

Mera Peak Climbing

URL: <https://himalayan360.com/trip/mera-peak-climbing/>

Destination

Nepal Treks & Tours

Activity

Climbing & Expedition

Start / End Point

Kathmandu/Kathmandu

Route

KTM-Lukla-Thulikharka-Khare-Mera peak-KTM

Duration

17

Language

Per Person From

USD 2,050

Max. Altitude

6,476M/21,247FT

Group Size

1 - 30

Best Season

Feb, Mar, Apr, May, Jun, Sep, Oct, Nov, Dec

Trek Distance

76KM/47Miles

Transportation

Flight, car, jeep

Accommodation

Tea house

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Strenuous

Major Highlights of Mera Peak Climbing

- Reach the summit of **Mera Peak (6,476 meters)**, one of the highest trekking peaks in Nepal.
- Cross **Zatra La Pass (4,610 meters)**, which is a challenging part of the route but offers incredible views of the Himalayas.
- Experience **glacier walks and rope work**, which are key parts of the Mera Peak ascent.
- Trek through quiet, less crowded mountain villages in the Everest region of Nepal.
- Enjoy stunning views of high mountains like **Mount Everest, Lhotse, Makalu**, and **Kanchenjunga** during the trek and at the summit.

- Spot rare animals in Sagarmatha National Park, like **snow leopards, Himalayan black bears, and red pandas**.
- Connect with local Nepali communities and learn about their traditions and way of life.
- Walk through many types of landscapes, from snowy peaks to green forests and rocky trails.

17 Days Mera Peak Climbing day by day itinerary

Day 01: Arrival at Tribhuvan International Airport in Kathmandu and transfer to hotel (1,400m/4,593ft)

On day 1, you will arrive at Tribhuvan International Airport in Kathmandu. Upon arrival, our team will meet you and take you to the hotel in Thamel in a comfortable vehicle. After check-in at the hotel, you can rest and explore the area as you wish.

Highest Altitude:

(1,400m/4,593ft)

Meals:

No meals included

Accommodations:

3 Star Hotel

Day 02: Last-minute preparation and drive to Manthali

After an early breakfast in Kathmandu, we'll drive to Manthali. But before leaving, you can do some last-minute gear checks or shopping if needed. The road journey takes about 5 hours, passing through hills, riversides, and countryside views.

Manthali sits at an altitude of 1,400 meters, and it's where most early morning Lukla flights operate during peak trekking seasons. Once we arrive, we'll check into a local lodge, rest, and prepare for tomorrow's short flight to the mountains.

Highest Altitude:

(1,400m/4,593ft)

Meals:

Breakfast

Accommodations:

Local lodge

Day 03: Fly to Lukla from Manthali Airport and then trek to Chutanga (3,020 m/ 9,908 ft)

Following the Mera peak climbing itinerary today, early in the morning, we'll catch a short 20-minute scenic flight from Manthali to Lukla. The flight gives you beautiful views of rolling hills and snow-covered mountains. After landing at Lukla (2,840 m), we begin our first day of trekking.

The walk to Chutanga is short but steady, with a gradual uphill trail through lush forest. This gentle start helps your body begin adjusting to the higher altitude. After about 3 hours of trekking, we'll reach the peaceful village of Chutanga, where you'll rest and spend the night in a local tea house or lodge.

Distance:

3 hours

Ascent:

180m/591 ft

Descend:

0 m/ 0ft

Highest Altitude:

3,020 m/ 9,908 ft Chutanga

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

3km/2 miles

Flight Hours:

20 min flight from Manthali

Day 04: Trek from Chutanga to Thuli Kharka (4,300 m/14,108 ft)

Today's trek is one of the more challenging sections in the Mera Peak and its route as we make a long climb up to Zatrwa La Pass, the highest point of the day at 4,610 meters. The trail starts with a steep ascent through forest areas, then opens up to rocky terrain and alpine landscapes.

As you cross Zatrwa La, you can enjoy panoramic views of the Dudh Kunda region and nearby peaks, such as Everest, Makalu, Lhotse, etc. After reaching the pass, we will descend gradually toward Thuli Kharka, a beautiful open pasture where we'll rest for the night.

Distance:

6 hours

Ascent:

1,590 m/5,217 ft

Descend:

310 m/1,017 ft

Highest Altitude:

4,610 m/ 15,125 ft Zatrwa la

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

6.5km/4 miles

Day 05: Trek from Thuli Kharka to Kote (3,691 m/12,110 ft)

Day 5 of the Mera Peak climbing adventure takes us to Kote from Thuli Kharka. The route to Mera peak leads mostly downhill as we descend from Thuli Kharka to Kote. On this day, the Mera Peak adventure path takes us through forests, with glimpses of mountain ridges and river valleys below.

As you walk, the air gets thicker, and walking becomes easier. You'll hear the roaring Hinku River as you get closer to Kote. The village lies beside the river and offers a peaceful place to rest after the day's trek. Enjoy a warm meal and get a good night's sleep in this quiet mountain village.

Distance:

6 hours

Ascent:

111 m/364 ft

Descend:

720 m/2362 ft

Highest Altitude:

4,300 m/14,108 ft Thuli Kharka

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7.2 km/4.5 miles

Day 06: Trek from Kote to Thangnak (4,356 m/14,291 ft)

After breakfast, we leave Kothe and follow the Mera Peak expedition route along the banks of the Hinku Khola. Along the path, you can see Mera Peak in the distance. Soon, we reach Gondishung, a seasonal herder's settlement on the west side of the valley. We will stop here for lunch and enjoy views of the river and mountains.

After a short break, we continue toward Thaknak. Along the way, we pass an ancient 200-year-old monastery, where many climbers stop to offer a short prayer for a safe and successful summit. We will also have to walk through landslide-prone areas. But the best part is that the views of Mera Peak and Kusum Kanguru will accompany us throughout the walk. Eventually, we reach Thaknak, a small village with a few teahouses. It's also a summer grazing area for yaks and cattle.

Distance:

6 hours

Ascent:

717 m/2,352 ft

Descend:

52 m/171 ft

Highest Altitude:

4,356 m/14,291 ft Thangnak

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7.2 km/4.5 miles

Day 07: Acclimatization day in Thangnak

The seventh day is the first acclimatization day of our Mera Peak climbing expedition. The acclimatization day helps the body adjust to the high altitude and reduces the risk of altitude sickness. We won't gain much elevation, but we will still stay active. We will go for a short hike around Thaknak, which allows our body to adapt more easily to the thin air while enjoying scenic mountain views.

Likewise, you can walk up to a nearby ridge or viewpoint that offers close-up views of surrounding peaks, such as Mera Peak and Charpate Himal. You can spend the afternoon resting and checking your gear.

Highest Altitude:

4,356 m/14,291 ft Thangnak

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Day 08: Trek from Thangnak to Khare (5,045 m/16,552 ft)

This day is going to be challenging as we move higher in altitude. Leaving Thaknak, we'll walk along the side of the Dig Glacier moraine. The Mera Peak expedition path also opens up at Dig Kharka, offering views of Hinku Nup Glacier and Charpate Himal. From there, the path continues uphill, climbing across rocky moraines with views of distant snow-covered peaks.

As you near Khare, the trail gets steeper. Khare is a small settlement surrounded by high mountains, with Mera Peak's north face standing tall right above. Once you arrive, you'll have lunch and rest. If time allows, you can take a short walk around the area to help your body adjust to the altitude.

Distance:

5 hours

Ascent:

689 m/2,261 ft

Descend:

0 m/0 ft

Highest Altitude:

5,045 m/16,552 ft Khare

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

5.6 km/3.5 miles

Day 09: Acclimatization and climbing preparation in Khare

It is another rest day and also a special day planned just to help us prepare for the Mera Peak climb. Your team guide will teach you some basic climbing skills and demonstrate how to use essential climbing gear, like crampons, ice axes, climbing boots, ropes, carabiners, and climbing harnesses. This pre-climbing training will help you to climb safely.

Later in the afternoon, you can take a short hike to a nearby hill to gain extra altitude, which helps your body adapt better. You can also explore the village of Khare, meet local people, and enjoy the peaceful atmosphere.

Highest Altitude:

5,045 m/16,552 ft Khare

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Day 10: Trek from Khare to Mera Peak Base Camp (5,350 m/17,552 ft)

Today, we will begin our journey towards Mera Peak Base Camp from Khare. The Mera Peak climb route follows a steep trail filled with rocks that leads to Mera La Pass at 5,400 meters and then to the Mera Glacier. After we climb up the glacier, the trail becomes steeper, so we'll need to walk carefully and pace ourselves.

We will come across the icy section, so we will wear helmets and crampons for safety, especially since parts of the trail may be prone to rockfalls. After crossing the glacier, we'll finally reach Mera Base Camp. Overnight at camping accommodation in Mera Peak Base Camp. We are just one step away from completing the ascent of Mera Peak.

Distance:

3 hours

Ascent:

305 m/1000 ft

Descend:

0m/70t

Highest Altitude:

5,350 m/17,552 ft BC

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Camping

Trek Distance:

3 km/1.9 miles

Day 11: Summit Days; Mera High Camp to Summit (6,476 m/21,247 ft) and return to Khare

We will finally summit Mera Peak today. We will start early in the dark and slowly climb up to Mera Peak High Camp. We walk across wide snowfields and pass through areas with crevasses. The final stretch of the Mera Peak expedition path takes us through a rocky section before we arrive at the high camp. Now, from high camp, we need to climb steeply and require using an ice axe and other climbing gear. The final section before the summit is the steep climb and most challenging, but we take our time and support each other.

We will attempt to reach the highest of the three summits of Mera Peak. Once we climb to the top of Mera Peak Summit, we'll be standing on Nepal's highest trekking peak at 6,476 meters. From here, you can see Mount Everest, Makalu, Lhotse, Cho Oyu, Kanchenjunga, and many other peaks all around. After enjoying the view and taking photos, we carefully descend back to High Camp for a short rest and lunch. Then, we continue our descent to Khare. It's a long and tiring day but one of the most rewarding of the entire trek.

Distance:

10 hours

Ascent:

1126 m/3,694 ft

Descend:

1,431 m/4,695 ft

Highest Altitude:

6,476 m/21,247 ft Mera Peak

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

13.6 km/8.5 miles

Day 12: Contingency day for weather conditions

Today is a backup day in case the weather was not good for the summit climb yesterday. If strong winds or heavy snow delay the ascent or make the Mera Peak expedition difficult, we can use this extra day to try again. If everything went well on Day 11 and we have already reached the summit, then we'll use this day to rest, relax, or explore around Khare before heading back.

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Day 13: Trek back from Khare to Kote (3,691 m/12,110 ft)

We will begin our return trek from Khare to Kote after breakfast. The trail is long and downhill, but the beautiful views of the mountains, valleys, and forests make it an enjoyable walk. We will pass back through places like Thaknak and follow the same route we took earlier, but this time it's mostly descending.

The trek is tiring on the knees, but since we are losing altitude, breathing gets easier. After about 7 hours of walking through rocky paths, open pastures, and glacier views, we will reach Kote. Here, you can finally rest and enjoy a warm meal in the comfort of your lodge.

Distance:

7 hours

Ascent:

52 m/171 ft

Descend:

1,406 m/4,613 ft

Highest Altitude:

5,045 m/16,552 ft Khare

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12.8 km/7.9 miles

Day 14: Trek back from Kote to Thuli Kharka (4,300 m/14,108 ft)

On this day, we begin the steady uphill trek to Thuli Kharka. The trail goes up and down and crosses a few small streams flowing from the Inkhu Khola. As we walk, we come to a split in the trail near Taktho village and follow the right-hand path.

On the way, we pass by a chorten (a Buddhist monument), then go down a steep slope before making a final climb to Thuli Kharka. We pass one more chorten just before reaching the village. After a long day,

we rest overnight in a lodge at Thuli Kharka.

Distance:

6 hours

Ascent:

720 m/2362 ft

Descend:

111 m/364 ft

Highest Altitude:

4,300 m/14,108 ft Thuli Kharka

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7.2 km/4.5 miles

Day 15: Trek back from Thuli Kharka to Lukla (2,840 m/9,318 ft)

Today is the last day of the trek to Mera Peak. After breakfast, we leave Thuli Kharka and begin our long descent toward Lukla. The trail first climbs up to Zatrwa La Pass (4,610 m), the highest point of the day. From here, we get a beautiful view of Lukla Valley and the surrounding mountains.

Then, we make a steep downhill trek all the way to Lukla. It's a long and tiring walk, but also rewarding with amazing views. Once we reach Lukla, we check into a lodge and enjoy our final night in the mountains.

Distance:

8 hours

Ascent:

310 m/1,017 ft

Descend:

1,770 m/5,807 ft

Highest Altitude:

4,610 m/ 15,125 ft Zatrwa la

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.5 km/5.9 miles

Day 16: Flight back to Kathmandu or Ramechhap Airport from Lukla and same day drive back to Kathmandu

It's the day to say goodbye to the mountains and take a morning flight to Kathmandu from Lukla. Depending on the weather and airport traffic, we'll either fly directly to Kathmandu (35 minutes) or to Ramechhap (20 minutes) and drive back to Kathmandu, which takes about 5 to 6 hours.

Once we reach Thamel, a lively area in Kathmandu, we'll check into our hotel and relax. In the evening, enjoy a nice farewell dinner and reflect on the amazing adventure you've just completed.

Highest Altitude:

2,860m/9,383ft (Lukla)

Meals:

Breakfast and Dinner

Accommodations:

3-Star Hotel

Flight Hours:

35 mins flight from KTM or 5-6 hrs drive & 20 min flight from Manthali

Day 17: Transfer to the International Airport for your Final Departure

We will take you to the international airport for your flight back home. We hope you had an amazing time in the Himalayas and returned with wonderful memories. Safe travels, and goodbye for now!

Meals:

Breakfast

What to Expect from the Mera Peak Climbing?

From the Mera Peak expedition, you can expect to experience a mix of high-altitude trekking and basic mountaineering. You will see stunning views of Mount Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga from the 6,476m summit. Also, you will walk through remote villages and settlements, alpine forests, glacier valleys, and cross Zatrwa La Pass. Further, you will have to use crampons, ropes, an ice axe, and other climbing equipment during the final summit push.

Acclimatization days and basic climbing training are also included to ensure safety. You stay in local tea houses or lodges, which offer basic service. Also, climbing Mera Peak requires good physical fitness and mental preparation, as you'll face cold temperatures, thin air, and long trekking hours.

Likewise, there are different routes to climb Mera Peak, but the North Face is the most common and easiest. It passes through high glaciers and is seen as a safer path because of the lighter snow. Most climbers use this route to enjoy a smoother and more rewarding journey to the top.

Mera Peak Climbing Includes/Excludes

Includes

- Kathmandu to Ramechhap airport to Kathmandu by shared vehicle
- Ramechhap to Lukla to Ramechhap flight ticket
- Airport transfer for domestic and international Flight

- 2 Night in Kathmandu with 3star accommodation (sharing basis)
- 1 Night Ramechap local lodge accommodation (on a sharing basis)
- 12 nights in Mountain Tea House Lodge (sharing basis)
- 1 nights camping tents (Sharing)
- **Meals:** 16 Breakfast, 13 Lunch, 13 Dinner

- Sagarmatha National Park permit fees
- Peak climbing permit
- Garbage deposit fees

- One guide during the Trek
- Climbing Sherpa during the climb
- Porter to carry your luggage (2:1 porter)

- Climbing gear: Rope, Harness, Ice axe, Carabiners, Crampons, F 8, Jummer, Helmet.
- Kitchen Equipment, Trekking tents, Dining tent, Kitchen Tents, Toilet Tents, Table and chairs, and Mattresses for Lobuche peak climbing.
- Climbing guide and staff insurance
- Appreciation Certificate after the successful Trek
- Farewell dinner at the end of the Trek
- Duffle bag during trek (should return after trek)
- **MEDICAL KIT:** Comprehensive Medical kit.

Excludes

- International and Domestic airfare
- Extra vehicle service then mentioned in itinerary
- Heli services for rescue (if needed)

- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the Trek.
- Extra night in tea house during the trek
- Extra nights in tent during the climbing
- Personally ordered foods
- Soft drinks and alcohol during the trek

- Climbing permit for others peak (if you wanna climb others peak then mentioned in itinerary, that types of permit is totally not included in costing)

- Emergency high-altitude rescue and evacuation services fees.
- Personal porter to carry your stuffs (1:1)
- Personal sherpa during the climb (1:1)

- Any expenses incurred due to unforeseen events, such as adverse weather conditions, landslides, itinerary modifications, illness, government policy changes, or strikes.
- Personal clothing, gear, and expenses: shopping, snacks, boiled water, drinks, hot showers, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.

- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Tips for staff (it is expected)
- All other costs and expenses not listed in “include”

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 3,070
2 - 3	USD 2,450
4 - 6	USD 2,290
7 - 12	USD 2,220
13 - 20	USD 2,190
21 - 30	USD 2,050

Mera Peak Climbing FAQ's

Is Mera Peak hard to climb?

Frankly No. Mera Peak is not a technical climb, but it remains physically challenging due to its high altitude (6,476 m/21,247 ft) and the long trekking days involved, especially on summit days. You'll need strong endurance, the ability to walk for hours daily, and basic mountaineering skills to handle snow and glacier sections near the summit.

Is Mera Peak harder than Kilimanjaro?

Yes, Mera Peak is harder than Kilimanjaro. It's higher in elevation and involves glacier travel, cold weather, and some use of mountaineering gear. Kilimanjaro is a trekking-only peak, while Mera Peak combines trekking and basic alpine climbing.

What grade is the Mera Peak climb?

Mera Peak is graded as Alpine PD (Peu Difficile or “a little difficult”) in the Alpine grading system. That means it's not technical but still requires glacier walking, proper gear, and some climbing knowledge. Climbers must be able to use crampons, ropes, and an ice axe on the final snow-covered stretch.

How fit do you have to be to climb Mera Peak?

You need to be physically fit and mentally prepared to be able to complete the Mera Peak expedition. You should be able to walk 6-8 hours a day for multiple days, carry a backpack, and manage altitude. Hence, start training for cardiovascular endurance, strength, and altitude trekking experience 3-4 weeks in advance.

What are Mera Peak climbing permits?

To climb Mera Peak, you need three permits - a Mera Peak Climbing Permit from the Nepal

Mountaineering Association (NMA), a Makalu Barun National Park entry permit, and a Khumbu Rural Municipality entry permit. These are essential for legal and safe trekking.

What is Mera Peak height?

Mera Peak is 6,476 meters (21,247 feet) high. It's the highest trekking peak in Nepal and offers incredible views of five of the world's tallest mountains, including Everest, Lhotse, and Makalu from its summit.

How many days does it take to climb Mera Peak?

Climbing Mera Peak typically takes 16 to 20 days. This includes trekking through remote valleys, acclimatization days, and summit day. The duration can vary based on your route, fitness, and weather conditions.

Is Mera Peak easier than Island Peak?

Yes, Mera Peak is generally easier than Island Peak to summit. The climb from Mera High Camp to the summit is less steep and has fewer crevasses. There is no need to cross ladders or steep ice walls. Also, the final summit push is shorter, about 570 meters from High Camp.

How do I prepare for the Mera Peak expedition?

To prepare for the Mera Peak expedition, train with cardio (running, swimming, biking) and strength workouts. Also, go for long hikes with a backpack, if possible walk at high altitude. Additionally, learn how to use climbing gear like crampons, ice axes, and ropes before the climb.

Mera Peak climbing is a trek or a climb?

It's both. The route up to the base camp is a trek and involves trekking through forested trails and remote villages. However, the final part of the summit is a non-technical climb on snow, which requires basic mountaineering gear and skills.

Things to know about Mera Peak Climbing

- Mera Peak is in the Solu-Khumbu region of Nepal, near the Everest area.
- The peak stands at 6,476 meters (21,247 feet) and is the highest Nepal trekking peak.
- You need two permits: a climbing permit from the Nepal Mountaineering Association and a Sagarmatha National Park permit.
- It is a moderately difficult climb, so you need to be physically fit.
- The usual route starts with a flight to Lukla and passes through villages like Chutanga, Thuli Kharka, Kote, Thangnak, and Khare.
- You'll be trekking for 5-7 hours daily over rugged terrain, with long summit days (10-12 hours).
- The final summit push begins from High Camp (5,800m).
- The full Mera Peak trip takes around 16 to 18 days, including acclimatization and return.
- You will stay in teahouses or lodges throughout the trek.
- The best time to climb Mera Peak is during spring (March to May) and autumn (September to November), when the weather is clear and stable.
- It's important to acclimatize properly and go with a trained guide or join a trekking agency for safety.
- You will need equipment like crampons, an ice axe, a harness, a helmet, ropes, and warm clothing, which can be rented or bought in Kathmandu.

Can I climb Mera Peak in the Off-season?

Yes, you can climb Mera Peak during the off season in Nepal, which includes the Winter season (December-February) and the Monsoon/summer season (June-August). However, you need to be extra prepared and cautious during these off-seasons. In winter, the mountain area starts to receive snow and cold winds from early December. By January, the temperatures drop a lot, and there can be thick snow and strong windstorms. To handle this, you'll need proper winter gear, climbing equipment, training, and experience. *If you can't wait for the main season, early December and late February are the best times to climb in winter.*

Similarly, the monsoon season is another off-season time. During this period, trails become muddy, wet, and slippery due to heavy rain. This is not the best time to climb Mera Peak, as there are also more leeches, and there is a risk of landslides and floods. However, *some experienced climbers still try the climb in the monsoon, especially in early June or late August, when the rain is lighter with proper [Mera Peak preparation](#).* During this season, the skies are usually cloudy, but after the rain, the air becomes clean, and the mountain views can be very beautiful.

The best part of doing the Mera Peak expedition in the off-season is that the trails are quiet and less crowded. You may also get discounts on flights, permits, and lodging. If you are looking for a peaceful trekking experience and don't mind the extra challenges, the off-season can be a good option. Just make sure you are well-prepared and ready for changing weather conditions.

Mera Peak Climbing cost

At Himalayan360, the Mera Peak climbing costs range from \$2050 to \$3070. This cost includes accommodation, transportation, meals, permits cost, guides and porters fees, some climbing gear, and farewell dinner. The price varies according to the group size. The more people in a group, the less the trip costs.

Look at the table below to know about the cost as per the group size:

Group Size	Cost	Action
1 - 1	\$3070	Book Now
2 - 3	\$2450	Book Now
4 - 6	\$2290	Book Now
7 - 12	\$2220	Book Now
13 - 20	\$2190	Book Now
21 - 30	\$2050	Book Now

What is it like sleeping at high altitude while stargazing?

Sleeping at high altitude while stargazing is a surreal experience. The air is crisp and thin, the surroundings are silent, and the night sky is incredibly clear. With little to no light pollution, you can see countless stars, the Milky Way, and even shooting stars stretching across the sky. It's peaceful, humbling, and unlike anything you'd experience at lower elevations.

However, sleeping at high altitude can also be challenging. You might find it harder to breathe, wake up often, or feel a bit restless experience at high altitude due to the low oxygen levels. Thus, you need

proper acclimatization and need to stay warm.

How to choose the right guide or Trekking Agency for Mera Peak Climbing?

Follow these measures to choose the right guide or trekking agency for climbing Mera Peak in Nepal:

- Choose a guide or agency with good reviews and years of experience in Mera Peak or similar high-altitude climbs.
- Make sure they provide certified, trained guides who know the route and safety protocols well.
- Check if the agency offers proper climbing gear and support, like porters, which makes your trek easier.
- Look for companies that focus on safety, including acclimatization days and emergency plans.
- Confirm their communication is clear and they answer your questions honestly before booking.
- See if they are flexible with your schedule or special requests.
- Prefer agencies that support local communities and follow eco-friendly practices.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal