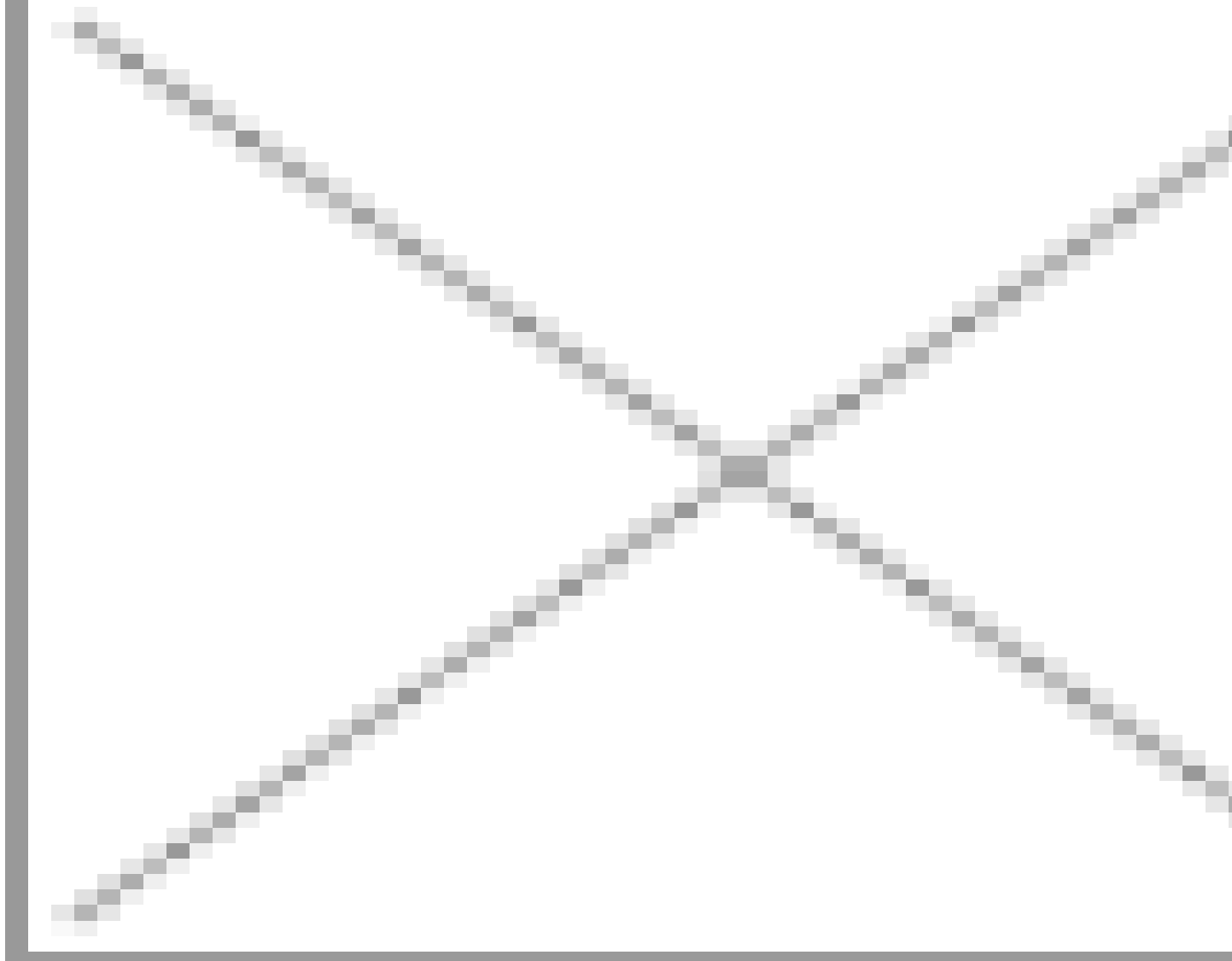


## Overview

**Join our fantastic Mera Peak climbing starting from Khare. We have group join available for Spring and Autumn 2025 and 2026**

Mera Peaks lies in the Sagarmatha (Everest) region of Nepal, classified as a trekking peak including three main summits: Mera North, 6,476 meters (1,247 ft); Mera Central, 6,461 meters (21,198 ft); and Mera South, 6,065 meters (19,898 ft), as well as a smaller "trekking summit," visible as a distinct summit from the south but not marked on most maps of the region. The Peak was first climbed by Jimmy Roberts on May 20, 1953, by Col. Mera North was first climbed by the French mountaineers G. Baus, Marcel Jolly, and L. Honills in 1975. The region was first travelled by British expeditions in the early 50s before and after the ascent of Everest. Jimmy Roberts (1916-1997) was probably the person who can take most of the credit for establishing the trekking industry in Nepal in the early 1960s. He was posthumously awarded the "Sagarmatha (Everest) National Award" by the government in May 2005.

The view from the top of the peak is one of the best in the Himalaya, with five eight thousanders Mount Everest, Lhotse, Cho Oyu, Makalu, and Kangchenjunga, as well as other Himalayan peaks connected below. The usual route from the north involves high-altitude glacier walking. The ease of reaching this elevation may be its biggest hazard but fine weather and snow conditions are, of course, essential for safety and success. The west and south faces of the peak offer more difficult technical routes. For experienced climbers, it is a technically straightforward ascent, the main hurdle being proper acclimatization to the high altitude. These reasons make Mera Peak a very popular destination. We, Guide in Himalaya, offer a guided package trip to the Mera peak with mountaineering experience at the most competitive price. All climbers are recommended to participate in fitness preparation and altitude training before attempting to climb. In 1986, Mal Duff and Ian Tattersall made the first ascent of the southwest pillar.



*Mera Peak Climbing Successful Certificate Provided by NMA (Nepal Mountaineering Association)*

Moderately demanding Mera Peak Climbing is the most popular trekking peak destination and is the highest trekking peak in Nepal. This itinerary has been crafted to cater to trekkers and climbing adventure keens who need to explore Mera Peak from length to breath. On scaling the summit of Mera Peak, we can have the most spectacular view of the entire Himalayan ranges. The climbing conditions are relatively easy for Mera Peak, as the trekking programs allow adequate time for any reasonably physically fit person to make easy way up of this most spectacular of the Nepalese trekking peaks. The view from the Mera Peak is believed to be one of the most outstanding in the entire Nepal Himalaya. Our trek crosses the Amphu Lapcha pass and goes through Chhukung Valley, and we can either hike up Everest Base camp crossing Kongma La or descend down via Tengboche. The best time for doing this Mera Peak Climbing Expedition is from September to October and from April to June.

## How to get there?

There are mainly three ways to get to Khare and Mera Peak Base Camp. Khare is the last place having teahouses and lodges. In terms of eating and sleeping facilities, Khare is the base camp. Beyond Khare, we will camp for two nights. Trekking through Salleri is best recommended as it keeps you much fitter and well acclimatized, or fly to Lukla and follow the Hinko valley.

### Itinerary 1: Short trekking route

Day 01: Fly to Lukla and trek to Chutanga (3,430 m/11,250 ft): 3-4 hours.  
Day 02: Trek to Thuli Kharka (4320m/13200ft) via Zwatra la (4600 m/14720 ft): 5-6 hours  
Day 03: Trek to Kothe (3600 m/11808 ft): 5-6 hours  
Day 04: Kothe to Thaknak (4,350 m/14,270 ft): 3-4 hours.  
Day 05: Thaknak to Khare (5,045 m/16,486 ft): 2-3 hours.  
Day 06: Rest and acclimatization day at Khare  
Day 07 to 09: Expedition period  
Day 10: Khare to Kothe (3600m/11808ft): 4-5 hours.  
Day 11: Kothe to Thuli Kharka: 5-6 hours.  
Day 12: Thuli Kharka to Lukla: 6-7 hours  
Day 13: Fly to Kathmandu  
Day 14: Reserve day for Contingency

### Itinerary 2: Flight to Lukla and trek via Honku / Hinku Valley

Day 01: Fly to Lukla and trek Puiyan, also known as Thutok (2800 m)  
Day 02: Paiya to Panggom (2,846m/9,337ft): 5-6 hours  
Day 03: Panggom to Ningsow (2,863m/9,393ft): 4-5 hours  
Day 04: Ningsow to Chhatrwa Khola (2,800m/9,186ft): 7-8 hours  
Day 05: Chhatrwa Khola to Kothe (3,691m/12,109ft): 6-7 hours  
Day 06: Kothe to Thaknak (4,358m/14,297ft): 3-4 hours  
Day 07: Thaknak to Khare (5,045 m/16,486 ft): 2-3 hours.

Day 08 to 11 Expedition period

Back to Lukla

Day 12: Reserve Day for Contingency  
Day 13: Khare to Kothe (3600m/11808ft): 4-5 hours  
Day 14: Kothe to Thuli Kharka: 5-6 hours  
Day 15: Thuli Kharka to Lukla: 6-7 hours.

### The third option is:

If you can allow the time, follow the [Classic Jiri Everest Base Camp route](#) or start the trip from Phaplu and follow the Everest [Base Camp Trek from Salleri route](#) till Puyan. Then

follow the Hinku Valley route to Khare for Mera Peak Peak.

### **Itinerary 3: Recommended Mera Peak Trekking Route from Salleri via Honku/Hinku Valley that requires 3 days extra.**

Day 01: Drive to Salleri so you can avoid the Lukla flight. (Flight to Phaplu is available.)

Day 02: Trek to Nunthala

Day 03: Trek to Khari Khola/Bupsa Danda.

Day 04: Trek to Pangogm

Then follow the itinerary number 2.

### **Mera Peak Permit Cost**

<b>Season</b>	<b>Cost</b>
Spring (March to May)	USD 250 per person
Autum (September to November)	USD 125 per person
Winter (December to February)	USD 70 per person
Summer (June - August)	USD 70 per person

For more information about the climbing permit, here is link of [Nepal Mountaineering Association](#)

### **How much does it cost to climb Mera Peak?**

Mera peak climbing cost varies according to season you are going to climb because permit cost rate depends on season. And also group size, length of itinerary, and mode of trip also vary the price. Our pre-set package cost that starts from Khare is US\$ 1139 per person on a minimum two-person basis. A single supplement costs US\$485, so it will cost US\$1624 if you are solo. The price is based on itinerary 2, and following itinerary 3 will cost US\$ 1335 per person on a minimum 2 to 4 people group size basis.

Accommodation and meals in Kathmandu and on the way to/from Khare are on your own. A porter cum guide from and to Lukla is included, and he carries 10-12 kg for you and guides you back to Lukla. Your package starts from Mera Base Camp and back to Khare after summiting the peak. Please check the includes and exclusions for cost detail. We also arrange an inclusive [Mera Peak Climbing package](#) for the clients who prefer a hassle-free airport-to-airport service arrangement.

### **Outline Itinerary**

**Day 01 : Trek to Mera Base Camp (5300m/17,384ft): 3-4 hours**

**Day 02 : Mera Base Camp to High camp (5,780m/18,958ft): 4-5 hours**

### **Day 03 : Summit Mera Peak (6,476m/21,247ft), back to Khare (7-9 hrs)**

#### **Cost Includes**

- Porter cum guide from Lukla to Khare and back to Lukla (weight limit 23kg per porter)
- All meals: breakfast, lunches and dinner during 3 days climbing period.
- Mera Peak Climbing guide and porters for expedition period
- Camping equipments (Tents, Metresses etc)
- Main climbing gears (fixed rope, snow bar etc).
- Food, accommodation, salary and insurance of your guide and porters.
- Mera Peak Climbing Permit.
- Government tax, vat and office service charge etc.

#### **Cost Excludes**

- Transfers, accommodation and meals in Kathmandu.
- Flights to Lukla that costs USD 187 from Kathmandu and same for vv
- Accommodation and meals for Lukla – Khare – Lukla section.
- Group garbage deposit USD 500 (Refundable after the trip )
- Bar drinks and beverages bills
- Personal travel insurance and personal trekking and climbing gear.
- Rescue operation charge in case of emergency.
- Any costs which arise due to a change of the itinerary, because of landslides, political disturbance, and strikes etc.
- Gratitude and tips for your guide and porter.