



## **Mera Peak Climbing (17 Days) (6476m)**

Mera Peak is the highest trekking peak of Nepal at 6,461 meters. It is situated in the Everest Region reaching up to the valleys of Hongu and Hinku. Climbing this peak requires some technical skills and also demands that you closely follow the instructions given by your personal team leader. Once at the summit, you can have amazing views of eight-thousanders like Cho-Oyu, Everest, Lhotse and Makalu.

Mera Peak climbing adventure from Discovery Mountain Trek is a popular program that takes your trekking in Nepal experience to a new height. In fact, the real gist of this program is the combination of trekking and climbing activities - both in a single program! While this might not be a climbing adventure for beginners, it is indeed a good starting point for amateur climbers who want to have an experience on the higher peaks of Nepal.

The program kicks off with a flight to Lukla. It's a 40 minute flight from Kathmandu, taking you from the hustle and bustle of the city instantly into the renowned mountain village of Lukla. From Lukla, you will trek through the amazing Khumbu Valley, mountain passes, beautiful forests and glaciers at higher altitudes before ascending Mera Peak via Mera High Camp.

Our experienced team leader will guide you and train you properly along the way for a successful ascent of Mera Peak. They will fix ropes and make the path where necessary. They will also ensure that you are properly acclimatized and are confident enough to take on the challenge. Since your safety is our utmost concern, a climbing program such as this demands extra care and attention. We go through lengths to ensure that you successfully and safely ascend Mera Peak even if you are currently not skilled at climbing. Leave that to our team leaders - they will let you train properly before the attempt. Book this trip Discovery Mountain Trek early, as the best seasons to climb Mera Peak is in spring and autumn - for a memorable trekking and climbing experience in the Everest Region of Nepal.

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Fitness Level:	:	
Group Size:	:	2 to 12 people
Max-Altitude:	:	6476m
Duration:	:	17 Days
Walking Days:	:	14 Days
Activity:	:	Peak Climbing
Best Period:	:	MAR   APR   MAY   SEP   OCT   NOV

#### **DAY 1 : ARRIVAL IN KATHMANDU (1365M)**

Upon your arrival in Kathmandu, our staff will pick you up and transfer you to the hotel. You can have the rest of the day to yourself. Later, you'll be given a brief about the trip ahead.

#### **DAY 2 : FLY TO LUKLA AND TREK TO PAIYA (2730M) 30M FLIGHT 5/6H TREK.**

In the morning, we take a flight from Kathmandu airport to Lukla. The flight takes around 30 minutes, which is scenic. From Lukla, we start our walk towards Paiya. First we go through forests, cross the bridge of Handi Khola before reaching the village of Surke and later to Paiya via Chutok-La. Stay overnight in Paiya at 2,730 meters.

#### **DAY 3 : TREK FROM PAIYA TO PANGGOM (2850M) 5/6H TREK.**

The trek today is five to six hours. Starting from Paiya, we climb down the path, cross a little bridge and head towards Karki-La Pass. Take care as the trail sometimes gets slippery depending upon the weather condition. Trek through some beautiful forests of bamboo and the Valley of Dudhkoshi until you arrive at Panggom, a village at 2,846 meters - where you will stay for the night.

#### **DAY 4 : TREK FROM PANGGOM TO NINGSO (2960M) 4/5H TREK.**

After an early breakfast, we head towards Ningsow, the next stop on our trail. Passing through Panggom-La Pass, we get on an ascending path and later cross a river named Peseng Kharka

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Khola. From there, ascend the hill called Peseng Kharka Danda, cross Ningsow Khola, and arrive at Ningsow at an altitude of 2,863 meters. Overnight stay at Ningsow.

**DAY 5 : TREK FROM NINGSO TO CHHATRA KHOLA (2795M) 7/8H TREK.**

We begin the day along an ascending route, followed by a gradual descent until arriving at Ramailo Danda. This hill has wonderful views of Mera and Salpa peaks. On this day you will briefly enter into Makalu-Barun National Park, with chances of seeing a Red Panda. From here, get on the Pasang-Lhamu Trail up to Chhatra Khola, where we stay for the night.

**DAY 6 : TREK FROM CHHATRA KHOLA TO KOTHE (3550M) 6/7H TREK.**

The trek duration today is around six to seven hours. We begin by taking the main trail of Mera Peak, cross Majang Khola and take a route along Hinku Khola. From there the trail turns towards Tashing Ongma, while we continue on the trail. Next, we cross the Sanu Khola before arriving at Kothe. Kothe is at an altitude of 3,691 meters where we will stay overnight.

**DAY 7 : TREK FROM KOTHE TO THANGNAK (4345M) 4/5H TREK.**

Today we trek along the ridge of the Hinku Khola beneath the Mera Peak. The trek is short today with less than four hours in total. Arriving at Gondishing, we will take a stop and later walk at a leisurely pace to arrive at the 200 year old Lungsumba Gompa with a mani rock. Leaving behind the Gompa, we continue the trek to reach the high-altitude pasture of Thanknak.

**DAY 8 : TREK FROM THAGNAK TO KHARE (4950M) 3/4H TREK.**

After breakfast, we follow the trails of a moraine to Dig kharka, from where you can have amazing views of Charpate Himal. Our trail then ascends through moraines to the apex of Hunku Nup Glacier and Shar Glacier. Then we climb along a steep trail to Khare at 5,405 meters, where we stay overnight.

**DAY 9 : ACCLIMATIZE AND CLIMBING TRAINING AT KHARE**

Today we take a day of rest for the purpose of acclimatization and let our bodies adapt to the high-altitude environment. On this day, we take short hikes around, and also engage in the training procedure. We will learn to use ropes, use the pick and the axe. It's going to be an exciting day learning the basic mountaineering skills.

**DAY 10 : TREK FROM KHARE TO MERA HIGH CAMP (5700M) 5/6H TREK.**

Start early as we have a difficult walk to Mera High Camp. It takes around six to seven hours

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through steep trail. First we walk through a trail with boulders to reach Mera Base Camp. With a brief stopover, we trek up to Mera-La Pass and climb further up to the Mera High Camp. From the High Camp, you can enjoy spectacular views of Cho-Oyu, Everest, Lhotse, Nuptse and other peaks. Go to sleep early.

**DAY 11 : SUMMIT MERA PEAK AND BACK TO KHARE (4950M) 8/9H TREK.**

Today is an exciting day as will be scaling Mera Peak. The climb up to the summit and back to Khare will take around eight to nine hours. Wake up past midnight (around 1 AM), have a quick breakfast and start the walk toward the peak. The weather will be chilly but as the sun begins to rise over the mountains, it will be a scenery to behold and never forget! Closely follow your team leader as you approach the summit. If needed, he will fix a rope to get to the summit at 6,461 meters. Once there, you will relax in satisfaction, and enjoy great views of the highest mountain range in the world. Later in the morning after your camera batteries have dried up, we will climb down and trek back to Khare.

**DAY 12 : A DAY OF REST AND REJUVENATION**

This extra day is allocated in case of unfavorable weather conditions that might arise at this altitude and then climb has to be shifted for another day. Else, this day can be used resting and enjoying the experience.

**DAY 13 : TREK FROM KHARE TO KOTHE (3550M) 5/6H TREK.**

Starting from Khare, we will retrace the route to Kothé. It'll be an enjoyable walk today, taking around five hours to arrive at Khare where we'll stop for the night.

**DAY 14 : TREK FROM KOTHE TO ZATRABUK (4350M) 5/6H TREK.**

After a quick breakfast, we start early towards Thuli Kharka. The trail is a gradual uphill climb and later descends across several tributaries of the Inkhu river. We continue along the trail, pass a short cut and descend to Thuli Kharka. The elevation is 4,300 meters, and it takes around six hours to reach from Kothé.

**DAY 15 : TREK FROM ZATRABUK TO LUKLA VIA ZATRA-LA (4610M) 7/8H TREK.**

Zatra-La Pass is at an altitude of 4,610 meters. Starting from Thuli Kharka, we will gradually come to Zatra-La pass. Crossing the pass, we will come into the high valley of Lukla, surrounded by Cho-Oyu, Kongde and Numbur peaks, and a number of other giants. The journey today is around six to seven hours; and once at Lukla, relax in a hot bath and enjoy.

#### **DAY 16 : FLY FROM LUKLA TO KATHMANDU**

Go to Tenzing-Hillary Airport in Lukla in the morning, and catch a flight back to Kathmandu. The scenic flight is around 40 minutes, a whisk that will bring you back to bustling Kathmandu.

#### **DAY 17 : DEPARTURE TRANSFER**

After breakfast, or on the scheduled time of check-in, we will take you to the airport for your flight ahead.

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### INCLUDED IN THE COST

- All Camping Equipment required during the trek: Two man tent, kitchen tent and kitchen equipment
- Accommodation during camping: 2night with all meals: Breakfast, Lunch, Dinner & Tea, Coffee
- Accommodation during the trek with all meals: breakfast, lunch, Dinner & Tea, Coffee
- Base Camp cook, kitchen staff, assistant guide and support staff for your peak climbing
- All trekking permits for national park, Kumbu pasang lhamu committee and TIMS
- Trek Staff costs including their salary, insurance, equipment, food and accommodation
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trekking guide
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- Discovery Mountain's down jacket to be returned after your trip completion
- 3-star hotel accommodation in Kathmandu Pokhara with breakfast
- Energy Supplies: Dry fruits, Snickers, Mars, Bounty on your Trek
- Peak climbing certificates issued from the Nepal Government
- Mattresses, Climbing rope, Ice Axe, Ice screws, Snow bar
- Domestic flight from Kathmandu-Lukla-Kathmandu
- Personal equipment and insurance for climbing guide
- Medical kit (carried by your trekking assistant guide)
- Assistant trek guide 4 participants: 1 assistant guide
- Mountain guide 2 participants: 1 mountain Guide
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- All required Personal your Climbing Gears
- Porter service 1 participants: 1 porter
- All government and local taxes

### PERSONAL CLIMBING GEARS INCLUDES

- Crampons
- Helmet
- Harness
- Ice Axe
- Carabiner
- Decent: Belay Device, Figure 8
- Ascender: Jumar
- Tape slings

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### **NOT INCLUDED IN THE COST**

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- All climbing gear & permit \$550 in Autumn season & \$600 in Spring season par person
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

### **ACCOMMODATIONS**

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

### **MEALS**

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

### **PHYSICAL CONDITION REQUIREMENT**

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

### **BEST TIME TO TRAVEL**

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.



## GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

## PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

## ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

## TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

## EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.



### **SLEEPING**

- 1 sleeping bag: -15° or -20°
- Fleece sleeping bag liner (optional)

### **FROM HEAD TO TOE**

- Thick walking socks
- Warm gloves
- Hat and scarf
- A cap or sunhat
- 2-pair of thermals
- Suitable shorts
- Walking trousers
- A pair of high rise climbing boots
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

### **DAY BAGS/ SHOULDER BAG**

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

### **PRACTICAL ITEMS**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 compass or GPS (optional)
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- Female hygiene products
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

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## MEDICAL

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Water purification tablets or water filter
- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

## TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

### Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

### Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

### **RISK & RESPONSIBILITY**

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

### **IMPORTANT NOTE**

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.