Tuli Kharka to Kothe

3,600 m. Descend into Hinku valley.

DAY 7 Kothe to Thaknak

4,358 m. Hinku river walk.

DAY 8 Thaknak to Khare

5,045 m. Approach base.

DAY 9 Acclimatisation at Khare

Important rest day.

DAY 10 Pre-climb training at Khare

Practice with ropes and crampons.

DAY 11 Khare to Mera Base Camp

5,300 m. Establish base.

DAY 12 Mera Base Camp to High Camp

5,780 m. Glacier travel.

DAY 13 Summit day! High Camp to summit, descend to Khare

6,476 m. The big day.

DAY 14 Reserve / contingency day

Weather backup.

DAY 15 Khare to Kothe

Begin descent.

DAY 16 Kothe to Thuli Kharka

Continue descent.

DAY 17 Thuli Kharka to Lukla via Zatrwa La

Final pass crossing.

DAY 18 Rest day in Lukla

Celebrate the climb.

DAY 19 Fly Lukla to Kathmandu

Return flight.

DAY 20 Departure

Airport transfer.

What's Included

- ✓ Mera Peak climbing permit & national park fees
- ✓ IFMGA climbing guide & Sherpa support
- ✓ Group climbing equipment
- ✓ Teahouse + tented basecamp accommodation
- ✓ All meals during expedition
- ✓ Kathmandu—Lukla—Kathmandu flights

What's Not Included

- ✗ International flights
- ✗ Personal climbing gear
- ✗ Travel insurance
- ✗ Nepal visa
- ✗ Tips for climbing crew

This itinerary is indicative; final program is tailored to your dates and group.