



# Mera Peak Climbing -19 Days

## Trip Facts

Destination	Nepal
Duration	19 Days
Group Size	N/A
Trip Code	DWTTK003
Grade	Very Strenuous
Activity	Peak Climbing In Nepal
Region	Everest Region
Max. Altitude	Mera Peak (6654 m)
Nature of Trek	Lodge /Camping trekking
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Lodge/Tea house/Camping during the trek/climb
Start / End Point	N/A
Meals Included	All Meals (Breakfast, Lunch & Dinner) during the trek/climb
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec
Transportation	Domestic flight (KTM-Lukla-KTM) and private vehicle (Transportation)

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Mera Peak (6654m), the highest Nepal's permitted trekking peak, through an unspoilt region of the Hinku and Hongu valleys is the perfect destinations that rewards a real mountaineering adventure with...

## About the Trip

Mera Peak (6654m), the highest Nepal's permitted trekking peak, through an unspoilt region of the Hinku and Hongu valleys is the perfect destinations that rewards a real mountaineering adventure with spectacular scenery and ultimately one of the finest viewpoints of five of the world's highest 8,000m mountains on the universe.

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## Highlights

### What is Included?

- ✔ Airport and hotel transfer with private transportation.
- ✔ Kathmandu – Lukla – Kathmandu flight and airport departure taxes
- ✔ Tea house, lodge accommodation/ tents during climbing in twin sharing basis. Including meals Breakfast, Lunch and Dinner.
- ✔ Group gears and supplies (ropes, ice screws, snow bars).
- ✔ All Camping Equipment (kitchen tent, dinning tent, toilet tent ,table, chair and kitchen utensils)
- ✔ Government License holder Discovery World Trekking experienced and qualified trekking / Climbing leader, cook, and porters to help trekkers luggage. (2 trekkers: 1 porter) max load 20 kg per porter.
- ✔ Coverage of guides and porter's meals, insurance, salary, lodging, transportation, flight and other necessary equipment.
- ✔ Permits for Mera Peak climbing.
- ✔ Sagarmatha National Park entry permit fee & TIMS Card.
- ✔ Garbage Deposit.
- ✔ Medical kit.
- ✔ Arrangement of sleeping bags and down jackets.
- ✔ Catering extra dietary requirements.
- ✔ All government and Local taxes.
- ✔ We use pulse oximeter on our clients everyday during the trekking for blood oxygen saturation level monitor to high altitudes as it is an important indicator to recognize early signs of impending altitude sickness and other potentially health risks
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Discovery World Trekking's appreciation of certificate after the successful Trek/Expedition.
- ✔ Farewell Dinner.

### What is Excluded?

- ⊖ International Flight.
- ⊖ Accommodation 3 meals (breakfast, meal and dinner) in Kathmandu.
- ⊖ All Personal Expenses such as laundry, telephone calls, bar bills, beverages, snacks.
- ⊖ Personal clothing and gear.
- ⊖ Travel Insurance.
- ⊖ Extra shower fees at lodges along the trail, battery re-charge fees, and incidental expenses along the trail.
- ⊖ Tips for Guide and Porters.
- ⊖ weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.

## Overview

Scaling Mera peak at 6,654m, rising to the south of Everest and dominating the watershed in the wilderness valleys of the Hinku and Hongu, is officially the highest Nepal's permitted trekking Peak. The most rewarding aspect of a trip to Mera through highland, densely forested valleys of the Hinku and Hongu into the little- visited and yet unspoilt region of Nepal Himalayas is the perfect destination to view several spectacular natural landscapes and breathtaking mountains.

Mera, encompassing five of the world's highest 8,000m mountains has been one of the most sought Nepal's climbing peaks, was the first ascent by J.O.M. Roberts and Sen Tenzing in May 1953, by following now the same standard route from the Mera La. The ascent to Mera using the standard route from Mera La is technically straightforward, although it

requires the crossing of high and difficult passes, can be long and demanding, especially in the event of a heavy snow fall and open maze of crevasses.

We begin the trekking journey to the southeast after flying into the mountain airstrip of Lukla, through forest, crossing several cascading streams with an exploration of the wonderful valley. The path into the rocky, rocky ridge traverses slowly ensure proper acclimatization, rising gently to the Zatrwa La Pass, marked by mani and chorten. After traversing for a while, the trail descends steeply through dense forest to the river, following the lateral moraine of the Dig Glacier to Dig Kharka. It is well worth spending an extra day at kharka, surrounded by superb peaks and beautiful glacial lake. For better preparation to reach the summit of Mera, our climbing guide conducts training to practice skills, techniques, and proper way of using crampons, rope, harness and ice axes etc. for glacial travel during the rest day to boost confidence to climbers before climbing the summit. At high camp, we are greeted by the most glorious viewpoints in Nepal, with panorama of Everest, Makalu and the Nuptse, Lhotse wall directly ahead. The mountain vistas from the top of Mera Peak is just magnificent. We climb the peak and descend back on the same day and arrive at Lukla via the same route for our flight back to Kathmandu.

While trekking through the trails of Mera, we get an opportunity to pass through the untouched forest of the Hinku Valley that offers the mesmerizing natural beauty and the mountain vistas, whereas the summit of Mera Peak rewards one of the finest viewpoints in Nepal.

## Day to Day Itinerary

### Day 1

Arrival at Tribhuvan International Airport in Kathmandu

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### Day 2

A full day of sightseeing around The Kathmandu Valley region with your DWT tour guide.

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### Day 3

Fly(35 mins) to Lukla (2850 m) then trek(3 hrs) to Chutanga (3050 m). Stay overnight at lodge.

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### Day 4

Acclimatization at Chutanga. Stay overnight at lodge.

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### Day 5

Trek(6 hrs) to Tuli kharka (4300 m). Stay overnight at lodge.

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### Day 6

Trek (6-7 hrs) to Kotte (3600m). Stay overnight at lodge.

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### Day 7

Trek (5 hrs) to Thangnag (4350 m). Stay overnight at lodge.

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### Day 8

Acclimatization day at Thangnag. Stay overnight at lodge.

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### Day 9

Trek (6 hrs) to Khare (5000 m). Stay overnight at lodge.

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### Day 10

Practice day at Khare for climbing. Stay overnight at lodge.

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### Day 11

Trek(4 hrs) to Mera La (5415m). Stay overnight at Tented camp.

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### Day 12

Trek (3 hrs) to Mera High Camp (5750 m). Stay overnight at Tented camp.

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### Day 13

Summit Mera Peak (6-7 hrs) (6654 m) and trek back to Khare. Stay overnight at lodge.

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### Day 14

Additional day for bad weather. Stay overnight at lodge.

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### Day 15

**Additional day for bad weather. Stay overnight at lodge.**

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**Day 16**

**Trek (5 hrs) to Thuli Kharka, Stay overnight at lodge.**

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**Day 17**

**Trek (6-7 hrs) to Lukla. Stay overnight at lodge,**

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**Day 18**

**Fly(35 mins) from Lukla – Kathmandu. Stay overnight at Hotel.**

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**Day 19**

**Departure day to your home country.**






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# FAQ's

## What is the best Season for trekking /climbing?

Spring (March to June) and Fall (September to November) are the best seasons to trek Everest Base Camp. Discovery World Trekking can make arrangements if you wish to avoid the crowds in these seasons, DWT can make it happen in any season you want with all the safeties and fun.

## How to avoid altitude sickness in Trekking/climbing?

-  **Cut off caffeinated, alcoholic, and smoking items.**
  -  **Drink at least 4 liters of water a day.**
  -  **Trek slow.**
  -  **Don't skip the acclimatization days.**
  -  **Better to continue with Diamox (if any symptoms show up).**
- Drink Garlic Soup.

## How long do I need to walk per day during my trek/climbing?

The hiking will be 5-7 hours a day depending upon the landscape and destination.

## How safe is trekking/climbing?

Discovery World Trekking guarantees 3S for the clients: safety, security, and satisfaction. The team members of Discovery World Trekking will be carrying all the necessary gear, equipment, and first aid kits and they have extensive first aid training. If a trekker falls sick at a high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking has a rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides an oximeter to monitor the oxygen levels at high altitudes and offers regular health check-up facilities.

## Is Lukla Airport convenient for the flight?

Lukla is at 9,500 feet 2,850m above sea level. The higher the altitude, the lower the air density. So, the planes need to land at faster speeds. The weather in this area changes constantly and the cloud cover can be extreme, leading to major turbulence, which, though not dangerous, tends to be tough for passengers to endure. However, it is actually the country's busiest airport serving as the key port of entry and exit for trekkers hoping to ascend Everest. Discovery World Trekking will try to make your flight pleasant in any circumstances.

## What if my flight to and from Lukla is cancelled or delayed?

The flights are usually regular between October and May. But due to high altitude, bad weather, and unforeseen technical issues, you may experience a delay or cancellation of the flight. On the occurrence of such events, Discovery World Trekking charters a helicopter to make sure you are on the safe schedule either for the trek or for your flight back home which would cost extra charge as an unexpected event. However, if the visibility is less than 1,500 meters, it is unable to operate helicopter facilities and Discovery World Trekking will reschedule the flight.

## Do I need any permits before starting the trek /climbing?

You need Climbing Permits and Sagarmatha National Park Entry Permit. Discovery World Trekking will help you with all those necessary paperwork and let you enjoy your holidays to the fullest.

## Do I need Travel Insurance to trek/climb in Everest Region?

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members, which should be provided to us before you start your trekking. Discovery World Trekking will help you to get travel insurance for potential altitude sickness and unforeseen events due to sudden climate change.

## What about the Insurance of guides and porters?

Yes, Discovery World Trekking ensures the expenses for insurance of its guides, porters, and all the crews along with meals, salary, lodging, transportation, and other necessary equipment.

## What is the luggage limit for porter and flight to Lukla?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you

to your destination. However, the weight limit on flights to the Everest region, basically to Lukla is a total of 10 kgs and you need to pay an extra amount per kg for the excess baggage. Discovery World Trekking pays up to 5 kgs of extra baggage making your total 15 kgs.

### What is the weather condition at Everest region?

Weather on the trail to the Everest region is always changing and impossible to predict. Here is a list of probable temperature and weather conditions in each month.

Month	Temperature	Weather and Nature
January	Max 4°C in the daytime to min -17°C in the nights and mornings	Blue skies, freezing weather
February	Max 4°C in the daytime to min -15°C in the nights and mornings	Mild and humid, good visibility
March	Max 7°C in the daytime to min -12°C in the nights and mornings	Days are short and the temperature starts to warm up, chances of occasional snowfalls
April	Max 10°C in the daytime to min -5°C a night	Moderate temperature with amazing landscape, rhododendron, and wildflowers
May	Max 15°C in the daytime to min 0°C a night	Days are still long, warm, and sunny
June	Max 16°C in the daytime to min -1°C a night	Rainy season
July	Max 15°C in the daytime to min 2°C in a night	Hot and humid
August	Max 16°C in the daytime to min 2°C in a night	Max 16°C in the daytime to min 2°C in a night
September	Max 15°C in the daytime to min 2°C in a night	End of monsoon, no clouds
October	Max 12°C in the daytime to min -6°C a night	Stable weather condition
November	Max 6°C in the daytime to min -12°C a night	Days are sunny and bright, cold during the night, the sleeping bag is most.
December	Max 4°C in the daytime to min -14°C a night	Foggy and cloudy weather

### Documents that I need to bring for trekking/Climbing?

You need to submit the following documents after the advance payment deposit and all the documents should be sent via email.

-  A copy of passport,
-  Passport size photos,
-  Flight details,
-  Copy of travel insurance (it has to cover heli rescue and medical evacuation).

### What are the arrangements for night stay during the trek?

For the Everest Base Camp trekking/climbing, you will be staying at teahouses/lodges/camp, generally offering twin sharing room and healthy local foods. Generally, the toilets are outside the room or the house in a squat form. Hot showers/running water are available at extra cost in most of the

### Is meal easily available on the trek/Climbing?

The meal on this trek is very convenient but not as in cities. Along with Western meals, chapati, rice, local tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tenduk, noodles, and thukpa are amazing Himalayan cuisines for the trekkers. Discovery World Trekking will arrange meals in special areas for its clients.

### What types of liquid do I need to drink at high altitude?

Garlic soup is a must while trekking. Discovery World Trekking recommends trekkers to drink green tea, lemon tea, hot lemon, and ginger tea. However, it is better to avoid alcohol and alcoholic beverages, caffeinated items, and hot-chocolates at high altitude.

**Is there pick service by the Company?**

You will see personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets on her/his hand. S/he will take you to your selected hotel on private transportation conveniently.

**I am a vegetarian. Am I supposed to get enough meal on my trek?**

Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourages to avoid dairy and cheesy items and strongly suggests not to consume them during the trek. So, our packages are suitable for both vegan and vegetarians.

**Is there a cancellation or refund policy?**

Discovery World Trekking offers cancellation and refund facilities. You need to visit Discovery World Trekking's individual tour packages for more information.

**What is the booking and payment method for trekking/climbing?**

You need to pay 10% in advance and the rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged an extra amount as a service fee by the bank. So, Discovery World Trekking recommends you to pay in cash to enjoy the benefit of a discount. Any currency is accepted.

**Do I need to tip my porter and guide?**

Your porters are a big reason why you got a chance to feel something very few can have. Apart from guiding and carrying your necessities and being mindful of your safety, they want to see you happily succeed more than anyone like family and help you successfully complete the trek safely. So, your tips reflect gratitude towards them. So, tipping is a recommended culture for porters and guides in Nepal as a gesture of thankfulness.

**How is the drinking water in the trails to Everest ?**

Bottled water is easily available at low cost. But you can not use plastic bottles in the Everest region. So, they do not sell plastic bottled mineral water. You need to drink mineral water or boiled filtered water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu or Pokhara. Discovery World Trekking also provides water purifier pills.

**Can I buy the gear in Nepal and sell**

Discovery World Trekking will introduce you to dozens of shops selling knock-off gear in Kathmandu. You can also barter those gears at the knock-off places but be sure you keep the receipt safely. Moreover, you can rent the needed gears if you do not want to buy them.





## Discovery World Trekking

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**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

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Quick Questions? Email Us

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