



## Trip Itinerary

### HIGHLIGHTS

- Summit the highest trekking peak in Nepal
- Approach through the unspoilt Arun Valley
- All climbs led by an Everest summiteer guide
- Lodge and camp based trek

### DETAILED ITINERARY

#### DAY 1: ARRIVE KATHMANDU

Elevation: 1300m

The Kandoo team will meet you at Kathmandu airport and transfer you to your pre-trek hotel. Later you will attend a pre-trek briefing with your Lead Guide to prepare you for the challenge ahead.

#### DAY 2: FLIGHT TO LUKLA – TREK TO PAIYA

Elevation: 1300m – 2800m – 3450m

The flight is less than an hour but takes us into the heart of rural Nepal and ends with the breath-taking landing at Lukla. From Lukla we descend first to Surke where we cross the river before climbing steeply to Chutok La. From there it is about another hour of undulating flat to Paiya.

#### DAY 3: PAIYA TO PANGGOM LA

Elevation: 3450m – 3478m

The day starts with a sharp descent through mainly cultivated hillsides until we reach the wooden bridge where we cross the Paiya Khola river. Another tough climb brings us back up to Kari La from where we traverse on typical Nepali flat for most of the afternoon before we reach the Sherpa village of Panggom La.

#### DAY 4: PANGGOM LA TO NINGBO

Elevation: 3478m – 3525m

A short climb brings us to the Pangum La where we cross over into the Inkhu Valley, passing through the village of Bhusme, where we will see local villagers and farmers going about their day to day life. We carry on further along the trail to Ningbo where we will camp overnight in a forest clearing.

**DAY 5: NINGBO TO BAMBOO CAMP**

Elevation: 3525m – 3548m

Today starts relatively easily, moving around the mountain again until we reach Sibuje where we will stop for lunch. From there we take a turn north off the main track on a route that takes us into the rhododendron jungle and well away from the main trading paths. Overnight is at a small campsite known as Bamboo Camp.

**DAY 6: BAMBOO CAMP TO KHOTE**

Elevation: 3548m – 3480m

From Bamboo Camp we continue trekking through the jungle, going up or down quite steeply, passing through the village of Tashing Ongma before finally dropping down to meet the Inku Khola at Mosom Kharka. From here we continue to trek along the river before reaching the larger village of Khote and our next lodge. Already we are starting to get impressive views of Mera Peak at the head of the valley.

**DAY 7: KHOTE TO TAGNAK**

Elevation: 3480m – 4252m

The forest gives way to open valley again by mid-morning, revealing the peaks which line either side. The valley swings eastward into a new array of peaks and as we approach Tagnak, the route up toward the Mera glacier comes into view. Damage caused to the valley by the collapse of the glacial lake Sabai Tsho is all too apparent as we head up the river. We reach Tagnak mid-afternoon where we will stay overnight.

**DAY 8: ACCLIMATISATION IN TAGNAK**

Elevation: 4252m – 5000m – 4252m

This is a really important day for acclimatisation and we will gain as much height as we can during the day, climbing the slopes behind Tagnak up to the Tibetan Prayer stones before returning to Tagnak for lunch. In the afternoon we can head up the slopes to the north to look at what is left of the glacial lake, Sabai Tsho. You can still see a distinct line, far above, marking where the water had once reached.

**DAY 9: TAGNAK TO KHARE**

Elevation: 4252m – 4940m

This morning's walk up alongside the Dig Tsho glacier is easy and relaxed. This is an excellent valley opening out views to the north of the Hinku Nup glacier and the line of peaks beyond. Only the last section up to our base camp at Khare is steep. If time and energy allows you should take an acclimatisation walk up the grassy ridge immediately behind the village. This gives great views of the flattened ridge across the glacier which we will ascend and south to Mera itself.

**DAY 10: KHARE - MERA LA**

Elevation: 4940m – 5554m

We return to the glacier today, and this time follow it round in a wide arc, keeping close under the northern flank where there are no crevasses. The Mera La is a rounded snow col that bridges south to the main sweep of the Mera glacier coming down from Mera Peak. Our camp for the night is just over the Mera La pass.

**DAY 11: CONTINGENCY DAY**

A contingency day allocated for poor weather etc.

**DAY 12: MERA LA TO HIGH CAMP**

Elevation: 5554m – 5800m

Crampons on again for the start of the push to the summit. We climb back up to the pass at Mera La then head up the glacier towards a rocky outcrop where we will set the most spectacular high camp. Clinging onto the edge of the mountain the views from here are incredible. Kangchenjunga is visible to the east above the ridge of Chamlang; the ice spire of Barents is left of Makalu. Between it and the beautiful twin peaks of Ama Dablam, we will see Nuptse, Lhotse's south face and Lhotse Shar. Over the ridge stands the summit of Everest, the final stages of the traditional route up the south-east ridge and over the south summit to the summit ridge.

**DAY 13: HIGH CAMP TO MERA SUMMIT TO KHARE**

Elevation: 5800m – 6476m – 4940m

You will be woken at about 2am with hot tea and a high energy meal to start our summit ascent of Mera Peak. We start up the main glacier, crossing to the south side as we approach the snow hump-back ridge. This part of the route is not technical but 30 degree slopes are still tough. The slope steepens for a section behind the ridge and then we swing diagonally westward. The summit comes back into view and we are on the level summit ridge. At the foot of the final steep ascent you will attach to a fixed rope laid by your guide and use your ice axe and a jumar to climb the final 30 metre, 55 degree pitch to reach Mera Peak's summit. A spectacular panorama greets us with clear views over to Everest. Once you've had chance to take this all in and congratulate yourself on an amazing achievement, we will head back down to Khare for a celebration.

**DAY 14: KHARE TO KHOTE**

Elevation: 4940m – 3480m

A long walk back down the Arun valley finally brings us to Khote again.

**DAY 15: KHOTE TO CHETERA LA**

Elevation: 3480m – 4150m

A new route has now been completed which stays high on the open hillsides west of the Hinku river, rather than winding through the forests down below. This makes for a quicker return with some fantastic views back to Mera.

**DAY 16: CHETERA LA VIA ZATRWA LA PASS TO LUKLA**

Elevation: 4150m – 4580m – 2800m

The trail goes over a series of rises and high plateaux before we finally reach the craggy Zatrwa La Pass at 4580m, where we look back on the Hinku wilderness for the last time and the south face of the peak we have just climbed. A gradual descent traverses toward the rocky outcrop of the Zatr Og. We descend now steeply from the Kalo Himal, the 'black mountains', into the rocky slopes and cascading streams of the Sherpa populated Dudh Koshi valley. The high crags give way to forest, then to farmland as we approach the tourist bustle of Lukla. We spend the night here before flying back to Kathmandu.

**DAY 17: FLY TO KATHMANDU**

After an early breakfast, we will head to the airstrip for our return journey to Kathmandu. Later, you have free time to explore. You stay overnight in a hotel in Kathmandu.

**DAY 18: DEPART KATHMANDU**

We will collect you from your hotel and transfer you to Kathmandu Airport for your departing flight.

**SUMMARY**

Mera Peak combines summiting the highest trekking peak in Nepal with a beautiful walk in up the relatively quiet Arun Valley. The views from the summit are genuinely breath-taking: Everest, Lhotse and Ama Dablam can all be seen clearly and watching the sun rise across the heads of these mountains is never to be forgotten.

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 your 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 before reaching your first tented camp.

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 glowing orange as the light fades.

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 the view, probably the best view of the Everest range 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 and dropping back into Lukla.



View from Mera La High Camp, 5554m