

The Adventure School

Mera Peak, Nepal, October 2019



At a glance

Summit the highest Trekking Peak in Nepal at 6476m

Stunning approach up the country's wildest valley, the Arun

Unbeatable views of 5, 8000m peaks including Everest

Duration: 19 days

Summary: 16 day trek and climb, 3 nights hotel, 12 nights lodges, 3 nights camping

Included: All accommodation and food on trek

Return flight Kathmandu-Lukla-Kathmandu

Full service camping and portering

Western climbing guide and high altitude Sherpa

Dates: October 11-29th, 2019.

Price: £2275

Expedition Overview

Mera Peak is the highest trekking peak in Nepal and at 6476 m (21,211ft) its big. The views from the summit take in the highest mountains in the world including Everest and 4 other 8000m peaks, Makalu, Lhotse, Kanchenjunga and Cho Oyu.

Despite being the highest trekking peak, this spectacular summit is well within reach of regular mountain walkers with a good level of fitness and suitable for anyone with little or no previous experience of using an ice axe and crampons. Our careful programme of acclimatisation is designed to maximise your

chance of comfortably reaching this special summit.

You start your Mera Peak adventure with the exhilarating Kathmandu to Lukla flight, with great views all the way and the hair-raising landing at Lukla's short runway. Having assembled our crew the route takes you south around the mountain to Paiya and Pangom avoiding the Zatrwa La crossing which at 4250m nearly always causes problems with altitude sickness if crossed too early. This part of the route is quiet but heavily farmed. From Sibuje you branch north heading into pristine

bamboo and rhododendron jungle. The trek then moves on up the Arun valley with plenty of time to acclimatise before reaching Khare.

The first day of the push to the summit of Mera Peak takes you to the camp at Mera La and from there you move higher to the spectacular High Camp, clinging onto a rocky outcrop on the edge of the glacier. Sunset at High Camp is amazing with the Himalaya's 8000m giants basking in the alpine glow. Summit day is a long hard slog up the glacier, before a short sharp scramble up an ice-wall to the summit of Mera Peak. Take as much time as the cold will allow to enjoy what is probably the best view of the Everest massif in Nepal.

After summiting you descend back to Khare before tracking back down the Arun valley and finally heading over the Zatrwa La pass, now fully acclimatised.

What's included

Your hotel stay for one night before and two nights after the trek.

All accommodation and food during the expedition.

All airport transfers.

Return flight between Kathmandu and Lukla.

National Park entry, TIMS fees & climbing permit.

A fully supported trek with a qualified Nepali mountain guide.

Western climbing leader.

All drinking water on the trek.

High quality sleeping tents.

Oxymeter to check your pulse and oxygen saturation.

Not included

International airfares and visas.

Tips for your guides and porters.

Personal items.

Travel insurance (you must be insured, and specifically for treks up to 6500m, using fixed ropes, available through The BMC.)

Your personal trekking and climbing gear.

Your personal medicines or prescriptions.

Meals and drinks in Kathmandu (breakfast is included.)

Trip outline

Day 1 Arrive in Kathmandu

Day 2 Fly to Lukla and trek to Paiya

Day 3 Paiya to Pangkoma

Day 4 Pangkoma to Nagindingma

Day 5 Nagindingma to Cholem Kharka

Day 6 Cholem Kharka to Khote

Day 7 Khote to Tagnang

Day 8 Tagnang to Khare

Day 9 Acclimatisation day in Khare

Day 10 Khare to Mera La

Day 11 Contingency day/ skills training

Day 12 Mera La to High Camp

Day 13 Ascend Mera Peak, trek to Khare

Day 14 Khare to Khote

Day 15 Khote to Chetera La

Day 16 Chetera La to Lukla via Zatrwa La Pass

Day 17 Fly to Kathmandu

Day 18 Sighting around the Kathmandu valley

Day 19 Fly Home

Previous experience / fitness

The climb up Mera is non-technical and is really a glacier walk. It has a couple of very short, steep snow slopes. It is thus suitable for hill walkers with little or no previous winter mountaineering experience although time spent with ice-axe and crampons in the past will be helpful.

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