Mera Peak Climbing : Guided Peak Climb for Women

Peak Climbing

Trip Facts

REGION	DURATION
Everest	**18**
DIFFICULTY	ACTIVITY
Strenuous	**Climbing**
MAX. ALTITUDE	BEST SEASON
6,476 m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges) & Camping	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
Approx. 86 km/54 miles	**Private vehicle**

Group Prices and Discounts

USD 2,150 per person

No. of travellers	Price per person
2–4 Pax	USD 2,300
6–12 Pax	USD 2,150
14–20 Pax	USD 2,099

Overview

Mera Peak Climbing in Nepal is an exciting adventure that helps you unleash your potential and climb the famous Mera Peak expedition. Women Adventures has designed the Mera Peak Climbing Itinerary as flexible for all climbers to achieve the goal. Mera Peak Climbing takes you to the summit in one of the highest trekking peaks in Nepal. Any woman who dares to climb a peak is welcome to join this Mera Peak Climbing adventure. You can take on the challenge solo or share the

experience with your female friends and a female trekking guide agency in Nepal.

There are a few alternative routes to reach the Mera Peak Base Camp, but we have chosen the most straightforward as well as the shortest route in our well-planned itinerary of two- week duration. Trekkers and climbers can enjoy the delightful adventures of Mera Peak Climbing in Nepal Himalayas.

Mera Peak stands high at 6,470 m/ 21,227 feet as per the list of NMA (Nepal Mountaineering Association). Mera Peak is located on the eastern rim of Khumbu and south of Mt. Everest around the beautiful Hinku Valley.

A well-hidden corner of the Khumbu region, bounded by high Naulekh and Kalo Himal from the main popular trekking trails. The adventure to climb Mera Peak begins after a short scenic flight from Kathmandu to land at Lukla Tenzing-Hillary Airport. After Lukla, the walk leads on off-the-beaten tracks, away from mainstream trekking routes to the hidden valley of Hinku.

A lovely walk for a few days amidst beautiful forest surroundings with rhododendrons, pines, junipers, and fir trees. The route leads to smaller temporary settlements of Thuli Kharka and Kothey to reach Thagnak. A place with a few huts serving as lodges in a wonderful environment with views of Mera Peak. From Thagnak, the tree lines drop for sheer mountain wilderness to reach Khare, a small settlement with few lodges.

Khare is also the Mera Peak Base Camp, situated beneath the towering giant peaks of Mera Peak. Our adventure starts from this point after good preparation with acclimatization days and practice climbing exercises. The climb leads to High Camp and towards our main highlights to the top of Mera Peak Summit. The climb is straightforward walks on snowy slopes with few tricky sections to negotiate before reaching the Mera Peak Summit.

After a long and exciting climb with less technical difficulties, we reach the Mera Peak Summit. Every hard effort rewards you with a spectacular panorama of the Himalayan snow-ountain range. You can witness the grand views of Everest, Lhotse, Nuptse, and Ama Dablam with Makalu, Baruntse Himal as far as Kanchenjunga on the far-east horizon. After victorious and glorious moments and achieving the goal, we descent to Khare at Mera Peak base camp. The return journey to Lukla on the same scenic route over Zatwar-La Pass to reach Lukla for the last overnight stop.

The next morning, a panoramic flight brings you back to Kathmandu, concluding the ever-exciting adventures on Mera Peak Climbing in Nepal.

Highlights

- Head on an empowering journey to Mera Peak Climbing with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Connect with local women of different areas and traditions, guided by experienced women trekking guide agency.
- Adventure around the hidden Hinku Valley enclosed by towering snow peaks.
- Walk into serene woods lined with rhododendrons, oaks, and juniper, pine trees.
- Exciting routes on less ventured trekking trails of Khumbu and Everest region.
- Enjoy the climb of Mera Peak, on one of the highest trekking peaks of Nepal.

- Stunning panorama of world's highest mountains from the summit of Mera Peak.

Route Overview

Climbers and Trekkers planning to join for Mera Peak Climbing or other adventures around the Nepal Himalayas should be aware that Nepal is a country of high land of mid-hill to higher mountainous landscapes and terrains. The trek involves a lot of uphill and downhill sections, with only a few gradual paths to enjoy along the way. The only flatland is the low sub-tropical Terai belt around southern Nepal.

En route to Mera Peak Base Camp, starts with a pleasant gradual path with few short steep ups till Chutanga. The climb leads on a rocky ledge slope of Kalo Himal or Nau-Lekh Himal, to cross Zatwar-La pass with a steep downhill to enter Hinku Valley at Thuli Kharka. You will walk on a winding, gradual amidst a lovely forested path to Thagnak and up on a rocky trail with a slow climb to Khare at Mera Peak Base Camp.

From Base Camp to Mera Peak High Camp, the climb leads on a rocky moraine and crosses icy streams to reach the High Camp. The climb of the Mera Peak summit is a straightforward route of less technical difficulties. However, it's a long and strenuous climb on the snowy ridge to the top of Mera Peak. The grade is from F to PD, which means Facial Easy to Per Difficulty. You need to be careful with precaution on crevices and slippery icy sections. The rest of the climb is straightforward to the top of Mera Peak Summit, with a long descent back to Khare. All climbers require adequate climbing gear for safe climbing and descent on the main ropes for support to reach the summit.

Experience expert support from Women Adventures, a female trekking guide agency that enhances safety and encourages women climbers throughout this top peak climbing in Nepal adventure.

Itineraries

Day 01: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you after which you can join the other members of the Mera Peak Climbing team in the meeting room for a briefing.

The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge, and food. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 02: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 03: Fly to Lukla 2,860 m and trek to Chutanga 3,020 m-04 hrs.

You will have your breakfast at Hotel, and after having early breakfast and refreshments, the Woman Adventures guide, and staff receives you for short drive to domestic airport. You then check in with respective airlines, get on board in a small aircraft of 15 to 18 seats. Twin Otter, Dornier or similar STOL aircraft can only fly to mountainous smaller Airport and runways. The flight to Lukla's amazing Tenzing-Hillary Airport is an enchanting experience, with its remarkable airstrip. During this short flight enjoy sweeping panorama of the Himalayan range of peaks with Mt. Everest towards North-East.

Then the plane lands at Lukla's short runways, reaching the parking space on landing at Tenzing-Hillary Airport. After getting organized with the baggage, you'll have time to take a a refreshing break. Then follow our lady expert guide heading past the airport and Lukla town. The walks takes you away from the main trails of other popular trekking routes, an enjoyable walk past small farm areas. You will be walking into serene woods of pines and rhododendrons then reach Chutanga for an overnight stop. We then check into a simple lodge accommodation and enjoy lunch with views of Kwangde peaks towards the west.

Day 04: Trek to Thuli Kharka 3,900 m via Zatrawa-La Pass 4,610 m-06 hrs.

We start the morning with a steep climb to the high ridge of Kalo Himal Ridge also Called Nau-Lekh. A rocky high ridge top, that separates the Hinku Valley and Dudh Koshi River areas. On reaching the top, you will notice the festooned with Buddhist prayer flags then over Zatrawa Og, and Zatrawa-La Passes at 4,600 m. You can enjoy the views across Dudh Koshi River Valley with Karyolung and Lumding Himal. From the top, we take a steep downhill to Thuli-Kharka for overnight in the comfort of a nice simple lodge. Thuli Kharka is located within the hidden Hinku Valley and lovely woodland of pines, oaks, and rhododendrons trees.

Day 05: Trek to Kothey 4,095 m-04 hrs.

On entering the scenic Hinku Valley at Thuli-Kharka, the morning walk leads to Kothey. The walk follows on winding path within a lovely forest of rhododendrons, oaks, pines, and fir trees. After a good walk of more than 4 hours we will be reaching at Kothey for an overnight halt. A nice spot with a temporary small settlement of cattle herders with a few small simple lodges.

Day 06: Trek to Thagnak 4,350 m- 05 hrs.

From Kothey, the morning walk continues with views of Peak 43 and Kusum Kanguru peaks. As the trek heads within inner Hinku Valley with first views of Mera Peak South Face, the walk heads into a rhododendrons and pine forest, then ends the day reaching Thagnak for an overnight stop. It is a lovely spot amidst beautiful surroundings, with a few simple huts serving as tea-house and lodges. We then check into a nice and cozy lodge room for refreshing afternoon tea and snacks before dinner.

Day 07: Rest and acclimatization day at Thagnak, explore and hike.

Thagnak is a nice and ideal spot to spend extra day as an acclimatization before heading towards Mera Peak Base Camp. At Thagnak enjoy a short hike to support acclimatization, and climb a nearby view-point for the panorama of the surrounding Hinku Valley with views of towering peaks that enclose the valley and Thagnak settlement. Explore the lifestyle of Sherpa women in Thagnak by observing their daily routines, their significant contributions to the local community, and their dedication to women's empowerment.

Day 08: Trek to Khare/Mera Peak Base Camp 5,045 m-04 hrs.

From Thagnak, slowly the walk leads near the end of Hinku Valley where Khare and Mera Base Camp is situated. After enjoying a pleasant rest day, a morning walk follows past Charpatti Tal (four-sided lake), which is dammed by rocky moraine and rocks.

From here onward, the tree line fades into absolute mountain wilderness. The trail leads to a steep short climb and down to Khare, which is also a Mera Peak base camp. A place within rocky moraine with a clearing where small huts serving as lodges are located. We will be arriving by lunchtime, and checking into a nice simple accommodation for two overnights, before the climb of Mera Peak Summit.

Day 09: Rest day for acclimatization and preparation.

At Khare, the Mera Peak Base Camp, we have a rest day for acclimatization and to engage in practice climbing sessions. Our guide will instruct the members to use the right climbing gear like ice axe, and will guide in walking and climbing on glaciers, and icy rocky areas. The rest of the afternoon will be spent relaxing and preparing for the climb of Mera Peak.

Day 10: Trek to Mera Peak High Camp 5,700 m-04 hrs.

From Khare, the Mera base camp, carrying only the necessary items and climbing gear, the climb towards Mera High Camp. The walk leads over Mera-La at 5,400 m then traverse across Mera Glacier. The rough and vague path leads up to a glacier around steep sections. There will be chances of rock falls, so helmets, and crampons is needed, as the walk heads across the glaciated area. You will be encountering a rocky, moraine of ice then reaching Mera High Camp, where our first tented camping is set. In the afternoon, enjoy lunch at the highest point. The rest of the day is preparation for the climb to the top of Mera Peak Summit. The guide and staff will check the best and safest route for the climb to Mera Peak summit.

Day 11: Climb to Mera Peak Summit 6,470 m return to Khare-08 hrs.

The early morning, we start the trek before the break of dawn, follow the guide, and climb over steep snowy slopes. The climbs lead without any technical problems, on the straightforward route. But, members should be careful on slippery sections, and while coming across some crevices. All members need to be well-equipped with crampons, ice axes, and helmets. After a long and strenuous climb, we then finally reached on top of Mera Peak Summit. Take a short, refreshing break and enjoy the spectacular panorama of Mt. Everest, Mt. Lhotse, Mt. Makalu, and Mt. Cho-Oyu which also includes the views of Mt. Kanchenjunga in the far eastern distance. After joyous moments feeling in high spirits, we then return to the base camp. The return journey on the same route to base camp at Khare for the last overnight on the foot of Mera Peak.

Day 12: Trek to Kothey 4,095 m-06 hrs.

From Khare head towards the end of Hinku Valley back into dense tree lines, the walk follows to Thagnak. In Thagnak, we will stop for lunch. After lunch, we then continued our walk for a few hours to Kothey for an overnight halt.

Day 13: Trek to Thuli Kharka 3,900 m-04 hrs.

Enjoy the late leisure morning for breakfast after a long walk of the previous day from Mera Base Camp. Today's hike is a short walk to Thuli Kharka at the end of Hinku Valley. We start the morning trek into dense woods, and the trail follows ups for short hours to reach Thuli-Kharka for the last overnight around Hinku Valley.

Day 14: Trek to Chutanga via Zatrawa-La Pass-06 hrs.

After a pleasant overnight in Thuli Kharka, we then left the Hinku Valley with steep climb, reaching back on top of Naulekh or Kalo Himal and crossing Zatrawa-La pass. After a steep climb, a long descent to reach a dense forest at Chutanga for an overnight stop before Lukla.

Day 15: Trek to Lukla for last overnight stop-04 hrs.

Enjoy the last day walk of the adventure, enjoy the short and pleasant walk to Lukla. From Chutanga, the trail follows into lovely tree lines, reaching farm areas, and then reaching Lukla. We will be arriving for lunch and the last overnight stop. We then checked into a nice lodge accommodation, and rest of the day we enjoyed a walk around the town street and for the last dinner celebration with fellow members and staff. Celebrate the achievement of climbing Mera Peak with your female friends, guide, and porter—a great accomplishment as a woman to conquer Mera Peak.

Day 16: Fly to Kathmandu and transfer to hotel.

In the morning, you will be transferred to Lukla's Tenzing-Hillary Airport for a smooth, short flight back to Kathmandu. After a great adventure and wonderful experience on Mera Peak Climbing, we then return to the hustle and bustle of city life of Kathmandu. Spend the rest of the day at leisure with fond memories of Mera Peak Climbing. Also, you can join in for a short tour around places of great interest. A total distance covered 160 km/80 miles, round trip from Lukla to Lukla and it does not cover the rest day optional hikes.

Day 17: In Kathmandu free day, for individual activities with options for tours.

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop souvenirs of Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 18: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around the high hills of Khumbu with a climb to Mera Peak Climbing. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

- Airport picks up & Drop off
- 3-star hotel accommodation in Kathmandu with breakfast
- Best Available accommodation during the trek and climbing period
- All meals (breakfast, Lunch & Dinner) during the trek
- Hot drinks (Tea, coffee) during the trek
- All transportation required
- Sagarmatha National Park entry & local entry permits
- Kathmandu - Lukla – Kathmandu Flight fare
- Trekking permit
- All temples Entry Permit in Kathmandu
- All food, drinks, accommodation, salary, Insurance, Medical, Equipment, all camping gear, transport, etc. for the staff
- Guide, cook, Kitchen staff, Sherpa, porters, and other necessary staff.
- Welcome/farewell dinner
- All government taxes

Cost Excludes

- International Airfares and airport taxes
- Nepal Visa Fees
- Travel Insurance
- Personal expenses like phone bills, bar bills, laundry, etc.

- Meals (lunch & dinner) in Kathmandu
- Extra accommodation
- Any others not mentioned in the cost includes

Food and Culture

The food and lodge accommodations around Khumbu region of Everest region is available at designated overnight stops. Overnight accommodation and meals will be served as per the itinerary set by the Women Adventures. We provide the best lodge accommodation wherever possible on this Mera Peak expedition.

The foods are available according to those listed on the menu, from breakfast, lunch, dinner, or main courses. We also provide side snacks with warm and cold refreshment drinks, serving you in a nice and cozy dining room, with a fireplace.

In Nepal, the most favorite and popular meal is Nepali Dal Bhat, boiled or steamed rice served with a mild curry of seasonal vegetables, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options. The food menu lists from breakfast, lunch, and dinner to snack items. Breakfast from oats porridge, and cereals to cornflakes with toast/ chapattis, and pancakes includes a choice of egg variation. Lunch and dinner options include a variety of main courses from Continental, Chinese, Indian, Nepali, and Tibetan cuisines, along with a selection of soups.

The lodge accommodation and food are simple and basic en route to Mera Peak Base Camp. The lodge accommodations from Lukla onwards, are simple with nice rooms. From Chutanga to Khare, most lodges provide common bathrooms and toilets but with a good food menu of limited varieties. During high seasons, the rooms are on a shared basis with common bathrooms and toilets due to harsh terrain conditions.

The plumbing systems for running water freeze in the morning, evening, and nighttime. Due to freezing temperatures from Chutanga onward, using hot showers is at an extra cost. All lodges have electricity to light the large dining room powered by local hydro or solar power. For charging electronic items, you have to pay an extra cost per hour and for each gadget. Internet and Wi-Fi are available, but it is slow and disturbing in some places due to weather conditions.

In a large group with more than 4 people, it is best to order a set meal for all. It saves time and fuels energy, which is important around remote areas of the Himalayas. Following the norms and rules as Responsible Trekkers is a good practice for Eco-Tourism and involves properly managing garbage and litter throughout the trek.

Trekkers must be aware of the Khumbu region from Lukla to Mera Peak Base Camp, the accommodation is in a local simple lodge. At Mera Peak High Camp for a few overnights, the accommodation is in a tented camp, and foods are served and cooked by our camping cook.

There will be no electricity power, only kerosene or Gas Lamps to light the dining tent. It is important to know that alcoholic drinks are not healthy and good while going up to higher altitudes. But you can enjoy it after completing the main highlights, on the return journey to Lukla, and losing altitude to safe heights.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the high Khumbu of North Mid-East Nepal, populated by the Sherpa. The highlanders of eastern Himalayas, the Sherpa menfolk are famous and renowned, as the world's best mountaineers and guides. The Sherpa's follows strong Buddhism religion, similar to their early Tibetan predecessors.

On the Mera Peak trekking, the route leads away from the main villages. En route to Mera Peak, there are only smaller settlements to cater the travelers only. There will be no big monastery but you can find a few smaller Buddhist shrines and monuments.

Equipment List

General (Upon Arrival)

- Valid passport
- 2 extra passport-size photos
- Airline tickets
- Separate photocopies of passport
- Visa form (easily obtained at Kathmandu airport)
- Proof of insurance
- Dollars in cash for purchasing a Nepalese visa at Kathmandu airport
- Credit cards, bank/ATM/cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards)

Climbing Gears (personal)

- Ice axe
- Crampons
- Harness
- Tape
- Slings
- Screw gate karabiners (2 lock, 2 unlock) Descender/Abseil Device
- Plastic Mountaineering Boots
- Ascender Helmet (optional)
- Climbing Gears (Group)
- Snow bar (we provide)
- Rope (we provide)
- Ice hammer (we provide)

- Ice screw (we provide)
- Tape Slings

Head Clothing

- Sun hat and scarf
- Light balaclava or warm fleece hat
- Sunglasses with UV protection

Upper Body Clothing

- T-shirts
- Light and expedition-weight thermal tops
- Fleece wind-stopper jacket (optional)
- Waterproof (preferably breathable fabric) shell jacket
- Down vest or Down Jacket jacket (we provide)

Lower Body Clothing

- Under Garments
- Hiking shorts
- Lightweight cotton long pants
- Light and expedition-weight thermal bottoms
- Fleece or wool pants (seasonal)
- Waterproof (preferably breathable fabric) shell pants

Feet

- Thin, lightweight inner socks
- Thick, warm wool hiking socks and hiking pool
- Hiking boots with spare laces
- Camp shoes (sneakers or sandals)
- Gaiters for hiking in winter to the base camp

Hands

- Lightweight gloves
- Heavy-weight gloves or mittens with a waterproof shell outer (seasonal)

Accessories

- Down Sleeping bag rated to 20 to -30 degrees centigrade and below (depends on season) (we provide) Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
- Trekking bags/Duffel Bag (we provide)
- Basic First Aid kit (we also provide basic medicine)
- Large plastic bag – for keeping items dry inside trek bag
- Day pack Trekking poles
- Water bottle (2) or camel bag Toiletries (small wash towel, Toilet paper, etc.)
- Earplug (who knows some people in the group are snoring)

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants Nail clippers Face and body moisturizer
- Feminine hygiene products Small mirror

Personal hygiene

- Wet wipes (baby wipes) Tissue/Toilet roll Anti-bacterial hands wash

Miscellaneous

- Binocular
- Reading books
- Trail map/Guidebook
- Journal and pen
- Walkman Pencil and small notebook
- Travel games i.e. chess, backgammon, scrabble Swimming customs

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

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