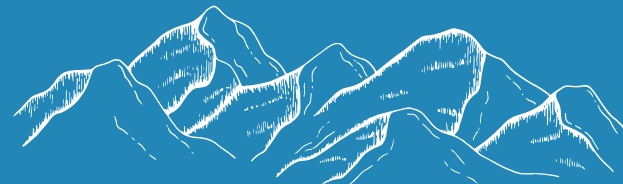




# MEERA PEAK, NEPAL



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# MERA PEAK

## INFORMATION ABOUT MERA PEAK:

Mera Peak is located in the mountainous north part of Nepal, home to eight out of the world's ten tallest mountains, including Mount Everest. Standing at 6,476m, Mera Peak is the highest trekking peak in Nepal. It sits on the edge of the Khumbu region which is a historical mountaineering region.

Mera Peak is the perfect challenge for anybody who is aspiring to climb an Everest peak in the region. The view from the Mera summit is one of the finest in the Himalayas, with five 8,000m peaks visible including Everest, Lhotse, Cho You, Makalu and Kanchanganga.

Despite Mera being physically demanding when encountering the altitude, the climb itself is not technically difficult, ascending snow slopes that rarely exceed the 30 degrees mark. Mera Peak Mountain is classed as a trekking peak, as it contains 3 main summits (Mera North (6,461 meters), Mera Central (6,461 meters), and Mera South (6,065 meters)).

The sunrise over Everest is a truly unforgettable, and simply stunning experience, which can be viewed from the Mera Peak. The only experience that you need for the Mera Peak is excellent physical fitness, as well as being adventurous!



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# NERA PEAK

## Highlights of this trip include:

- Explore the vibrant capital city of Kathmandu
- Take in the incredible views of Everest, Lhotse, Cho Yon, Makalu and Kanchanganga from the summit of Mera Peak.
- Enjoy an absolutely stunning trekking route through the infamous Himalayan scenery.
- Expertise of a British mountain leader with 20 years experience in the Himalayas as well as the local Sherpa trek crew.
- Take a once-in-a-lifetime helicopter ride back to Lukla with amazing views of the Himalayan region and the high peaks of the Himalayas from the air!
- Experience authentic Sherpa villages and traditions.



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# ITINERARY

## **Day 1:** Arrive in Kathmandu

Upon arrival at Kathmandu airport, our Alexander Adventures team will meet you and you will be taken to your hotel in Kathmandu.

## **Day 2:** Kathmandu Sightseeing & Transfer to Manthali

Today will be spent visiting some of the UNESCO World Heritage sites in Kathmandu with historical and spiritual values. Each of these sites gives us a glimpse of Kathmandu's rich history and culture, providing an enriching experience that you won't forget. You are sure to gain a deeper understanding of Nepalese culture by exploring these historic places. After your informative day of discovery you will meet your trekking guide back at your hotel who will give you further information about your trip and you will have the chance to use his advice and pick up any last-minute gear needed in Thamel.

## **Day 3:** Flight Manthali - Lukla; Trek to Paiya

You will set off early this morning from the hotel and head to the airport which is roughly a 10 minute walk, from which you will enjoy a short but exhilarating flight to Lukla. Make sure you keep an eye out of the plane window in order to get your first glimpse of the incredible Everest region. On arrival in Lukla, you will meet the other members of the team who will be joining us throughout the trek. We will start off our trek through the actual village of Lukla.



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We will first head south, this area is surrounded by rhododendron forests, and is home to many different kinds of wildlife. As we descend from the pass, you will enjoy stunning views of Dudh Kosi River which drains the Mount Everest massif. On this leg of our journey to reach Chotak La Pass, expect a few uphill and downhill for about 2-3 hours. From here we will make our way to the Paiya Village. Walking for the day: 6-7 hours, final elevation: 2730m

## Day 4: Paiya to Panggom

After a good breakfast to start off the day, we will now make our way to Panggom. Once we have crossed the Poya Khola, we'll be leaving the main Jiri-Namche trail and taking an old trade route along the ridgeline overlooking Khare Khola. Along this trail, we will have great views of the historic Everest expedition route from Jiri, as well as the beautiful Dudh Kosi river. As we make our way along this route, we will encounter a number of suspension bridges that we must cross to reach Panggom. We'll be amidst rhododendron and pine forests during this leg of the journey, making for an engaging experience. Walking for the day: 5-6 hours, final elevation: 2804m

## Day 5: Panggom to Ningsow

You will spend this day crossing through the Panggom La Pass at the height of 3174m, the trail leads us to Ningsow, following the river. Walking for the day: 6-7 hours, final elevation: 3440m



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## **Day 6:** Ningsow to Chhetra Khola

From Ningsow, we start ascending north along the Chhetra Khola River. We will then head into the Makalu Barun National Park and follow the Pasang Lhamu trail where there is a possibility that we might see a Red Panda. Walking for the day: 7-8 hours, final elevation: 3122m

## **Day 7:** Chhetra Khola to Kothe

Today we will follow the trail through the lush bamboo and pine forests first and then we will reach the alpine meadows. After this we will cross several isolated suspension bridges, and pass by numerous tea houses along the way. We will continue to follow the river to the village of Khote until we reach the lodge where we will spend the night. Walking for the day: 6-7 hours, final elevation: 3580m

## **Day 8:** Kothe to Thagnak

You will notice a drastic change in the scenery today, we will move away from woodland to scrub and moraine as we climb above the 4000m mark. We continue to follow the River Inkhu Khola upstream, we will also come across the majestic ancient Gompa (monastery). Finally we will reach the stunning summer grazing village of Thagnak, where we will stop for the night. Walking for the day: 6-7 hours, final elevation: 4358m

## **Day 9:** Rest Day



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## Day 10: Thagnak to Khare

Today we will enjoy a trek to Khare which is a gentle ascent. We will cross the river once again slightly above Thagnak from where we will ascend the Dig Tsho glacier. From here we will just be able to see the Hinku Nup glacier hanging above us! Just before we reach our final destination for the day of Khare the trail suddenly gets steep again! Walking for the day: 4-5 hours, final elevation: 4910m

## Day 11: Khare to High Camp via Mera Glacier

We will start today by heading out of Khare on a path out to the glacier where we will put on our crampons and head out onto the glacier. After an initial steep slope it begins to ease off, as we walk towards Mera La. We will be able to enjoy some absolutely spectacular views along the way. Walking for the day: 6-7 hours, final elevation: 5780m

## Day 12: Summit Day - Climb Mera Peak (6476m) and Return to High Camp

We will head off before dawn (can be as early as 2am and no later than 5am). Our aim will be to reach the summit by midday, but this is highly dependent on the weather. The 30-degree slope is challenging but not a technical climb. Once we get behind the ridge, our leaders will attach you to a fixed rope for the final steep ascent. We will also need to use our ice axes to make the last 30 metres which is at an even steeper 55-degree angle! As you approach the summit you'll have an incredible panorama of five of the world's six highest mountains! When you reach the summit you'll have that unbeatable feeling of joy as you realise what you have just achieved! Walking for the day: 9-12 hours, final elevation: 5780m

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## Day 13: Contingency Day

In case of bad weather and or conditions today can be used as a contingency day to give us a second chance at a summit attempt.

## Day 14: Helicopter Journey back to Lukla

Today is your chance to take a remarkable and unprecedented flight on a helicopter that will take you back to Lukla. You will see the spectacular sights of the Himalayan region with its majestic views and high peaks, all from the comfort of the helicopter. From here, you will be able to appreciate the sheer scale of this awe-inspiring mountain range and gain an understanding of why it holds such a profound significance for so many people around the world. Prepare yourself for an unforgettable experience!

## Day 15: Lukla flight to Kathmandu

Taking a helicopter flight back to Lukla is the perfect way to say goodbye to the Himalayas and all of the amazing views they offer. The trip back will provide one last opportunity to take in the beauty of the himalayan mountains, as you soar over them on your way back home. From this viewpoint, you'll have a chance to reflect on all that you've seen and experienced during your time in the Everest region. Take it all in, because soon enough you'll be heading home with memories that will stay with you for years to come.

## Day 16: Day in Kathmandu

You will have the chance to take a final look around Kathmandu, perfect for any last minute gift shopping for friends and family back home!

## Day 17: Flight home

Our team will drop you off at Kathmandu airport for your flight home

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## Equipment list:

- Change of clothes for Kathmandu
- Heavyweight down jacket/Exped jacket
- Fleece jacket or puffy vest
- Walking trousers x2
- Walking shorts x1
- Waterproof jacket x1
- Thermals (top and bottoms) x1
- Underwear
- Synthetic T-shirt x2
- Warm hat
- Gloves x2
- Waterproof walking boots
- Walking socks x3
- Sandals/trainers for tea houses
- Day pack 25-40L
- Water bottle x2
- Headlamp
- Sunscreen
- Sunglasses
- Quick-dry towel
- Personal toiletries and medicine
- Sleeping bag
- Toilet paper and zip lock bag
- Extra zip lock bags
- Hand sanitizer
- Trekking poles
- Battery charger for electronic devices
- International flight boarding passes and documentation
- Medical information
- Bandana/buff (for the dust and wind)
- Spare cash for tipping guides

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## Travel insurance:

It is a condition of your trip that you are covered by a medical or personal accident insurance policy that includes repatriation to your home country. Please use the link below.

<https://www.snowcard.co.uk/>

Please contact us for more details. Please contact us about what policy you have chosen and send a copy of it, we will need details of the policy name, number and 24hr medical emergency telephone number of your insurance provider before the start of the trip.

## Expenses:

Personal money is essential, as you might want to spend money on things such as tips and donations. Any personal shopping should also be taken into account and when organising travel money, along with money for food and drink which is not specified in the itinerary.



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## VISAS:

Visa fees are not included in this package. Therefore, it is your priority to research and make sure you have everything you need. Check your visa requirements before the trip.

## VACCINATION INFORMATION:

The Government of Nepal defines people who are fully vaccinated as those who have received full doses of an approved vaccine more than 14 days previously. If you're not fully vaccinated, you must obtain a negative PCR test not more than 72 hours before your flight of first departure to enter Nepal, and should then be able to obtain a visa on arrival.

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