



MERA PEAK EXPEDITION



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Mountaineering

TRIP GRADE: Challenging

TRIP STYLE: Tea House

5 Based On 1 Reviews

KG Carbon Footprint

TRIP LEADER: International Leader

GROUP SIZE: 5 - 14 people

NEXT DEPARTURE: 07 Oct 2024

9 Trees Planted for each Booking

Mera Peak is an expedition to the highest trekking peak in Nepal at a height over 6,400m. The view from the summit is one of the finest in the Himalaya with five 8,000m peaks including Mount Everest. The other peaks are Cho Oyu, Lhotse, Makalu and Kanchenjunga.

Our expedition starts with a flight to the airstrip at Phaplu in the Solu Khumbu. It takes ten days to trek into Mera Peak Base Camp at Khare. Trekking to Mera Peak we walk through traditional Sherpa villages in the lower Khumbu region and see classic Nepalese landscape. During the walk in there is significant ascent and descent as we cross ridges and down again to the rivers. This helps build our fitness before climbing the mountain.

We have designed our Mera Peak trek itinerary to allow for gradual acclimatisation. Our expedition is longer than most others. By using this itinerary you have a higher chance of summiting the mountain. This is a significant factor in our high success rate in climbing to the summit. As a precaution we bring a portable altitude chamber, full medical kit and a satellite phone.

This Himalayan trip would be suitable if you have mountaineering experience. The climbing route is on a moderate angled snow slope with a steeper section to the summit. There is some scrambling on rock above Khare and before the glacier. If the conditions are dry then this is straightforward. If there is snow with mixed ice and rock conditions then this section can be challenging.

For this expedition we use international leaders working together with Sherpa guides. Having experienced leadership is key for a safe and enjoyable experience. The leaders will provide refresher training during the trip. This will help to remind you of the key mountaineering skills before the climb.

We have organised ten expeditions to climb Mera Peak since 2008. Over the last 5 years we found the climbing route on this mountain more congested with many other groups. In 2019 we launched [Saribung Expedition](#) in a remote region of Nepal. Our view is that climbing [Mount Saribung is the best 6,000m expedition](#) in Nepal. Mera is often compared to Island Peak. The drawback of that trip is it is even more crowded than Mera Peak due to its proximity to [Everest Base Camp](#). We stopped organising groups to this mountain due to the risk of too many people climbing to the summit of Island Peak.

REASONS TO CHOOSE US

- We are Himalayan trekking specialists having operated trips in Nepal for many years.
- The Mountain Company has organised ten successful expeditions to climb Mera Peak. For more information on how these treks went please take a look at our Trip Reports.
- We designed our Mera Peak itinerary for acclimatisation, safety and enjoyment. There are eighteen trekking days including acclimatisation days at Tagnag and Khare. We have also included one spare summit day in case of bad weather or other delays.
- We work with the best [mountain leaders](#). They have deep knowledge and experience of the Himalayas. Unlike many other operators, we use international leaders for mountaineering trips in Nepal.
- Our [AITO Traveller Reviews for Mera Peak](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We use Mountain Hardwear Trango 3.1 tents. These are expedition-grade tents with plenty of space for two people sharing plus gear.
- We review weather forecasts for Mera Peak throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning and group safety. We use GPS to upload your location daily onto Google Maps to track your progress during the trek.
- We bring a comprehensive medical aid kit. There will also be a portable altitude chamber (PAC or Gamow bag).
- We provide the porters with windproof jackets & trousers, crampons, and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We provide a range of tasty meals for breakfast, lunch, and supper. We give everyone in the group a chocolate or muesli bar per day. For breakfast, we provide fresh coffee from our Bialetti Moka coffee machine.
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Internal flights. The flights are from Kathmandu to Phaplu and after the trek from Lukla back to Kathmandu. The weight allowance is 20kg for your main bag checked into the hold and 5kg for your day pack.
- Twin-share rooms at Hotel Tibet or Hotel Ambassador in Kathmandu.
- Breakfast only in Kathmandu, all meals included while on the trek.
- Twin share tents while on trek using our Mountain Hardwear Trango 3 tents. These are three-person domed tents with plenty of space for two people sharing plus gear.
- Trekking arrangements. Including climbing permits and fees, tents, International and Nepalese guides, porters, and cooks.
- Wood heater charges in the dining room of the teahouse lodges. Most other operators will ask members to pay this as extra while on trek.
- Porters to carry your main bag. The porterage allowance is 20kg.
- Weather forecasts for Mear Peak during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.
- GPS tracking on Google Maps. Your friends and family can track your progress during the trek.

- A trekking map is given to you on arrival in Kathmandu.
- UK-registered charity, Pipal Tree, will plant 9 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection. Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, Zoom or face-to-face meetings.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days.
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment. Take a look at the kit list.
- Tips. Each trekker should budget for giving tips into the group fund. This should be in region of 21,000 Nepalese rupees (£135, US\$175 or €150).
- If you have to wait due to delays in flying into Lukla the cost of your accommodation in Kathmandu is not included.
- If there are cancellations flying into Lukla by airplane it may be possible to take a helicopter. There would be an extra cost for this service. This is between US\$400 to US\$600 per person depending on which helicopter company.
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Hotel Ambassador in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. The Himalayan peaks are only a short distance north of the capital of Nepal as seen from the plane. After customs, you will pass into the passenger pick-up area outside the building. You will see a Mountain Company signboard. Our representative will be waiting to welcome you to Nepal. After transferring to your hotel we will give you a full trek briefing. The rest of the day will be yours to explore Kathmandu and to make final preparations for the trek. You will hear the Nepalese word for hello 'Namaste', you will never forget that word after this holiday.

DAY 2: BRIEFING AND KIT CHECKS IN KATHMANDU

Breakfast

Hotel Ambassador in Kathmandu

This morning your leader will give the trek briefing and check your gear. We will collect your passports from you so that we can apply for the climbing permits. The rest of the day is free to explore Kathmandu and to pack your bags. You can leave a bag at the hotel with items not needed on trek.

DAY 3: FLY TO PHAPLU (2,500M) THEN TREK TO TAKSINDO (2,800M)

Fly to Phaplu

Walking 19km (7 hours walking)

Breakfast, Lunch and Dinner

Camping

We take an early morning flight by a twin propeller plane to Phaplu. This is a mountain airstrip called Short Take Off and Landing known as STOL. After landing at Phaplu, we get a warm welcome from the porters. They will carry our duffel bags until we return to Lukla. Make sure you have time to get to know them and to acknowledge them even if it is through smiles and hand signs.

After a cup of tea at a tea house lodge in Phaplu, the porters load up and start the trek. It is important to take your time and walk at a slow pace especially for the first few days on trek. We need to ease our way into the trek after days of international travel to Nepal. We start the trek as we walk uphill to the Taksindo La pass. Our first night is in Taksindo where we camp in the garden of a teahouse lodge and use their dining room for our meals.

Important note: there is a safety risk to consider when flying on airlines in Nepal. If you would like to avoid STOL flight from Kathmandu to Lukla there is an option to extend your trek. You can walk to Lukla in three days after driving to Salleri. Or you can follow the traditional approach from Jiri taking five to six days walking. There are also safety considerations with this option as driving in Nepal is risky too.

DAY 4: TREK TO KHARI KHOLA (2,040M)

Walking 12km (6 hours)

Breakfast, Lunch and Dinner

Camping

This morning we follow the steep trail into the Dudh Khosi valley. This river flows from the Everest region known as the Upper Khumbu. We follow an undulating trail along the river and then ascend on the other side of the river to Khari Khola village. This trail will be busy with pack animals and local villagers travelling to Lukla.

DAY 5: TREK TO PANGOM (2,800M)

Walking 5km (4 hours)

Breakfast, Lunch and Dinner

Camping

We ascend through the village of Hil Tang up to the Sherpa village of Pangom. Along the way we pass large stones carved and painted with Buddhist prayers. We see carved mani stones and prayer wheels which are typical of Sherpa country. We show our respect and pass these sacred monuments in a clockwise direction.

DAY 6: TREK TO NASHI DINGMA (2,600M)

Walking 8km (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

From Pangom village we walk through rhododendron forest and bamboo up to Pangom La at 3,173m. From the pass we get our first view of the impressive Mera Peak. After the pass we descend for ½ hour to Shibuche village. Afterwards we follow a very steep and loose trail. Trekking poles are very helpful for stability and to protect your knees. We cross a suspension bridge over the Hinku river. It takes about four hours to reach our lunch place located beyond the bridge. After lunch we have a climb up to our campsite at Nashing Dingma taking a further two to three hours.

DAY 7: TREK TO CHALEM KHARKA (3,600M)

Walking 4km (5 hours)

Breakfast, Lunch and Dinner

Camping

From Nashing Dingma it takes 1 1/2 hours to climb up to Surke La. We have lunch after another hour until lunch as there is no water available further along the ridge. After lunch the trail follows Surkhe Danda ridge covered in bamboo and rhododendrons. There are beautiful views looking out to the hills East of the Hongu valley. We walk for 2 to 3 hours to reach Chalem Kharka. This campsite has terraces cut out by villagers from Bung village who own the land.

DAY 8: TREK TO CHUNBU KHARKA (4,200M)

Walking 4km (4 hours)

Breakfast, Lunch and Dinner

Camping

From the camp we walk uphill towards a pass at an altitude of 4,200m. On the way up, on the other side of the valley we can see the trail that goes over Zatra La back to Lukla. At the top of the pass there are superb views of Mount Kanchenjunga, the third highest mountain in the world. The walk from camp to the pass takes about two hours.

We hike for a further 1 1/2 hours to the second pass at 4,450m. We have a short descent taking twenty minutes to the sacred Panch Pokhari lakes. Each summer Hindu pilgrims visit for a religious festival. Look out for the tridents left behind in this area, these symbolise the Hindu God, Lord Shiva. From the lakes it takes a further 1/2 hour to walk to our camp at Chunbu Kharka.

DAY 9: TREK INTO THE HINKU VALLEY NEAR KOTE (3,600M)

Walking 8.5km (7 hours)

Breakfast, Lunch and Dinner

Camping

There is a steep climb out of our camp to gain a ridge at 4,400m. From here the trail contours high above the Hinku river. Trekking poles are essential for today's walk as the trail is steep in places and can be icy due to its northern aspect. After 4 hours walking we descend through rhododendrons to our lunch place.

Look out for the huge erosion scar in the valley above Hinku river. This happened on September 3rd 1998 when a glacial lake, Sabai Tsho, breached its moraine dam. This produced a Glacial Lake Outburst Flood ("GLOF") that surged down the Hinku valley. After lunch there is a further 3 to 3 hours walking to Kote. We cross the Hinku river on a bridge to reach this cluster of lodges.

DAY 10: TREK TO TAGNAG (4,400M)

Walking 8.5km (5 hours)

Breakfast, Lunch and Dinner

Camping

Today it feels like we are entering into the high mountains rather than seeing from distance. From the trail there are superb views of Kyashar (6,769m) and Kusum Karguru (6,367m). The walk is a steady as we climb up the valley. For the first section we walk near the river on a rocky trail. Later on we climb up to grassy yak pastures (kharka) above the river level. It takes 3 hours to reach our lunch place and then a further 2 hours to Tagnag. It is worth visiting the cave monastery an hour or so after lunch.

DAY 11: ACCLIMATISATION DAY IN TAGNAG (4,400M)

Day walk

Breakfast, Lunch and Dinner

Camping

For essential our acclimatisation before moving higher we spend two nights at Tagnag. In the morning we walk up the grassy ridge behind Tagnag. At the top of the ridge we can get to an altitude of 5,100m. This walk takes 3 1/2 hours up and 1 1/2 back to Tagnag. From the top there are superb views of Mera Peak, Kyashar and Kusum Kanguru.

DAY 12: TREK TO KHARE (5,000M)

Walking 5km (4 hours walking)

Breakfast, Lunch and Dinner

Camping

On leaving Tagnag we walk over the boulders left behind when Sabai Tsho glacial lake burst in 1998. After about one hour walk from Tagnag we take a short detour from the main trail to see Sabai Tsho. It takes 2 1/2 hours to walk to the grassy area at Dig Kharka. We then climb up a hill taking a further hour to

Khare. There are several lodges in Khare with good camping grounds. In the afternoon we go for a walk up the moraine ridge above camp. From here there is a good view of our route to the summit of Mera Peak.

DAY 13: ACCLIMATISATION AND GLACIAL SKILLS PRACTICE DAY

Breakfast, Lunch and Dinner

Camping

To aid our acclimatisation we spend two nights at Khare. During the day we organise a session to practice skills needed for glacial travel.

DAY 14: CLIMB TO MERA LA (5,300M)

Walking 3.5km (4 hours)

Breakfast, Lunch and Dinner

Camping

Leaving Khare we walk up a moraine ridge then up a steep scree slope. After 1 1/2 hours we arrive at a stone building sometimes used as a small tea shop. It is a further half hour to reach the snout of the glacier where we gear up by putting on crampons and harness. Once on the glacier there is a short climb on ice to reach the glacial plateau. We follow this to Mera La. Once at the pass there is a short descent to the East side of the pass to reach the rocky tent platforms.

DAY 15: CLIMB TO HIGH CAMP (5,800M)

Walking 3km (3 hours)

Breakfast, Lunch and Dinner

Camping

From camp we ascend back to Mera La taking half an hour or so. At the pass our climbing route turns left and follows easy angled snow slopes. As you climb higher the Himalaya vista opens up, the first 8,000m peak seen is Mount Makalu to the East. Higher we see Mount Everest to the North. Shortly before arriving at High Camp we see Mount Kanchenjunga to the East. High Camp is behind a rocky outcrop at 5,800m. From here we can tomorrow's route to the summit of Mera Peak. We have an early dinner to get some sleep before an early start tomorrow.

DAY 16: CLIMB TO MERA PEAK SUMMIT AND BACK DOWN TO KHARE

Walking 12km (9 hours+)

Breakfast, Lunch and Dinner

Camping

We have an early morning start at 3am. After a light breakfast we start off in the dark using head torches to light the way. In November the first glow from the sun appears at 5.15am and it is light by 6.15am. It will be very cold outside yet if you have the gear on our kit list you should keep warm.

We will rope together in groups of three to four climbers for glacial travel. We have an international leader or Sherpa on each rope. Shortly out of High Camp the route passes through an area with several crevasses. The trail turns to the right and starts to steepen as we approach the summit. It takes between 5 and 6 hours to reach the summit from High Camp. The descent back down takes 2 hours and then another 2 hours down to Khare.

DAY 17: SPARE SUMMIT OR CONTINGENCY DAY

Breakfast, Lunch and Dinner

Camping

This spare day is for a second summit attempt if poor weather and conditions. This is also a buffer day in case of any other delays experienced along the way such as Lukla flight.

DAY 18: RETURN TO KOTE (3,600M)

Walking 14km (7 hours)

Breakfast, Lunch and Dinner

Camping

Today we retrace the same trail back to Kothe. It takes 2 hours to walk to Tagnag. It is a further 2 hours to lunch then afterwards it takes a further then 2 1/2 hours to Kothe.

DAY 19: TREK TO THULI KHARKA (4,300M)

Walking 6km (7 hours)

Breakfast, Lunch and Dinner

Camping

Today we ascend 700m up to our camp before Zatra La. After leaving Kote we follow Hinku river downstream for a while on an undulating trail. We start the uphill ascent to our lunch place at Tattor. After lunch we climb up through blue pine forest then rhododendron. Later on we follow a long undulating traverse to reach our camping place at Thuli Kharka.

DAY 20: CROSS ZATRA LA (4,696M) AND TREK TO LUKLA (2,800M)

Walking 8km (7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We follow a steep trail to the Zatra La pass at an altitude of 4,696m. This takes 1 1/2 hours from Thuli Kharka. After crossing the first pass we traverse for 3/4 hour to the second pass called Zatra Og. This pass is lower at 4,592m. The descent from Zatra Og can be icy. If so, we will fix a rope to safeguard your descent. From the pass Lukla is about 1,800m below us. Once we get to the tea shop the trail should be clear of snow and ice. From here we continue our descent for an hour or so until we reach the lunch place. We continue our descent through forest and then cultivated farmland to reach Lukla.

DAY 21: FLY TO KATHMANDU

Fly to Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

If the weather is clear in Lukla then we will get a morning flight back to Kathmandu. We will meet you at the airport and drive you back to the hotel. You can then spend the rest of the day doing what you please.

DAY 22: AT LEISURE IN KATHMANDU

Breakfast

Hotel Ambassador in Kathmandu

Today is a free day to relax in Kathmandu after the trek. You can do some independent sightseeing around the city. You can enjoy spending time at the restaurants and cafes. The reason for having an extra day as a buffer is in case of any delays or cancellations flying back from Lukla. This helps to minimise the risk of missing your international flight back home.

DAY 23: FLY BACK HOME

Fly home

Breakfast

Transfer to Kathmandu airport for the flight back home. End of trip.

DATES & PRICES

2024

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
07 Oct 2024 to 29 Oct 2024	International Leader	US\$3,995pp US\$3,895pp	US\$240pp / NA	5 Left to Guarantee Early Bird Discount

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
21 Apr 2025 to 13 May 2025	International Leader	US\$4,095pp US\$3,995pp	US\$240pp / NA	5 Left to Guarantee Early Bird Discount
06 Oct 2025 to 28 Oct 2025	International Leader	US\$4,095pp US\$3,995pp	US\$240pp / NA	5 Left to Guarantee Early Bird Discount

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON CAMPING TREK IN NEPAL

We provide a comfortable experience on our camping style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). We provide personal tents, mess tent, kitchen tent and toilet tent(s). The camp will be set up and dismantled by the trek crew. We bring along a cook and kitchen helpers to provide the meals.

The day starts with an early morning mug of tea brought to your tent by one of the trek crew. Before heading for breakfast you pack your overnight gear into your duffel bag. During breakfast the trek crew pack away the tents. The porters arrange their loads and set off on the trail in the cool of the morning. After breakfast, between 7am and 8am, we start walking.

The pace of the trek is moderate as there is plenty of time in the itinerary to reach the camp for tonight. There will be plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around midday at a spot by the side of the trail. Our cooks prepare lunch for us and the food is usually ready by the time the group arrives.

After lunch we continue the walk and on most days we arrive to camp by mid afternoon. Some of the trek crew would have gone ahead of the group to set up camp and to put up the tents. On arrival to camp you will get a hot drink and biscuits. In the evening our cook will provide a three course meal in the mess tent around 6pm.

After supper the leaders will discuss the plan for the next day. Afterwards people might stay in the mess tent chatting about the day's events or playing cards. After a tiring day most people head to their tent quite early for the night. Tomorrow is likely to be very similar as today! The only difference is that if we are crossing a high pass or climbing to a summit we leave camp earlier in the morning.

You can read more about our [Camping Treks in Nepal](#) on our Blog. This article explains the advantages of camping versus teahouse lodge treks. It also describes what the campsite set up is like and more about the food provided by our cooks.

Food provided on Camping Trek

FOOD PROVIDED ON CAMPING TREK IN NEPAL

While on a camping style trek in Nepal we provide tasty and nutritional food. We make sure there is more than enough quantity to go around as trekkers will be hungry after a long day on the trail. Over the years we have worked on increasing the variety of the menus. We have expanded the list of ingredients provided to the cooks so they have more to work with. Also in 2015 we purchased two food dehydrators with a vacuum sealing machine. We dehydrate a large number of different vegetables in Kathmandu before departure. This has transformed the quality of food especially on longer treks to remote areas.

For breakfast we provide porridge or cereal, toast or chapatis and eggs. There will be hot drinks including tea, herbal teas, hot chocolate and coffee. We provide fresh coffee from our Bialetti Moka coffee machine.

For lunch we stop at a convenient spot with water at the side of the trail. The cook and kitchen walk ahead of the group in the morning and lunch should be ready shortly after our arrival. After lunch we have time to relax before starting to walk again in the afternoon.

On arrival at camp in the afternoon you have biscuits and a hot drink such as tea or coffee. Around 6pm we serve a three course meal in the mess tent. The starter is often soup with popcorn or poppadoms. We have a range of main dishes and carbohydrates including rice, potatoes or pasta.

We cater for a variety of dietary requirements. Our meals are suitable for vegetarians. If there is a meat dish then we also provide vegetarian options as standard. During booking we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR MERA PEAK

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for our expedition to Mera Peak. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek you will experience hot conditions with temperatures up to 25 Celsius. You will experience the coldest temperatures at High Camp at an altitude of 5,800. We leave for the summit in the early morning. The temperatures could be down to around -20 Celsius. It could be feel even colder when considering wind chill.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 20kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear

- Double mountaineering boots with insulated inners (i.e Plastics) eg. Scarpa Vegas High Altitude or La Sportiva Spantik. There are other suitable boots available for this trip. Please visit a reputable outdoor store for further advice on latest products available. Please note double mountaineering boots are mandatory for Saribung. If you are UK based you can rent boots and other mountaineering gear from Expedition Kit Hire.
- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek. Over the years we have had several boots fall apart so you should also bring trail shoes as a backup.
- Trail shoes. Used around camp and as a replacement if your walking boots fall apart!
- Sandals. Enclosed sandals are best to protect your feet during river crossings. Required for river crossings as well as two trekking poles.
- Walking socks.
- Mountaineering socks for time spent on the mountain (eg Bridgedale summit socks).
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or

snows during the trek and in windy conditions.

- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Soft Shell Trousers.
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium weight down jacket.

Head and Gloves

- Fleece gloves.
- Mountaineering gloves.
- Warms mittens.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf. (eg. Buff Headwear)
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

Climbing equipment

- Climbing harness. Plus two 60cm slings, four screw gate carabiners, Figure 8 belay device and 3m of 5mm static cord for prusiks. [we have a limited number of "Harness packs" for rent. Please contact TMC office for further prices and availability].
- Jumar ascender (eg. Petzl handled ascender).
- Crampons. The best are universal crampons that you can use with trekking boots. Such as Stubai Universals or Kahtoola KTS crampons.
- Mountaineering ice axe with leash.
- Climbing helmet.

Personal equipment

- Sleeping bag. Overnight lows down to -20 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Sleeping mat (eg. Thermarest). On trek we provide everyone with a foam mat. We recommend two layers for insulation and comfort. We also provide everyone with a pillow.
- Day pack. Recommended size is around 40 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing and climbing gear. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at SheWee.
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).

- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

Travelling

- Duffel bag for your personal gear on the trek. A porter will carry this bag. Rugged and waterproof made of a plastic material. Size 100-120 litres. Eg. Mountain Equipment 100l or Rab 120l. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag with soap, travel towel, toothbrush etc. We provide toilet paper while on trek.

Personal first aid kit

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte)
- Analgesics (paracetamol, ibuprofen and aspirin)
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

Threat and risk assessment

RISK ASSESSMENT FOR MERA PEAK

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Mera trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE, and HAPE.
- Getting lost or becoming separated from the group.
- Severe bad weather and conditions when camping.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia or heat stroke). Please note during the months of April and October it will be very hot and humid at the start of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses) or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
- Road traffic accidents.
- Flight accidents. Read paragraph "Internal flight".
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could

impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Internal Flights

INTERNAL FLIGHTS IN NEPAL

Flights from Nepal's Short Take-Off & Landing ("STOL") airstrips are dependent on weather. Delays often happen if there is poor visibility or high winds. For our itineraries with flights to or from STOL, we include one extra day in Kathmandu at the end of the trip. This is in case of delays flying back. If the delays are longer we will help reschedule your international flights. There is likely to be a fee charged by the airline for this. You also have to pay for costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

You should read the Foreign, Commonwealth, and Development Office ("FCDO") travel advice for Nepal. For their latest advice take a look at their [Safety & Security section under Air Travel](#). There have been some recent air accidents in Nepal. The European Union has banned Nepalese airlines from flying to Europe. For more information on Nepal's air safety profile take a look at [Aviation Safety Network](#).

Weather and conditions

WEATHER AND CONDITIONS FOR MERA PEAK

We have chosen the dates for optimal conditions for climbing to the summit of Mera. By April and May in the Spring season the weather is warmer and the snowline is higher than March. This decreases the chance of deep snow blocking the route. In the Autumn season we organise the trip during October also because the weather is warmer. Later into November the temperatures cool off and there is a higher chance of snow above 5,000m altitude.

Mera Peak trip has a wide range of temperatures. This depends on the season, altitude and time of day. In the mountains between 2,000m and 3,500m the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 25 Celsius. At higher altitudes temperatures range from about 15 Celsius to -20 Celsius.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the differences between the trekking regions of Nepal.

Suggested reading

SUGGESTED READING AND MAPS FOR EVEREST TREKS

Maps

Nepal Trekking Map Himalayan Maphouse Scale: 1:900,000 This map will be included in your welcome pack when you arrive in Nepal.

Mount Everest Schweizerische Stiftung fur Alpine Forschung (Swiss Foundation For Alpine Research) 1:50,000

Mount Everest National Geographic Society 1:50,000

Books

Everest- 50 years on top of the world by George Band

Above the clouds by Anatoli Boukreev

Eric Shipton- Everest and beyond by Peter Steele

Touching my father's soul by Jamling Tenzing Norgay

Into Thin Air by John Krakauer

The Ascent of Rum Doodle by WE Bowman

ACCOMMODATION

CAMPING IN NEPAL



We use both Mountain Hardwear Trango 3.1s and Quechua tents for our camping treks in Nepal.

HOTEL AMBASSADOR IN KATHMANDU



We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

TRIP REPORTS

To read our trip reports please click on the link below to our blog:

[Mera Peak expedition in November 2017 led by Almas Khan](#)

[Mera Peak expedition in November 2015 led by Dom Rudd](#)

[Mera Peak expedition in April 2014 led by Steve Stout](#)

[Mera Peak expedition in November 2013 led by Chris Horobin](#)

[Mera Peak expedition in November 2012 led by Roland Hunter](#)

[Mera Peak expedition in November 2011 led by Roland Hunter](#)

[Mera Peak expedition in November 2010 led by Roland Hunter](#)

Mera Peak expedition in October 2010 led by Alan Ward

[Mera Peak expedition in November 2009 led by Roland Hunter](#)

[Mera Peak expedition in November 2008 led by Roland Hunter](#)

Notes downloaded on: 03-05-2024

