



COMMUNITY ACTION TREKS

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# Mera Peak

Spectacular views of some of the highest peaks in the world!



NEPAL







**GRADE**  
DEMANDING

**MAX ALTITUDE**  
6470m

**TREKKING DAYS**  
15

**TRIP LENGTH**  
20 days

**MIN PEOPLE**  
4

## Mera Peak

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.

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.

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 are not 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.



**TREKKING WINDOW**  
MAR - MAY & OCT - DEC

### PRICE

£2650 per person\* (land only price - see last page)

\*prices subject to change





Mera Peak

# Itinerary

LODGE AND CAMPING TREK

walking times are approximate

## Day 1

### Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day you can relax at the hotel or take a short evening walk around the local market on your own.

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## Day 2

### Free Day 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.

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## Day 3

**Drive to Ramechhap, Fly to Lukla and trek to Paiyu 2730m (3 hours' drive, 16 mins flight, 3-4 hours walking).**

This morning, we leave the hotel at 3 am to drive to Ramechhap. Then, we fly into Lukla airport, at 2800m. Leaving Lukla we descend first to Surke, where we cross the river, followed by a steep ascent to Chutok La. The rest of the route to Paiya is flat but undulating terrain, a good end to our first day of trekking.

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## Day 4

**Paiyu to Panggom 2814m (5 -6 hours walking).**

Today we'll cross the Piya Khola River, after a gentle descent to a sturdy wooden bridge. On the other side it is another steep climb up the valley to reach Kari La. Once again, the last leg of the trek is over fairly flat terrain until we reach the village of Panggom.

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## Day 5

**Panggom to Ramailo Danda 3276m (6 hours walking).**

This day takes a curving path along the foot of the Zatrwa Massif, with plenty of short, steep climbs and descents in fairly rugged terrain.







## Day 6

### **Ramailo Danda to Chhetra Khola 3122m (5-6 hours walking).**

This is where we really get off the beaten track and we will need to carry a packed lunch with us. We begin with a steep ascent to Ramailo Danda and then descend on a zig-zag trail to the Tama Khola river. We continue through a forest of bamboo and rhododendron to Chhetra Khola.

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## Day 7

### **Chhetra Khola to Kothe 3580m (6.5 hours walking).**

We'll continue through the jungle today, over steep up-and-down terrain. We'll pass through a village called Tashing Ongma, then downhill to Mosom Kharka and the Inkhu Khola river. We'll follow the river to the village of Kothe and the lodge where we'll spend the night.

## Day 8

### **Kothe to Tagnak 4358m (6.5 hours walking).**

Today we'll leave the forest, reaching a more open valley well before lunch. We'll be in Tagnak by midafternoon. As we reach the village, we can see the route we will be taking up Mera glacier. We can also see the damage done by the collapse of Sabai Tsho (a glacial lake).

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## Day 9

### **Acclimatisation day at Tagnak.**

Today we'll tackle the slopes behind Tagnak, gaining height during the day, returning to spend a second night at the same altitude. This is a very important aspect of our trek and will undoubtedly assist with the success; as well as with our enjoyment of it.

The view of Mera from this height is not to be missed either! After half an hour or so at the high altitude, we'll descend to Tagnak for lunch. There is also an optional afternoon trek up the north slopes to see what remains of Sabai Tsho after it broke through its bounds and caused so much flooding downstream.



## Day 10

### Tagnak to Khare 5045m (4-5 hours walking).

The ascent to Khare is gentle, and we can take our time. We'll cross the river just above Tagnak then ascend the Dig Tsho glacier. We will be able to see the Hinku Nup glacier hanging above us as well. The trail gets steep again just before Khare, but we can rest for a while in the village before taking another acclimatisation excursion along the ridge behind it. From here, we'll be able to see the glacier we will climb tomorrow.

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## Day 11

### Acclimatisation day at Khare.

Today you will be introduced to the climbing Sherpa and have some standard climbing training with the group. If the weather and fitness of the group is good, then we can hike to Mera La Glacier with a packed lunch.

## Day 12

### Khare to High Camp 5780m (4-5 hours walking).

This is the first part of the real summit push, and we'll need our crampons again. We will return to Mera La pass then head up the glacier to High Camp, set on a rocky outcrop 5780 metres above sea level. The view from High Camp is stunning, including Kangchenjunga in the east, the ridge of Chamlang, Baruntse Ice Spire, Makalu and the peaks of Ama Dablam. Turn slightly, and you can see Nuptse, Lhotse, Everest and Cho-Oyu. We camp here overnight.

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## Day 13

### Summit Mera peak 6470m and decent to Khare 5045m (8-9 hour day).

Today we will be up by 2am. After a hot drink and a large breakfast, we'll make the attempt on Mera Peak's summit. The path travels along the main glacier and crosses over the south side to the snowy hump-back ridge. The 30-degree slope is challenging, but not really a technical climb. After getting behind the ridge, we'll head diagonally to the west. Our climbing Sherpa will attach a fixed rope for the final steep ascent, and we will use our ice axes and jumars to make the last 30 metres (at a 55-degree angle). The view from the summit is everything you could hope for, including mighty Everest in the distance.







## Day 14

### Contingency Day.

In case of bad weather or domestic flight fluctuations.

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## Day 15

### Khare to Kothe 3580m (6-7 hours walking).

Today we'll follow the Hinku Valley, retracing our steps back to Kothe. We need to watch our step as we will be walking on rocky moraine.

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## Day 16

### Kothe to Chetera La 4943m (6-7 hours walking).

Today is uphill again, following a new route to Chetera La. This path is a faster way to the village and offers superior views of Mera.

## Day 17

### Chetera La to Lukla 2800m via Zatrwa La 5184m (6-7 hours walking).

Our last day of proper trekking takes us back to Lukla. We'll climb a series of ridges before reaching the Zatrwa La Pass. The terrain here is quite craggy, and we can see both Hinku Valley and the south face of Mera clearly. We'll scale down Zatr Og, a rocky outcrop, and continue downhill back to the Dudh Koshi valley. We'll enter forested terrain again, then the farmland at the outskirts of Lukla.

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## Day 18

### Fly from Lukla to Ramechhap (16 mins flight), Drive to Kathmandu (4 hours' drive).

Weather permitting, we will fly to Ramechhap, and drive to Kathmandu with beautiful views along the way. There should be time to do a little shopping in Kathmandu during the evening, or to relax at the hotel.



## Day 19

### Free day in Kathmandu

There is time today to shop for crafts or explore the city. Kathmandu is a great place to buy presents!

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## Day 20

### Depart Nepal

Transfer to Kathmandu airport.







#### The price includes (on lodge and camping) basis:

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys (by air and road) between Kathmandu and Lukla, including departure taxes for internal flights, where applicable.
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags)
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size) and kitchen staff whilst camping.
- Climbing support Sherpa during the climbing days.
- All Nepalese staff insurance as per Government regulations.
- All trekking permits, including Mera Peak 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.
- Personal climbing equipment.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

#### Land only prices

The cost of international flights, particularly 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.

#### Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

# Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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#### 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.