

Mera Peak Climbing- 20 Days (100% Summit Success - Sherpa-Led Adventure)

3 Star Hotel Package

2900^{USD}
per person

*Including healthy meals

5 Star Hotel Package

3100^{USD}
per person

*Including healthy meals

Trip Style: Trekking & Climbing



Trip Difficulty: slightly difficult

Mera Peak Climbing 2026 | Conquer Nepal's Highest Trekking Peak (6,476m)

Over 27 years of safely leading Mera Peak expeditions with an expert Sherpa team

Mera Peak (6,476 m / 21,246 ft) stands as the highest trekking peak in Nepal's Everest region and is one of the most popular peaks in the country, offering adventurers an unparalleled experience of high-altitude mountaineering. This iconic ascent is a dream for thrill-seekers and nature enthusiasts alike, combining physical endurance with some of the most breathtaking panoramas on Earth.

Climbing Mera Peak requires no prior technical climbing experience; however, the altitude and demanding terrain make it a test of endurance, determination, and spirit. Under the expert guidance of our Elite Sherpa Guides, our valued guests learn essential mountaineering techniques, ensuring a safe and rewarding ascent. The final summit push—starting in the silence of pre-dawn—builds anticipation until the moment you step onto the peak, where an unrivaled 360-degree view of the world's highest mountains awaits.

Climb Mera Peak in 2026 with Our Friendly and Reliable Sherpa Guides! Whether you're solo or in a group, experience an adventure of a lifetime. We specialize in small groups, providing personalized service and attention to detail. Our passionate Sherpa guides will be your companions, sharing their rich culture and love for the mountains. Join us to create unforgettable memories as you conquer **Mera Peak** and embrace the breathtaking beauty of the Himalayas!

Top 10 Reasons Climbing Mera Peak with Mountain Sherpa Trekking

- 1. Well-Planned Itinerary & Acclimatization:** Our meticulously crafted itinerary is designed to ensure your safety and maximize your chances of a successful summit. With gradual altitude gain, strategically placed rest days, and contingency days built in, your body will acclimatize properly, minimizing the risk of altitude sickness. This thoughtful approach allows you to fully prepare physically and mentally for the climb, making your Mera Peak journey safe, comfortable, and rewarding.
- 2. Safety Above Everything:** Safety always comes first. Our experienced Sherpa team is fully trained to assess altitude conditions and provide emergency oxygen and first-aid support whenever needed, particularly at High Camp. Oxygen can be promptly arranged at High Camp at an additional cost, ensuring climbers receive immediate assistance if required. Our guides carry a **satellite phone at all times**, ensuring that in any emergency, they can immediately contact our base team to coordinate prompt assistance. This responsible and carefully managed approach is backed by 27 years of successfully leading safe Mera Peak expeditions.
- 3. Guaranteed Summit Success:** With a 99% summit success rate, we have successfully organized over **1,700**

Mera Peak expeditions in our 27-year journey, delivering safe, high-quality service led by Nepal's **best Sherpa guides**.

4. **Experienced & Certified Sherpa Guides:** Our seasoned local Sherpa guides know Mera Peak like no one else. Their expertise ensures you are well-prepared, safe, and confident throughout your climb.
5. **All-Inclusive Packages:** We offer a comprehensive package that includes high-quality accommodations, hygienic meals, internal flights, and all necessary permits, allowing you to focus on your adventure.
6. **Flexible Itineraries:** Whether you are a beginner or an experienced climber, our Sherpa guides will customize your journey based on your experience level and preferences.
7. **Seamless Experience:** From ground transportation to expert support on the mountain, we take care of every detail to ensure a seamless and enjoyable Mera Peak expedition. In any situation—such as flight cancellations from Lukla or emergency rescue—our experienced team will coordinate with insurance providers and arrange timely helicopter evacuation if required, prioritizing your safety at every step.
8. **Quality Accommodation:** Rest is essential for your Mera Peak climbing adventure. We ensure you have two nights in a top 4-5 star hotel in Kathmandu before your flight to Lukla and two nights after your trek, helping you recover from long flights and jet lag. During the trek, you'll stay in the best available mountain lodges, and on the ascent, enjoy comfortable tented camp accommodations, all designed to keep you refreshed and ready for the climb ahead.
9. **Quality Equipment & Logistics:** We provide all essential climbing gear, including high-quality ropes, tents, sleeping mats, and sleeping bags, ensuring your comfort and safety on the expedition. Additionally, our reliable and experienced porters handle logistics support honestly and efficiently, allowing you to focus fully on your climb.
10. **Empowered Sherpa Guides:** Our experienced Sherpa guides and dedicated porters are generously and well paid for their skills, commitment, and hard work, ensuring a motivated and highly professional team to support your climb. We take pride in being among the top-paying companies for Sherpa guides and porters in Nepal, reflecting our deep commitment to their well-being, professionalism, and the highest standards of expedition support.

DURATION: 20 days

Trip Facts

Trek & Climb Region

- Everest Region Nepal

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:: Arrive in Kathmandu and Transfer to Hotel by Private Car - Overnight Stay in Hotel.

Our office Staff with Car & driver will welcome, and greet you at International Airport on Arrival. After Visa formalities are complete, you have to come downstairs to collect your Luggage and proceed outside from the terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check-in at Hotel, free welcome drinks tea/coffee, or any cold drinks. The

company Manager will meet you with your guide and will provide detailed Plans and Briefings about the trip. Balance trip Payment should clear if any etc. Free day for relaxation or exploring around the city yourself.

Day 02:: Half day Kathmandu city sightseeing - overnight Stay at Hotel [Breakfast included]

After Breakfast your day will start with a sightseeing tour of 2 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Our next sightseeing will be at Buddha Nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for a lunch break. If the weather is clear you can see the nearest Mountain of Kathmandu- Ganesh Himal from the top of the Restaurant.

After lunch, we will return back to our hotel, and the tour for today is finished. It normally takes a 3-4 hours tour to visit the 2 best monuments within Kathmandu city. Afternoon free for packing for the trek and getting ready.

Day 03:: Drive to Domestic Airport & Fly to Lukla, trek to Paiya (Chutok) (2,730m/8,956ft)

We take the stunning flight to the small airstrip at Lukla, (2,800m) the entry to the Khumbu region, and the start point for the popular trail towards Everest. It is a busy little village with many lodges, equipment and supply shops as well as the airport. We start our trek heading south from Lukla with a steep descent to Surkye. From here we have a steep climb up to the Chutok La from where we contour into a side valley to Piuyan (2,800m).

Day 04:: Trek from Paiya to Panggom (2,846m/9,337ft)- Overnight stay in a lodge.

We descend for a while and reach a small bridge. From here the trail is slippery until we cross the Kari La pass. We walk through rhododendron and bamboo forests on a narrow mountain trail. On today's trip we also get to be in awe of the Dudhkoshi Valley. We continue our trek to Panggom Village whose settlers are dependent on farming and trading. Overnight in Panggom.

Day 05:: Trek from Panggom to Ramailodada (3276 M/ 10748 ft.): Overnight stay in lodge

We start our beautiful day after breakfast. We hike through a lush forest of bamboo and rhododendron with views looking back to Number and Kongde peaks, to the Pangkongma La pass (3,170m). From the top, we can see Naulekh, and five minutes below the pass we catch our first views of Mera's impressive South Face. It's a long, steep descent to the bottom of the valley, with views south over the hills of the lower Himalayas. We have lunch in a small lodge just above the river and after lunch, we cross the Hinku River using a suspension bridge and have a 2-hour climb up the east side of the valley to Ramailo Dada

Day 06: : Trek from Ramailodada to Chhatra Khola (2,800m/9,186ft): Overnight stay in lodge

From Ningsow, we climb first then descend for a while and climb some more to reach Ramailo Danda. From here we get extraordinary views of Mera Peak and Salpa. After ascending and descending our trail, we enter the Makalu Barun National Park. Our trail from here to Chhatra Khola is called Pasang Lhamu trail. On the way, if we are lucky, we might even come across the elusive Red Panda. Overnight in Chhatra Khola.

Day 07: : Trek from Chhatra Khola to Kothe (3,691m/12,109ft): 6-7 hrs. Overnight Stay in Lodge

We walk towards the north on the main trail to Mera Peak. After walking on a trail next to the Majang Khola, we merge with another trail that moves alongside the Hinku Khola. Our trail moves straight ahead towards Trashing Ongma which has seasonal tea shops. We continue our trek and cross the bridge over the Sanu Khola before reaching Kothe. Overnight in Kothe.

Day 08:: Trek from Kothe to Thaknak (4,358m/14,297ft): 3-4 hours- Overnight stay in Lodge

We trek along the ridge of the Hinku Khola in the shadow of Mera Peak. We take lunch at Gondishung, the summer herders' settlement in the west bank of the Hinku Drangka. Beyond Gondishung, we pass a 200-year-old

Lungsumgba Gompa where we can find Mera Peak scripted in rock along with its route to reach Mera. A short walk takes us to Thaknak, which is a summer grazing area with primitive lodges and shops. Overnight in Thaknak.

Day 09: : Acclimatization Hike Day in Thaknak (4,358m/14,297ft) - Overnight Stay in Lodge.

As per our 25+ experience in Climbing field, good physical conditioning & excellent acclimatization of high altitude is key for the successful summit of Mera Peak, therefore we highly recommend staying one night at Thaknak (4,358m/14,297ft) before heading to **Khare (5,045m/16,486ft)**. Most of companies do not have rest day in Thaknak, However, it is very important to have an acclimatization day hike in Thaknak. Today after having good breakfast, our expert Sherpa guide will take you for day hike above 5,000 meters which will helps you acclimatize better as you expose yourself to higher altitudes then return to a lower altitude to sleep. Tangnag is growing all the time and gorgeous mountain setting. In the evening, you can rest in a lodge and warm up with a nice fire.

Day 10: : Trek from Thaknak to Khare (5,045m/16,486ft): 3-4 hours Overnight stay at Lodge

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 head 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 that 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. Overnight at Camp/or local lodge.

Day 11: : Acclimatization Day at Khare [5,045m/16,486ft]: Climbing Training.

We have a separate day set aside solely for acclimatization and basic training just to prepare ourselves better for the Mera Peak climb. Our Expert Sherpa climbing Guide will help us polish our best climbing techniques and demonstrate the best ways to use our climbing gears like the ice axe, harness, ascender climbing boots and crampons. The training will also include learning the best climbing technique with the rope. Overnight in Khare.

Day 12: : Climb to Mera Peak High Camp 5,800m/ 19,029 feet (Tented Camp)

After having excellent acclimatization and skills review in Khare, today after having our breakfast, we will gradually ascend to Mera High Camp 5,800m/ 19,029 feet. We will climb up to the Mera Glacier. At first, it is easy but the trek up to the glacier is steep in parts and you will need to pace yourself and make sure you are getting your foot placements correctly. We suggest wearing helmets; crampons as there is a chance of rocks falling. The hike across the glacier is exceptional, with views and memories you will never forget. We keep on the easy graded snow slopes, and after a short distance arrive at a part of crevasses which we will have to navigate carefully. We then make our way slowly up to High camp. Do not forget to look behind, from where you will see stunning views of Mt. Everest, Mt. Nuptse, Mount Makalu & Lhotse and this ascent up to high camp holds some Himalayan treasures. Our well-situated high camp is hidden behind a rocky section. The campsite is small and has some drop-offs on the right as you enter the camp. It is time to rehydrate and recovers for the summit push.

Day 13:: Summit Mera Peak [6,461m/21,1907ft] & return to Khare. (10-12 hrs) Lodge

The climb to the summit of Mera starts gradually and much will depend on snow and general weather conditions. The central summit will soon appear above the head of a wide glacier flanked by two ridges. We climb the centre of this over open snowfield and avoid crevasses. The route then swings south-east, skirting below and to the east of the left-hand ridge before turning back rightwards towards the main summit ridge of Mera. Mera actually has three summits; the highest is our objective. We reach this by following a classic snow-ridge to just below the final wall that guards the top. This short steep snow slope is easily climbed but there is a big effort required to climb this last 50 metres. Your reward, however, is a feeling of ecstatic jubilation as you survey the magnificent panorama from the top. After taking pictures and enjoying the view, we descend by the same route back to our campsite below the Mera La. We will stop for lunch at High Camp, and then continue the descent to Khare for an overnight stay.

Day 14: : Trek back to Kothe [3600m/11808ft] overnight at Lodge-All Meals

Today we will hike for like 7 hours to reach Kothe. The walking is not tough. We walk along the gradual descent path passing through Tangnang. This is a small village and we find a Yak settlement here. To reach Kothe we will follow the same kind of path. On the way, we pass forests covered with fir, rhododendron, and local vegetation. Overnight at local lodge.

Day 15: : Rest day in Kothe; this day is allocated in case of bad weather on summit day.

The rest day in Kothe is highly important as this day acts as a backup in case the scheduled climb is disrupted by **bad weather**.

As you know, there is **no guarantee** that we will have good weather on our planned day for the summit. Therefore, this day is set aside as a contingency in case we are unable to summit the Mera on the desired day due to bad weather conditions or any other unanticipated reason.

By adding this extra day to your itinerary, you will have the option to try the summit again on the next day if needed. If the weather becomes good and you didn't need the extra day for the summit, it can be used as a **well-deserved rest day** after the challenging and long walk to summit Mera Peak. This thoughtful arrangement ensures you recover well, promoting your overall well-being and allowing you to finish the expedition feeling refreshed.

Day 16: : Trek to Zatrabok [4,704M/15,434ft]- approx. 6 hrs. overnight at Lodge- All Meals

A hard day today as we start our climb of the Zatrwa La, the pass that brings us back to Lula. Departure Kote a small rocky trail takes us down the Hinku Valley for a couple of hours. There are some very steep rocky steps both up and down. We lastly leave the Hinku Kola and commence a very steep climb through the forest. We have an early lunch at Toktar, a small cluster of teahouses in the forest. Through the trees, we can just spot the summit of Mera Peak now far away. After lunch, we continue climbing up through the forest. The rhododendron trees give way to smaller bushes and the mountains begin to appear across the valley. Looking back on a clear day we can see all three summits of Mera, Peak, and Naulekh. The higher we climb the better the views and we can trace much of the route we have trekked over the past couple of weeks. Finally, we reach a few prayer flags and from here the trail eases as we approach the lodge at Chetrabu. We enjoy views of Mera's vertical west face.

Day 17:: Trek from Zatrwa La to Lukla. Approx. 5-6 Hours- Overnight at Lodge B, L,D

The last 300 to 400 meters of the ascent to the Zatrwa La will be our last climb of the trip, with superb views southwards across the ridge and valley landscape of Nepal's Middle Hills. From the crest of the pass, we trek downhill, steeply in places, for almost 2000 meters to the welcoming lodges of Lukla.

Today we trek through forests of fir, rhododendron, oak, juniper, and local vegetation. The trail we walk along with moves uphill and downhill all the way to Lukla. We can enjoy the views of Numbur Himal, Kongdi Ri, Karyolang peak, and many other surrounding mountains of the region. Finally, reach Lukla, confirm our flight ticket, and overnight at Camp. Evening celebration of the successful Trek & Climbing. Overnight at Guest House.

Day 18.: Fly to Kathmandu and Transfer to hotel and Relax at hotel or explore around Thamel

Today, after a hale and hearty breakfast, we fly back to Kathmandu after our long mountain journey. The early morning flight drops us at Kathmandu. We can rest and relax throughout the day at our hotel.

If interested, we could buy some gifts to take home from Nepal for loved ones and friends, and relatives; we can visit some nearby shops or venture out to Thamel for typical Nepalese goods. Mountain Sherpa's guides either can assist this short excursion, or we can do it ourselves too.

If you want to explore any other areas in Kathmandu, you have to manage time for this today as well! At eventide, we will attend an exciting celebration dinner together for completing Mera Peak expeditions hosted by Mountain

Sherpa Trekking and Expeditions! Overnight in Kathmandu, the valley of the gods.

DAY 19:: Contingency day in case of bad weather and flights delays

As a well-established local Sherpa company with over 25 years of experience, we highly recommend allocating an additional day in Kathmandu as a contingency for potential flight delays from Lukla due to weather conditions.

In the event that everything goes as planned, that's wonderful. However, this contingency day can be a valuable opportunity for a fascinating cultural tour, exploring two captivating and ancient Newari cities, Patan and Bhaktapur. The tour, lasting about 5-6 hours, provides a fantastic chance to immerse yourself in the local culture, ancient architecture, and fine arts. Take in the medieval charm of Bhaktapur Durbar Square, where well-preserved palaces and courtyards transport you through time. Your adventure doesn't come to a pause; it becomes even more enriching with every moment. We assure you of a delightful and fulfilling experience.

DAY 20:: Transfer to Airport by private Car and Fly back to home

After breakfast, our representative and office vehicle will be on standby at our hotel to transfer us to the airport for your connecting flight home. Serving you was an incredible joy and pleasure, we at **Mountain Sherpa Trekking and Expeditions** will cherish the bonds of our [relationship](#) created over the time you spent with us, and we thank you for choosing us as your travel partner and for visiting this fantastic country Nepal.

We are sure that climbing this most beautiful high altitude trekking peak with our expert Sherpa guide will give you lifetime memories of a vacation. Ciao friends! Till we meet again.

Please Note: Although we try to follow the itinerary given above, at times local trail or weather conditions may necessitate slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure goes into wild territory above the timberline, so we seek to request [maximum flexibility](#) if and when required for the safety of your trip and your life. Thank you so much for your understanding.

Cost Includes

Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey.
- Kathmandu-Lukla-Kathmandu round-trip flight, including airport drop-off and pickup service.
- Enjoy four comfortable nights in a centrally located city hotel with free local guide services to explore tourist and local markets.
- Experience the authentic charm of the Himalayas with 14 nights of local Sherpa lodge accommodations during the trek, followed by one night of tented camp accommodations for the climb.

Meals & Drinks Included As Per Below

- Delicious & Hygienic breakfasts daily in the Kathmandu hotel are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- Unlimited warm beverages, such as tea, hot lemon tea, hot chocolate, or coffee of your choice, will be provided every day to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.

Complimentary Gear & Equipment

- Necessary Climbing Equipment, Including Tents and Main Ropes for Your Expedition
- Duffel bag, Trek Map & group medical Kit
- Warm sleeping bags and down jackets will be provided if required.
- Pulse oximeter for measuring oxygen saturation and heart rates.

Best Climbing Sherpa Guide & Porters

- Responsible, truthful, friendly, and flexible Sherpa climbing guides will be provided for the entire expedition, ensuring your safety and an enjoyable climbing experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Staff Pay, Insurance & Required Permits

- Pay and insurance for Climbing Sherpa guide and support staff
- Special Mera Peak climbing Permit issued by the Nepal Mountaineering Association (NMA)
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments
- All other fees, including additional entry permits set by the Nepal government and local authorities, are included

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We provide a certificate obtained from the Nepal Mountaineering Association (NMA) after climbing Mera Peak, which serves as a significant recognition of your achievement.
- We assist our valued clients in purchasing and renting all the necessary climbing gear in Kathmandu or arrange for rentals at Khare.

Emergency Support

- Emergency Support – Satellite phone, first-aid, and coordination for any emergencies.
 - Oxygen at High Camp – Available if required, arranged at an additional cost.
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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

Extra Bills

- Phone, internet & Battery Charges bills on trek
 - Unforeseen Cost such as Flight Delayed/cancellation
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- Climbing Gears Full Set US\$ 150-200 for renting

Vital Information

Why Climb with US

10 reasons to choose Mountain Sherpa Trekking for the Mera Peak Trip

1). Top-notch Sherpa Guides

Our whole guides & staff are 100% Local Sherpa people from the Everest region. As you know “Sherpa’s are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest”

We have extremely professional, reliable, and experienced climbing Sherpa’s working with us. We have four expert Sherpa guides for each group of ten trekkers on the trail in order to make sure all of our teams have the best chance at safe success in their goals. Since we will employ experienced Sherpa guides, they will take care of everything and will make your trip easy and wonderful.

2). Supporting Our Community

We believe that we all must give back to our society, as a responsible Sherpa Company, we know the importance of giving and supporting those in need. Hence, [Mountain Sherpa Foundation](#) has been established to help address the basic needs problems of the deprived people and low-income families of a remote part of Nepal. We work directly with the local communities to find lasting solutions to poverty and injustice. We seek to help and to be helped to ensure that poor people can improve their lives and livelihoods.

We continue to help the local community and have helped our Sherpa guides, porters, and staff. As things get worse for tourism workers amid covid-19 pandemic, **Mountain Sherpa Trekking director Mr. Pasang Sherpa** distributed relief packages to more than 450 Sherpa trekking guides, porters, and climbing guides on 25 May 2020, Similarly, He supported to Trekking Agencies Association of Nepal (TAAN) that has established a food bank for the tourism workers in Nepal during the COVID 19 pandemic.

3). Quality Run Journeys

Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal, which means you can select any food from the lodge menu as per your taste. Our guides will provide you with enough meals on their trek as part of the trip price. A lot of times people are only given the same food each day for every meal, and we don’t do this. You are allowed to pick what you eat for each meal in all the lodges

we stay in.

Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your treks and climbs in the Himalayas which is most important for a successful trip.

4). More Acclimatization

Your safety and enjoyable trip are always our priority. Our guide will make sure all of your party is properly acclimatized in the Himalayas before going higher. After a decade of experience, we know trip safety needs more time to acclimatize to the lower levels of oxygen, in order to reach 21,246 feet. We know that excellent acclimatization is the key factor to a safe and successful trip to high and extreme altitudes. Our itinerary has seven days of trekking up to 5,000 m (16,400ft). Then we have two nights at this altitude for extra climbing training and acclimatization. This will help to give your body the time it needs to acclimatize correctly

We have one night at Mera Peak Base Camp at 5,350m/ 17,552 feet before moving to Mera Peak High Camp at 5,800m/ 19,028 feet. We also have an additional contingency day at the end of the trek in case of bad weather conditions or unanticipated reasons. Most companies are not doing this and we have seen over the years that it is the main reason why more people on our trips are making it safely to the summit of Mera Peak!

5). Climb with an expert local Sherpa Guide

An expert local Sherpa guide leads all of our Mera Peak Expeditions. You can walk through the region with someone who has wide-ranging experience in the mountains and lead groups to safe and unforgettable experiences.

Most of our Sherpa guides have led many trips on Lobuche Peak, Island peak, Mera Peak, Chulu east, Tent Peak, Ama Dablam, and Mount Everest and so many more.

If you book far enough in advance, you will be a part of a professionally led trip on our unique itinerary. All of our guides hold current Wilderness First Aid Certificates and climbing guiding qualifications.

6). Over 26 Years of Experience

We have years of experience operating and organizing Mera Peak successfully. Our expert Climbing guides like Mr.Lhakpa Sona Sherpa, Mr. Dawa Sherpa, and Mr. Jangbu Sherpa have climbed Mera Peak over 70 times and climbed other peaks numerous times including Island Peak & Lobuche Peak, and many other peaks. All our guides are from the Everest region where all the highest peaks including the world's tallest peak Mt. Everest are located.

On our Mera Peak climbs, we use quality Tents. We use quality tents on all our camping trekking and climbing trips in Nepal. All our mountaineering gear is stored in Lukla and we carry it into Mera Peak every season. Our own cook Dilli or Kaji will trek with the team to Mera peak in bigger groups.

Porters will carry the majority of our gears and personal packs up the mountain, allowing trekkers time to fully

appreciate the surrounding environment.

7). Five Star Hotel in Kathmandu

We include four nights in a five-star hotel in Kathmandu. Two nights before your trip and two nights after the trip. All of our trips are on a shared basis, but if you prefer a single room, this can be offered at an additional cost. We use the Marriott Kathmandu - Located at Naxal, Kathmandu. Combine the modern design with local creativity or Yak and Yeti Hotel - A centrally located Luxury 5-star hotel in Kathmandu. Which is just a 5-minute walk from the main tourist district of the city.

8). Small Group Sizes

Climb Mera in an open group: this is great for those who want the company of others while they climb Mera. Our group climbs start every day. They are limited to a maximum of 10-12 and are guaranteed to run with a minimum of 2 people. We also organize solo private Mera Peak expeditions, if you are traveling alone, don't worry we will organize your solo trip as well.

Some of our groups are even fewer people with only 4 or 6 team members. This will therefore give you are more personalized experience on our exceptional trek up to Khare and climb Mera Peak. You can move as a team and experience more of these world-class trails in a smaller group.

9). More Summit Attempts

We have more days for summit attempts. We have two nights in Khare and one night in Mera Peak Base Camp, Therefore we also can hike directly to the high camp from Khare if there is a better weather window for a summit attempt. We also have an extra day at the end of the trek, since there is no guarantee that we will have good weather on our planned day for the summit. Therefore, this day is set aside as a contingency in case we are unable to summit the Mera on the desired day due to bad weather conditions or any other unanticipated reason. We can use that day for summit attempts. The program is designed with this in mind so the guides can manage the team, safety, and summit attempts while having good options. You may need this flexibility.

10). Specialists and Experts:

All our Sherpa team know everything about how to climb Mera Peak having done it so many times and they know the Nepal mountains and Himalayas route from first-hand experience.

Gear and Equipment

Mera Peak Gear List infomations

HEADGEAR / EYEWEAR

1. **Bandana:** Bandanas are large kerchiefs, usually colorful, and used either as headgear or as a

handkerchief, neckerchief, bikini, or sweatband. Wearing a multi-functional bandana will keep your neck warm and help retain moisture in the mouth. We recommend that you carry a thin bandana and one with fleece lining which can be used at higher elevations. This will avoid you from receiving the dreaded Khumbu Cough. You can also use it as headwear to ward off the dust on the trails.

2. **Sun hat and sunglasses:** Baseball caps and sombrero-style sun hats keep the sun away from your ears, and necks and prevent sunburns. Likewise, we suggest you bring high-quality sunglasses and ski goggles with UV protection to protect your eyes from the sun and wind protection at high altitudes.
3. **HEADLAMP:** Having a good quality headlamp is necessary when climbing peaks in the dark. Please do not forget to bring freshly installed batteries pulse spare batteries. A headlamp will be very useful for you to see where you are going and keeps your hands free to climb.
4. **Fleece Lined Hat:** A fleece-lined hat protects your head from the cold in the chilly mornings and evenings. You can wear them at night and while roaming in and around the lodges and tents. You can also wear them under your helmet during your climbing period.

For Hands

1. **Gloves:** A high-quality Gloves are compulsory while climbing Mera Peak. They keep your hands warm. We strongly suggest you carry a pair of warm shell gloves with insulated removable liners. As climbing requires moving your hands frequently with ropes and equipment, a glove with a good handgrip is necessary.
2. **Sleeping Bag:** A warm and quality sleeping bag is necessary for Mera Peak, regardless of the season, you plan to climb. You can guarantee freezing nights on the high camp of Mera and without a warm sleeping bag, you will be uncomfortable and cold. if you don't have your own sleeping bag. You can buy or rent a quality sleeping bag in Kathmandu at a reasonable price.
3. **Eye Mask & Ear Plugs:** Good sleeping when on the mountain is very important to enjoy the trip and lack of it can make easy days very challenging. Some of the Teahouses have very thin walls and some don't have curtains for the windows. Chances are, people will be noisy and sunlight will wake you before you're ready to get up.

Practical Clothing

1. **UNDERSHORTS & GARMENTS:** We suggest bringing two to three pairs or as per your personal preferences. It is suggested that you carry a sufficient number of undergarments or a few of them and wash the used ones along the way. We suggest bringing comfortable athletic styles based on your needs and preferences. Be sure to carry an extra plastic bag to store your used garments. You don't want to mix your used clothes with fresh ones.
2. **BASELAYER BOTTOM & TOP:** We suggest buying Wool, wool blend, polyester, or other synthetic fabrics Baselayer bottom which works well. Be sure your baselayer pants are not made from cotton. We advise lighter weight baselayers rather than heavier fleece-type layers. The base layer is to keep you warm

in cold temperatures. You can use them while sleeping in the camps or even on the summit night under your Gore-Tex pants and tops. The base layer (top) with a hood is recommended.

3. **LONG SLEEVE SUN SHIRT:** You can carry 2 – 3 normal t-shirts to wear while trekking in the lower regions. You can wash these T-shirts on the trail and one long-sleeved base layer top, which will help you to keep warm in cold temperatures. Non-cotton materials such as merino wool or polyester are highly suggested.
4. **SOFTSHELL PANTS:** We highly recommend bringing Stretchy, comfortable, non-insulated softshell pants that should fit comfortably with or without your base layer bottoms.
5. **HARDSHELL PANTS:** Fully waterproof shell pants that fit comfortably over your baselayer bottoms are highly recommended. You can carry them in your backpack so that it is easy to take them out when needed. They prove to be handy on rainy days.
6. **HARDSHELL JACKET:** We highly suggest bringing a fully waterproof and non-insulated shell jacket with a hood. This should fit comfortably over your mid-layer, baselayer, and softshell.
7. **INSULATED DOWN PARKA/DOWN JACKET:** A very good quality hooded down jacket is must essential during your Mera peak expeditions in Nepal. A normal down sweater or light puffy jacket will not be enough. The good down jackets keep you warm and are easy to carry because they can fit into a compact bag and are light in weight.

Footwear:

1. **LINER SOCKS**
2. **WOOL OR SYNTHETIC SOCKS:** We highly suggest bringing appropriate pairs of socks for the Mera Peak trip. As you go from warm temperatures to the cold and then back to warm again, ranges of trekking socks are necessary. You can have a mix of liner socks, light socks, and thick socks. A minimum of two pairs of thin socks and two pairs of thick socks are recommended. Keep a spare pair of fresh socks to switch into after arriving at the camp or teahouse.
3. **DOUBLE BOOTS:** Climbing boots are essential during the climb to the summit. These boots must be light and warm so as to prevent your feet from frostbite. Get the size that fits you right and you are comfortable walking with those on. If you want to rent these boots our Sherpa guide will organize them at Khare, this means you should not have to carry this heavy boots from Kathmandu.
4. **GAITERS**
5. **LIGHT HIKING BOOTS OR TREKKING SHOES:** Trekking boots are for your walk in the lower parts of the trail. Get the hiking boots that are lightweight, high comfort, plenty of room in the toe box with sturdy soles and ankle support. These boots help you balance the varied terrains of Nepal.
6. **Trail shoes/ Running shoes/ Sandals:** You can either bring your running shoes or sandals. This shoe is for you to change back to after arriving at the camps or tea houses.

Bags

1. **Main rucksack or Travel bag (70 liters):** Porters are not allowed to carry more than 15 kg in total Per person and this allowance needs to include space for their own belongings. So make sure your bag does not exceed the weight of 15kg. Mountain Sherpa Trekking will provide you with a quality duffel bag during your trip, which remains yours even after you return from the trip. You can transfer all your necessary clothes to our company duffle bag when you are in Kathmandu and you can leave your extra city clothes in the hotel with your main rucksack or Travel bag.
2. **Day pack (30-40 liters):** We highly recommend 30-40 liters (8 gallons) to carry every day on your back, so make sure it has room for essentials such as water bottles, spare layers, and waterproofs, cameras, etc. Please make to bring a rain cover for your daypack. This **MUST** have a hip belt for support/weight loading and should have an inner frame for comfort on your back.
3. **Dry bags / tough poly bags:** Make sure all your contents are wrapped in waterproof bags to keep them dry. Use them also to store used clothes during the trek. We have various sizes for rent.

EQUIPMENT RENTAL or BUYING IN NEPAL

You can buy or hire sleeping bags, down Jackets as well as all climbing equipment in Kathmandu or Khare, Nepal at a reasonable price. For details information regarding Mera Peak climbing gears and equipment. Please contact us by e-mail. You can also add when booking, or inquiry message.

Medicine

1. Antibiotics
2. Painkillers, Paracetamol, Ibuprofen, Aspirin, Advil
3. Cough Lozenges
4. 1 – Triangular Bandage
5. Foot Powder. Important for keeping your feet in good condition
6. Anti-inflammatory Tablets. For any inflammation
7. Skin-blister repair kit
8. Anti-diarrhea pills
9. Altitude sickness Tablets: Diamox or Acetazolamide to prevent AMS (You can buy in Kathmandu)
10. Water purification tablets or water filters – Purification tablets to purify the water along the trails. These can be purchased in Kathmandu. We do not recommend buying water on the trail as there are no facilities to recycle the plastic bottles in the mountains.
11. Prescriptions, in case you need to purchase your medications.

12. Moisture-wicking fabric
13. Sunscreen– We recommend having a Factor 50 + to protect you from the extreme rays at altitude.
14. Lip Balm – This is essential to protect you against the fierce sun.
15. Insect Repellent, containing DEET
16. Hand Sanitizer – This is essential to keep your hands clean on the trail.
17. Wet Wipes/Baby Wipes (recommended) – While there are options to shower along the trail, we recommend always bringing a pack of Baby Wipes to keep yourself clean in the wilderness.

Please note that you can easily get most of the medications in Kathmandu including antibiotics and Diamox. Our experienced guide will help you and show you trekking shops and pharmacies in Thamel to buy all the necessary medicine for your trip if you have not brought it from your home country.

Toiletries

Small Personal First Aid Kit: This is just a guide of what we recommend you bring, you may have other personal items you need to add to your kit

1. Medium-sized quick-drying towel– A small sports towel that is quick-drying is recommended.
2. Toothbrush/paste (preferably biodegradable)
3. Multipurpose soap (preferably biodegradable)
4. Deodorants
5. Nail clippers (optional)
6. Toilet Paper – This is for when you are on the trail and have to go to the bathroom. You will either carefully burn the toilet paper or take a small plastic bag to dispose of toilet paper when you arrive at the lodge.
7. Face and body moisturizer
8. Female hygiene items
9. A small mirror (optional)

Hotels & Foods

Climbing Mera Peak: The Ultimate Blend of Adventure & Luxury!

Embark on an unforgettable Mera Peak expedition with a perfect balance of thrill and comfort! Our premium

climbing packages ensure a seamless experience, offering top-tier accommodations and expert Sherpa guidance.

- **4-Star Package – \$2,900 USD per person** (Stay at Hotel Lo Mustang)
- **5-Star Package – \$3,100 USD per person** (Stay at Dusit Princess Kathmandu)

Enjoy 4 Nights in Kathmandu’s Finest Hotels

1. **Before the climb:** Spend **2 nights in luxury**, allowing your body to recover from jet lag while preparing for the adventure ahead.
2. **After your successful summit:** Reward yourself with 2 nights of relaxation, indulging in a spa day or unwinding in a serene garden resort.

With over **27+ years of Sherpa expertise**, we ensure a safe, exhilarating, and well-organized ascent to **Nepal’s highest trekking peak (6,476m / 21,246ft)**.

Book now and turn your Himalayan dream into reality!

14 Nights Best available Mountain Lodge Accommodation and 1 night Tented Camp

Join us on an unforgettable Mera Peak trek, where every detail is designed for your comfort and success. **For 14 nights**, stay in the best mountain lodges, carefully chosen for their cozy atmosphere and great service. After each exciting day on the trail, these lodges will be the perfect place to relax and rest. One night, you’ll stay in a unique tented camp, giving you a true adventure experience in nature.

Our accommodations are more than just a place to sleep—they help you recharge, so you're ready for the next day's adventure. Enjoy both comfort and excitement as you climb Mera Peak. Book now for a memorable journey with stunning views, expert guides, and peaceful nights to ensure you're always ready for the next challenge!

Energizing & Delicious Meals on Your Mera Peak Climbing

Throughout your Mera Peak climb, we’ll make sure you’re always fueled with nourishing and satisfying meals. We use fresh, locally sourced ingredients, carefully prepared to keep your energy high and your spirit strong every day.

Morning Breakfast (7:00–8:00 AM) – Kickstart Your Day

- A variety of hot beverages: Tea, Coffee, Hot Chocolate, Green Tea, Lemon Tea, or Hot Milk
- Eggs: Fried, Boiled, Scrambled, or Omelet

- Bread: Toast, Pancakes, Chapati, or Traditional Tibetan Bread
- A warm, comforting porridge with honey

Afternoon Lunch (12:30–1:00 PM) – Refuel for the Journey Ahead

- Traditional Nepali Dal Bhat: Rice, Lentil Soup & Curry
- Pasta or Noodles
- Fried Rice & Fried Potatoes
- Mo:Mo (Nepali dumplings), a local favorite

Evening Dinner (6:00–8:30 PM) – A Hearty Finish

- Comforting soups: Garlic Soup, Local Stew, Vegetable Soup, or Mixed Soup
- Dal Bhat Tarkari: A nutrient-packed Nepalese staple
- Hearty sides: Fried Potatoes with Veggies or Mashed Potatoes with Cheese
- Satisfying dishes: Mo:Mo, Fried Noodles, or Pasta

Each meal is carefully crafted to give you the energy and warmth needed for the trek. We focus on balanced nutrition, delicious flavors, and the best possible dining experience in the Himalayas.

Your Meal, Your Way – Ultimate Dining Flexibility

At Mountain Sherpa Trekking, we believe in letting you choose your meals. Unlike other companies, our guides don't restrict your food options—you have the freedom to select any dish from the lodge menu, based on your preferences.

Enjoy high-quality, plentiful meals throughout your trek, all included in your trip price. You'll experience the perfect combination of flexibility, delicious food, and an incredible adventure!

Sustainable Drinking Water on the Mera Peak Climb

While bottled water might seem like a safe option, it creates long-lasting environmental damage. A single trekker can use over 42 plastic bottles, and an entire group can leave behind more than 500 bottles per trip. These plastic bottles never decompose at high altitudes, polluting the pristine environment.

As a responsible Sherpa company, we encourage all our trekkers to bring a water filter bottle for safe, eco-friendly hydration. You can also choose boiled water at the lodges for around \$50–\$70 for the whole trek,

providing safety and convenience. Purification tablets are another option, lightweight and budget-friendly, though they require time to work.

By opting for these sustainable choices, you'll stay hydrated while also helping preserve the breathtaking beauty of the Himalayas for generations to come!

FAQS

What type of shape do I need to be in, is this trip for me

Mera Peak is not a technical peak but you need good stamina for a long day effort while climbing it. You can climb Mera peak without any previous climbing experience and skills of using climbing equipment but knowledge of using equipment and previous experience would be beneficial although not mandatory because Depending on your knowledge and experience, a pre-ice climbing training is provided to you in Base Camp to make you skillful in using climbing gears such as ropes, ice pick, harness, crampons. Mountain Sherpa Trekking & Expeditions will send you instructions and guidelines before you arrive in Nepal for your Mera Peak climb.

What sort of accommodation can I expect in Kathmandu and Mountain

We provide accommodation to you with deluxe rooms at the best **three Star or five Star category hotels** in Kathmandu with a healthy breakfast included. Along the [Mera Peak trekking](#) routes up to Khare teahouses/lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bonfire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be always outside the room. During Climbing you will be sleeping in camping tents for about 2 nights, we provide quality tents fixed by your climbing crewmembers during the trip.

What sort of foods can I expect on Mera Peak trekking trail

Most teahouses (lodges) in Mera peak trails cook a delicious range of mostly vegetarian foods. Pasta, tuna bakes, noodles, potatoes, eggs, Dal Bhat (rice and lentils), bread, soup, fresh vegetables (variety depends on the season), and even some desserts like apple pies, pancakes, and some interesting attempts at custard. You will find a lot of garlic on the menu because it assists with acclimatization – eat some every day. In many larger villages, you may find some meat items on the menu. You can always get hot chocolate, tea, and hot lemon drinks, as well as soft drinks, and treats like chocolate and crisps. **You will enjoy 3 hearty meals each day.** Generally, you will have your breakfast and dinner at the same lodge where you will be staying. Lunch will be provided at tea houses or small restaurants along the trail. However, while staying in tented camps during the climb, we will serve packed lunch along with tea or coffee. Nevertheless, both breakfast and dinner are freshly prepared by our own climbing cooks. The meals contain fresh fruits and organic ingredients sourced from Kathmandu or local villages throughout the trek. The meals include a balanced diet of carbohydrates, proteins, and fats designed by the nutritionist. The chefs are trained in hygienic food preparation. If needed, vegetarian, vegan, gluten-free, and kosher diets can be arranged with prior notice.

Do your guides have Mountain guide license and first aid training for high altitude?

Yes, our entire climbing Sherpa guides have all received 45-day training from the Nepal Mountaineering Association. The guides have also received high-altitude first aid training from KEEP (Kathmandu Environmental Education Project). Most of our Expert Sherpa Guides received advanced Mountain Rescue, advanced Mountaineering, and Khumbu Ice Climbing courses provided by the **Nepal Mountaineering Association (NMA)**

What opportunities will I have for shower along the trek

In major places, Our guide will a hot shower where available. And in the rest of the places, water in the bucket will be provided for the shower.

Is Mountain Sherpa trekking staff insured

Mountain Sherpa Trekking & Expeditions all climbing Sherpa guides, trekking guides, cooks, assistant Sherpas, and porters are fully insured for any medical treatment or helicopter evacuation for any emergencies.

Do you need insurance climbing Mera Peak

When purchasing **your insurance for climbing Mera Peak**, be sure that the policy covers emergency evacuation up above 6,000m (19,685ft.), so we advise having an insurance policy that covers mountain air ambulances. We also recommend you get insured for medical issues, flight delays, or trip cancellations. For more information regarding our insurance policy contact us for more details.

Do I Need Climbing Permit for Mera Peak Climb

Yes, of course, every climber must get a permit from the **Nepal Mountaineering Association to climb Mera Peak**. However, You need not worry when you are joining your expeditions with a registered and expert Sherpa licensed agency like Mountain Sherpa Trekking & Expeditions because all your necessary permits will be taken care of and organized before your arrival in Nepal.

Should I Buy My Gear at Home or in Nepal? Can i hire gears in Kathmandu

That very much depends on how much use you intend to get out of it. Reasonable quality gear is available in Kathmandu for a fraction of the price of the real deal. We will help out you to find good standards gear in Kathmandu. You also rent out down gear and sleeping bags, which are the most sensible option if you don't think you'll be using them again for a while.

You can buy all types of necessary warm clothes in Kathmandu. You will discover many local stores to branded stores like North face, Mountain hardware, etc. We will accompany and assist you if you need to buy or hire the equipment.

All Personal climbing Gears like Climbing boots, Crampons, Ice axe / Ice hammer, Harness, Jammers, Karabiners, Finger eight / ATC guide, Tap sling, Fix rope, main rope, snow bar, ice crew, rock pitons etc. are included in Price.

What is the maximum weight for my trek bag

We suggest that you keep the weight of your trek bag a maximum of **15kgs**. Each porter can carry a maximum of **30kgs**. We provide 1 porter to carry 2 clients' duffel bags. Please note that you are allowed only 15 kgs of luggage including your handbag for the Lukla flight. For excess baggage, you have to pay extra charges. if you have excess baggage our airport team will arrange to cargo on the same flight or the next flight.

Where can I leave my extra things and valuables while I am on the trek

The hotel we use in Kathmandu has a securely locked room where they store our client's extra belongings in a safe way. You can also safely leave your belongings at our office.

What happens if i get sick on Mountain

We handpick our Sherpa guides based on their knowledge, training, and experience. We also further their education and medical training once working with us. Some of our guides have been with us for over a decade and have summited Mera Peak more than 100 times. There are over 1000 operators on Mera Peak and many do not operate

this way.

Your safety on the mountain is our number one priority. We know you traveled to Mera Peak to summit the mountain. However, if you are sick or your life is in danger, our experienced guides will make the call on whether or not you continue to the summit. They are basically doctors on the mountain. They have Wilderness First Responder certification and have the experience to know what to do in an emergency. The solution to severe altitude problems is always to descend. If required, our guide will check your travel insurance information to call a rescue helicopter, and you will be transferred to Kathmandu for medical attention.

Do the tea houses/ lodges have electricity? Can I charge my iPod or camera

In the Mera Peak trek route, most lodges/tea houses have electricity. You can charge your iPod or camera batteries while on treks. Please note that lodges/tea houses will charge you some money for the charging fee (1 USD to 3 USD per hour) during your trek.

What happens if the flight from Lukla or Kathmandu is delayed?

This is a very practical matter for the Mera Peak trek & Climbing trip, however, many companies don't take it seriously, The flights between Kathmandu and Lukla are generally reliable but if the weather is not good they can be canceled for the entire day. Our 19-day package includes one extra contingency day in case of delays. If your flight is delayed in Kathmandu we will rebook your flight for the next day. We may also be able to provide an option for a privately chartered helicopter. If you choose to take the helicopter this can cost an additional \$250 to \$500 or more depending on availability and group size. Extra hotel nights in Kathmandu will be provided when flights are delayed. If your flight is delayed in Lukla we will provide the accommodation and meals at the cost.

Why I climb Mera Peak with Mountain Sherpa Trekking & Expeditions

Mountain Sherpa Trekking & Expeditions is a premier expert Sherpa Company with decades of combined experience on the mountain. We are family-owned one of the most highly reputable adventure companies with successful track records of Mera Peak climbing arrangement with full safety precautions and the most affordable prices. Climbing as high as 6,500m (21,325ft.) is really not a JOKE! Mera Peak is moderately higher than Island Peak yet it is not as technical as the former. However, you may encounter numerous life-threatening situations on the snow-filled trails. Weather is always unpredictable in the mountains so there are safety concerns to be taken into account. To deal with all the safety parameters including altitude sickness and adverse weather conditions, it is always wise to pick a highly responsible Sherpa operator with long years of handling experience that keeps a strong ground with team members.

What is your success rate for summiting the Mera Peak 6,500m (21,325ft.)

We boast a **99% success rate to date** on our [Mera Peak Climbing](#), this is achieved because of our highly experienced local Sherpa guides & staff. As we are 100% local Sherpa Company in Nepal. Our entire guides & staff are 100% Local Sherpa people from the Everest region. As you know **“Sherpas are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest”**

If I have more questions, how should I contact Mountain Sherpa Trekking

If you have more questions, do not hesitate to contact us. You can e-mail us or you can call us or message us anytime by WhatsApp /Skype with us, see the [Message Us](#) button on the website's lower-left corner. Or just send an e-mail at: info@mountainsherpatrekking.com (We'll get back to you within 24 hours)