Discovery World Trekking



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Mera Peak Climbing -15 Days

15 days. Grade: Very Strenuous.

5.0 2295+ reviews on TripAdvisor

US$ 2050
per person, for 2 to 3 people

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Mera Peak Climbing trip takes you off the beaten path along Hinku and Honku Valley to the summit of Mera Peak (6,476m). The whole experience rewards you with a mountaineering adventure full of spectacular scenery, sights of some of the world's highest peaks, and traditional Sherpa settlements.

TRIP FACTS

Destination	Nepal
Grade	Very Strenuous
Accomodation	Lodge/Tea house/Camping during the trek/climb
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec
Activity	Peak Climbing In Nepal
Max. altitude	Mera Peak (6654m)
Activity per day	Approximately 4-6 hrs walking
Meals included	All Meals (Breakfast, Lunch & Dinner) during the trek/climb

PRICE

US$ 2050

per person, for 2 to 3 people

The full price is US$ 2600. You save US$ 550 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 2050
4 to 7	US$ 2000
8 to 13	US$ 1950
14 to 25	US$ 1900

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights of Mera Peak Climbing

- Summiting Mera Peak
- Glorious views of the highest mountains, including Everest, Cho Oyu, Makalu
- Experience Sherpa culture and traditions
- Trek through Himalayan wilderness and high passes
- Ancient monasteries, beautiful lakes, and holy temples
- Thrilling flights to and from Lukla Airport

Mera Peak Climbing Overview

Mera Peak, Nepal's highest trekking peak at 6,476 m, offers a true mountaineering experience that is both challenging and accessible, serving as the perfect introduction for beginner climbers seeking high-altitude adventure. This 15-day expedition delivers breathtaking summit views of iconic 8,000m peaks, including Everest, Lhotse, Makalu, and others, while providing a technical challenge that builds your mountain skills in a supportive, fully guided environment.

The route unfolds across the less-visited eastern regions of Nepal, leading you into the remote and pristine Hinku Valley far from the crowded Everest trails. After a scenic flight from Kathmandu/Manthali to Lukla, the trek swiftly departs from the main Everest route. Early stages take you through traditional trails and quaint settlements, setting a peaceful yet adventurous tone for what lies ahead.

Within the secluded Hinku Valley, the trail weaves through unspoiled forests, vibrant alpine meadows, and over glaciated paths, culminating in the dramatic approach to the Mera Glacier. This unique area showcases the mountain's three summits and essential features like the Mera Glacier itself, offering unparalleled panorama views that stretch across five of the world's highest peaks.

Our itinerary is carefully designed to build endurance and ensure proper acclimatization. You will gradually progress through villages like Tagnag and Khare, with dedicated days for acclimatization and technical training in glacier travel and rope techniques, and you will establish a high camp on the Mera Glacier at 5,780 m.

The final push to the central summit at 6,654 m / 21,831 ft is demanding yet profoundly rewarding. On your tenth day, you will reach the Mera Camp summit, but to avoid the afternoon wind, you will start scaling the summit at around 2 am. Our Sherpas will assist you and teach you how to climb. The Mera Peak climb is quite easy and requires minimal technical climbing skills. After summiting Mera Peak, we return to Khare. From Khare, you will return to Kothe, Thuli Kharka, and Lukla. From Lukla, you will take a flight back to Kathmandu/Manthali and a drive to Kathmandu.

Day to Day Itinerary

Day 1 Flight from Kathmandu to Lukla (2,850m). Flight time: Approx. 40 mins. Trek to Paiya (2,730m). Trek time. Approx. 5 hrs.

Day 2 Paiya to Pangkoma (2850m). Trek time. Approx. 6-7 hrs.

Day 3 Pangkoma to Ramailo Danda (3,276m).

Day 4 Ramailo Danda to Chetrakhola (3,150m). Trek time: Approx. 7-8 hrs.

Day 5 Chetrakhola to Kothe (3,600m). Trek Time: Approx. 7 hrs.

Day 6 Kothe to Thaknak (4,350m). Trek Time: Approx. 4-5 hrs.

Day 7 Trek from Thaknak to Khare (5,045m). Trek Time: Approx. 4-5 hrs.

Day 8 Acclimatization day at Khare

Day 9 Khare to Mera High Camp (5,780m). Trek Time: Approx. 5-6 hrs.

Day 10 Mera High Camp to Summit to Mera Peak (6,654m) and back to Khare (5,045m). Trek Time: Approx. 6-7 hrs.

Day 11 Reserve Day for Contingency

Day 12 Khare to Kothe (4,182m). Trek Time: Approx. 4-5 hrs.

Day 13 Kothe to Thuli Kharka (3,900m). Trek Time: Approx. 5-6 hrs.

Day 14 Thuli Kharka to Lukla (2,840m). Trek Time: Approx. 6-7 hrs.

Day 15 Fly back to Kathmandu from Lukla.

Mera Peak Climbing Itinerary

DAY 1

Flight from Kathmandu (1,400m / 4,593ft) to Lukla (2,850m / 9,350ft) Trek to Paiya (2,730m / 8,954ft)

Trek Distance 8 km/4.9 miles Flight hours 40 minutes Highest Altitude 2,850m/9,350ft
Trek Duration 5 hours

Early morning, you will be taking a **40-minute scenic flight** to Tenzing-Hillary Airport at Lukla (2,804m) from Tribhuvan International Airport in Kathmandu. From Lukla, we start our journey passing through the jungle down to Surke.

You will be having lunch at Pakhapani, a little ahead of Surke. After lunch, we will restart our trek, passing several traditional villages, jungles, and hills, to **reach Paiya,** our destination for the day.

Overnight stay at Paiya Trekkers Lodge and Restaurant
Included standard meals (Breakfast + Lunch + Dinner)

DAY 2

Paiya (2730m / 8954ft) to Pangkoma (2850m / 93,48ft)

Trek Distance 12km / 7.4miles Highest Altitude 2,850m / 9,350ft Trek Duration 6/7 hours

The trek from Paiya to Pangkoma is going to be long and challenging. From Paiya, we head east past Khari-khola and Bumbari.

The trekking path passes through the rhododendron and bamboo forests along the narrow mountain trail. From the trails, you can see outstanding views of **Dudhkoshi River valley** and Dudh Kund Himal before reaching the farming and trading village of **Pangkongama** for a night's rest.

Overnight stay at Himalayan Trekkers Lodge and Restaurant
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Pangkoma (2850m / 93,48ft) to Ramailo Danda (3,276m / 10,748ft)

We leave Pangkoma and head to Ramailo Danda. After trekking for a few hours, you will reach Ningsow, passing numerous prayer flags and mani walls. You will also cross Pangkoma La Pass (3,174m). From Ningsow, the path becomes challenging as you progress to Ramailo Danda.

Overnight stay at Mera View Lodge and Restaurant
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Ramailo Danda (3,276m / 10,748ft) to Chetrakhola (3,150m / 10,332ft): 7-8 hrs

The trek from Ramailo Danda starts on a very scenic path with rhododendron blooms in the right season. You even have a chance to see the rare **red panda.** We will reach Chetrakhola to spend our night.

Overnight stay at Mera Riverside Lodge and Restaurant
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

Chetrakhola (3,150m / 10,332ft) to Kothe (3,600m / 11,808ft) 6-7 hrs

Trek Distance 17km / 10.5miles Highest Altitude 4,182m / 13,716ft Trek Duration 7 hours

We leave Chetra Khola and head north to Kothe, enjoying the views of **Mera Peak**. Your trail progresses along the Majang Khola, joining another path along Hinku Khola and through forests full of pine, moss, lichens, and rhododendron trees. After crossing Sanu Khola (river), you will finally reach **Kothe** - the destination for the day.

Overnight stay at Lama Hotel Lodge and Restaurant
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

Kothe (3,600m / 11,808ft) to Thaknak (4,350m / 14,270ft)

Trek Distance 6km / 3.7miles Highest Altitude 4,356m / 14,288ft Trek Duration 4 to 5 hrs.

The trail from Kote heads north to Tangnang, along the west bank of the Hinku River. Hinku River valley provides pastures for sheep and yaks to graze. As you trek forward, the path gets more challenging until you reach Gondishung - known for the **Lungsumgba** monastery. **Tangnang** lies within one hour of walking distance from Gondishung.

Overnight stay at Oxygen Lodge and Restaurant
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Trek from Thaknak (4,356m / 14,288ft) to Khare (5,045m / 16,552ft)

Trek Distance 5.5km / 3.4miles Highest Altitude 5,045m / 16,552ft Trek Duration 4 to 5 hrs.

Today's trek is short but quite steep and consists of passing over Hinku and Shar Glacier. You will follow a lateral moraine trail from Dig Kharka that ascends steeply to reach Khare. Khare provides excellent views of the northern face of Mera Peak.

Overnight stay at Refuge Lodge and Restaurant
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Acclimatization day at Khare (5,045m / 16,552ft)

Since you have already gained more than 5,000m of altitude, it is time to acclimatize. While acclimatization, our climbing guide will instruct you on ways to use your climbing gear and equipment. They will also test your equipment. You also have an option to climb a nearby hill and enjoy the views from the top.

Overnight stay at Refuge Lodge and Restaurant
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

Khare (5,045m / 16,486ft) to Mera High Camp (5,780m / 18,963ft)

Trek Distance 6km / 3.7miles Highest Altitude 5,800m / 19,029ft Trek Duration 5 to 6 hours

This is the first day you will be using your technical climbing skills. The steep trails pass through rocky trails, icy glaciers, and even small crevasses. From the Mera Base High Camp, you can enjoy the views of Nuptse, Makalu, Cho Oyu, Lhotse, Baruntse, and Everest.

Overnight stay at a Camp
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Mera High Camp (5,800m / 19,029ft) to Summit to Mera Peak (6,654m / 21,831ft) and back to Khare (5,045m / 16,552ft)

Highest Altitude 6,654m / 21,831ft Trek Duration 6 to 7 hrs.

Today is going to be a long day. You will wake up around 1 am and have your breakfast. Then the climbing starts. The climbing starts early in the morning to avoid the noon winds, making climbing difficult. **You will follow your guide and his instructions to the top of Mera Peak.** From the top, you will be able to view Mount Everest (8,848m), Cho-Oyu (8210m), Lhotse (8516m), Makalu (8481m), Kangchenjunga (8586m), Nuptse (7861m), Chamlang (7319m), Baruntse (7129m), Ama Dablam (6812m), Kangtega (6779m), and several other peaks. After enjoying the views and celebrating your determination, you will descend to Mera Peak Base Camp and then to Khare for an overnight stay.

Overnight stay at Refuge Lodge and Restaurant
Included standard meals (Breakfast + Lunch + Dinner)

DAY 11

Reserve Day for Contingency

If you were unable to summit Mera Peak the previous day, we will use this contingency day to summit Mera Peak. Otherwise, we will rest, relax and explore places around Khare.

Overnight stay at Refuge Lodge and Restaurant
Included standard meals (Breakfast + Lunch + Dinner)

DAY 12

Khare (5,045m / 16,552ft) to Kothe (4,182m / 13,716ft)

Trek Duration 4 to 5 hrs.

You have already started to descend, so the trek from Khare to Kothe will be downhill. After walking for about three hours from Khare, you will reach Thangnak, but our trek continues to **Kothe,** often passing through subtropical forests.

Overnight stay at Lama Hotel Lodge and Restaurant
Included standard meals (Breakfast + Lunch + Dinner)

DAY 13

Kothe (4095m / 13435ft) to Thuli Kharka (3,900m / 12,597ft): 5-6 hrs

We leave Kothe early morning and head to Thuli Kharka. The trail initially ascends, passing through dense forest, then continues along the western section of Hinku Valley to reach Thuli Kharka.

Thuli Kharka is famous for providing exceptional views of Mera North (6476m), Mera Central (6461m), and the Southern face of Mera Peak (6476m).

Overnight stay at Lama Lodge and Restaurant
Included standard meals (Breakfast + Lunch + Dinner)

DAY 14

Thuli Kharka (3,900m/12,597ft) to Lukla (2,840m/9318ft): 6-7 hrs

A long day's trek awaits you. Your journey takes you to the Kalo Himal ridge and ascends till you reach **Zatrawa La Pass (4,600m/15,092ft).** After this pass, you will be descending to **Chutanga** and finally to **Lukla.** You will be spending one last night at the trek region.

Overnight stay at Comfort Inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 15

Fly back to Kathmandu (1,400m / 4,593ft) from Lukla (2,850m / 9,350ft)

If everything goes according to the schedule, you will be flying back to **Kathmandu early morning**. Your 40-minute flight back to Kathmandu will be relaxing as you might go through the moments you created during this trip.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Private transportation to and from Kathmandu Airport and your hotel
- Kathmandu/Manthali – Lukla – Kathmandu/Manthali flight (Kathmandu -Manthali - Kathmandu on a jeep)

Accommodation

- Total 14 days. 13 days at lodges. 1 day at camp. Twin sharing basis. Tents during climbing

Food

- Standard full-board (with one main course per meal) meals - 15 Breakfasts, 14 Lunches, and 14 Dinners (with seasonal fruits).

Guide and Porter

- Government licensed, experienced, and qualified trekking/climbing leader, cook, and porters to help trekkers luggage. (2 trekkers: 1 porter) Maximum luggage weight load 18 kg per porter.
- Guides and porter costs, meals, insurance, salary, lodging, transportation, flight, and other necessary equipment

Trek Permit and Expenses

- Mera Peak Permit
- Sagarmatha National Park Entry Permit
- All government and local taxes

Other Facilities

- Group gears and supplies (ropes, ice screws, snow bars)
- All camping equipment (kitchen tent, dining tent, toilet tent, table, chair, and kitchen utensils)

Medical Assitance

- Rescue operations arrangements in case of complicated health conditions (funded by travel insurance).
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Farewell

- Discovery World Trekking's climbing achievement certificate after the successful trek/expedition.
- Farewell dinner at the end of the trek in Kathmandu

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight costs

Accommodation

- Accommodations in Kathmandu.
- Extra night accommodations in Kathmandu due to early arrival or late departure

Food

- Meals in Kathmandu.
- Extra night meals in Kathmandu due to early arrival or late departure

Visa

- On-arrival Nepal entry visa fees at Tribhuwan International Airport

Travel Insurance

- Travel insurance which has to cover emergency high-altitude rescue and evacuation (compulsory)

Personal Expenses

- All personal expenses such as laundry, telephone calls, bar bills, hot (tea/coffee), cold, alcoholic drinks, snacks, fees for hot water, battery recharge, incidental expenses, tips for guides and porters, etc
- Personal clothing and climbing gear

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Equipment Checklist

Please pack just the must-have items. Though we provide a porter for every two trekkers, your luggage weight limit is 9kg. You have the option of buying your gear and equipment in Kathmandu. Though individual choices may differ, here is our packing list to help you.

Climbing gear for Mera Peak climbing

- Ice ax
- Climbing Harnesses - It will secure you to a rope or an anchor point during peak climbing
- Crampons - a traction device that will be attached to your footwear to improve mobility on snow and ice
- Tape slings- an essential part of a climbers' kit to wrap around the section of rock and hitch to other
- Figure 8 Descender - to use it as a zip flyer either on friction mode or smoothie mode.
- Screwgate Karabiners
- Ice hammer
- Ice screw
- Snow bar
- Helmets
- Ascender/Jhumar
- Plastic mountaineering boots
- Rope

Head

- Sun hat or scarf
- Winter hat or insulating hat or Wide-brimmed hat
- Headlamp with extra bulbs and batteries
- A warm hat that covers your ears (wool or synthetic to keep you warm)
- Headscarf (can be used in dusty conditions)
- Sunglasses with UV protection
- Prescription sunglasses (if you have medical prescriptions)

Face

- Sunscreen
- Sunglass with UV protection
- Face/body wipes

For Hands

- A pair of mittens containing a Gore-Tex over mitt matched, waterproof, polar-fleece mitt liner
- A pair of lightweight poly-liner trek gloves
- A pair of lightweight fleece gloves (or wool)

Sleeping

- One sleeping bag 30 degrees DC
- Fleece sleeping bag liner
- Rucksack and Travel Bags
- One medium rucksack or One large duffel bag
- Daypack/backpack of 50 liters max for carrying your valuables, should have good shoulder padding
- Small padlocks for duffel-kit bags
- Two large waterproof rucksack covers (if you need them)

Body (Upper-Lower)

- Hiking shirts
- T-Shirt (bring Lightweight wool)
- Polypropylene underwear
- Expedition grade down jacket (available for rent in Kathmandu)
- Long-sleeved shirt
- Hooded rain jacket
- Fleece jacket
- Lightweight cotton pants
- Sweater
- Waterproof jacket and pants
- Thick thermal Merino bottoms (Icebreaker 200, Odlo Revolution Thick)
- Polar fleece trousers or similar mid-layer trousers
- Gore-Tex (over)trousers or bibs. Waterproof/breathable with full side zips
- Goose-down trousers or bibs. Or a down suit
- Liner gloves for tying knots
- mitten
- Waterproof sacks to keep your clothing dry
- A pair of hiking shorts, trousers, lightweight thermal bottoms
- A pair of fleece or woolen trousers
- A pair of breathable fabric, waterproof shell pants
- Non-cotton undergarments

Footwear

- Hiking Boots
- Thick wool socks (Take an extra pair of thick light socks)
- Goretex hiking boots with ankle support
- A pair of trainers or running shoes and/or sandals
- Two pairs of thin, lightweight inner socks
- Two pairs of heavy poly or wool socks
- A pair of hiking boots with spare laces (sturdy soles, water-resistant, ankle support, broken-in)
- Gaiters
- Cotton socks

Essentials

- Trekking pole
- Backpack or daypack (Size depends on whether you take porter or not).
- Thermal bottle
- Water purification tablets/drops
- Trekking pole

Toiletries

- Medium size drying towel
- Toothbrush
- Toothpaste
- Multi-purpose soap (must be biodegradable)
- Deodorant floss
- Nail clippers
- Small mirror

Medical Needs

- Personal simple and light first-aid kit
- First-aid tapes and plasters
- One skin-blister repair kit
- Anti-diarrhea, headache pills
- Cough and cold medicine for sure
- Anti-altitude sickness pills: Diamox or Acetazolamide
- Stomach antibiotic: Ciprofloxacin, etc.
- One set of earplugs
- Extra pair of prescription glasses or contact lens supplies

Personal accessories

- Money
- Watch
- Cell phone
- Camera

Extra items

- Extra passport photos and photocopies of passport
- Wet wipes (baby wipes)
- Tissue /toilet paper roll
- Anti-bacterial hand wash
- Binoculars
- Face and body moisturizer
- Female hygiene products for females
- Reading book
- Trail map/guidebook
- Notebook and pen (if you want to write your moments)
- A modest swimsuit
- A voltage converter (from 220 to 110 ampere)
- Lightweight pillowcase (optional)

Essential Documents

- Please have a notepad and pen handy to note information.
- A copy of your passport, travel/health insurance documents with contact details, and three passport-size photos
- Additionally, we recommend you maintain a separate photocopy of all important documents, including travelers' cheques and bank/ATM card contact numbers, insurance policy, international flight tickets, emergency contact numbers, etc.

Trip Notes

Free airport pick-up and hotel transfer

We request you send your flight details after booking the trip so that we can arrange a free airport pick-up for you. We provide this service because we understand that you might have difficulty navigating in a foreign country. **When you arrive at Tribhuvan International Airport, you will find our representative holding a pamphlet with your name** and our company logo. They will greet and present you with a marigold garland as a welcome gesture. Then, they will take you to your hotel in a private vehicle.

Journey to Mera Peak Climb

You will arrive at Tribhuvan International Airport in Kathmandu **before 3 pm, at least a day before the trip departure date for last-minute preparations.** On the trek departure date, we will take you to Kathmandu Airport for a domestic flight to Lukla - the gateway to Everest.

Accommodation during the trek/climb

This trip includes**14 nights of lodge/camp stays** in the trek regions at the best available lodges. All accommodations are twin sharing basis. You will be staying one night in a Camp at High Camp and 13 days at the best hotels/lodges in the trek regions.

You will require at least two nights of hotel stays in Kathmandu (one before the trip start and one at the end), but this package does not include these costs. Kathmandu has a wide range of hotels that can suit your preferences and we do not want to restrict your choices.

The Meals

During your trip, we will provide you with nutritious, tasty, and hygienic meals - three times a day (breakfast, lunch, dinner) at the best hotels/lodges/tea houses available. The menu mainly consists of local, Asian, and Western cuisine.

We will provide you with**15 breakfasts, 14 lunches, and 14 dinners** during the trip. All meals in the trek regions are on a full-board basis (breakfast, lunch, and dinner / main course).

Some of the popular menu items are -

Breakfast

- Pancakes
- Muesli Breads
- Fruits
- Vegetables
- Honey Tibetan bread or Chappati
- Local Tsampa porridge
- Eggs
- Oatmeal
- cornflakes
- French toast with Jam
- Butter
- Cheese
- Hot drinks (varieties of teas and coffees, hot chocolates, etc.)

Lunch

- Dhal
- Bhat
- Tarkari
- Tibetan Bread
- Spaghetti Noodles
- Thukpa
- Pasta
- Salad Pizza (Tomato, Mushroom, Mixed)
- Macaroni dishes
- Tenduk
- Spaghetti Noodles
- Vegetable curry
- Potatoes
- Vegetables
- Various Soups
- Sherpa Stew
- Steaks
- Sandwiches
- Momo (dumplings)

- Macaroni dishes
- Tenduk
- Snacks (Papad, Prawn)
- Desserts (Rice Pudding, Apple pie)

Dinner

- Dhal
- Bhat & Tarkari
- Tibetan Bread
- Potato items
- Vegetable and Salad Pizza (Tomato, Mushroom, Mixed)
- Various Soups
- Sherpa Stew
- Steaks
- Sandwiches
- Macaroni
- Tenduk Spaghetti
- Noodles Thukpa
- Pasta
- Vegetable curry
- Momo (dumplings)
- Snacks (Papad, Prawn)
- Korean Ramen
- Desserts items (Rice Pudding, Apple pie)
- Hard Drinks Steaks

We highly**recommend liquids,**green/lemon tea, hot lemon, ginger tea, and garlic soup (must) at high altitudes for health benefits.

Though plenty of non-veg items are available in the trek regions, we advise you to avoid thembecause the meat in trek regions may not be hygienic. We highly encourage you to avoid dairy, alcoholic drinks, caffeinated items, and hot chocolates.

Our team is comprised of experienced cooks and kitchen helpers who prepare your meals at camps. We also provide the kitchen and dining equipment required for these camps. Moreover, we will ensure that you get plenty of extra dietary requirements, including fresh vegetables and fruits.

A typical day during the trip

Every day, you will get a **unique trekking experience, climbing, taking pictures, and exploring new areas.** During your trip, our accomplished, friendly, and qualified Sherpa/guide will share information about the places you visit. Porters will carry most of your luggage. Nonetheless, we anticipate you to bring a little backpack with your valuable things and vital documents.

The day begins with an **early morning cup of tea/coffee.** After a healthy breakfast, we will gather our packs and set off on the day's trip from around 7 AM to 8 AM, depending on the length and nature of that day's hike. After journeying for three to four hours, we will serve you **lunch around noon,** midway between your next destination. You will rest for about an hour after lunch and proceed.

The afternoon walk will be shorter, lasting for a few hours. After arriving at the destination, you can snack on extra-dietary food and explore in and around the destination until dark.

We serve **supper from around 6 PM to 7 PM.** After supper and before going to bed, you can enjoy sharing trekking experiences. Your team leader will brief you about the next day's plan. Then you can spend your time reading books, watching mountaineering videos, or playing board games like cards and Monopoly. Most foreigners also enjoy learning light and fun Nepali words from our crew before going to bed.

Best season for Mera Peak Climbing

Weather is a crucial factor that impacts directly reaching and summiting Mera Peak. Due to its altitude, Mera Peak is never too warm. The high elevations in the Mera Peak regions show four distinct seasons - spring, summer, autumn, and winter. Each season provides a different experience, but for the best experience, you can choose spring or autumn.

Spring (March-May)
Spring is a perfect time to trek and summit Mera Peak. The temperature is very favorable, and the blooming flowers, especially rhododendrons, will delight your heart. The first few weeks of March are a little cold due to the recent winter, and there is a chance of rain in late May.

Temperature: -15°C to 10°C

Summer/Monsoon (June-August)
The summer season in Nepal coincides with the Monsoon. So, the trails will be wet and slippery. Because of the clouds, you might not get clear views of the glorious mountains. Due to these difficulties, we do not conduct Mera Peak Climb during the summer. If you are determined to climb, you need to wait for autumn or at least late August to climb Mera Peak.

Temperature: 3°C to 16°C

Autumn (September - November)
This is a perfect time to climb Mera Peak. The temperature is just right, there is almost no rainfall, the forests are lush and green, the pastures look glorious, and you can enjoy the breathtaking views of the snow peaks. There might be little rain during the first few days, and late November might bring some snow.

Temperature: -11°C to 12°C

Winter Season (December-February)
The high altitude in the trek region is covered with snow. The path is icy and slippery, and the temperatures are frigid. For the safety of our valuable clients, we do not conduct Mera Peak Climbing during winter. However, early December and late February treks can be feasible.

Temperature: -20°C to -4°C

Acclimatization

We have **designed the itinerary to help you acclimatize** on your way to Mera Peak. At Khare (5,045m/16,486ft), you will be acclimatizing for the entire day. On this day, your climbing guide will teach you how to use your climbing gear and equipment. You are also free to reach a nearby hill and enjoy the views.

Altitude sickness

Altitude sickness is**common** among mountaineers. As you go up, there is less oxygen in the air, and the higher you go, the lesser the oxygen in the air.Altitude sickness is common among mountaineers and can strike anyone as they elevate.

Our Sherpas/guides are well trained, experienced, and prepared to prevent and handle altitude sickness.

To handle altitude sickness, you need to be aware of its symptomsHere are some**mild symptoms**of altitude sickness.

- Slight headache
- Nausea or vomiting
- Upset stomach
- Swelling
- Tiredness and dizziness
- Shortness of breath
- Loss of appetite
- Fatigue

As soon as you become aware of these symptoms, tell your guide (Sherpa), and they will suggest ways to handle your situation. You might need to rest, walk at your own pace, or use Diamox.

For severe altitude sickness, here are the symptoms.

- Severe headache
- Difficulty in walking
- Irrational behavior
- Confusion or lack of coordination with group members
- Breathlessness even after enough resting
- Frequent vomiting
- A rapid increase in a heartbeat
- Problems in vision
- Irritable cough or persistent cough
- Difficulty in sleeping
- These symptoms develop very soon if the mild altitude sickness is left untreated

If you feel these symptoms, tell your guide immediately. In such situations, a Sherpa or two will support and accompany you to lower elevations immediately. It is important to avoid potentially life-threatening conditions like**HACE (High Altitude Cerebral Edema)**and**HAPE(High Altitude Pulmonary Edema).**

In HAPE, body fluid collects in the lung, and during HACE, body fluid collects in the brain. HAPE and HACE are both extremely serious and require medical treatment.

Discovery World Trekking pays enough attention to avoiding altitude sickness. Our professional guides/Sherpas are trained to handle altitude-related situations. We also follow the golden rule of trekking -climb high and sleep low.

Due to the nature of this climb, adequate travel insurance is compulsory, and your insurance must cover heli-rescue and evacuation costs in addition to medical treatment costs.

Our company is not involved in selling insurance policies, but we can recommend insurance companies based on our previous clients' experiences.

Extra Personal Expenses

Mera Peak Climb package covers most expenses during the trip. However, it does not cover all the costs. So, **you need to bring spending money** for various expenses such as meals and accommodations in Kathmandu, travel insurance purchases, visa fees, snacks, hot (tea/coffee), cold and alcoholic drinks, tips, souvenirs, and other expenses. We recommend you bring cash (major currencies) that you can easily exchange with Nepali currency. You might need to spend USD 10 to 20 each trekking day.

Travel Insurance

Mera Peak Climbing is **strenuous** and comes with the risks of high altitude climbing, such as potential altitude sickness and other unforeseen events.

Travel insurance for Mera Peak is compulsoryforall trekkers must provide a copy of their comprehensive travel insurance policy certificate before starting the trip. Your insurance policy must cover medical expenses and emergency repatriation, including helicopter evacuation expenses up to the highest trek altitude.

If you need, we **can recommend insurance companies,** but we do not sell insurance policies.

Please send us your insurance details and other necessary documents within a week of booking the trip. In emergencies, we will use your insurance policy and informational documents to arrange a quick rescue operation and transfer you to treatment centers.

Passport and Visa

All foreign nationals, except Indians, require a visa to enter Nepal. However, citizens from most countries are eligible for an **on-arrival visa at Tribhuvan International Airport** and other immigration checkpoints along Nepal-India and Nepal-Tibet borders.

For a visa application, you need a passport with at least six months of validity, a passport-size photo, and visa fees. Currently, for a 30-day stay, you will require USD 50.

SAARC (Bhutan, Bangladesh, Maldives, Pakistan, Sri Lanka) country citizens and Chinese citizens are eligible for a free visa. However, there are some restrictions.

Nationals from Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan may not receive an on-arrival visa. If you are a citizen of these countries, you should contact your local embassy.

Nepal government can change visa rules without notice, so for the latest information, please visit -https://www.immigration.gov.np/.

Money Exchange

The local currency is Nepali Rupee (NPR/RS)

(1 USD = ~ Rs.130 NPR).

You can easily exchange most foreign currencies at local banks and legitimate money exchanges all over Kathmandu. Some hotels also exchange small amounts of foreign currencies.

Authorized money exchanges display their ongoing rates publicly. So you do not need to worry about the rates.

If you have Indian Rupees (INR), only INR notes of 500 and 1,000 are legal in Nepal.

Though traveler's cheques are much more secure,**we recommend cash exchange to avoid**lengthy processes and high bank commissions.

You**can also use your ATM to withdraw cash**(in Rupees only) from one of the many **ATMs**in Kathmandu and at Thamel itself. Most of these ATMs are open 24 hours. However, the maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you use a foreign card.

If you use money exchange facilities at banks and financial institutions, they will charge you a fee of about four percent or more, depending on the institution.

Since most established banks in Asia do not accept old, torn, or faded foreign currency, you must ensure that you have new, clean notes.

Luggage

For regular trips, we provide one porter for every two trekkers.**The luggage weight limit per trekker is 9 kg.**So we do not allow our porters to carry more than 18 kg of combined luggage.

You will also need to bring a small backpack for valuable things like ornaments, camera, passport, or items you will frequently use, such as a water bottle. Please bring only the essential things to the trek. You can leave your extra luggage for free at the Discovery World Trekking store for the duration of the trip. During the trip briefing (conducted either online or in person), we will recheck your luggage, equipment, and gear before starting the trip.

Mera Peak Climbing Safety

Discovery World TrekkingYour health and safety are our utmost concern, and we plan our trips accordingly. To remain safe, we carry high-quality equipment, gear, and medical kits to face any situation. Our guides have completed extensive wilderness first aid training.

All our trek crew members come from the remote high Himalayas, so they can easily adapt to high altitudes.

We know that altitude sickness can strike anyone, anywhere. So we have trained our crew members to handle such situations. Each team carries an oximeter to monitor blood oxygen saturation levels at high altitudes. It allows early detection of high altitude sickness.

Since high-altitude climbing comes with risks, travel insurance is compulsory, and it must cover helicopter rescue up to the highest trek altitude in addition to health care costs. In case of health emergencies, we will use your documents to arrange for a quick and safe rescue.

Electricity and water during the trip

Lodges/hotels/tea houses in **trek regions have electricity** and you can use it to recharge your mobile/cell and camera battery. However, you might need to pay a fee to use it.

Similarly, you can buy packed water from en-route shops/tea houses, but some trek regions may not allow plastic bottles. So, we advise you to **carry a water bottle** and fill it with boiled/filtered water that you can buy from hotels/lodges/tea houses.

For health reasons, it is also a great idea to treat water with purification pills before drinking. If you do not have purification pills, we can provide them.

Trekking Group/Single

We organize private trips only and do not add anyone to your group. You are eligible for discounts based on your group size. Discovery World Trekking can handle all group sizes, and we add an assistant guide for a group of 12 or more. Each group will have a guide and a porter for every two trekkers. We provide cook and kitchen helpers for camp stays.

Discovery World Trekking

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