


MERA PEAK

- Grade:** Expedition 
- Land-only duration:** 25 days Kathmandu - Kathmandu
- Trekking days:** 19
- Maximum altitude:** 6476m
- Minimum numbers:** Requires just 4 participants to guarantee these departures at the advertised price.
- Dates and prices:** Our latest dates and prices list is available at www.catreks.com or from the CAT office.



Mera Peak (John Cullen)



At 6476m, Mera Peak is the highest of the trekking peaks in Nepal. When this is combined with the fact that it offers unparalleled views and stunning panoramas it makes this trekking peak one of the most sought after in Nepal. Mera Peak is not particularly difficult technically, but there is the altitude to contend with which makes this an exciting and challenging trip.

We fly to Tumlingtar and trek in to the Hinku Valley over the Surkie La. This is not only excellent for acclimatisation purposes but also means that we will see few other groups giving us that wilderness experience that many seek. It also means we do not have to retrace our steps, giving us a circular journey and the chance to explore different regions during the trip. There are spare days allocated in the itinerary for acclimatisation and in case of adverse weather conditions.

The Base Camp is in a stunning setting but the views from the summit are perhaps unrivalled by any other trekking peak. The panorama takes in Kanchenjunga, Chamlang and Makalu to the east, whilst to the north Everest, the unclimbed south face of Lhotse and the Nuptse/Lhotse ridge are visible. To the west Ama Dablam and Cho Oyu complete what is undoubtedly one of the most glorious views in the whole of Nepal.

Important Note:

To enjoy the trek and climb fully, you need to be fit and walk regularly. Previous climbing or mountaineering experience is necessary since we will be using ropes, crampons and axes, sometimes on exposed ground, and competence on such terrain is needed. Participation in a winter skills course would be advisable if you feel you aren't confident in these skills. Previous experience at altitude is not a pre-requisite, but is useful. If you have any doubts as to your suitability for this trip, you can telephone us for advice.

• Land-only prices:

The cost of flights, in particular those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost, and quote separately for the cheapest flights we can find at the time of your booking. We will, however, require full payment for the flights prior to booking them. If you prefer to search for alternative flights yourself, we can sell you the trek at the land-only price.

• Minimum numbers:

Before booking flights, please note that this trip requires a minimum of 4 trekkers before we can guarantee the departure at the advertised price. Please note that should you decide to book your own flights, it is essential that you check with the Community Action Treks office to ensure that the departure is guaranteed before committing financially to any flights or travel arrangements.

OUTLINE ITINERARY

Walking and journey times are approximate

- Day 1 Arrive Kathmandu**
Transfer to hotel. Rest of the day free.
- Day 2 Free in Kathmandu**
Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.
- Day 3 Fly to Tumlingtar**
We take an afternoon flight to the tiny airstrip at Tumlingtar. Here we meet with the rest of our porters. We stay overnight and prepare for the start of our trek.
- Day 4 Tumlingtar – Balawa Besi (4-5 hours)**
We drop down to the east bank of the Arun River and follow this to the suspension bridge that crosses it and then head up the Kartiki Ghat and on to Balawa Besi.
- Day 5 Balawa Besi – Dobani (5-6 hours)**
We trek through the splendid surroundings on the edge of the Arun valley before heading west and upwards through scattered sal trees and terracing to Dangmaya (1400m). We then drop down to the Irkhu Khola and negotiate bamboo bridges before climbing up to Dobani, where we camp.
- Day 6 Dobani – Tamdse Dingma (6-7 hours)**
We have a long day ahead of us as we trek towards the pass at Salpa Bhanjyang. Firstly we trek through Phedi and then we gain the crest of a ridge and pass through Jaubari and Suranse before eventually reaching the meadows and pond that are Tamdse Dingma (2835m) in 6-7 hours. There are many shelters here that are used by shepherds in the spring. Sometimes the ponds dry up in which case we continue a further half an hour to Gauracha.
- Day 7 Tadmse Dingma-Gudel (7-8 hours)**
Another reasonably long day. We climb to the Salpa Bhanjyang pass (3349m) which boasts spectacular views (especially if we take in a short detour by gaining height and climbing south for a short distance) and is marked by a twelve foot high weathered chorten. We then descend steeply through dense coniferous forest passing a few old mani walls, before crossing the Lidung Khola and traversing to the Sherpa village of Sanam at 2600m. We then stay high and traverse above the river to reach a ridge that overlooks Gudel (2000m). Looking north from the ridge we can see the Naulekh mountains which hide Mera Peak, our objective.
- Day 8 Gudel – Boksom Gompa (4-5 hours)**
We descend to the Hongu Khola and cross over a suspension bridge before making our way up to the village of Bung (1600m) After showing our National Park permits we then continue, by an initially steep path which soon eases off, to follow the trail along to Boksom Gompa – also known as Chambaling.
- Day 9 Boksom Gompa – Chalem Kharka (5-6 hours)**
For the next few days we will be away from the main trekking routes and will see few, if any, westerners. We trek up towards the Surkje La, but we head north just before the col. We then traverse the mountain side before heading up a ridge to Phokte and then onto Chalem Kharka at 3250 metres
- Day 10 Acclimatisation Day**
Prior to gaining any further height we spend a day to help with acclimatisation. For those with energy there is the opportunity to continue along the ridge to a small summit at 3609m and enjoy the stunning views along the Hinku valley before heading back to the camp. Acclimatisation days are a very important aspect of our trek and will undoubtedly assist with the success, as well as with our enjoyment of it.
- Day 11 Chalem Kharka – Chanbu Kharka (5-6 hours)**
Although the distance that we cover is not great, today will be a hard day due to the altitude we have to gain. We follow the spectacular ridge, steadily gaining height, to almost 4500m before dropping down, passing some beautiful lakes, to Chanbu Karka at 4240m.
- Day 12 Chanbu Karka – Mosom Kharka (4-5 hours)**
Today we cover a lot of ground, but thankfully, most of it is downhill as we steadily lose height and join the Hinku valley. Our brief spell at altitude should stand us in good stead for things to come. We camp at Mosom Kharka (3691m) where we may meet up with other teams destined for Mera who have trekked from Lukla.
- Day 13 Mosam Kharka – Tangnag (4-5 hours)**
We follow the Hinku Drangka northwards and, as the forests disappear, the valley widens and leads on to the summer settlement of Tangnag at 4356m.
- Day 14 Tangnag – Khare (3-4 hours)**
From Tangnag we head easterly and cross the moraine of the Dig glacier and trek on to the grassy basin at Dig Kharka. From here we continue for a further hour to camp at Khare

(5090m) which gives excellent views of our summit.

Day 15 Acclimatisation Day

Today will be spent trekking back to the Hinku Nup glacier and ascending ridge to a small peak (5500m) which will give excellent views. This acclimatisation should stand us in good stead for the forthcoming summit bid.

Day 16 Khare – Base Camp

We have quite a short distance to cover today up to Base Camp and the opportunity to perfect our crampon and ice axe techniques as we get on to the glaciated terrain.

Day 17 Base Camp – High Camp (3-4 hours)

Some groups may go for the summit from Base Camp, and some go straight from Khare to High Camp. We prefer to make a gradual ascent of the mountain, which increases everyone's chances of being fully acclimatised for the summit bid. It also means that we have more leeway should there be any problems with the weather. It is relatively easy going and there is plenty of time in the afternoon for us to take on as much fluid as possible, drinking tea and soup, whilst enjoying the views of Kanchenjunga, Chamlang, Makalu and Barunste to the east, Everest and the Nuptse/Lhotse ridge to the north and Ama Dablam, Cho Oyu and Kangtega to the west.

Day 18 Summit Day 6476m.

With an early start we will don our crampons and rope for our summit bid. The going is relatively straight forward as we make our way up the Mera glacier and set a slow, steady pace. The conditions will dictate which route we will follow, and the fitness of the party will determine where we will head for, but the aim is to reach the summit of Mera. The panorama is perhaps one of the most impressive of any of the trekking peaks, in that we are far enough back so that the smaller peaks do not

obscure the views, but at the same time are deep in the heart of this fantastic mountainous vista.

If weather and snow conditions allow, as well as team fitness, we will go to the nearby North Peak as well.

We return to Khare for our overnight camp.

Day 19 Contingency Day

We have allocated a contingency day in case of problems with the weather or acclimatisation.

Day 20 Khare – Mosom Kharka (3-4 hours)

We descend the same route that we followed to get back to Mosom Kharka and enjoy the sense of achievement from our recent efforts

Day 21 Mosom Kharka – Tuli Kharka (3-4 hours)

We climb up the west side of the Hinku valley and are back on new territory as we climb up to alpine meadows and camp at Tuli Kharka.

Day 22 Tuli Kharka – Lukla (3-4 hours)

We pop up the final couple of hundred metres to the Zatrwa La, with our last views of the Hinku valley and then descend all the way down to Lukla where we can celebrate our success in the excellent accommodation

Day 23 Fly Lukla – Kathmandu

We fly from the tiny mountain airstrip to Kathmandu, with a last chance to glimpse the mighty snow capped Himalaya in the distance. Overnight at the hotel in Kathmandu.

Day 24 Free day in Kathmandu

A chance to do some shopping, explore at leisure or merely relax and reflect upon your trek!

Day 25 Depart Nepal: Transfer to Kathmandu airport.

Important Note: Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.

The Price Includes:

- Transfers between Kathmandu airport and hotel accommodation
- Accommodation for 4 nights in Kathmandu in rooms with shower and wc and inclusive of breakfast
- Flights to Kathmandu to Tumlingtar, and from Lukla to Kathmandu, including airport taxes
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags), services of porters (15 kg load per participant); sirdar (head guide) and kitchen staff; trekking permit

Not Included:

- International flights
Nepalese visa (please refer to our document "Preparing for your trek: Nepal" for latest prices)
- Meals other than breakfast in Kathmandu
- Travel Insurance
- Tips
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money)

Options:

- Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation.
- Extension packages can also be organized in Nepal, Tibet or Bhutan. Please refer to our Himalayan extensions dossier for more details. Extensions should be arranged to booking international flights.