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Mera Peak Climbing 18 Days: Complete Expedition - 18 Days

Mera Peak is a dream climb for many people who want to step into high-altitude mountaineering. This 18-day journey is designed to move slowly, stay safe, and give climbers the best chance to reach the summit.

With **Dolpo Caravan Treks**, this trip is planned with care. The route allows enough time for walking, resting, and learning basic climbing skills. Instead of rushing, the itinerary follows the rule of the mountains: go slow to go far. This approach helps the body adjust to thin air and reduces health risks.

The journey combines quiet trekking days with exciting climbing moments. You walk through remote valleys, cross glaciers, and finally stand on a high Himalayan summit. For many climbers, this feels like a true expedition rather than just a trek.

TRIP FACTS: MERA PEAK CLIMBING 18 DAYS

- Trip Duration: 18 Days
- Peak Name: Mera Peak
- Maximum Elevation: 6,476 meters
- Region: Hinku Valley, eastern Nepal
- Trip Type: Trekking peak climbing expedition
- Start / End Point: Kathmandu
- Best Seasons: Spring and autumn
- Difficulty Level: Moderately challenging
- Climbing Style: Non-technical glacier and snow climb
- Accommodation: Teahouses during trek, tents at high camp
- Guide Support: Certified climbing guides and experienced Sherpas
- Ideal For: Well-prepared trekkers and first-time peak climbers

WHAT MAKES MERA PEAK SPECIAL AMONG NEPAL'S CLIMBING PEAKS

Mera Peak (6,476 m) offers a high-altitude climbing experience without extreme technical demands. Many choose it as their first mountaineering peak because it focuses more on endurance than advanced climbing skills.

It is one of Nepal's highest trekking peaks, meaning it can be summited without technical gear. Other trekking peaks include Island Peak (6,189 m), Lobuche East (6,119 m), and Pokalde Peak (5,806 m), but Mera Peak stands out for its stunning views of **Everest**, Kanchenjunga, and Makalu.

The climb is challenging yet manageable. You gain height gradually, giving your body time to acclimatize while learning how it reacts to altitude. The route stays away from crowded trails, passing through quiet forests and open valleys, allowing climbers to focus and enjoy nature while building mental strength.

WHERE MERA PEAK IS LOCATED

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Mera Peak lies in the Hinku Valley, one of the most remote trekking areas in eastern Nepal. The journey begins with a flight to Lukla, but instead of following the busy Everest trail, the route turns south and east into a quieter region.



The Mera Peak height is 6,476 meters, which makes altitude the main challenge of this climb. At this level, the air is thin, and every step takes effort.

Geographically, the mountain features:

- Wide glaciers
- Gentle snow slopes
- A long summit ridge
- Open terrain with steady ascent

WHY CHOOSE THE 18-DAY ITINERARY OVER SHORTER OPTIONS

Short itineraries often rush the ascent. That increases risk and reduces enjoyment. The 18-day plan takes a different approach. Altitude is the main challenge, not technical climbing. A longer schedule gives your body time to adapt. This improves safety and increases summit success.

This itinerary allows:

- Proper acclimatization
- Extra rest days at higher elevations
- Time for basic climbing practice
- Flexibility for weather changes

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PRICE INCLUDES

- Airport transfers in Kathmandu (arrival and departure)
- Hotel accommodation in Kathmandu with breakfast
- Domestic flights between Kathmandu and Lukla
- All ground transportation as per the itinerary
- Accommodation in teahouses during the trek
- Tent accommodation at base camp and high camp
- Three meals per day during trekking and climbing days
- Experienced, licensed trekking and climbing guide
- Professional climbing Sherpa support
- Group climbing equipment (ropes, ice screws, snow bars)
- First aid medical kit carried by the guide
- All required climbing and trekking permits
- National park and local area entry fees
- Government taxes and official service charges

PRICE EXCLUDES

- International airfare to and from Nepal
- Nepal entry visa fees
- Personal travel and rescue insurance
- Personal climbing gear and clothing
- Alcoholic and bottled drinks during the trek
- Extra meals and accommodation in Kathmandu
- Personal expenses (laundry, phone calls, Wi-Fi, charging)
- Tips for guides, Sherpas, and support staff
- Costs due to flight delays or weather-related changes

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ITINERARY IN DETAIL

Day 1: Day 1: Arrival in Kathmandu (1,350 m / 4,429 ft)

Arrive in Kathmandu and transfer to your hotel. Meet the team from Dolpo Caravan Treks for a briefing, itinerary review, and gear discussion. Overnight in a hotel.

Day 2: Day 2: Preparation Day in Kathmandu (1,350 m / 4,429 ft)

This day is used for permit processing, final equipment checks, and last-minute shopping. Your guide explains safety rules, altitude concerns, and the climbing plan.

Day 3: Day 3: Flight to Lukla and Trek to Pangkongma (2,846 m / 9,337 ft)

Early morning flight to Lukla (2,840 m). Start trekking toward Pangkongma through villages and forest trails. Overnight in a teahouse.

Day 4: Day 4: Trek from Pangkongma to Nashing Dingma (2,600 m / 8,530 ft)

The trail crosses ridges and farmland with gradual ups and downs. This day helps build walking rhythm and stamina. Overnight in Nashing Dingma.

Day 5: Day 5: Trek from Nashing Dingma to Chalem Kharka (3,350 m / 10,991 ft)

Enter a more remote section of the trail. Forests thin out as altitude increases. Walk at a slow and steady pace. Overnight in Chalem Kharka.

Day 6: Day 6: Trek from Chalem Kharka to Khote (3,580 m / 11,745 ft)

Descend slightly and follow the Hinku River. Khote is a key village with lodges and basic facilities. Overnight in a teahouse.

Day 7: Day 7: Acclimatization Day at Khote (3,580 m / 11,745 ft)

Rest and acclimatization day. A short hike to higher ground is planned, then return to Khote. This day helps manage the Mera Peak climbing difficulty later.

Day 8: Day 8: Trek from Khote to Thangnak (4,350 m / 14,272 ft)

Follow the river valley upward. Trees disappear, and the landscape becomes alpine. Overnight in Thangnak.

Day 9: Day 9: Acclimatization Day at Thangnak (4,350 m / 14,272 ft)

Another important rest day. Short hikes help the body adjust before moving higher. Preparation for glacier travel begins.

Day 10: Day 10: Trek from Thangnak to Khare (5,045 m / 16,552 ft)

Cross moraines and rocky terrain. Khare sits at the foot of the mountain and is a major staging point. Overnight in a lodge.

Day 11: Day 11: Acclimatization and Climbing Training at Khare (5,045 m / 16,552 ft)

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Climbing practice day. Learn how to use crampons, ice axe, harness, and ropes. This day is especially helpful for Mera Peak climbing for beginners.

Day 12: Day 12: Trek from Khare to Mera Base Camp (5,300 m / 17,388 ft)

Short but demanding walk across glacier terrain. Camp is set up at base camp. Overnight in tents.

Day 13: Day 13: Trek from Mera Base Camp to High Camp (5,800 m / 19,029 ft)

A challenging ascent on snow and ice. High camp is exposed and cold but crucial for summit success. Overnight in tents at Mera Peak high camp.

Day 14: Day 14: Summit Day and Descent to Khare (6,476 m / 21,247 ft)

Early morning summit push to the top of Mera Peak. Enjoy wide Himalayan views before descending carefully back to Khare.

Day 15: Day 15: Trek from Khare to Khote (5,045 m / 16,552 ft)

Long descent day. Oxygen levels increase, making breathing easier. Overnight in Khote.

Day 16: Day 16: Trek from Khote to Lukla (3,580 m / 11,745 ft)

Final trekking day through familiar trails and villages. Celebrate the successful climb in Lukla.

Day 17: Day 17: Flight from Lukla to Kathmandu (2,840 m / 9,318 ft)

Morning flight back to Kathmandu. Transfer to hotel. Free time for rest or shopping.

Day 18: Day 18: Final Departure (1,350 m / 4,429 ft)

Transfer to the international airport for departure, or continue with other travel plans.

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FAQ

1. How high is Mera Peak?

Mera Peak stands at 6,476 meters (21,247 feet), making it the highest trekking peak in Nepal.

2. How long does it take to climb Mera Peak?

The standard itinerary takes 18 days, including trekking, acclimatization, climbing training, and summit day.

3. What is the best time to climb Mera Peak?

The best time to climb Mera Peak is during spring (March–May) and autumn (September–November), when the weather and visibility are most stable.

4. Do I need prior climbing experience for Mera Peak?

No advanced climbing experience is required. Basic trekking experience and good fitness are recommended. Climbing skills are taught during the trip.

5. What permits are required for Mera Peak climbing?

You need a Mera Peak climbing permit, a Makalu Barun National Park permit, and a local area permit. These are arranged by the agency.

6. How cold does it get on Mera Peak?

At high camp and on summit day, temperatures can drop to -20°C to -25°C (-4°F to -13°F), with colder wind chill.

7. What is the success rate of Mera Peak climbing?

Success rates are high when climbers follow a full itinerary with proper acclimatization and experienced guide support.

8. Is Mera Peak harder than Island Peak?

Mera Peak is higher but less technical. Island Peak is lower but involves more technical climbing sections.

9. What kind of fitness is required for Mera Peak climbing?

You should be able to walk 5–7 hours a day on mountain terrain and have good cardiovascular fitness.

10. Can Mera Peak be climbed without a guide?

No. A licensed guide is required for permits and safety regulations.

11. How dangerous is altitude sickness on Mera Peak?

Altitude sickness is a real risk but is well managed with slow ascent, acclimatization days, and early response to symptoms.