



Mera Peak

The first ascent of Mera peak was made by J.O.M Roberts and Sen Tenzing on 20th May 1953, using what has now become the standard route from Mera La. A subsequent ascent didn't occur until 1975, when French climbers Jolly, Baus and Honills climbed the North Peak. Highlander's Mera Peak expedition climbs the Mera La route and comes at the end of 2 week-long trekking and acclimatization program.



Detailed Itinerary

Day 1: Kathmandu – Lukla

Early in the morning head to the airport for your flight to Lukla. This is an approximately 45 minute flight with incredible mountain views north to the Himalayan Range. You will stay overnight in Lukla, the gate way to the Everest region. In the afternoon you can explore Lukla.

Day 2: Lukla – Chuttanga

Get a hearty breakfast and get ready for a heart starter! Today's walk is quite short but it's a 4 hours ascent through the forest to Chuttanga.

Day 3: Chuttange – Chattra

Feels like yesterday, except you get some downhill as well. You start the morning with a 4 hour ascent to pass of Chattra La at 4300m (La means pass). From here you can enjoy the incredible mountain views before your 2 hour descent into Chattra.

Day 4: Chhatra – Kothe

This morning you start off with something different – downhill. The trail descends for about 5 hours through mixed forest down to the river. From here you ascend again for about 1 hour, following the river all the way to Kothe. You will see good mountain views today as well and you get your first view of Mera Peak.



Day 5: Kothe – Thagnak

From Kothe the trail follows the river upward all the way to Thagnak, our stop for the night. Along the way you have amazing views of Mera Peak, Mera La Glacier as well as the surrounding mountains. Our stop tonight is a small Sherpa village and you can have fun learning more about Sherpa culture.

Day 6: Rest day for acclimatization

Today is for letting your bodies rest and acclimatize. If you are feeling good you could go for an acclimatization walk, or explore the village.

Day 7: Thagnak – Khare

Today's trail is all about going up. You ascend for about 2 hours to Di Kharka and then you have a steeper climb for about 2 hours to Khare. To take your mind off the ascent, you have amazing views of Mera Peak, Kusum Kangaru and many more. A good day to enjoy being in the alpine zone and get a good rest at your overnight stop in Khare.

Day 8: Rest day in Khare for acclimatization

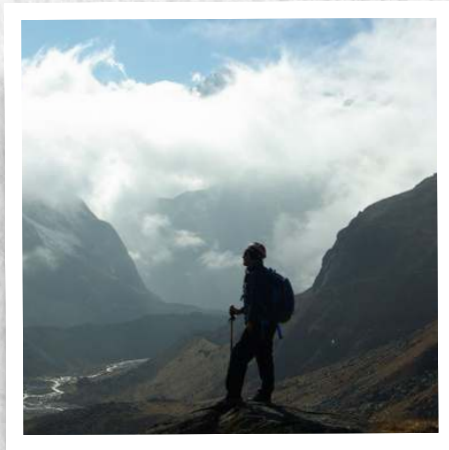
Today is another day to rest and let your body adjust to the altitude. Use the time to check your climbing gear or do a day hike from Khare.

Day 9: Khare – Mera La

It's about one hour cliff walk and then ice climb to Mera La.

Day 10: Mera La – High Camp

From here its gradual uphill climb to high camp. On this day you could have magnificent mountain view including world highest Mt. Everest., Makalu, Lhotse, Cho-yu etc.



Day 11: High Camp – Mera Peak – Khare

You start your summit bid early in the morning, with the ascent taking about 5 or 6 hours. The last 100 metres are a steep climb to the summit and then, there you are, standing on top of Mera Peak! On top of Mera Peak you will have magnificent views to the surrounding mountains. After taking your photos and getting your breath back, you return back down all the way to Khare, to make sure your body recovers the climb.

Day 12: Khare trek to Kothe

We return our way and descend down to Tangnag passing the open pasture and meadows, we descend down to the river and follow to boulder path to Kote for overnight.

Day 14: Pangboche to Namche Bazaar

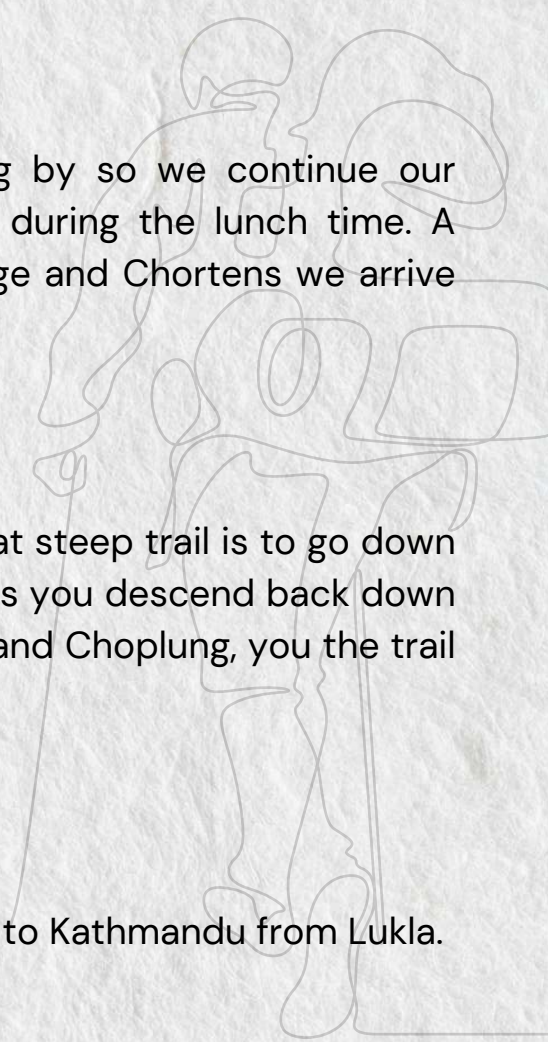
Nothing new to see today except few people passing by so we continue our journey. We can pay a visit to Tyngboche monastery during the lunch time. A absolute downhill through pine forests, suspension bridge and Chortens we arrive at Namche Bazar.

Day 15: Namche Bazaar – Lukla

From Namche Bazaar you will be amazed at how easy that steep trail is to go down (as opposed to the hard slog you had as you came up) as you descend back down to the village of Jorsale. Passing the villages of Phakding and Choplung, you the trail that cuts up to the airstrip at Lukla.

Day 16: Lukla – Kathmandu

This morning you get up early to catch the morning flight to Kathmandu from Lukla.





Kathmandu
1350m



Lukla
2840m

Chutanga
3050m

Chatra
4160m

Thuli Kharka
4100m

Thagnak
4300m



Khare
5000m

Mera Base
Camp
5300m



Mera
High
Camp
5700m

Mera Peak
6461m



Kothe
3500m



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