

MERA PEAK CLIMBING : GUIDED PEAK CLIMB FOR WOMEN

GENERAL DETAILS

Category:	Tours for Women
Sub Category:	Peak Climbing
Region:	Everest
Duration:	18
Accommodation:	Tea-House (Lodges) & Camping
Altitude:	6,476 m
Meals:	Breakfast/Lunch/Dinner
Difficulty:	Strenuous
Activity:	Climbing
Season:	March, April, May, September, October, November
Start/End Point:	Kathmandu - Kathmandu
Group Size:	2-30
Total Distance:	Approx. 86 km/54 miles
Transportation:	Private vehicle

GROUP DISCOUNTS

2 - 4 pax	: \$ 2300.00
6 - 12 pax	: \$ 2150.00
14 - 20 pax	: \$ 2099.00

* The above price resembles price per person.

TRIP 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.

ITINERARY

Day 1: 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 2: 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 3: 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 refreshing break. Then follow our lady expert guide heading past the airport and Lukla town. The walk 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 4: Trek to Thuli Kharka 3,900 m via Zatrava-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 Zatrava Og, and Zatrava-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 5: 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 6: 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 7: 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 8: 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 9: 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 Zatrava-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 Zatrava-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.

** Please note that the schedule is subject to change due to weather conditions and other unforeseen circumstances.*

INCLUDED SERVICES

- 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
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EXCLUDED SERVICES

- 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
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For for information regarding this package, please click on this [link](#). You can also give us a call at +977 9841290101 or email us at info@womanadventures.com for further information.

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