

# Nepal Expedition

Conquer the summit of Mera Peak



Ultimate Challenges

T: 020 7386 4680

[events@theultimatetravelcompany.co.uk](mailto:events@theultimatetravelcompany.co.uk)

[www.ultimatechallenges.co.uk](http://www.ultimatechallenges.co.uk)

# Nepal Expedition

## Conquer Mera Peak 6467m

Mera Peak (6476m), is officially the highest of Nepal's permitted trekking peaks. It rises to the south of Everest and dominates the watershed between the wild and heavily wooded valleys of the Hinku and Hongu. Although very high, Mera is a straightforward climb and is frequently ascended by groups and individuals whose only climbing qualifications are that they are fit, strong and have an out-going sense of adventure.

This is a rewarding expedition and challenge providing glorious views of Nepal and a vista that takes in Kangchenjunga and Makalu to the east and Everest appearing over the massive southern aspect of Nuptse and Lhotse to the north. To the west stand the spires of Ama Dablam and Kang Taiga and in the distance is the mighty bastion of Cho Oyu. This is a fine panorama of many of the world's highest peaks.

Our route to high camp takes us through beautiful countryside, passing remote farming communities before crossing steep valleys and then following a high ridge, with magnificent views, towards our final goal.

Immediately above the location of high camp the central summit of Mera stands at the head of a wide glacier bay flanked by two ridges. The line of ascent leads towards the main bay over open snowfields where care has to be taken with hidden crevasses. The route then swings south-east, skirting below and to the east of the left-hand ridge, before turning back south-west toward the main summit ridge of Mera.

Our route actually joins this ridge between what are in fact two of the mountain's three summits. All three are climbable without much difficulty, although at the time it will be the biggest challenge of your life!



# Detailed itinerary

## Day 1: Depart London

## Day 2 & 3: Kathmandu

Prepare for the trek at our hotel in Kathmandu.

## Day 4: Poyan 2,800m

Fly to Lukla. We meet our guides and Sherpas and start our undulating trek to the village of Poyan, where we camp the night.

## Day 5: Pangkongma 2,846m

The trail now leaves the main trade route to begin the high level traverse south to Pangkongma camp.

## Day 6: Kuike 3,460m

The trail starts off by climbing steeply out of the village through Rhododendron forests. We then emerge onto the ridge line which runs North /South dividing the Dhudh Kosi valleys to the West from the Hinku valley to the East. We climb along the ridge for approximately three hours until we reach a small level area where we camp.

## Day 7: Thuli Karka 4,300m

The ridge steepens quite steeply climbing out of Kuike. After the initial gain in altitude it levels off and contours round on the West flanks of Charpate Himal.

## Day 8: Khorte 3,400m

Soon after leaving camp we get our best views so far of Mera Peak, looming ahead of us! There follows a long and in places steep descent down to a temporary settlement known as Khorte on the banks of the Hinku Khola.

## Day 9: Tagnag 4,356m

We follow a trail down the valley onto a flat meadow. A wonderful days walking. Tagnag is a small hamlet of a dozen or so lodges and is a sunny, pleasant place to stay.

## Day 10 & 11 Tagnag

### 2 days acclimatisation 4,356m

On the first day we climb the ridge south of Tagnag to around 5000m, with fabulous views all around. On the second day we take a short walk to the lake that burst its banks as a result of a huge avalanche a few years ago. Opportunity to check our crampons and harness techniques.

## Day 12 & 13 Khare 5,099m

Today we have a steep climb up onto the moraines which lead to a large open boulder field at the foot of a ridge which leads to the Mera la glacier, and our camp for the next 2 days at Khare. On the second day we have a three hour climb to reach a glacier, providing a reasonably gentle slope to practice our crampon and ice axe techniques.



# Detailed itinerary

## Day 14: Mera La Camp 5,350m

We retrace our steps back up to the tongue of the glacier. Crampons are fitted here for the demanding but technically easy climb up to the Mera La (5,415m), although care should be taken with snow-covered crevasses where the glacier levels near the col. The Col is marked by a large rock pinnacle which is festooned with prayer flags. The best camp site is some 150m down from the pass on the east site.

## Day 15: Hi Camp 5780m

We climb back up to the pass and onto the wide snow slopes to a rocky outcrop that marks the divide between the Mera and Naulekh Glaciers. Round the back of the outcrop there are a series of platforms scraped out of the scree which make for an interesting camp site which provides one of the most impressive viewpoints in the Nepal Himalaya - to the east the massifs of Kanchenjunga and Makalu, to the north the summit pyramid of Everest rising above the ramparts of Lhotse and Nuptse, to the west the peaks of Ama Dablam, Cho Oyu and Kangtega, while in the foreground Baruntse and Chamlang tower over the Hongu Basin.

## Day 16 Mera Peak Summit, 6467m

The ascent requires an early head torch start and it is best to be underway before 4am giving us two hours or so before the sun comes up. Although it makes for a long day most groups prefer to descend from the summit all the way back to Khare.

## Day 17 Spare Day (in case of bad weather)

## Day 18 Khorte 3,400m

Back down the Mera Glacier to Khare and then on down the Hinku Valley Khorte. Another quite long day but after a break at Tagnag the afternoon stroll back to Khorte is not too arduous.

## Day 19 Tuli Kharka 4,300m

From Khorte we climb back up towards the ridge dividing the Hinku and Dudh Kosi rivers. It would be too much to climb up to the Zatrwa la and descend in a day so we break the climb at Thuli Kharka. Lunch at Tashing dingma makes for a welcome break on the ascent.



## Day 20 Lukla 2804m

The trail climbs steeply for 90 minutes up to the wild and rugged environs of the Zatrawa La, 4600m, which lies on the southern end of the rocky Kalo Himal ridge. The col is marked by a series of chortens and mani walls and there are fine views west across the Dudh Kosi Valley to the peaks of the Lumding Himal and back west to the Hinku Valley.

## Day 21 & 22 Kathmandu

Flight from Lukla back to Kathmandu, where we spend two nights recovering and celebrating our achievements in the hotel and exploring Kathmandu.

## Day 23: Depart for London

### Day flight to London

### Challenge grade

Tough – very challenging

### Best time of year

October to mid November and April through mid May

*Itinerary complex and subject to change  
© The Ultimate Travel Company*