

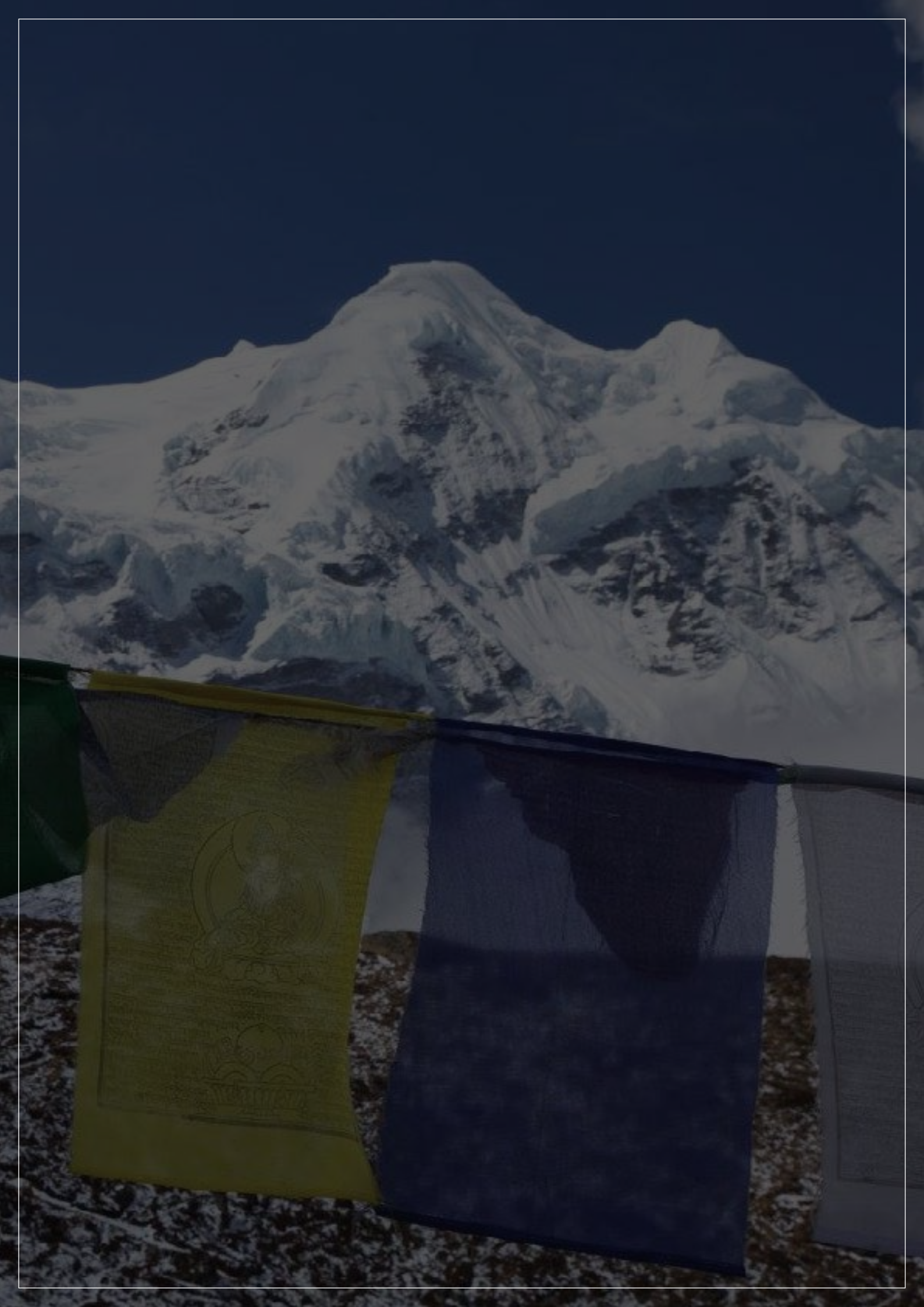


MEERA PEAK

6,476M / 21,246FT



2025 EXPEDITION TRIP NOTES





MERA PEAK EXPEDITION NOTES

2025 EXPEDITION DETAILS

Dates: Trip 1: April 3–26
Trip 2: September 26 to October 19
Duration: 24 days
Departure: ex Kathmandu, Nepal
Price: US\$6,990 per person

▲ Celebrating on the summit of Mera Peak. Photo: Tim Robertson

Mera Peak is one of the most alluring trekking peaks in Nepal as it involves a culturally stimulating journey through picturesque villages and forests followed by a gentle climb to the 6,476m/21,246ft summit.

Mera Peak is perhaps best known because it is Nepal's highest trekking peak. Any peak above this height is considered a full expedition peak with its associated higher permit cost. The Mera climb comes at the end of a 10-day trekking and acclimatisation programme, followed by a climbing programme designed to give you the best possible chance of success.

The trip initiates in Kathmandu, where we make last minute preparations and enjoy the cultural diversity of this ancient city before embarking on a helicopter flight into the town of Lukla in the Khumbu Valley, the gateway to Mount Everest. Expeditions are run during both the pre-monsoon and post monsoon seasons of 2025.

This trip offers highlights of non-technical climbing at moderate to high altitude and even though it is not technically difficult, the climb incorporates a lot of the components of the higher expedition peaks. In addition to the climbing, the expedition offers stunning Himalayan views and exciting

Nepalese cultural experiences. An ascent of Mera Peak is regarded as the ideal introduction to Himalayan climbing.

Whether you've climbed mountains before or you just have aspirations to experience Himalayan expedition life, this introductory trip will enable you to truly savour the realities of expeditioning and many a Mera Peak climber has been inspired onto other high mountains. The climbing is low angle and involves the use of two camps on the mountain before making the attempt at the summit. You will be supervised and supported by your qualified Western guide who will teach you the necessary skills while you experience this fantastic and safe adventure.

EXPEDITION OUTLINE

You will be met from your flight into Kathmandu by a representative of our staff. Once you have settled into your hotel, we all congregate for



▲ A team acclimatisation hike near Kusum Kanguru. Photo: Dean Staples

a comprehensive briefing for the trip. This also provides an opportunity to check personal equipment. There are plentiful stores with trekking equipment available for purchase or hire so anything forgotten is soon replaced.

On the day following your arrival and after our preparations are finalised, we make the best of our opportunity to visit some of the incredible sites in the Kathmandu Valley when we visit monasteries and sacred sites. A quick walk up the steps to the Monkey Temple always gets the blood flowing!

Our helicopter flight to Lukla comes very early in the morning to make the best of the stable morning weather patterns and before long we are enjoying the scenic wonders of the Himalaya as we begin our trek to Paiyu. Initially, we head down the valley, away from the popular and often busy Khumbu Valley and Everest region to Paiyu and Panggom. Now we can enjoy the isolated, rarely visited villages before crossing the Panggom La and heading down through the rhododendron jungle.

Over the next few days, we trek up through the phenomenal virgin forest, climbing above the treeline to a series of alpine lakes, before descending once more to the valley which opens

up to give us amazing views of the surrounding mountains, including our objective, Mera Peak. Although strenuous at times, our acclimatisation is greatly aided by this foray above 4,000m/13,000ft.

Tangnag is a great place for a rest day and an opportunity to take in the surroundings. From here we head off for an acclimatisation hike up towards the Base Camp of one of Nepal's most challenging trekking peaks, Kusum Kanguru.

We depart Tangnag to climb up the valley and through lateral moraine and grassy meadows to Mera Base Camp which is a small village called Khare, 4,800m/15,750ft. As we ascend, some of our climbing route will come into view, looking much easier than the south face we've been walking around.

We utilise some time at Base Camp for further preparations including revisions and instruction in the use of climbing harness, crampons and axe. We'll practice travelling roped up and prepare our mountain equipment. The route we take is reasonably straightforward, but it is preferable to learn the techniques in a comfortable environment. There is sometimes one small portion of fixed rope near the summit, so instruction will be given in this technique also.



▲ Trekking towards Khare. Photo: Mark Morrison



▲ Next stop summit! Photo: Dean Staples



▲ Experience Himalayan expedition life. Photo: Dean Staples

We then move up to our High Camp under a rocky outcrop at 5,800m/19,030ft. Making the final approach to the summit reveals an amazing panorama of the highest mountains on earth, with Makalu and Everest looming over peaks like Baruntse, Chamlang and Nau Lekh. We aim to make the summit early to mid-morning and return to Base Camp that afternoon or evening.

Our treks and expeditions are designed to offer you the best of Nepal at reasonable prices. Our many years of Himalayan experience allow us to introduce you to the best food, accommodations, destinations and experiences that are available.

There is no substitute for the experience and support provided by our qualified Western guides to make your experience a safe and successful adventure, the benefits of which are many and not to be underestimated.

Additional to our excellent guiding staff we work in conjunction with excellent Sherpa climbers who are not only exceptionally strong but who are affable and friendly as well. Their involvement in our expeditions introduces a strong cultural component which we are sure you'll enjoy.

PREREQUISITE SKILLS

While previous mountaineering experience is not essential before attempting to climb Mera Peak, it is highly recommended. For a person who is regularly active in the outdoors with a reasonable amount of experience in multi-day alpine ski touring or trekking with a backpack, Mera Peak will not pose too many difficulties apart from the altitude component. For others who have little outdoor experience, it would be extremely beneficial to partake in a basic mountaineering course prior to undertaking this trip. An introduction to basic snow craft and rope skills will be taught during the Mera Peak ascent by your guides.

As with any foray into the mountains your fitness is a major contributor to enjoyment and success and for those not regularly exercising, we recommend you sign up for a mountain-specific training program.

TEAM SIZE

For the Mera Peak climb, we will take a maximum of 12 people, hence spaces are limited.



▲ Climbing the upper slopes of Mera. Photo: Dean Staples

2025 EXPEDITION DATES

Trip 1: April 3–26 (Pre-Monsoon)

Trip 2: September 26 to October 19 (Post Monsoon)

ITINERARY

Following is an ideal itinerary for our 2025 Mera Peak Expedition:

Day 1	Arrive Kathmandu, Nepal
Day 2	Gear checks and Kathmandu sightseeing
Day 3	Fly by helicopter to Lukla (2,860m/9,380ft), trek to Paiyu (2,750m/9,020ft)
Day 4	Trek to Panggom (2,800m/9,185ft)
Day 5	Trek to Najing Dingma (2,820m/9,250ft)
Day 6	Cross the Surke La (3,030m/9,940ft) and continue to Cholem Kharka (3,550m/11,645ft)
Day 7	Rest day/acclimatisation hike
Day 8	Trek to Khola Kharka (4,200m/13,800ft)
Day 9	Trek to Khote (3,700m/12,140ft)
Day 10	Trek to Tangnag (4,250m/13,940ft)
Day 11	Rest day/acclimatisation hike
Day 12	Trek to Mera Peak Base Camp at Khare (4,800m/15,750ft)
Day 13	Acclimatisation and fixed ropes training day
Day 14	Climb to High Camp (5,800m/19,030ft)
Day 15	Summit bid on Mera (6,476m/21,246ft), return to Base Camp
Day 16	Contingency day
Day 17	Trek to Khote (3,700m/12,140ft)
Day 18	Trek to Thaktor (4,200m/13,800ft)

Day 19	Trek to Thuli Kharka (4,450m/14,600ft)
Day 20	Trek to Chutanga (3,430m/11,250ft) via Zatrwa La (4,600m/15,100ft)
Day 21	Trek down to Lukla
Day 22	Weather contingency day
Day 23	Fly Lukla to Kathmandu
Day 24	Trip ends, depart Kathmandu

THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised Expedition leaders and support staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, with the best back-up and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.



▲ On the summit of Mera Peak. Photo: Lillian Cotter

VISAS

Members will be required to obtain an entry visa into Nepal at the beginning of the expedition. This is easily procured at Kathmandu airport on arrival. Please note the trekking and climbing permits are a separate matter dealt with by the expedition agent.

FOOD

Food will be of the highest standard possible, given the remoteness of the situation. We will take meals in lodges and teahouses along the trail and will supplement this with some of our favourite imported snacks and coffee! On the mountain we usually have MREs (Meals Ready-to-Eat) which are significantly tastier than freeze-dried food, as they are real food vacuum sealed and ready to heat and eat! We are able to accommodate most dietary requirements but do please inform us in advance.

EQUIPMENT LIST & REFERENCE NOTES

Expedition members will be sent a list detailing all the necessary clothing and equipment to be individually procured, contained within a set of

Expedition Reference Notes with all the details of the trip. These notes provide extensive information on everything, from suggestions on what type of camera to bring to training advice for your expedition preparation.

MEDICAL EXAMINATION & INSURANCE

Expedition members will be provided with a medical questionnaire. This information will be sighted only by the expedition doctor and treated with full confidentiality. Advice on immunisations will be provided at this time. We also require members to have rescue insurance and we will consult with individual team members on their insurance needs and solutions for coverage.

PASSPORT PHOTOGRAPHS

Expedition members will need to provide a digital passport photograph for climbing and trekking permits, plus a copy of their passport biodata page.



▲ The sacred Charpatil Peak from Tangnag. Photo: Mark Morrison



▲ An entire team tops out on Mera Peak. Photo: Dean Staples



▲ Mera Peak from the Base Camp village of Khare. Photo: Dean Staples

THE EXPEDITION FEE

The cost of the Mera Peak expedition, ex Kathmandu, is US\$6,990.

This is an inclusive cost and covers the following:

- Nepalese Government royalty fees
- All expedition organisational requirements
- All trekking permits
- Airport transfers in Kathmandu
- Helicopter air transport within Nepal
- Accommodation in lodges or tents ex Kathmandu
- All group equipment for the trek and emergency medical supplies
- Transport of 20kg of personal equipment
- All expedition staff including Western and Sherpa guides and porter support
- Breakfast, lunch and dinner ex Kathmandu
- Access to Adventure Consultants' satellite communication facilities
- Regular expedition dispatches to our website for families and friends back home to follow the expedition's progress
- dZi Foundation support for their "Revitalize a Village" programme—likely to include support for a Nepalese child's education for a year

The expedition fee **does not** include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Nepalese airport entry visas
- Extras on the expedition, such bottled drinks, internet access, showers and laundry
- Personal clothing and equipment
- Excess baggage charges for flights to/from Lukla
- Personal insurance/trip cancellation insurance/medical evacuation insurance
- Any costs for rescue or early expedition departure
- Gratuities for guides and Sherpa staff

PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

For the account of Adventure Consultants Limited.



• Climbers approach the summit in the early morning sun. Photo: Tim Robertson

Account Number: 1000-594771-0000

Account Type: US Dollars

Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

DEPOSIT

A non-refundable deposit of US\$500 is payable to secure a place on the expedition.

BALANCE

The balance is payable 90 days prior to your trip start date.

CANCELLATION & REFUND POLICY

An expedition member may cancel their participation on the following basis:

- a) Cancellations outside of 90 days will result in the loss of the trip deposit.
- b) For cancellations made within 90 days of the trip commencement date, we reserve the right to retain 50% of the balance payment fee.
- c) For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS EXPEDITION

If you would like to join one of our Mera Peak Expeditions, please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/expeditions/himalayan-climbs/mera-peak#DepartureBookingBlock> or contact us if you'd like further information and assistance in planning your trip.

CONTACT US

If you require more information, please contact us at:

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▲ Panoramic views from the summit of Mera Peak. Photo: Dean Staples



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

