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# 18 days Mera Peak Climbing

URL: <https://boundlessadventure.com/mera-peak-climbing>

## Duration

18 Days

## Difficulty

Challenging

## Best Seasons

Mar-Jun-Sep-Dec

## Transportation

Flight

## Max Altitude

6476 Meters

## Trip Type

Climbing

## Meal

Breakfast, Lunch, Dinner

## Accommodation

Hotel, Tent

## 18 days Mera Peak Climbing highlight

- 18 days Mera Peak (6654m) is a climbing Peak in Nepal.
- Breathtaking views of Everest, Kanchenjunga, Makalu, Cho Oyu, and Lhotse (over 8000m).
- Mera Peak Climb through unspoiled valleys of the Khumbu region.
- Beautiful Lakes and streams in the Sagarmatha National Park.
- Exciting and adventurous climbing trip.

## Trip Overview

Mera Peak Climbing is regarded as a moderate-climb level within 18 days. Its slopes are inclined with easy-to-navigate trails. The traverse is primarily non-technical, with few stretches of the rise requiring fixed ropes. The space right below the summit of Mera Peak involves a steep ascent traversing through the snow dome. This section requires an ascender /jumar on a fixed rope. Other climbing sections are, however, moderate.

Like other Peak climbing in the Everest region, this climb provides panoramic views of the [Everest vista](#). The summit view from the top of Mera Peak is simply astounding. Similarly, you may contact us by email

or **WhatsApp at +977 9851033819** to book 2024 and 2025.

Of the 600 mountains in Nepal, 300 reside in the Everest region. The area surrounding the Everest region is bordered by towering peaks that stand tall and elegant. This area has been mountaineering Arcadia for over seven decades now.

This vast range includes 3 of the highest massifs going **beyond 8000 meters**: Mt. Everest (8848.86 m), Mt. Cho Oyu (8201m), and Mt. Lhotse (8516m). Apart from these giants, minor peaks surround the picturesque hamlets of the Sherpa people.

Mera Peak stands at 6476 meters in the Everest vicinity with its alluring aura. The Peak has become one of Nepal's most sought-after climbing activities. This Peak, considered a trekking peak by **the Nepal Mountaineering Association**, provides a beginner climbing thrill.

It has been popular among climbers for decades and remains renowned. A French expedition team led by Jean Franco successfully summited this Peak for the first time on 20th May 1953. Henceforth, climbers have loved and cherished this Peak. There are three pinnacles of Mera Peak: Mera North (6476m), Mera Central (6461m), and Mera South (6064m). However, we'll climb **Mera North (6476m)**.

## Mera Climbing Training

During your rest day at Khaare, you will be taught how to use your equipment during the climb. Also, you will have training at Khaare, led by our team of mountain guides. During the session, you will be taught about using various equipment you will use. Also, you will be briefed about high altitude risks and the dos and don'ts of climbing.

## Climbing Route / Getting To Mera Peak

Mera Peak Route takes the classic [Lukla flight](#) from Kathmandu. It would help if you trekked for multiple days traversing high passes before reaching the base camp. Your climb begins from the base camp and reaches the summit of Mera Peak. We take the off-route from Lukla headed steeply above.

Unlike your Everest Base Camp Trek, this trek to Mera Peak's base ascends fast. You traverse via small hamlets dotted along the trail.

Your Climb to Mera Base Camp heads southeast from Lukla, making a slight ascent towards Chutang. Chutang is located at an elevation of 3020 meters. From Chutang, we ascend through the dense alpine forest and sharply turn towards the south. Afterward, we headed for the **Zartwa La Pass** at 4610 meters from sea level.

This pass acts as a border for Makalu Barun National Park. It's a steep descent from the pass for 2 hours to reach Thuli Kharka. Thuli Kharka is a shepherd's hamlet with very few houses.

The stretch from Thuli Kharka traverses on rocky terrain. We ascend towards Tashing Dingma at 4010, covered with rock enclosure. The trail then meets Inkhu River at Tashing Ognma. Inkhu River originates from Mera Peak and later covers the Dudh Koshi River.

Following through, we make our way to Mosom Kharka, Gondhishung, to reach Kote at 4182 meters. You will have an occasional glimpse of Mera Peak during this traverse. Your Mera Peak climb journey follows along this river, passing through villages. Thangnak, Dig Kharka, Khare Camp, and Mera La are your

stopovers before starting your climb.

## Distance covered in Climb to Mera.

The roundtrip distance of Mera Peak covers a total of 127 kilometers/79 miles altogether. The trail begins from Lukla and takes through the highlands of the Everest region to reach the summit of Mera Peak. It then descends to Lukla via the classic Everest Base Camp Trek trail. It takes on the Everest region’s challenging terrain, spanning 18 days for the roundtrip journey.

The Mera Peak traverse is difficult, considering the trail’s distance and terrain. The path leading to Mera Peak is a higher section of remote terrain with uneven pathways. There are several rocky sections that you will have to traverse through. Also, the higher section of the traverse involves trekking via several glacial moraines, rocky paths, and snow pathways. This makes the climb even more strenuous.

**Temperatures in Mera Peak during Spring** range from 5°C to 15°C (41°F to 59°F) in the daytime. Night-time temperatures drop below zero. **Autumn temperatures in Mera Peak** can range from 5°C to 15°C (41°F to 59°F) at lower altitudes. Night temperatures in autumn months mostly drop to negative.

## Mera Peak Climbing Average Temperature

| Location          | Average Temperature Range (°C) |
|-------------------|--------------------------------|
| Kathmandu         | 5°C to 32°C                    |
| Lukla             | Two °C to -3°C                 |
| Chutanga (Camp 1) | 0°C to 10°C                    |
| Kothe (Camp 2)    | -5°C to 5°C                    |
| Thagnag (Camp 3)  | -10°C to 0°C                   |
| Khare (Base Camp) | -15°C to -5°C                  |
| High Camp         | -20°C to -10°C                 |
| Mera Peak Summit  | -25°C to -20°C                 |

## Altitude Sickness

AMS (Acute Mountain Sickness) is characterized by nausea, illness, dizziness, vomiting, and other bodily weakness. The human body takes time to adapt to a new environment, especially in higher altitudes. **Climbing in Mera Peak** takes you to a height of over 6000 meters. This makes it an area prone to altitude sickness. To negate the effects of altitude sickness in Mera Peak climbing, it is essential to acclimatize.

Boundless Adventures has developed an itinerary that takes 19 days for Mera Peak. These days include your acclimatization in the elevating altitude. We must stay for over three days at an altitude above **5000 meters**. This zone is highly probable to have symptoms of AMS. It is recommended to have a thorough check-up with your doctor to know your physical condition.

# Online Booking and Payment

Boundless Adventures believes in providing the utmost user satisfaction through its automated web platform. Our website has been embedded with the latest security features such as payment integration, SSL certificate, automated booking system, and others.

Our end-to-end encryption keeps your data safe and reliable, limiting any chances of a breach. Furthermore, you can custom-make your itinerary with our website. Therefore, you can plan your trip based on your taste and preference.

## Trip Itinerary

Another pre-requisite for selecting a professional company for Mera Peak Mountaineering is itinerary analysis. Your scheduled itinerary determines whether proper rest days are allocated for the journey.

It would be best to acclimate adequately before reaching the top of the mountain. Additionally, your trekking days decide your physical conditions before the climbing session begins. Check our detailed itinerary herein, which has been crafted professionally. Boundless Adventure has crafted an 18-day Climbing Mera Peak Itinerary.

### **The climbing trip fact is below.**

- Trip duration = 18 days in total
- Climbing duration= 1 day
- Difficulty = Challenging
- Food: Breakfast, Lunch and Dinner
- Nature of Trip: Ice Climbing
- Transportation = Car and Plane
- Best Climbing seasons= March to June and Sept to December
- Accommodation: Hotel and Tent.
- Starting place: Kathmandu
- Trip end up= Kathmandu

### **Day 01: Picks up from Kathmandu airport (1345meters). drops off to the Hotel.**

We will need your flight schedule in advance, and our representative will be at the airport's arrival gate. You will then be escorted to your hotel in Kathmandu. Depending on the time of the day, you can wander around or rest at your hotel until the evening. Night stay at a hotel in Kathmandu.

#### **Destination:**

Kathmandu

#### **Accommodation**

Hotel

#### **Transportation:**

Car

#### **Duration:**

20 Minutes

**Food:**

Exclude

**Day 02: Kathmandu Valley Sightseeing**

There are seven UNESCO heritage sites in Kathmandu. On the second day of your trip, you can visit any 4 of these sites. Kathmandu Durbar Square, Bhaktapur Durbar Square, Changunarayan, Swayambhunath, Pashupatinath, Boudhanath, and [Patan Durbar Square](#) are all located within the vicinity of Kathmandu.

The Valley is an optional tour you can take. In the evening, you will be briefed about the climb and trek to Mera Peak. Our mountain guides will introduce themselves and inform you about factors that must be considered.

**Destination:**

Kathmandu

**Accommodation**

Hotel

**Transportation:**

Car

**Duration:**

4 hours

**Food:**

Breakfast

**Day 03: Fly to Lukla, Trek to Paiya (2730m)**

Your day begins with an early morning drive to Tribhuvan International Airport, a domestic terminal. From there, we board the flight to Lukla. The flight takes on the eastern highlands of Nepal and flies through narrow gorges of hilly areas. You will gaze at rural villages and dense forests of eastern Nepal.

After landing in Lukla, we met with our porters and segregated the baggage. Our trek begins from Lukla. We descend from Lukla towards Surke first. We take the southern route that elevates to Paiya at 2730 meters. After 3-4 hours of traverse from Lukla, we reach Paiya, our overnight stop.

**Destination:**

Paiya

**Accommodation**

Hotel

**Transportation:**

Flight

**Duration:**

45 minutes

**Food:**

Lunch and Dinner

## Day 04: Trek to Pangkoma (2850m).

The trail begins from Paiya and takes an easy-going tropical route toward Pagkoma. You will traverse through the rural hamlets of the Sherpa people. We pass through several sub-tropical dense forests alongside terraced farms all over.

We reached Pangkoma after 5 hours of traversing and settled in the teahouse. Edmund Hillary established a paper factory and school in Pangkoma. You will stay overnight at a teahouse.

### **Destination:**

Pangkoma

### **Accommodation**

Lodge

### **Transportation:**

Hiking

### **Duration:**

5 hours

### **Food:**

Breakfast, Lunch, Dinner

## Day 05: Trek to Nigmsa (2745m).

It's an easy-going, smooth trail that takes on flat roads for the most part today. Most of our journey will pass through dense forests of Rhododendrons, Juniper, Fir, Pine, and Birch.

We passed the village of Sibuje and reached Nigmsa in the evening. Nigmsa is a small Sherpa village with basic amenities.

### **Destination:**

Nigmsa

### **Accommodation**

Lodge

### **Transportation:**

Hiking

### **Duration:**

6 hours

### **Food:**

Breakfast, Lunch, Dinner

## Day 06: Trek to Chetrakhola (3150m).

From Nigmsa, as you cross the Hinku River, we enter Makalu Barun National Park. You must show your national park permit and other identifications at the entry gate. You will follow along the Hinku River for most of the traverse.

After 6 hours of traversing, we reached ChetraKhola village, located at the confluence of Maj Khola and Hinku Khola. Overnight at Chetra Khola.

### **Destination:**

Chetrakhola

### **Accommodation**

Lodge

**Transportation:**

Hiking

**Duration:**

6 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 07: Trek to Kothe (3600m).**

You will first glimpse Mera Peak on this day of the traverse. The vegetation now turns to sub-alpine from tropical dense. You will follow through the Hinku River all day. Today's traverse makes it through several small hamlets along the way.

We first reach Tashing Ongma at 3580 meters. Then Mosom Kharka at 3691 meters. Most of these settlements are seasonal, with habitats descending to lower areas during the winter. We reached Kote in the evening for the stay.

**Destination:**

Kothe

**Accommodation**

Lodge

**Transportation:**

Hiking

**Duration:**

5 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 08: Trek to Tangnang (4350m).**

You will be bestowed with a view of the western face of Mera Peak from Kote onwards. All four pinnacles are visible on Mera Peak's trail today.

The shimmering white peak of Mera will allure you throughout the journey. The traverse from Kote to Tangnag is short, with almost 4-5 hours of trekking at most. Since the altitude gain begins from here, it is advised to take it slow.

**Destination:**

Tangnang

**Accommodation**

Lodge

**Transportation:**

Hiking

**Duration:**

5 hours

**Food:**

Breakfast, Lunch, Dinner

## Day 09: Trek to Khare (5045m)

Today's traverse takes on small glacial moraines, rocky sections, switchback ascents, and dry, arid lands of Mera base. The trail from Tangnang takes a steep ascent towards High Camp at 5780 meters. We descend for a bit and reach Dig Kharka from there.

It is a shepherd's shed during pasture season. From Dig Kharka, the trail ascends gradually, ending at Khare. Khare is an astounding valley village with mountains surrounding it.

### Destination:

Tangnang

### Accommodation

Lodge

### Transportation:

Hiking

### Duration:

4 hours

### Food:

Breakfast, Lunch, Dinner

## Day 10: Acclimatization at Khare

Acclimatizing is paramount since the mark of 5000 meters is crossed at Khare. We take a rest day at Khare to adapt to the elevating altitude. During the rest day, you will be led to a nearby glacier for the climbing training session.

Your mountain guide will lead your team and explain all the technicalities. You will be trained to use your equipment and tools properly during the climb. They will have a demo session at Khare to mentally prepare you for the climb. Overnight at Khare.

### Destination:

Khare

### Accommodation

Hotel

### Transportation:

Hiking

### Duration:

5 hours

### Food:

Breakfast, Lunch, Dinner

## Day 11: Khare to Mera Base Camp (5350m)

The stretch from Khare to Mera Base Camp is a tricky traverse. It is filled with glacial ice, and the trail is not definite. Your mountain guide will lead the way. You will traverse through the rocky boulders of Mera Glacier and ascend followingly.

The glacier is filled with deep crevasses and stiff icy sections. We reach the base camp after 4 hours of trek. Your camp will be set up in the base camp. Overnight stay at the camp.

**Destination:**

Base Camp

**Accommodation**

Tent

**Transportation:**

Hiking

**Duration:**

4 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 12: Mera Base Camp to High Camp (5780m)**

We start our day off early after a hearty breakfast. The trail from the base camp to the high camp is strenuous yet worthwhile. You will gaze at the neighboring mountains up close. The route to high camp is via Mera Glacier and is challenging to walk on.

It is 4-5 hours of climbing. The climb takes on the icy section of the glacier that is flat-topped. We reached high camp and set up our tent for the night. You can gaze at the constellations and celestial bodies up close from High camp. It is a worthy sight to behold.

**Destination:**

High Camp

**Accommodation**

Tent

**Transportation:**

Climbing

**Duration:**

4 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 13: High Camp to Mera Peak (6476m), Back to Khare**

This is the last ascent stretch of Mera Peak climbing. We started our climb early at midnight at 1 am. Our promotion begins after assuring our gears are correctly worn. Our staff will prepare a light breakfast before the traverse. The initial climb inclines, making an angle of about 30°, and after 2 hours of climbing, it flattens with an incline of 40°. It's a 5-hour journey from High Camp to the summit.

The final stretch to the summit right below the peak is strenuous. It requires fixed rope and technical know-how. After reaching the forum, you will have panoramic views of Mt. Cho Oyu, Mt. Lhotse, Mt. Everest, Mt. Lhotse Shar, Mt. Baruntse, and Mt. Makalu. We descend after creating memories at the summit of Mera Peak.

It takes about 4 hours to descend to the base camp from the summit. From the base camp, we descend further via Mera Glacier to reach Khare for the night.

**Destination:**

Khare

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

10 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 14: Trek to Kothe.**

We retrace the same trail back towards Kothe from Khare. It's a 6 hours trek for this return stretch. We follow along the basin of the Hinku River to reach Kothe in the evening.

**Destination:**

Kothe

**Accommodation**

Lodge

**Transportation:**

Hiking

**Duration:**

6 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 15: Kothe to Thuli Kharka.**

Our journey continues descending through the river valley. It reaches Thuli Kharka in the evening for a stopover. Usually, it takes six hours of hiking to Thuli Kharka.

**Destination:**

Thuli Kharka

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

6 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 16: Thuli Kharka to Lukla.**

From Thuli Kharka, a slight ascent takes you to Zatrwa La pass at 4610 meters. From here on, it is an easy trail via the dense forest of Kalo Himal. We reach Lukla in the evening to celebrate the end of our

climb.

**Destination:**

Lukla

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

6 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 17: Fly to Kathmandu.**

An early morning flight from Lukla will take you to Kathmandu. Upon reaching Kathmandu, our representative will escort you to your hotel. Overnight in Kathmandu.

**Destination:**

Kathmandu

**Accommodation**

Hotel

**Transportation:**

Flight

**Duration:**

45 minutes

**Food:**

Breakfast

**Day 18: International Departure**

Our representatives will drive you to the International airport for your international departure at your scheduled time from Hotel. You need check it out from Hotel at noon. You can leave your belongs at hotel if you have evening flight or late night flight

**Destination:**

Departure

**Transportation:**

Car

**Duration:**

20 minutes

**Food:**

Breakfast

## Trip Includes

- Airport picks up and drops by car/van/bus.
- Highly experienced, helpful, and friendly Trekking and Climbing guide, porters (1porter for 2 pax) their food, accommodation, salary, insurance, and equipment.
- Sagarmatha National Park Entry Permit and Peak Climbing Permit.
- TIMS Permit.
- All Government taxes
- All ground transportation.
- Per person, one trekking /climbing map.
- Kathmandu-Lukla-Kathmandu flight tickets.

## Trip Excludes

- Travel insurance.
- Tips & donation
- All sightseeing entry fees.
- All climbing [gears and equipment](#)

## Frequently Asked Questions

### Can a beginner climb Mera Peak?

The summit of Mera Peak elevates to 6,189 meters. The climb to the summit of Mera Peak has been considered moderately challenging. Most climbers making it to Mera Peak are beginners and consider this peak their first step towards climbing.

Many climbers take Mera Peak as a training peak for climbing higher mountains like Everest, Annapurna, and Makalu. So, yes, a Mera Peak can be perfect for beginners.

### How difficult is Mera Peak climb?

Unlike other mountains or peak climbing in Nepal, the traverse to the summit of Mera Peak is straightforward. The Mera Peak climb is free of steep technical climbs with few problematic stretches. Among other peaks, the upgrade to Mera Peak is considered non-technical. That being said, the elevation of this peak reaches 6461 meters, which makes it prone to AMS.

### How long does it take to climb Mera Peak?

The usual packaged trip to Mera Peak is at least 21 days. This includes your time in Kathmandu, trekking days, acclimatization days, and climbing period. The actual base camp climb to the Mera Peak summit takes about 5-6 hours. The descent from the peak to the base camp takes about 3 hours. Usually, climber

begin their ascent at 2 am and turn around by 10 am.

## **Can you climb Mera Peak without a guide?**

Professional registered mountain guides are mandatory for any mountain climbing activities in Nepal. As mandated by the Government of Nepal, you are only allowed to climb mountains or peaks of Nepal if accompanied by a registered Travel company and a licensed mountain guide. Thus, you can only climb Mera Peak with a guide.

## **Is Mera Peak the most accessible peak to climb in Nepal?**

While beginners are encouraged to try Mera Peak, it is not easy. The sheer altitude of the Mera peak, beyond 6000 meters, makes climbing hard. There are other peaks like Yala Peak (5,700m/18,700ft), Chulu Far-Eastern Peak (6,060m/19,882ft), Chulu West (6,419m/21,055ft), and Pokalde Peak (5,806 m 19,049 ft) that are easier in comparison to Mera Peak.

## **Is Mera Peak more accessible than Island Peak?**

Mera and Island Peak are both located in the Everest region. They are considered beginner peaks for anyone starting their climbing adventure. Climbers agree that Mera Peak is more accessible than Island Peak on technical grounds.

The technicality of Island Peak is demanding as it requires steep ice climbs, which is different from Mera. Furthermore, narrow rocky ridges, several icefalls, and glacial walks make Island Peak harder than Mera Peak. Thus, the Mera Peak is relatively more manageable than the Island Peak climbing.

## **Can you see Everest from Mera Peak?**

Yes, on a clear day, Mt. Everest is distinctly visible from the summit of Mera Peak. Additionally, the view from the top of Mera Peak provides an astounding vista of Cho-Oyu (8201m), Lhotse (8516m), Makalu (8463m), Kanchenjunga (8586m), Nuptse (7855m) and Chamlang (7319m).

## **Why Mera Peak is called Trekking Peak?**

Nepal Mountaineering Association has secluded 27 peaks of Nepal as trekking peaks. These peaks, including Mera Peak, have elevation within a range of 5800m - 6476m above sea level. These peaks can be completed with essential trekking experience with proper guidance. Beginner peaks that require novice experience are called trekking peaks.

## **Is Mera the highest trekking peak in Nepal?**

Yes, Mera Peak is the highest trekking peak in Nepal. It measures 6476 meters above sea level.

## **What is the success rate of the Mera Peak summit?**

Past evidence suggests a 60-70% success rate in Mera Peak Climbing.

## **What is the lodging like during the Mera Peak Climb?**

There are three different types of accommodation for your Mera Peak Climb. During your stay in Kathmandu, you will have full-fledged luxurious accommodations. During your trekking days, until you reach the base camp, you will stay in teahouses dotted along the trail. You will have tented accommodation at the base camp until you descend.

## **How many years of practice should I have before Climbing Mera Peak?**

Since climbing is an arduous adventure, it is required for you to be in the best physical shape. Preparation for Mera Peak must be done at least three months before your climbing date. Your exercise should focus on building good core and leg strength. Also, endurance training is recommended for the climb.

## **Do We Need a Climbing Permit for Mera Peak?**

Yes, you need to obtain a climbing permit to climb any peaks in Nepal. A registered trekking company provides you with climbing permits in Kathmandu. Similarly, Climbing guides are compulsory to attain a climbing permit in Nepal. Also required are the Sagarmatha National Park permit and Khumbu Pasang Lhamu Rural Municipality Permit.

## **Is Mera Peak harder than Kilimanjaro?**

Mera Peak is a Himalayan mountain that scales higher than Mt. Kilimanjaro. The traverse to Kilimanjaro is almost similar to that of Mt. Mera. The difficulty of these mountains is practically identical despite Mera being more elevated in elevation.

## **Is Mera Peak harder than Mount Everest?**

No way, Mera Peak is a small, petty mountain compared to Mt. Everest. Everest climbing is an expedition that takes over two months to reach the summit, while Mera can be summated within a day from Base Camp and return to Khare.

## **Where is Mera Peak located?**

Mera Peak is located in the eastern highlands of Nepal. It sits facing the mighty Everest range and is nestled in [Makalu Barun National Park](#).

## **When to climb Mera Peak?**

The best time to climb Mera Peak is during spring and autumn. These two seasons provide the best weather window for climbing.

# Essential Information

## Best Time for Mera Peak 18 days trip

Nepalese Himalayan Mountains are favorable to climb only during Spring, Early Summer, and Autumn months. These nine months provide a highly feasible weather window for climbing in Nepal. Unlike trekking, climbing requires the mountain ice to become concrete and rigid.

Soft ice creates a slippery surface and provides a strenuous climbing environment. Spring months begin from March till the end of July during the Summer. These months receive the most climbers due to clear weather and optimal time. Another good time for Mera Peak Climbing is during autumn, from late September to early December.

## Difficulties of Climbing Mera

Peak climbing is an adventurous endeavor in Nepal. It has been one of the most sought-after activities. Climbing Mera Peak is rugged, especially if it's your first climbing the Himalayan Mountains. Herein, we will discuss the various difficulties of climbing Mera Peak.

## Physical Fitness

An optimal level of fitness is paramount for climbing. **Climbing the Peak of Mera** requires technical knowledge of climbing. You must be in the perfect physical and mental state for successful climbing. The traverse to the peak of Mera consists of trekking for 5-7 hours in rugged terrain.

The trekking days to reach Mera's base demand endurance and perfect physical conditions. We suggest working on cardio exercises and endurance training before your climbing days. A good hike every alternative week and regular strength training is required to climb Mera Peak successfully.

## Equipment for Climb

Boundless Adventures will provide all the technical equipment for Peak Climbing. If you inform us regarding Mera peak climbing equipment earlier, we have an equipment store at the KHAHARE where you can pick them up from our store. Of course, it is payable for 3/4 days. The guides will brief you about the basics of using such equipment before your climbing begins. You must bring essential clothing, including jackets, caps, waterproof shoes, gloves, and glasses.

## Why Mera Peak with us

Our company boasts a team of highly experienced mountain guides and staff. We have been operating climbing trips in the Himalayas for over two decades. Our widespread network of professional teams makes us different from other companies.

Additionally, Boundless Adventures' priority is our client safety, which we adhere to in our itinerary planning and execution. Our ground crew is equipped with medical supplies and trained efficiently for first aid. We also have a reliable heli-rescue operation necessary during evacuation and emergencies.

Rest assured. Boundless Adventures is your perfect partner for **Mera Peak climbing in Nepal**. We organize small group climbing to avoid creating bottleneck situations at the peak. Our group consists of a maximum of 15 climbers in a group.

This makes for an efficient guide-to-client ratio, and proper attention is given to everyone involved. We adhere to the concept of responsible tourism in our principles. Our guides practice the Leave No Trace principle in the Mountains and contribute to the local economy as much as possible.

## Mera Peak Climbing Guide

Boundless Adventure has had a climbing experience since 1992 A D . Similarly, we have experience and are the best climbing guide in Nepal. The guide had climbed several times on Mera. However, Boundless Adventure does not provide Porters and climbing gear from Kathmandu. We have porters at the Lukla, and the climbing gear is at Khahare.

## Accommodation in Mera Peak Climbing

Mera Peak Climbing is a challenging trip. You can get to the guest house along the way to KHARE from Lukla, but the Mera Peak climbing trail leads through the forest for the first couple of days. Of course, the Climbing guide shows the daily trail from Lukla to Khare and Lukla. However, according to the itinerary, you need a tent for two or three days. Boundless Adventure provides tents and high food from Kathmandu.

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