



Mera Peak Climbing -15 Days



Trip Facts

Destination	Nepal
Duration	15 Days
Group Size	N/A
Trip Code	DWTK003
Grade	Very Strenuous
Activity	Peak Climbing In Nepal
Region	Everest Region
Max. Altitude	Mera Peak (6654m)
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 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...

About the Trip

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.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

- 📄 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

What is Included?

- ✔ Airport and hotel transfer with private transportation
- ✔ Kathmandu – Lukla – Kathmandu flight and airport departure taxes
- ✔ Accommodations total 14 days. 13 days at lodges. 1 day at camp. Twin sharing basis. Tents during climbing
- ✔ Meals. Standard meals - 15 Breakfasts, 14 Lunches, and 14 Dinners (with seasonal fruits).
- ✔ Group gears and supplies (ropes, ice screws, snow bars)
- ✔ All camping equipment (kitchen tent, dining tent, toilet tent, table, chair, and kitchen utensils)
- ✔ 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
- ✔ Mera Peak Permit, Sagarmatha National Park Entry Permit & TIMS Card fees
- ✔ All government and local taxes
- ✔ Rescue operations arrangements in case of complicated health conditions (funded by travel insurance).
- ✔ Discovery World Trekking's climbing achievement certificate after the successful trek/expedition.
- ✔ Farewell dinner at the end of the trek in Kathmandu

What is Excluded?

- ❑ International flight costs
- ❑ Meals and accommodations in Kathmandu.
- ❑ Extra night accommodations and meals in Kathmandu due to early arrival or late departure
- ❑ 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
- ❑ Travel insurance
- ❑ Any expense not included in the "what is included" list above

Overview

Rising to the south of Everest and dominating the watershed in the wilderness valleys of the **Hinku and Honku lies Mera Peak (6461m / 21197ft)**. It is one of the busiest trekking peaks that provides awe-inspiring views of the Himalayas, despite requiring only basic mountaineering skills.

The path to Mera Peak passes through the forested highland valleys of Hinky and Hongu in the heart of the less-visited and unspoiled Nepali Himalayas, providing breathtaking views of landscapes, including some of the world's highest peaks.

J.O.M Roberts and Sen Tenzing made the **first successful ascent of Mera Peak in May 1953**, through a route that now forms the standard path to the peak from Mera La.

The ascent to Mera Peak through the standard route from Mera La is technically straightforward, but this ascent requires the crossing of high and difficult passes that can be long and demanding, especially in the event of heavy snowfall and an open maze of crevasses.

Your journey begins with a flight from Kathmandu to the mountain airstrip of **Lukla**. From Lukla, you will trek forward, passing Pakhepani Village and then crossing Chutok La Pass (2,945m) to reach **Paiya**. You will spend your first night in the trek region at Paiya.

After Paiya, you will be trekking to **Pangkoma**, but the path is long and consists of several huge steep climbs. After Pangokma, you will be trekking to **Ramailo Danda**, enjoying the stunning landscapes, past several mani walls and Chortens, and across Panggom La Pass at 3,174m. From Ramailo Danda, you will be trekking to **Chetrakhola** and then to **Kothe**.

The trek from Kothe to **Tangnak** should be easy, with gentle inclines by the side of a river. From Thangnak, your journey continues to **Khare**. The altitude gain is substantial so, we will stay one day at Khare for acclimatization. Khare hosts a German bakery to fulfill your cravings.

On your ninth day, you will reach Mera High Camp from Khare. It is time to use your mountaineering equipment. High Camp provides an easy reach to Mera Peak.

Finally, **on your tenth day, you will be reaching Mera Camp summit**, but to avoid the afternoon wind, we will start scaling the summit at around 2 am. Our Sherpas will assist you and teach you how to climb, but Mera Peak climb is quite easy and requires minimum technical climbing skills. From the top of Mera Peak, you will see a panorama of the Himalayas, including three eight-thousanders - Mt. Everest, Mt. Cho Oyu, and Mt. Makalu. If you couldn't summit this peak today, we have added an extra contingency day to provide you with some time the next day.

After summiting Mera Peak, we return to Khare. From Khare, we return to Kothe, then Thuli Kharka, and back to Lukla. From Lukla, you will take a **flight back to Kathmandu**.

Day to Day Itinerary

Day 1

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

Itinerary Facts

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)

Itinerary Facts

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

Itinerary Facts

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)

Itinerary Facts

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)

Itinerary Facts

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)

Itinerary Facts

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)

Itinerary Facts

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)

Itinerary Facts

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)

Trips Notes

Free airport pick-up and hotel transfer

We request you to 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**. This will allow you time to participate in the trip briefing. During the trip briefing, we will provide you with important information about the trek and recheck your luggage to ensure that you have packed all essential things for the Mera Peak Climb. On the trek departure date, we will take you to Kathmandu Airport for a domestic flight to Lukla - the gateway to Everest.

This package includes Kathmandu - Lukla - Kathmandu flight costs.

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.

You are free to enjoy hot showers and Wi-Fi at available lodges/hotels in trek regions.

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.

Some of the popular menu items are -

Breakfast - Pancakes, Muesli Breads, Fruits, Vegetables, Honey Tibetan bread or Chapati, Local Tsampa porridge, Eggs, Oatmeal, Corn Flakes, 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), etc

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, etc

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

Our team comprises experienced cooks and kitchen helpers to prepare you meals at camps. We also provide 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.

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

chocolates.

This package does not include personal bills (alcoholic, hot (tea/coffee), and cold drinks) in tea houses/ lodges/cafes except for standard meals (Breakfast, Lunch, and Dinner with seasonal 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 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 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 Nepalese language 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 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, 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

The temperature in the high Himalayas is unpredictable and changes rapidly.

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 symptoms. Here 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 compulsory for all 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.

Call your insurance provider and ensure that your policy includes heli-rescue and evacuation in addition to treatment costs. Do not just rely on what insurance companies say on their website.

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.125 NPR).

You can easily exchange most foreign currencies at the 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 9kg.** So we do not allow our porters to carry more than 18kg 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, we will recheck your luggage, equipment, and gear before starting the trip.

Mera Peak Climbing Safety

Discovery World Trekking **takes care of client safety and security**. Your 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.

We advise you not to drink water from the rivers, taps, or wells in trek regions because water may not be potable.







Trekking Group/Single








We organize groups as well as private trips. If you have your group, you are eligible for discounts based on your group size. However, you are ineligible for group discounts for groups we form. 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.

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

We request you to make available the following documents to arrange permits.

-  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.

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
30 Mar, 2023 - 13 Apr, 2023	\$2600 \$2000
06 Apr, 2023 - 20 Apr, 2023	\$2600 \$2000
13 Apr, 2023 - 27 Apr, 2023	\$2600 \$2000
20 Apr, 2023 - 04 May, 2023	\$2600 \$2000
27 Apr, 2023 - 11 May, 2023	\$2600 \$2000

FAQ's

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 client safety, security, and satisfaction. Our trekking team will be carrying all the necessary gear, equipment, and first aid kits. Similarly, our guides have completed intensive first aid training.

If a trekker falls sick at a high altitude, the trek lead will decide whether to continue the trek or descend immediately. In an emergency, Discovery World Trekking will deploy a rescue helicopter to bring you back (funded by insurance). Moreover, Discovery World Trekking crew also carries an oximeter to monitor the oxygen saturation levels of trekkers at high altitudes and offers regular health check-up facilities.

Is Lukla Airport convenient for the flight?

Lukla is at 9,500 ft (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 turbulence, which, though **not dangerous**, can be tough for passengers. However, **Lukla Airport is Nepal's busiest airport**, which serves as the key entry and exit point for trekkers hoping to ascend Mt. Everest.

What if my flight to or from Lukla is canceled or delayed?

We recommend you to **allocate extra 2 / 3 days** for the hike to account for unpredictable weather. In rough weather, flights from **Lukla to Kathmandu** or vice versa get canceled. In such cases, the flight is **automatically rescheduled for the next possible day**.

If you have a very tight schedule, you can charter a helicopter to make sure you are on schedule either for the trek or your flight back home. However, you will have to bear the helicopter cost. But, if the visibility is less than 1,500 meters, it is impossible to operate a helicopter, and Discovery World Trekking will reschedule the flight.

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

You need climbing permits and entry permits, where applicable. Discovery World Trekking will get these permits and let you enjoy your trek hassle-free.

Do I need travel insurance to trek in the Everest Region?

There are chances that you may need a quick helicopter ride back to Kathmandu to **avoid health emergencies**, so adequate insurance is a must. The insurance has to cover helicopter rescue & medical evacuation expenses at high altitudes.

What about the insurance of guides and porters?

All Discovery World Trekking staff members have **insurance** coverage, and in addition to salary, we also cover their meals, lodging, transportation, and necessary equipment costs during the trek.

What is the luggage weight limit for the Lukla flight?

The weight limit on flights to the Everest region, basically to Lukla, is 10 kg. You are allowed to hand carry 5 kg making **your total 15 kg**.

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

What documents do I need to bring for trekking/climbing?

You need to email us the following documents after the advance payment for the booking.

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

What are the arrangements for night stays during the trek?

You will be mostly **staying at teahouses/hotels/lodges** in twin sharing rooms. They also have healthy food. Generally, the toilets are outside the room. Hot showers/running water are available at extra cost in most of these places. If you are coming for **peak climbs, you might need to stay in camps/tents.**

Is meal easily available on the trek/Climbing?

The meal during this trek is very convenient but not as in cities. In addition to western meals, chapati, rice, local Tsampa porridge, Tibetan bread, and various soups like Sherpa stew, steaks, Momo (dumplings), Tenduk, noodles, and thukpa are available.

Is there an airport pick-up service by the company?

You will see a Discovery World Trekking representative welcoming you outside the Tribhuvan International Airport arrival lounge **holding a pamphlet with your name on it.** S/he will take you to your selected hotel in **a private vehicle.**

I am a vegetarian. Will I get enough meals during the trek?

Discovery World Trekking does not recommend non-veg items at trekking regions because the meat in such places may not be hygienic. We also strongly advise you to avoid dairy and cheese items along with alcohol. So, our packages are **suitable for all** - vegans, vegetarians, and non-vegetarians.

Is there a cancellation or refund policy?

Discovery World Trekking **has** cancellation and refund policies. Please visit our terms and conditions page for more information.

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

You need to pay **10% of the trip cost in advance as booking confirmation**, and you can pay the remaining amount in cash, using credit cards, or bank transfer after arriving in Nepal. In the case of credit cards, banks will add an extra amount as a service charge. We recommend cash (major currencies) payment.

How is the drinking water in the trails to Everest ?

Bottled water is easily available at a low cost on the trails, but certain trek regions do not allow plastic bottles. So, we suggest you to **carry a water bottle** and fill it with filtered/boiled water. We also advise you to use water purification drops or tablets, which you can bring from your own country or buy in Kathmandu. Discovery World Trekking also provides water purifier pills.

Can I buy gear in Nepal?

Discovery World Trekking **can introduce you to dozens of shops selling knock-off gear in Kathmandu**. You can also barter those gears at these places but be sure you keep the receipt safely. Moreover, **you can also rent** the needed gear instead of buying them.

What is the luggage weight limit for a porter?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (**maximum 9 kg for each trekker**). Porters not only carry your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity inspire them to work hard to take you to your destination.



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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Talk to an Expert

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