

Mera Peak climb by Phaplu

3 Star Hotel Package

2670^{USD}
per person

*Including healthy meals

5 Star Hotel Package

2870^{USD}
per person

*Including healthy meals

Trip Style: Trekking & Climbing



Trip Difficulty: Challenging

The main advantage of beginning the **Mera Peak climb from Phaplu** rather than Lukla is the opportunity for better acclimatization. Starting from Phaplu, the trek starts at a lower altitude (around 2000m-2800m) and gradually ascends over 4 days. Along the way, you reach a beautiful lake and then proceed to Kholakharka. This gradual ascent helps with acclimatization.

Continuing on, you enter a valley leading to Tangnak. Here, you have a day dedicated to acclimatization before reaching Khare at 5,050 meters, followed by another day of acclimatization. By the time you ascend to Mera Peak High Camp at 5,700 meters, you are well acclimatized. From this camp, you can enjoy a lovely view of Everest, Makalu, and Baruntse at sunset.

The next day marks the ascent of Mera Peak and a return to Khare—a challenging but rewarding day. The ascent itself does not involve significant technical difficulties. The glacier is not very steep and has only slight cracks. Near the summit, there is a short rise of 50 meters at a 35-degree angle, and Sherpas have installed a fixed rope for safe access. From the summit, you'll be treated to a superb view of the Himalayan range, from Makalu to Cho Oyu.

The return journey includes passing through the ZatravLa pass, allowing for a loop in the trek. Trekking to the Mera Peak base camp via Phaplu offers a unique experience compared to starting from Lukla. You'll traverse different, beautiful Sherpa villages such as Phaplu, Taksindu, Nunthala, and Kharikhola, and you'll witness the lush cultivated lands along the trail. Trekking from village to village will gradually improve your fitness, making your legs stronger for the summit day. Overall, the Phaplu route provides a more gradual and acclimatized approach to the Mera Peak climb, allowing trekkers to better enjoy the journey and enhance their physical readiness for the summit attempt.

DURATION: 20 days

Trip Facts

Trek & Climb Region

- Everest Region Nepal
- Phaplu to Mera Peak

Maximum Altitude

- Mera Peak Ascent (6,476 m / 21,246 ft)

Service Level

- Experienced Sherpa guide
- 99% Success Guaranteed

Trip Durations

- 19 Nights/ 20 Days
- Can be modify If Needed

Suitable For

- Experienced trekkers
- Fit mountaineers or Intermediate climbers

Accommodations

- Luxury Hotels In City
- Lodge & Tented camp in Mountain

Meals

- Daily Breakfasts In City
- All Meals during Trek & Climb

Best Time to Travel

- March -May
- Mid September- December

ITINERARY

Day 01:: Arrival at Kathmandu Airport and transferred to your hotel via a private car.

Upon your arrival at the International Airport in Kathmandu, our office staff, along with a car and driver, will extend a warm welcome to you. Once you have completed the necessary visa formalities, please proceed downstairs to collect your luggage and exit the terminal building. Keep an eye out for a printed sign with your name and our company's signboard. Follow these indicators to locate our staff.

Our team will be there to greet you and facilitate your transfer to your designated hotel. Upon arrival at the hotel, you can check in and enjoy a complimentary welcome drink, which can be tea, coffee, or a refreshing cold beverage of your choice.

Our company manager will personally meet with you and introduce you to your guide. During this meeting, you will receive a comprehensive briefing about the trip, including detailed plans, itineraries, and any additional information you may need. If there are any outstanding payments for the trip, you can settle them at this time.

Following the briefing, you'll have the rest of the day free to relax or explore the city at your own pace. It's a great opportunity to acclimatize to your new surroundings and soak in the vibrant atmosphere of Kathmandu.

Day 02:: Cultural Tour of Kathmandu city with tour guide and Trip preparation

After breakfast, your day will commence with a sightseeing tour of four popular UNESCO Heritage sites within the Kathmandu Valley.

Our first destination is Swoyambhunath, which offers a majestic view of the entire Kathmandu valley. The Stupa of Swoyambhunath is a symbol of Buddhism, and your guide will provide you with detailed historical and cultural information about this place.

Following that, you will visit the residence of the Living Goddess and Kathmandu Durbar Square. Locally, this old royal palace area is known as the Basantapur Area or Hanuman Dhoka Durbar Square.

Our next sightseeing stop will be at Boudhanath, the largest Buddhist Stupa in the world. Within this area, you will explore a Buddhist Monastery and take a break for lunch. If the weather is clear, you may even catch a glimpse of the nearest mountain of Kathmandu, Ganesh Himal, from the top of the restaurant.

After lunch, our visit will lead us to the Hindu temple of Pashupatinath, and that will conclude our tour for the day. Typically, it takes around 5-6 hours to visit all four of these monuments within Kathmandu city. The afternoon will be free for you to prepare and pack for your upcoming trek, ensuring that you are ready and well-equipped for the adventure ahead.

In the evening, we extend a warm welcome to our home for a delightful Sherpa feast, where the tantalizing flavors of authentic Sherpa cuisine await your taste buds. This intimate setting offers the perfect opportunity to engage in meaningful conversations and gain valuable insights into the renowned Mera Peak climbing trails, the history of Sherpa people, and the rich Sherpa culture. Alternatively, we can host a cultural dinner for you at the authentic Cultural Restaurant in Kathmandu, where you can savor Nepali cuisine and enjoy a cultural show.

Day 03:: Drive from Kathmandu to Phaplu 2,413 m/7,917 ft. - Overnight stay in Lodge

After breakfast, our guide and driver will pick you up at the hotel. Today, we will drive from **Kathmandu to Phaplu**, which takes approximately 7-8 hours. The journey offers scenic views of the Sunkhosi River and charming villages along the way, covering a distance of about 270 kilometers.

We will take the Khurkot-Ghurmi Madhya Pahadi Highway, a route known for its stunning landscapes. As we drive through rural areas, you'll have the chance to experience local culture and witness the beauty of Nepal's countryside.

Our route will lead us through hills, small villages, and forests, providing panoramic views of valleys and mountains as we ascend to higher elevations. Ghurmi will be our lunch stop along the way.

Phaplu, a delightful Sherpa town, is famous for its airstrip and serves as a gateway to the Everest region. This drive not only gets you to your destination but also allows you to immerse yourself in the authentic Nepal that extends beyond the well-trodden tourist paths, with opportunities to interact with locals and witness their daily lives.

Day 04:: Trek to Nunthala (2,330m/7,643ft) from Phaplu - 6-7 hrs walk

Today, we embark on our first day of trekking from Phaplu. Our journey takes us through the picturesque Sherpa villages of Chiwang, Phera, and Ringmo. As we continue our trek, we eventually cross the Taksindu La pass, which stands at an elevation of 3,071 meters (10,075 feet). Following the pass, there's another hour of descent through conifer and rhododendron forests, as well as terraced fields, leading us to the village of Nunthala.

Throughout this trail, you'll have the opportunity to admire decorated prayer flags adorning the landscape and take in the stunning views of prominent peaks such as Mera Peak, Thamserku, Kusum Kanguru, and Kangtega Peak. This day promises a blend of natural beauty and cultural richness as you journey through the Sherpa villages and experience the captivating scenery.

Day 05:: Trek Panggom (2,846/9,335ft) from Nunthala - 6 to 7 hours trek

After enjoying our breakfast, we begin our descent along the trail leading to the **Dudh Koshi River**. As we continue, we follow the course of the Dudh Koshi River, making our way uphill towards Khumbu. In Nepali, "Dudh" means milk, and "Koshi" denotes a river, hence the name "Milk River," as it carries the meltwater from the snows of Everest down to the plains of India.

During our journey, we cross a magnificent 109-meter-long suspension bridge. On the opposite side of the bridge, we arrive at the small settlement of Jubhing (1680m). From here, we head north, still following the river, gradually ascending above it and entering the side valley of the Khari Khola (Khola meaning stream).

As we proceed, another steep climb awaits us, ultimately leading us to Paggoma. This portion of the trek offers a wonderful blend of natural beauty and cultural exploration as we traverse this picturesque region.

Day 06: : Trek from Panggom to Ramailodada (3276 M/ 10748 ft.): 5-6 hours

We embark on another beautiful day following breakfast. Our journey takes us through a lush forest adorned with bamboo and rhododendron trees, providing us with captivating views that include Number and Kongde peaks when looking back. We are en route to the Pangkongma La pass (3,170m).

From the summit of the pass, we are greeted by views that include Naulekh, and as we descend for about five minutes below the pass, we catch our first glimpses of Mera's impressive South Face. This marks a memorable moment in our trek.

The path ahead involves a long and steep descent, leading us to the bottom of the valley. During this descent, we can enjoy views to the south, where the hills of the lower Himalayas stretch out before us. We pause for lunch at a small lodge situated just above the river.

Following our meal, we cross the Hinku River using a suspension bridge and begin a 2-hour ascent on the east side of the valley, ultimately arriving at Ramailo Dada. This day's journey promises a rich blend of natural beauty, mountain vistas, and a fulfilling trekking experience.

Day 07: : Trek from Ramilodada to Chhatra Khola (2,800m/9,186ft): 6-7 hours

Starting from Ningsow, our trekking day begins with an ascent, followed by a descent, and then another climb that leads us to Ramailo Danda. This vantage point offers us extraordinary views of Mera Peak and Salpa, treating us to a visual feast of the surrounding peaks and landscapes.

As we continue on our trail, we alternate between ascending and descending terrain. Eventually, we enter the Makalu Barun National Park, an area of remarkable natural beauty and biodiversity. The stretch of our trail from this point to Chhatra Khola is known as the Pasang Lhamu trail.

During this part of our journey, if we are fortunate, we may have the chance to spot the elusive Red Panda, a rare and enchanting creature. We will spend the night in Chhatra Khola, where you can immerse yourself in the natural wonders of the region and enjoy a well-deserved rest.

Day 08: : Trek from Chhatra Khola to Kothe (3,691m/12,109ft): 6-7 hours

Our journey continues as we head north along the main trail to Mera Peak. We commence our walk on a trail adjacent to the Majang Khola and eventually merge with another trail that runs alongside the Hinku Khola.

Our path leads us straight ahead, guiding us to Trashing Ongma, where seasonal tea shops provide a welcome rest stop. We press on with our trek, crossing a bridge over the Sanu Khola before reaching our destination for the day, Kothe. This tranquil spot will serve as our overnight resting place, allowing us to recharge for the adventures that lie ahead.

Day 09:: Trek from Kothe to Thaknak (4,358m/14,297ft): 4-5 hours

We continue our trek along the ridge of the Hinku Khola, beneath the imposing presence of Mera Peak. Our journey leads us to Gondishung, a summer herders' settlement situated on the west bank of the Hinku Drangka, where we pause for lunch.

Beyond Gondishung, our path takes us past a 200-year-old Lungsumgba Gumpa. Here, we can discover Mera Peak scripted in rock, along with its route to reach the summit. This historical inscription provides a fascinating glimpse into the mountain's legacy.

A short walk from the Gumpa brings us to Thaknak, a summer grazing area featuring basic lodges and shops. This is where we will spend the night, nestled in the heart of the Himalayas, surrounded by the natural beauty of the region.

Day 10: : Rest Day/Acclimatization hike day in Thaknak (4,358m/14,297ft)

With over 25 years of experience in the climbing field, we understand that good physical conditioning and excellent acclimatization at high altitudes are crucial for a successful Mera Peak summit. Therefore, we highly recommend spending one night in **Thaknak (4,358m/14,297ft)** before proceeding to **Khare (5,045m/16,486ft)**.

While many companies do not include a rest day in Thaknak, we emphasize the importance of acclimatization. Today, after a hearty breakfast, our expert Sherpa guide will lead you on a day hike that takes you above 5,000 meters. This hike is designed to help you acclimatize better by exposing you to higher altitudes before descending to a lower altitude for sleep.

where Thaknak is located, continues to grow and offers a stunning mountain setting. In the evening, you can relax in a lodge and enjoy the warmth of a cozy fire, ensuring you are well-rested and prepared for the challenges ahead.

Day 11: : Trek from Thaknak to Khare (5,045m/16,486ft): 3-4 hours

Today we will climb above 5,000 m (16,400ft) for the first time. Our hike up to Khare (5,100m, 16,728ft) is short,

but we will take it slowly, with frequent stops to soak up the incredible surroundings. The trails heads eastward out of Tangnag, along with the lateral moraine of the Dig Glacier. We will pause to climb up the moraine for a view of the pristine Sabai Tso glacial lake. A drop in lake level, caused by a recent rupture of the natural dam the held the lake, is clearly visible. We will arrive at Khare in the early afternoon and have lunch. From Khare, the beautiful north face of Mera Peak is in plain view and Mera glacier spills steeply down into the valley. Over night at Camp/or local lodge.

Day 12: : High altitude acclimatization day in Khare (4900 m)

Today is designated for acclimatization, and one option for an acclimatization walk is to trek up the nearby ridge that descends from Kusum Kanguru. This hike will take us to an altitude of just over 5000 meters on the hill known as Shartemba Go. From this vantage point, we are treated to breathtaking views of Kusum Kanguru and a clear perspective of our route leading to the Mera La pass.

At the leader's discretion, part of today may also be utilized for running through various techniques and safety procedures that will be employed during the climbs. This additional training ensures that everyone is well-prepared and equipped for the challenges ahead, further enhancing the safety and success of the expedition.

Day 13: : Khare - Mera La (5415 m) - high camp (5,800 m)

This morning, setting foot on the glacier may pose some challenges. You'll embark on a lengthy ascent along a somewhat steep glacier to reach the high camp location. The view from this campsite offers a breathtaking display of "7000" and "8000" meter peaks, including Kanchenjunga, Chamlang, Makalu, Baruntse, Everest, Lhotse, and Cho Oyu. This panorama is widely regarded as one of the most beautiful in Nepal.

You will spend the night in tents, and meals for the day include breakfast, lunch, and dinner. The trek today will involve approximately 6 hours of walking, with a maximum elevation gain (M) of 930 meters and a descent (D) of 70 meters.

Day 14: : Summit Mera Peak (6461 m) - descent Khare

An early start awaits as we embark on the ascent of the central summit via the north slope. This journey involves a lengthy climb on a glacial plateau, which, although not highly technical, traverses a somewhat cracked glacier. As we make our way, the glacier presents a few challenges to navigate.

The final stretch of this ascent becomes steeper, with slopes ranging from 35 to 40 degrees. Once we reach the central summit, we'll begin our descent back to Khare, where we'll be staying at a lodge for the night. The day's meals will include breakfast, lunch, and dinner.

Please be prepared for a long day, as this trek will encompass approximately 10 hours of walking.

Day 15: : Trek from Khare to Kote (3600 m). Approx. 6-7 hours

Today's trek will span approximately 7 hours as we make our way to Kothe. The terrain is relatively gentle, making for a comfortable walk. Our path leads us through a gradual descent, and along the way, we pass through Tangnank, a quaint village where you'll encounter a Yak settlement.

To reach Kothe, we'll continue along a similar type of path, characterized by serene forests adorned with fir, rhododendron, and local vegetation. We will be spending the night at a local lodge in Kothe.

This leg of the journey promises a tranquil and enjoyable walk, providing you with opportunities to immerse yourself in the natural beauty of the region.

Day 16: : Trek from Kote to Zatrabok (4,704 m). Approx. 6-7 hours

Today is a challenging day as we embark on the climb of Zatrwa La, the pass that will lead us back to Lukla. We begin our journey from Kothe, and initially, a small rocky trail guides us downward into the Hinku Valley for a couple of hours. During this part of the trek, you will encounter some steep and rocky steps, both uphill and downhill.

Afterward, we bid farewell to the Hinku Kola and start a steep ascent through the forest. We take an early lunch break at Toktar, a cluster of small teahouses nestled in the forest. Through the trees, you may catch a distant glimpse of Mera Peak's summit.

Following lunch, our journey continues with a climb through the forest. The rhododendron trees gradually give way to smaller bushes, and the majestic mountains begin to reveal themselves across the valley. On a clear day, when looking back, you can spot all three summits of Mera Peak and Naulekh. The higher we ascend, the more spectacular the views become, and you can trace much of the route you've trekked over the past couple of weeks.

Finally, we reach a point adorned with a few prayer flags. From here, the trail becomes gentler as we approach the lodge at Zatrabok. During this part of the trek, you'll be able to enjoy views of Mera Peak's imposing vertical west face.

This day's journey may be demanding, but it rewards you with stunning vistas of the surrounding mountains and a sense of accomplishment as you conquer the challenging terrain.

Day 17:: Trek from Zatarbok to Lukla. Approx. 5-6 hours- Lodge

The last 300 to 400 meters of our ascent to the Zatrwa La will mark our final climb of the trip, offering splendid views to the south across the ridge and valley landscape of Nepal's Middle Hills. Once we reach the crest of the pass, our journey takes us downhill, at times steeply, covering almost 2000 meters in elevation descent, until we arrive at the welcoming lodges of Lukla.

Today's trek leads us through diverse forests, including fir, rhododendron, oak, juniper, and various local vegetation. The trail undulates with both uphill and downhill sections as we make our way to Lukla. Along the route, we can savor panoramic views of Numbur Himal, Kongdi Ri, Karyolang Peak, and the many other surrounding mountains of this picturesque region.

Upon our arrival in Lukla, we take the opportunity to confirm our flight tickets for the journey back to Kathmandu. This marks the end of our trek and climbing adventure. In the evening, we celebrate the successful completion of our journey. We spend the night at a guesthouse in Lukla, cherishing the memories and achievements of this remarkable expedition.

Day 18: : Fly to Kathmandu from Lukla & Transfer to hotel

Today, after enjoying a hearty breakfast, we board a flight back to Kathmandu, concluding our long and rewarding mountain journey. The early morning flight brings us back to Kathmandu, where we can take the opportunity to rest and relax at our hotel.

For those interested in purchasing souvenirs or gifts to bring home from Nepal for loved ones, friends, and relatives, this is an ideal time. We can explore nearby shops or venture into the vibrant district of Thamel, known for its wide range of typical Nepalese goods. Mountain Sherpa's guides are available to assist with this short excursion, or we can choose to explore independently.

If there are other areas in Kathmandu you wish to explore, today presents the opportunity to do so by managing your time accordingly.

Day 19: : Extra reserve day in case for flight cancellation

This day serves as an essential contingency in the event of flight delays from Lukla or unfavorable weather

conditions on our originally planned summit day. There is no certainty when it comes to weather conditions in the Himalayas, and this day is reserved to accommodate any unforeseen circumstances that may prevent us from reaching the summit of Mera Peak on our scheduled day.

However, if our journey progresses smoothly without any significant delays or weather-related challenges, we may find that this contingency day is not required. In such a scenario, it provides an additional opportunity for independent exploration amidst the vibrant streets and temples of Kathmandu.

In the evening, we come together to celebrate with a congratulatory dinner, marking the conclusion of an extraordinary and successful trip filled with memorable experiences and achievements.

Day 20: : Airport drop by private Car. Fly back to Home

Following breakfast, our representative and office vehicle will be ready at our hotel to transfer us to the airport for our connecting flight home. Serving you has been an incredible joy and pleasure, and we, at **Mountain Sherpa Trekking and Expeditions**, will always cherish the bonds of our relationship that were forged during your time with us. We extend our heartfelt gratitude for choosing us as your travel partner and for exploring the beautiful country of Nepal with us.

We are confident that your experience of climbing this exceptionally stunning high-altitude trekking peak with our expert Sherpa guide will provide you with lifelong memories of a remarkable adventure. Farewell, dear friends! Until we meet again.

Please Note: While we make every effort to adhere to the provided itinerary, there may be occasional adjustments required due to local trail conditions or weather conditions. Additionally, the trekking itinerary may be subject to slight variations based on the acclimatization rates of our trekkers. As this adventure takes us into remote, high-altitude terrain above the timberline, we kindly request your understanding and flexibility to ensure the safety and success of your journey. Thank you very much for your understanding.

Cost Includes

Transports & Accommodations

- Private Transfers upon arrival and departure (3 Times)
- KTM- Phaplu Jeep & Lukla-Kathmandu flight
- 4 Night hotels in city as specified in Itinerary
- 14 nights local Sherpa lodge accommodations during trek
- 1 nights tented camp accommodations during climb

Meals & Drinks

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trip (Breakfast, Lunch & Dinner)
- Black Tea, lemon tea, milk tea or Coffee as per choice
- Welcome dinner at best local restaurant with cultural show
- You can select any food from the lodge menu as per your taste

Gear & Equipment

- Necessary Climbing equipments including tents
- Duffel bag, Trek Map & group medical Kit

- Sleeping bags and down Jackets if required
- Hot water bag to warm your feet inside the sleeping bag

Support

- Experience local Sherpa Climbing guide for 100% summit
- Hardworking and trustworthy porters (1 porter for 2 People)
- Free extra luggage storage service
- Free help to get SIM Card, renting or buying gears
- Call support for anytime 24/7 for Emergency

Pays & Permit

- Mera Peak climbing permit
- Pay and insurance for sherpa guide and support staff
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments
- Garbage Deposit and other required government fees

Additional Service

- We help you, if an airline loses your luggage, or delayed
 - International flight ticket Reconfirmation service if required
 - We help our clients to buy climbing gears at wholesale price
 - if required, We help to hire climbing gears at reasonable price.
 - We show you around local areas, recommend to eat etc
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WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Sherpa Guide & Porter after end of trek