



## Mera Peak

13 nights/ 14 days

<b>Grade:</b>	4+
<b>Time Period:</b>	14 Days.
<b>Flights:</b>	2 Ways. (Kathmandu / Lukla / Kathmandu)
<b>Warning:</b>	Altitude Sickness.

### Features

- A. Mountains:** The Khumbu Himal Range: Everest, Lhotse, Tamserku, Ama Dablam, Nuptse, Tawatse, Kantega, Pumo-ri, etc.
- B. Rivers:** Bhote Kosi and Dudh Kosi.
- C. Ethnic villages & tribes:** Mostly Sherpas & Tibetans , chortens and Mani stones.
- D. Forests:** Of Rhododendron and Pine.
- E. Landscapes:** Varying from temperate valleys to snow clad mountains.

### **Introduction**

The bulk of Mera, officially the highest of Nepal's permitted trekking peaks, rises to the south of Everest and dominates the watershed between the wild and heavily wooded valleys of the Hinku and Hongu Drangkas and is not truly speaking part of Khumbu Himal. It should also be noted that there is a discrepancy between the official height given by the NMA ( 6,654m/21,831ft ) and the Schneider map (6,476m/21,247ft).

The first ascent of Mera was made by Col. J.O.M. Roberts and Sen Tenzing on May 1953, by the now standard route from the Mera La. It was during this season that Roberts made the first western exploration of the Lumding, Hinku (Inukhu) and Hongu valleys. It appears that Mt. Mera did not receive a subsequent ascent until 1975 when French climbers Marcel Jolly, G.Baus and L. Honills climbed the North peak, following the same route as Roberts but traversing along the connecting ridge to the further



summit.

## **ITINERARY:**

### **Day 01: Kathmandu / Lukla / Chutanga**

After breakfast transfer to the domestic airport for Kathmandu/Lukla flight. Upon arrival in Lukla, met by Sherpa team and start trek to Chutanga: From Lukla the path traverses south- east through forest, crossing several cascading streams. Above are a semi- circle of attractive rock peaks that form the ridge of the Kalo Himal, dividing the Khumbu valley from the Hinku. This unlikely looking ridge has two passes, the Zatr Teng (4,943m/16,311ft) and the Zatrwa La (4,600m/15000ft). The latter, with its gentler approach, is the more reliable –but be wary of the Zatr Teng when there is fresh snowfall on the Kalo Himal ridge. For those flying to Lukla it is advisable to camp for a day or two below the pass mainly for acclimatization. In a forest clearing between streams near Chutanga are some huge boulders from where you can explore the slopes towards Gonglha. It has a magnificent position that looks out over the Dudh Kosi towards Karyolung (6,511m/21,362ft), Numbur (6,959m/22831ft) and the south-east flank of Nupla.

### **Dinner and Overnight camp at Chutanga**

### **Day 02 : Tuli Kharka:**

The trail passes through a small notch just east of the Zatr Og on the Sebuk Danda ridge. From the notch the path traverses rugged, rocky country south-east below the ridge, rising gently to the Zatrwa La, marked by mani and chorten. The landscape is wild rocky and impressive. On the far side of the pass the hillside falls steeply to the Hinku Dranka. The, path not so well defined at first, drops toward a rugged, stream- filled, boulder strewn valley. Tuli Kharka (4,400m/14,436ft) is a good site for camp.

### **Dinner and Overnight camp at Tuli Kharka**

### **Day 03 : Tashing Ongma**

From Tuli Kharka the path traverses the hillside, first south- eastwards, crossing several spurs. The path is steep, and care should be taken crossing scree- filled washouts where the path may be ill- defined and loose. There are several points on the trail that give good views up the steep sided Sanu Drangka to the South face of Mera. The Hinku hillsides hold abundant forests of tall blue Himalayan pine, hemlock, birch and luxuriant rhododendron.

Before the trail re- enters the forest after crossing the streams near Tashing Dingma, a multitude of alpine scrub zone plants decorate the hillside including the unusual 'snowball flower' (Saussurea gossypiphora).



After traversing a while the path descends steeply through dense forests to the river. Branching rhododendron crouch over the trail swathed in tattered Usnea lichen which hangs like an old man's beard from their limbs, filtering the sunlight and waving like weathered prayer flags in the wind. Tashing Dingma (3500m), provides a good camp spot or lunch.

#### **Dinner and Overnight camp at Tashing Ongma**

#### **Day 04: Tangnag**

The path now follows the west bank of the Hinku Drangka northwards, gradually climbing via the kharkas of Godishung, Dupishung and Lungsamba. These are no more than a few buildings that are used during the monsoon when the valley provides good grazing for animals driven up from the south.

Not far from the Godishung, beneath a great rock overhang, is a small gumpa with a Buddha and several Buddhasatva and prayer flags. Beyond Lungsamba the valley narrows between the flanks of Kusum Kanguru (6,369m), to the west and the truncated far western peak of Mera (6,255m) to the east, a magnificent 1,800 meter rock face cut by diagonal snow bands and draped with fingers of ice- some trekking peak! This was first climbed by Japanese climbers Kunihiko Kondo and Michiko Kiyoda in the spring of 1985.

Tangnag in a superb setting, surrounded by stunning peaks. In particular, peak 43, which rises to 6,769 meters, north-west of Tangnag. Just north of Tangnag is a huge moraine behind which is dammed a beautiful glacial lake; the Sabai Tsho, into which plummets the hanging Sabai Glacier. This is well worth exploring and helps you to acclimatize.

#### **Dinner and Overnight camp at Tangnag**

#### **Day 05: Dig Khare**

From Tangnag the valley steepens and bends sharply to the east where the path follows the lateral moraine of the Dig Glacier to Dig Kharka. Once again the setting is spectacular with the view dominated by the abruptly terminated crest of the Charpati Himal that forms peak 43. From Dig Kharka one can explore northwards along the Hinku Glacier and the approach route to Kangtega which was climbed by a joint American/New Zealand expedition in 1963.

From Dig Kharka the path finds a way through moraines and across streams at the snout of the Hinku Nup and Shar Glaciers and then climbs more steeply to Khare (5,099m/16729ft), at the start of the Glacier that leads to the Mera La.

#### **Dinner and Overnight camp at Dig Khare**

#### **Day 06 : Khare to Base camp:**



A well- defined snow ridge on the right bank of this ice tongue usually leads in an arch toward the Mera La (5,415m/17,767ft) without difficulty – other than increasing altitude. However as the glacier levels out near the col care should be taken with snow crevasses. Look out for porters who may trail behind or, as is more often the case, stomp ahead, despite carrying a heavier load. Once again the views from the pass are magnificent. From the col descend for about 100 meters on the Hongu side and site base camp in a gravel and silt flat in the moraine below the ice (5,300m/17,388ft). It's a good site for early morning sun and there's plenty of running water during the day.

### **Dinner and Overnight camp at Base Camp**

**Day 07: Trek to High Camp.**

### **Dinner and Overnight camp at High Camp**

**Day 08: Summit and back to Base camp.**

#### **The Climb :**

From the base camp we proceed towards a high camp at 5,800 meters (19,028ft), near a rocky outcrop on the Mera Glacier. From the Mera La wide snow slopes lead south and south- westward to a rock outcrop that makes the divide between the Mera and Naulekh Glaciers. This place provides an unforgettable panorama of Kanchenjunga, Chamlang, Makalu and Baruntse towards the east while in the north the Everest.

Above, the central summit stands at the head of a wide glacier bay flanked by two ridges. Ascend towards the main bay over open snowfields but beware of hidden crevasses. The way then swings back south- east, skirting below and to the east of the left- hand ridge. The way now leads back south- west towards the main summit ridge of Mera.

The route actually joins the ridge between what infact turns out to be two of the mountain's three summits. All three are climbable without much difficulty. The South Summit (6,065m/19,828ft) is the most accessible with the Northern Summit (6,476m/21,247ft) the highest which can be reached by skirting the Central Summit (6,461m/21,198ft) to the north and following a classic snow ridge to its top. The middle summit provides a slightly more technical ascent

Up steep snow with the possibility of a cornice to overcome on the north side, descend by the same route. Technically Mera North is straight- forward climb, little more than Glacier walking, albeit at relatively high altitude.

### **Dinner and Overnight camp at Base Camp**

**Day 09** }



**to**            **Trek back to Lukla.**  
**Day 13:**

**Day 14:** After breakfast fly Lukla to Kathmandu. Upon arrival, meet and transfer to the Hotel.

**\* End of Arrangements \***