

Mera Peak Climbing | 20 Days



Mera Peak (6,461m/ 21,190 ft) is an exciting, scenically stunning mountain becoming popular among trekkers and climbers as it is the highest trekking peak in Nepal in Khumbu (Everest) Valley. Situated on the edge of famous Khumbu Region and dominated by Mt. Everest, climbing Mera peak is an opportunity to all the adventure seekers who are physically fit. Lifting the eyes from Mera and keep on lifting them until, above the clouds, the mighty frieze of the world's 8000 meter Mountains- Everest, Kanchenjunga, Makalu, Lhotse, Cho-Oyu and many other peaks is an unforgettable experience. Mera Peak climbing begins following a short and exciting flight to the mountain airstrip of Lukla and after continuous trek for days through the high and lovely valleys you will get to the area of Mera. Although physically very demanding on account of the altitude, the climb on Mera Peak is not technically difficult as ascending snow slopes rarely exceed 40 degrees. The only qualification you need to ascend Mera peak is your excellent physical fitness and an extrovert sense of adventure. Our Mera peak itinerary has been carefully designed to allow gradual acclimatization for the climbers. The walk in initially through the virgin forest of the Hinku Valley is incredibly beautiful and provides excellent acclimatization for the peak itself. Our unrivalled service, professional trekking staff and an experienced climbing guide ensure that your Mera trip will be an lifetime adventure experience in Nepal.

Trip Highlights

- Sightseeing in the World Heritage Sites in Kathmandu Valley: Kathmandu/Patan Durbar Square
- Swayambhunath, Pashupatinath Temple and Boudhanath Stupa
- Scenic flight from Lukla
- Get acquainted with the mountain people and the Himalayan Nature
- Climb Mera peak 6,461 m/ 21,190 ft
- Enjoy the Impressive views of the world's highest snowcapped peaks, including Mt. Everest, Mt. Lhotse, Mt. Thamserku, and Mt. Amadablam, Mt. Makalu & Mt. Kanchenjunga

Detailed Itinerary

Day 1: Arrive in Kathmandu

Welcome to Nepal! Upon arrival in Kathmandu a *travel-to-nature Asia* guide/representative will be at the airport to greet and take us to our hotel. Please look out for your name-card once you exit out of arrival area.

If you're not feeling jet-lagged, take some time to explore Kathmandu's medieval backstreets, discover temples dating back to the 16th century, make your way down to Thamel, the main tourist hub in Kathmandu and a great place to dine. There are myriads of options to choose from like New Orleans Cafe, Rum Doodle, Bear Garden etc just to name a few. Enjoy your evening and get some rest as the adventure begins tomorrow!

Accommodation: Manaslu Hotel

Day 2: Half-day Sightseeing | Afternoon Free

Boudhanath – Pashupatinath

Nepal's capital Kathmandu is a fascinating blend of old and new and the largest and most cosmopolitan city in Nepal. This morning we visit the colossal Bodhnath (Boudha), which is one of the world's largest stupas and the most important Buddhist monument outside Tibet. It's a beautiful worship site where the spinning

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of prayer wheels, prostrating pilgrims and collective chants are just some of the practices that can be witnessed.

The Stupa is located in the area of ancient trade route to Tibet where Tibetan merchants and offered prayers for many centuries. When refugees entered Nepal from Tibet in the 1950s, many decided to live around Bodhnath. Hence, a complete township has developed around Bodhnath and we'll also visit a monastery where the young monks live and study Tibetan Buddhism.

Next we will visit Pashupatinath (UNESCO Heritage site) – one of most important Hindu pilgrimages in the world and its sacred temple complex on the banks of the holy Bagmati river. Here, monkeys run up and down the steps of the burning ghats (cremation), and trident-bearing Saddhus draped in burnt-orange and saffron sit serenely meditating – when they're not posing for photos-for-rupees.

At first glance, Pashupatinath might not look that sacred – the temple is just a few hundred meters from the end of the runway at Tribhuvan Airport, overlooking the Bagmati river. However, in religious terms this is a powerhouse of Hindu spiritual energy, and is closely connected to Lord Shiva in the form of Pashupati, the Lord of Animals.

The practice of cremation in Nepal at Pashupatinath dates back to centuries. Arya Ghat, the place where the crematorium lies on the Bagmati river is the largest cremation area in Nepal.

Afternoon is at leisure.

Accommodation: Hotel Manaslu
Meal: Breakfast

Note: We host a pre-trip meeting at your hotel and introduce your trek leader/guide. Please seek this opportunity to ask questions about your trek and climbing. For the meeting, please make sure you bring your passport, three copies of passport-size photos, and a readable copy of your travel insurance policy.



Day 3: Half-day Sightseeing | Afternoon Free

Swayambhunath – Patan Durbar Square

This morning we start our half-day sightseeing tour first by visiting Swayambhunath, UNESCO site commonly known as the "Monkey Temple" which lies atop forested hill some 3 km from Thamel, tourist hub of Kathmandu, which was built over 2500 years ago. From here we enjoy panoramic views of Kathmandu, stretching out the foothills of the Himalaya.

Our next stop is the nearby city of Patan, a renowned center of Nepalese arts and crafts. Patan was founded in 250AD and became known for producing fine works in copper, bronze and silver. You see many of these treasures on display at the new Patan Museum. If time permits, you head to the nearby Tibetan refugee camp for a demonstration in carpet weaving.

Accommodation: Hotel Manaslu
Meal: Breakfast

Day 4: Fly Kathmandu - Lukla | Trek to Paiya (Chutok) (2,730 m/8,956 ft) | 45 mins flight | 5-6 hours trek

Early in the morning our Trekking Guide will pick us up at the hotel and transfer to Kathmandu airport domestic terminal to catch flight to Lukla (2,810 m). The flight duration is approximately 45 minutes. After landing at the Tenzing-Hillary airport in Lukla we refresh with a cup of Masala tea or coffee, meet rest of our the trekking team (porters), then our trekking

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starts from Lukla to Paiyan. We walk on a forest trail, cross a bridge over the Handi Khola and reach Surke Village. From here we continue moving south and cross the Chutok La pass before reaching the small settlement of Paiyan, also known as Chutok. Overnight in Paiyan.

Accommodation: Lodge/Guesthouse
Meals: Breakfast, Lunch, Dinner



Day 5: Trek Paiyan to Panggom (2,846 m/9,337 ft) | 5-6 hrs

We descend for a while and reach a small bridge. From here the trail is slippery until we cross the Kari La pass. We walk through rhododendron and bamboo forests on a narrow mountain trail. On today's trip we also get to be in awe of the Dudhkoshi Valley. We continue our trek to Panggom Village whose settlers are dependent on farming and trading. Overnight in Panggom.

Accommodation: Lodge/Guesthouse
Meals: Breakfast, Lunch, Dinner

Day 6: Trek Panggom to Ningsow (2,863 m/9,393 ft) | 4-5 hrs

We begin our trek after breakfast. After trekking out of Panggom, we cross the Panggom La pass. Then we ascend, walk on a steady path and turn north. We cross Peseng Kharka Khola first then after walking for some time, reach Peeng Kharka Danda. We cross

Ningsow Khola (stream) before reaching the Ningsow Village. Overnight in Ningsow.

Accommodation: Lodge/Guesthouse
Meals: Breakfast, Lunch, Dinner

Day 7: Trek Ningsow to Chhatra Khola (2,800 m/9,186 ft) | 7-8 hrs

From Ningsow, we climb first then descend for a while and climb some more to reach Ramailo Danda. From here we get extraordinary views of Mera Peak and Salpa. After ascending and descending on our trail, we enter the Makalu Barun National Park. Our trail from here to Chhatra Khola is called Pasang Lhamu trail.

On the way, if we are lucky, we might even come across the elusive Red Panda and many exotic flora & birds, including the rare himalayan pheasants. Overnight in Chhatra Khola.

Accommodation: Lodge/Guesthouse
Meals: Breakfast, Lunch, Dinner

Day 8: Trek Chhatra Khola to Kothe (3,691 m/12,109 ft) | 6-7 hrs

We walk towards the north on the main trail to Mera Peak. After walking on a trail next to the the Majang Khola, we merge with another trail which moves alongside the Hinku Khola. Our trail moves straight ahead towards Tashing Ongma which has seasonal tea shops. We continue our trek and cross the bridge over the Sanu Khola before reaching Kothe. Overnight in Kothe.

Accommodation: Lodge/Guesthouse
Meals: Breakfast, Lunch, Dinner

Day 9: Trek Kothe to Thaknak (4,358 m/14,297 ft) | 3-4 hrs

We continue along the ridge of the Hinku Khola in the shadow of Mera Peak. We take lunch at Gondishung, the summer herders' settlement in the west bank of the Hinku Drangka. Beyond Gondishung,

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we pass a 200-year-old Lungsumgpa Gompa, where we can find Mera Peak scripted in rock along with its route to reach Mera. A short walk takes us to Thaknak, which is a summer grazing area with primitive lodges and shops. Overnight in Thaknak.

Accommodation: Lodge/Guesthouse

Meals: Breakfast, Lunch, Dinner

Day 10: Trek Thaknak to Khare (5,045 m/16,486 ft) | 2-3 hrs

Leaving Thaknak, we follow the lateral moraine of Dig Glacier to Dig Kharka, which offers spectacular views of Charpate Himal. The trail climbs through moraines to the snout of the Hinku Nup and Shar glaciers, and then climbs more steeply to Khare. From here, we can see the northern face of Mera Peak which will be an amazing experience. After lunch we can hike in and around Khare. Overnight at Khare.

Accommodation: Lodge/Guesthouse

Meals: Breakfast, Lunch, Dinner

Day 11: In Khare - Acclimatization and pre-climb Instruction/Training

We have a separate day set aside solely for acclimatization and basic training just to prepare ourselves better for the Mera Peak climb. Our climbing leader will help us polish our basic climbing techniques and demonstrate the best ways to use our climbing gears like the ice axe, harness, ascender climbing boots, and crampons. The training will also include learning the best climbing technique with the rope. Overnight in Khare.

Accommodation: Lodge/Guesthouse

Meals: Breakfast, Lunch, Dinner

Day 12: Trek Khare to Mera High Camp (5,780 m/18,958 ft) | 6-7 hrs

We walk through a boulder-strewn course on a steep trail to reach the Mera Peak Base Camp. From here, we continue further through the Mera La pass to reach the Mera High Camp. Our path is along a rocky

trail, which can be hazardous if it has recently snowed, as there are a number of crevasses here. We make our way to the top of the rock band, which is marked by a large cairn. Then we set up a high camp while enjoying excellent views of Mt. Everest, Makalu, Cho Oyu, the south face of Lhotse, Nuptse, Chamlang and Baruntse. Overnight at Mera High Camp.

Accommodation: Lodge/Guesthouse

Meals: Breakfast, Lunch, Dinner



Day 13: Climb Mera High Camp to Summit (6,461 m/21,1907 ft) and back to Khare | 8-9 hrs

This is a really important day of this expedition. We wake up around 2 am in the morning for breakfast. It's going to be very cold in the beginning but soon we warm up as we continue climbing up the glacier and onto a peculiar ridge. The first rays of the sun hit the big peaks in an amazing red glow. The route is still non-technical as we slowly climb higher into the ever-thinning air. The slope steepens for a section behind the ridge and the summit comes back into view. At the foot of the final steep summit cone, we may use a fixed rope if the climbing leader believes it's required. The summit is only a few meters away. From the summit, we take in spectacular views of the mighty Himalayas including Mt. Everest (8,848 m), Cho-Oyu (8,210 m), Lhotse (8,516 m), Makalu (8,463 m), Kangchenjunga (8,586m), Nuptse (7,855 m), Chamlang (7,319 m), Baruntse (7,129 m) and others. Later, we retrace our steps back to the high camp

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where we rest for a while before descending to Khare. Overnight in Khare.

Accommodation: Lodge/Guesthouse

Meals: Breakfast, Lunch, Dinner



Day 14: Reserve/buffer day for contingency - Mera High Camp (5,780 m/18,958 ft)

There is no guarantee that we will have favourable weather on our planned day for the summit. Therefore, this day is set aside as a contingency in case we are unable to summit the Mera on the desired day due to bad weather conditions or any other unanticipated reason. However, if the trip goes smoothly, this day will not be required.

Accommodation: Lodge/Guesthouse

Meals: Breakfast, Lunch, Dinner

Day 15: Trek Khare to Kothe (3600 m/11808 ft) | 4-5 hrs

We retrace our steps from Khare to Kothe along the same trail. Overnight in Kothe.

Accommodation: Lodge/Guesthouse

Meals: Breakfast, Lunch, Dinner

Day 16: Kothe to Thuli Kharka (4,300 m/14,107ft) | 5-6 hrs

We begin our trek to Thuli Kharka after breakfast. We climb up and descend, cross several tributaries of the Inkhu Khola before reaching a forked trail nearby Taktho. We choose the trail on our right and continue walking. Our trail passes by a Chorten after which we walk downhill on a steep trail. Next, we ascend to Thuli Kharka and pass by another Chorten on the way. Overnight in Thuli Kharka.

Accommodation: Lodge/Guesthouse

Meals: Breakfast, Lunch, Dinner

Day 17: Thuli Kharla to Lukla via Zatrwa La Pass | 6-7 hrs

Today, we cross the Zatrwa-La Ppass at 4,600. As soon as we cross the pass, we are welcomed by the sight of the beautiful Lukla Valley which is surrounded by Cho Oyu, Kongde Peak, Numbur Himal, Kusum Khangru and other Himalayan peaks. From Zatrwa La pass we descend all the way to Chutang and then straight forward to the Lukla village. Overnight in Lukla.

Accommodation: Lodge/Guesthouse

Meals: Breakfast, Lunch, Dinner

Day 18: Fly back to Kathmandu

We catch an early morning flight to Kathmandu. Depending up how we feel, we can take some time to explore Kathmandu's medieval Backstreets. Discover buildings dating back to the 16th century. Make your way down to Thamel, the main tourist "Hub" in Kathmandu and a great place to dine. Choose one of the many Nepalese or international restaurants — the food is excellent at places like New Orleans Cafe, Rum Doodle and Beer Garden. Enjoy your evening and take plenty of rest to recover from your adventure!

Overnight stay in Kathmandu.

Accommodation: Hotel Manaslu

Meal: Breakfast

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There will be a farewell dinner in the evening to celebrate the climbers' successful summit of the Mera Peak.

Day 19: In Kathmandu

Today is at leisure to give your body some much needed rest after a long and strenuous trekking/climbing. Just relax or go for last minute shopping in Thamel (tourist hub).

Accommodation: Hotel Manaslou

Meal: Breakfast

Day 20: Depart Kathmandu

Transfer to airport and depart for your homeward-bound flight.

Meal: Breakfast

Includes

- Airport (pick up & drop off) transfers by private tourist vehicle
- Twin room sharing accommodation in hotel
- Lodges/Guesthouses accommodation during the trek mostly in twin-share but occasionally in dormitory-style rooms
- Tented camp accommodation and all meals at High Camp (1 or 2 nights only)
- Daily breakfast throughout the trip and other meals as mentioned in the itinerary
- 1 Licenced Climbing Sherpa throughout the trek
- Guided tour in Kathmandu by private tourist vehicle and an English speaking city guide
- Porters to carry your luggage and equipment during the trek
- Food, accommodation, salary, insurance, equipment and medicine for all staff and their return airfares
- National Park entrance permit
- Mera Peak Climbing Permits

- All necessary climbing equipment/Gear
- Kathmandu- Lukla - Kathmandu flight including airport departure tax in Kathmandu and Lukla airport.
- All surface transfer from and to Kathmandu for all sightseeing and excursions
- Sightseeing/Monument entrance fees in Kathmandu
- All our government taxes, vat, tourist service charges

Excludes

- International flights
- Visa fee
- Travel insurance
- Meals not mentioned in the itinerary
- Personal clothing & equipment
- Tips for tour leader/guide, driver, hotel staff and porters
- Items of personal nature such as alcoholic beverages, soft drinks, laundry, showers and other unforeseen expenses
- Any item/service not mentioned under "included"

Accommodation

Hotel Manaslu, Kathmandu

Hotel Manaslu located in the immaculate area of Lazimpat, Kathmandu is a heritage hotel established in 1972. We have kept the proud heritage of Nepal alive throughout its operation by offering unparalleled service and warm hospitality, that defines the values and culture of Nepal. The architecture of our hotel includes many ancient pieces that have been carefully restored and incorporated.

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Lodge/Guesthouse

Lodges/guesthouses in the trekking routes of Nepal range from simple buildings made out of stone, mud, and wood, to modern-looking concrete ones depending upon their geographic locations. Bedrooms generally have two single beds (and a table) or several beds in case of a dormitory. Usually, the kitchen and dining are combined into one common room (area).

Alpine Tent

For our high-altitude camping trips, we use high-quality four-season tents that are built to withstand the harsh weather condition of the alpine region. Usually, we use two-person dome tent that can accommodate two adults comfortably. These tents are not only lightweight but easy to set up as well.

Internal/Domestic Flight/s

Please note that adverse weather conditions at Lukla airport occasionally mean that flights to/from Kathmandu cannot operate. We include an additional day at the end of the itinerary to allow for this, but on occasion, persistent bad weather may delay the start of your trek or your return to Kathmandu.

Should there be a lengthy delay at the start of a trip we will aim to provide a shortened version of this trek, but if adverse weather conditions continue and the main objective of the trek becomes impossible to reach, an alternative trek to another region of Nepal will be offered. Should there be a significant delay at

the end of your trek, we will endeavour to get you on the first flights to Kathmandu available. Should helicopters be able to fly, we will consider for these on a case-by-case basis to enable you to meet your international flight. In the case of persistent adverse bad weather, travel-to-nature Asia will help & assist you re-booking international flights, but please be aware that your booking on a Land Only basis will be responsible for re-booking your onward travel and for any associated costs.

Group/Individual

You are traveling privately with your friends and/or family with our guide & porter who are at your service throughout your trek. Our representative/Tour Manager in Kathmandu who will look after your transfers to and from the airport and will be around to answer other questions you may have about your trek.

We assign a n English-speaking Sherpa Climbing Guides or two throughout your trek who will be assisted by porters (we assign one porter for every two guests). All our Trekking guides/leaders are highly experienced and professional. Our trekking guides are licensed by Department of Tourism, (Government of Nepal). They are trained by Nepal Academy of Tourism & Hotel Management (NATHM) and also receive additional training through Dyckhoff-Karki Himalayan Nature Treks & Expedition.

Your trekking guide assisted by additional helper/porter as necessary to carry your baggage (kitbags/duffel). All your main gear is carried for you and you only have to carry whatever you require for that day's trek. Please limit your kitbag to maximum 15 kg only because a porter carrying weight limit is 30 kg maximum. All the trekking staff are insured by travel-to-nature Asia or Dyckhoff-Karki Himalayan Nature Treks & Expedition.

Accommodation - Hotel & Lodge

This tour spends nights in a comfortable hotel in Kathmandu and total of 12 nights on trek in lodges (teahouses) plus 2 nights in twin share tents while on High Camp using Western branded tents.

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The teahouses are basic but adequate; please be realistic about what to expect in the mountains. The hub of the teahouse is the dining room, usually decorated with colorful traditional rugs, sometimes with a stove or heater (some lodges charge a fee to put the heater on). Most teahouses sell snacks and other essentials such as tissues, soap and toilet paper. Almost all lodges have electricity but it is not wholly reliable and lighting may not be bright enough to read by – a torch is essential. Electrical charging facilities are generally available only in the dining room (**charged at approx. Rs 150-350 per hour per device**). Many of the lodges use solar power so sometimes there is not enough electricity for charging. Many lodges have Wi-Fi these days – in some areas it works well but in others it is slow and temperamental.

We try our best to book a single/double bedroom throughout this trek for you. However, at some places **lodges sometimes overcrowded and we not be in a position to guaranty a single room for you.** Beds are with foam mattresses; bed sheets and a pillow are provided. Bedrooms are generally unheated and can get cold at night so you will need to bring or hire a sleeping bag.

Most lodges have only one or two basic toilets and sometimes these are located outside the main lodge building. Toilets are usually Asian 'squat' style; although many lodges have now installed 'western style' seated ones. Toilet paper is not provided so you should bring your own or buy it locally (please dispose of it the bin provided – do not put it in the bowl). If there is not a flush handle, there should be a container of water to pour down – if it is empty (or frozen) please either refill it or ask the lodge to.

Some lodges now have hot 'showers' (charged at approx. Rs250-500 per shower). Sometimes a hot shower is simply a bucket of hot water and not a shower head. Standards of cleanliness vary especially in the peak trekking season and in winter when the water freezes at night. Please report any problems to your guide or the lodge and be vigilant in your personal hygiene regime – use soap or hand sanitizer

gel before and after toilet breaks, snacks and meal times.

As a general rule, the higher altitude you go to, the more basic & demanding the lodges and the more expensive food and services become.

Extra Accommodation

If you require any additional accommodation in Kathmandu either before or after the tour, we can book this for you (subject to availability), please enquire with our Sales Consultant/Tour Manager.

Single Accommodation

We offer double room accommodation for the nights in Kathmandu only, unless single room is requested. While in the teahouses, double rooms cannot be always guaranteed.

Food & Transport | Eating & Drinking

Only breakfast is included in Kathmandu and all meals (Breakfast/Lunch/Dinner) are included throughout the trek. On trek the breakfast will be a set menu usually consisting of porridge, toast and egg. For lunch and dinner on trek allowing you to choose what you want to eat and when. The menus in the lodges are almost identical to one another but offer a varied choice, ranging from traditional Nepalese dhal bhat to pizza and apple pie. **For every meal 2 cups of tea or coffee or each per meal is included. If you prefer to drink more than two cups you have to pay extra yourself.**

Dhal Bhat is the staple diet in Nepal and comes in many different forms but generally comprises some curried lentil dhal and meat or vegetables, some rice, and a pickle/chutney. Another popular snack is momos; a type of Nepalese dumpling, fried or steamed, filled with meat or vegetables. Although meat is available in the teahouses, we advise against eating it on trek. The meat has often been carried in the heat from lower altitudes for several days before reaching the lodges, and can cause stomach upsets or

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illness. Germs can also be spread by handling dirty money - we recommend using hand sanitizer.

Drinking Water

Staying hydrated is important when undertaking any physical activity but particularly so at altitude where it is generally recommended to drink at least 3-4 litres per person per day. We strongly encourage you not to buy bottled water on trek as this contributes to the growing problem of plastic pollution in Nepal's trekking areas.

All teahouses will provide cold water free of charge, if requested. Although this should not be drunk untreated, we recommend that you bring a reusable bottle with a wide opening with you and use a SteriPEN to treat it with. A SteriPEN is a handheld UV water purifier – small, lightweight and battery powered so easy to pack for a trek. In Nepal's trekking regions most of the bottled water isn't strictly 'mineral water' anyway but is UV treated, so it's exactly the same technology. It's quick to use, far more effective than purification tablets, and the water is ready immediately.

SteriPENS are widely stocked on Amazon, outdoor shops and other online retailers; look for the latest models but avoid USB charging ones. Better still, a SteriPEN will pay for itself over the course of the trek and you won't leave behind a single plastic bottle – you will end up spending the same or even less than you would on bottled water, plus you can keep it for future trips. If you prefer not to invest in a SteriPEN, the teahouses also sell boiled water for **approx. Rs 150- 300 per litre (the price increases the higher you trek)** which should not require treating. This is also perfect for a bedtime refill as it can double up as a hot water bottle.

Transportation

For airport and sightseeing transfers, we use a private car. Flights to and from Lukla will be either in a Twin Otter or Dornier plane.

Weather

The main trekking season in Nepal is from mid-September to end-May. We do not operate treks in Nepal outside of these months as it is the rainy season. During the trekking season conditions at most altitudes are generally comfortable for walking and rain or snow are occasional occurrences. Daytime temperatures will vary from 15°C to 35°C in the Kathmandu Valley to around 10°C at 3,600m and progressively lower the higher you go. Within the trekking season there are three further distinct seasons in the weather, each offering different advantages for trekking.

Post Monsoon/autumn: Mid-September to November. This is the most popular trekking season in Nepal. Day temperatures in Kathmandu are generally above 20°C. On trek

temperatures will be lower although skies are usually clear and days should be sunny and mild with clear mountain views. However, at higher altitudes, the days can be cold and windy. Nights will be colder with temperatures dropping as low as to minus 10°C or lower in late November at the higher altitudes.

Winter: December to end February. Despite the colder conditions, this is an ideal time to trek in Nepal. Skies are usually very clear, especially in December and the mountain views are at their best. Nights will be very cold with temperatures down to minus 20°C but days are often pleasant and sunny. In Kathmandu, maximum daytime temperatures are 19°C.

Pre-monsoon/spring: March to May. Both day and night temperatures will be warmer in general but haze will often build up in the afternoons. It is very hot in the lowlands and temperatures rise to 30°C in Kathmandu. Flowers bloom in this season and this is one of the reasons people chose to trek in spring.

Snow can be expected on any departure, usually at the higher altitudes. There will always be snow/ice on the top of the Cho La as it is a glacier.

Please remember that in any mountain area the weather is never wholly predictable and you should be prepared and equipped to deal with any differences in weather beyond the conditions

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described above.

WHAT TO TAKE

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 Dhulikhel/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 30+ 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 15-20kg maximum.

Footwear

- Double mountaineering boots with insulated inners (i.e Plastics). If needed, we also provide them.
- 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 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
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground (we also provide them)

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.
- 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 Cover & Gloves

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

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Climbing Equipment that we provide

1. Climbing harness. Plus slings, four screw gate carabiners, Figure 8 belay device and static cord for prusiks
2. Jumar ascender
3. Crampons. The best are universal crampons that you can use with trekking boots.
4. Mountaineering ice axe with leash.
5. Climbing helmet.

Personal Equipment

1. 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.
2. Sleeping bag. Overnight lows down to -20 Celsius. It is possible to rent a bag in Rental Shop in Kathmandu.
3. 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.
4. Sleeping mat (eg. Thermarest). On trek while Camping we provide everyone with a foam mat. We recommend two layers for insulation and comfort.
5. 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.
6. 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.
7. Stuff sacks for keeping your gear dry and organised.
8. Two water bottles. Wide mouth bottles are the

best.

9. Sunscreen and lip salve with a high SPF.
10. A SteriPEN is a handheld UV water purifier or Water purification tablets if you wish
11. Favourite snack food.
12. Books and cards etc.
13. Camera with spare batteries and memory cards.
14. Insurance certificate.
15. Earplugs (optional).
16. Baby wipes (optional).
17. 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.

There are many equipment shops in Kathmandu where you can buy much of the above clothing. The quality does vary and cannot be guaranteed so you should choose carefully. Internal Flights Weight Limit There is a weight restriction on the flight to and from Lukla of 10kg checked baggage plus 5kg hand luggage. It is not a problem for you to check in 1-2kg more than this as long as you are happy to pay an excess luggage charge (approx. €2 per kg).

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).

We believe in reducing our negative environmental impacts wherever possible, this goes for when you need to spend a penny in the great outdoors! If no facilities are available there may come a time when you need to go to the loo behind a tree/bush/rock. To avoid leaving toilet paper behind we recommend taking biodegradable dog poo/sandwich bags with you. Once you have done your business you can pop the used toilet roll in here and take it off the mountain or trail at the end of the day and dispose of it when

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there are appropriate facilities available.

PRACTICAL INFORMATION

Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information below is primarily for European passport holders, and other nationalities should check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Visa

Most nationalities require a visa for Nepal, which can be obtained in advance or on arrival. If you wish to apply visa before departure, please visit this link: <https://nepaliport.immigration.gov.np/> The current cost of a visa on arrival is US\$30 for 15 days, US\$50 for 30 days and \$125 for 90 days. All are multiple entry. The visa on arrival fee can be paid in cash in US Dollars or Euros. Application forms are available in the immigration hall (or for electronic passports, there are visa registration machines which, after inserting your passport, automatically fill out a form for you. If you use the machine, you will not need a passport photo). You must first join the queue to pay the visa fee and then go to the relevant immigration desk to obtain your 15, 30 or 90-day visa stamp. If you use the paper form to obtain a visa on arrival then you will also need one passport photo (a photo is not required if you use the electronic registration machines but we recommend you bring one with you anyway just in case, for any reason, the machines cannot read your passport). There might be long queues for visas on arrival.

Please note: Visa regulations can change without notice, therefore please check the current regulations or contact us.

Vaccination

There are no mandatory vaccination requirements. Recommended vaccinations are: Polio, Tetanus, Diphtheria, Typhoid, Hepatitis A. There is low to no risk of malaria throughout Nepal and antimalarial tablets are not usually advised although may be considered for certain higher risk groups; you may wish to consult your GP/doctor or travel health clinic for further advice. The risk is highest in the low lying southern 'terai' districts bordering India.

A yellow fever certificate is only required if traveling from a country with a risk of yellow fever transmission or for travelers having transited for more than 12 hours through a country with risk of transmission.

Dengue fever is a known risk in Nepal. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for Dengue, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites.

Most of our trips to Nepal go to high altitudes where there is a risk of being affected by Acute Mountain Sickness. Our itineraries are designed to enable everyone to acclimatize to these altitudes, but you should be aware that it is still possible for you to be affected. Please refer to the information below on Altitude Warning for further advice on AMS.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health, we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

Altitude Warning

This trek includes one or more nights over 3500 m above sea level, where there is a genuine risk of being affected by Acute Mountain Sickness (AMS). If left

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untreated AMS can be life-threatening. We expect most clients to experience some mild symptoms of altitude sickness, such as headaches and shortness of breath while walking or sleeplessness. Our guides (leaders) are trained to identify symptoms of severe AMS and if a guest requires extra care, arrangements such as rapid descent will be made immediately.

On some days this trip climbs faster than commonly published ascent rate recommendations. Based upon an assessment by our external safety and medical advisors and our risk assessment process, we consider the ascent rate is acceptable due to the additional safety measures that are in place for our customers. All our trips operating at high altitudes meet our internal altitude safety standards that minimize the risk of serious incidents occurring whilst travelling at altitude.

A number of medical conditions or medications can reduce your body's ability to acclimatize. This may affect your performance and make you more susceptible to AMS. If you are worried about any pre-existing conditions, such as heart conditions, or your overall physical ability, you must seek medical advice prior to your trip. The drug Diamox (also known as acetazolamide and normally only available on prescription) has been shown to aid acclimatization in some individuals and therefore may reduce the risk of AMS. Clients considering using Diamox should speak to their doctor about the drug, its side-effects and a prescription.

Please note that while we endeavor to assist all our clients in achieving their goals, there may be times when your leader decides to delay or stop your ascent based on your overall condition, or the onset of AMS. Please note: that while we endeavor to assist all our clients in achieving their goals, there may be times when your leader decides to delay or stop your ascent based on your overall condition, or the onset of AMS.

We recommend you buy Travel Insurance, and make sure that your policy covers you up to the maximum altitude on this trip (if trekking in the Himalaya your policy should also cover the use of a helicopter for emergency medical evacuation). You must be fully insured against medical and personal accident risks (including repatriation costs and air ambulance or

helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

Local Time

Nepal's Time zone:

Asia/Kathmandu +04:45 (CET +04:45)

Electricity

Nepal's Electricity:

230V, 50Hz. Electric 'load shedding' (temporary power-cuts) might occur occasionally. On teahouse treks the majority of lodges now have electricity and charging facilities in the communal areas for batteries, for a fee (around Rs150- 350 per hour). Battery life can be affected by cold - lithium batteries are best.

Money

Nepal's Currency:

The national currency of Nepal is the Nepalese Rupee (NPR), with an exchange rate at the time of publication of approximately 140 to the Euro and 130 to the US\$. It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival. Keep your change receipts, as you will need them if you want to change rupees back into hard currency at Kathmandu airport.

ATM Availability

There are ATM machines in Kathmandu and Pokhara only. You can exchange cash in Pokhara as well. Please do not rely wholly on ATM machines as many are broken or have run out of money and all have a per day withdrawal limit of approximately €150-175 or US\$ 175-190.

We recommend you bring most of your money for the trek in cash and change it at the airport on arrival. Credit cards are accepted in many of the larger shops and restaurants in Kathmandu.

Extra Expenses & Spending Money

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It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival. We recommend taking your personal spending money in cash (dollars or euros can all be changed easily). Cash can be changed easily at the airport on arrival in Kathmandu or at money changers in the Thamel area of Kathmandu. Please note that travellers cheques can NOT be exchanged in Nepal.

Please allow Rs1000-2000 (€7-14) per day for extra drinks, showers and charging on trek, and for meals not included in Kathmandu. This amount is given as a rough guideline only. If you plan to take a SteriPEN to treat non-boiled water on trek you will spend less than this, whilst if you buy imported snacks and drinks you may spend a few euro extra each day. There are teahouses selling drinks and snacks along the entire length of the trekking route.

Tipping

Tipping is of course entirely at your discretion, but it is part of the culture in Nepal. Tipping can be an awkward affair especially when you are not familiar with the country. Your leader will help with tipping and will provide a list of suggested tips. This will include tips for drivers, hotel porters and other hotel staff, local sightseeing guides, and if trekking will include staff such as guide, assistants and porters.

Important Information

On all guided trips although our leaders/guides are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.