

Mera Peak

Expedition Information Pack

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Why Choose Earth's Edge?

Our mission is to support you in exploring our incredible world and experiencing life-changing adventures in the safest way possible. We are passionate about protecting the planet and improving the lives of those we meet along the way.

- We are a **100% Irish-owned small business**. Our founder, James McManus, is passionate about climbing mountains, and his extensive experience is an invaluable source of support for our office team in our day-to-day operations.
- We're the only company to have a **dedicated expedition doctor** on every high-altitude trip, providing you with peace of mind knowing you're in safe hands from start to finish.
- Our **exceptional expedition leaders** are fully trained in wilderness first aid, and true experts in their region. They are passionate about sharing their firsthand knowledge of the local culture, history, and geography, while ensuring we consistently deliver unforgettable experiences.
- We keep **group sizes small** to minimise our environmental impact and foster a strong group dynamic. Whether you're traveling solo, or with friends or family, our small group sizes provide the perfect opportunity to bond over shared experiences and create lasting friendships.
- We run a **pre-departure training weekend** 2 months prior to each expedition. It includes a detailed expedition brief, two training hikes, and expert advice from an experienced mountain guide. It's also a great opportunity to meet your fellow adventurers!
- We're here to **support you every step of the way**. Our friendly office team is available to answer any questions you have by phone, email, or video consultation. Each team member participates in an expedition every year, ensuring they can share up-to-date advice and insights drawn from their own firsthand experiences.

- Booking an Earth's Edge expedition entitles you to a discount from our **equipment partners** at [Great Outdoors](#), to ensure that you get the best gear for your expedition.
- **Responsible travel** is at the core of what we do at Earth's Edge. As a [Certified B Corp](#) company, we are committed to using our business as a force for good - to support our communities both locally and worldwide as well as creating more environmental awareness.

We have a number of environmental programmes and community projects, including:

- A [yearly scholarship](#) that gives porters the opportunity to become guides on Kilimanjaro
- Our clients in Nepal help to remove waste from Sagarmatha National Park through the [Carry Me Back Program](#)
- We collect [clothing and gear donations](#) for our amazing porters on Kilimanjaro
- We are striving to increase the number of [female staff](#) across our expeditions

To read more about our sustainability practices, please visit our [responsible travel page](#).

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Description & Detailed Itinerary

Our Mera Peak expedition takes you on a **21-day journey to the highest trekking peak in Nepal**, nestled on the edge of the historic Khumbu region. This expedition blends high-altitude adventure with cultural immersion, following a less-travelled route through the **remote Hinku Valley** to Mera Peak Base Camp.

We begin with a scenic flight from Kathmandu to Lukla before heading south through traditional villages such as **Pangkongma** and **Nashing Dingma**, experiencing authentic Nepalese life along the way. By avoiding the Zatrwa La Pass (4,603m) initially, our route ensures proper acclimatisation, helping us to prepare for higher altitudes and increasing our chances of a successful summit. Over 11 days we trek to Base Camp, with stops at ancient monasteries and 2 dedicated rest and acclimatisation days, giving us time to adapt to the Himalayan environment and enjoy the journey.

The climb to **Mera Peak (6,467m)** itself is technically straightforward, with the main challenges being acclimatisation, weather, and snow conditions. We build in spare summit days to maximise our chances of reaching the top under the best possible conditions. From the summit, we are rewarded with one of the most spectacular panoramic views in the Himalayas, including five of the world's six highest peaks: **Everest, Lhotse, Cho Oyu, Makalu, and Kangchenjunga**.

Before and after the trek, we explore **Kathmandu**, where bustling markets, ancient temples, and vibrant culture provide a striking contrast to the remote mountains. The journey goes beyond the mountain to combine adventure, culture, and breathtaking Himalayan landscapes, offering a truly unforgettable expedition experience. It is ideal for those with a good level of fitness and a keen sense of adventure. Experience on mountains above 5,000m is essential.

Throughout the expedition, an experienced **expedition team** provides constant support, led by our knowledgeable expedition leader and assisted by Sherpas and porters. A dedicated **expedition doctor** travels with us to ensure safety is always a top priority.

Please Note: *This itinerary is subject to change due to the unpredictable nature of adventure travel. Adjustments may be necessary due to unforeseen circumstances.*

Day 1: Arrive Kathmandu. Expedition Briefing

Meet your expedition leader at a pre-arranged time and location (details provided upon booking). Today we run through a full expedition briefing to prepare for the journey ahead. Take the rest of the day to rest, organise your gear, and explore Kathmandu if you wish. Overnight hotel.

Day 2: Transfer to Ramechhap, Fly to Lukla, Trek to Poyan, 8 hrs

We depart early from Kathmandu for the drive to Ramechhap, followed by an exciting flight to Lukla. From the air, enjoy spectacular views of the Himalayas as we approach the famous Tenzing-Hillary Airport. From Lukla, we head south into the Hinku Valley, trekking through thick forests above the fast-flowing Dudh Kosi River. After descending and then ascending to Poyan village, we settle in for the night. Overnight tea house. Altitude: 2,730m.

Day 3: Trek Poyan to Panggom, 8 hrs

Our day begins with a gentle downhill followed by an ascent to a shoulder offering stunning panoramic views. We descend to Kharte for lunch, then continue ascending to Panggom, visiting a monastery perched above the village for those with energy to spare. Overnight tea house. Altitude: 2,846m.

Day 4: Trek Panggom to Najingdingma, 8 hrs

We ascend to Narkung La Pass, our first vantage point of Mera Peak. From here, we descend over 1,100m to cross the Hinku Hola river before climbing to Najingdingma village. The day is a mix of rugged trails and serene landscapes. Overnight tea house. Altitude: 2,600m.

Day 5: Trek Najingdingma to Chalemkharka, 6 hrs

Passing through meadows and a steep path to a ridge, we enjoy breathtaking views of the surrounding mountains as we reach Chalemkharka. The trail gains 1,000m in elevation, but the journey feels manageable and scenic. Overnight tea house. Altitude: 3,600m.

Day 6: Acclimatisation Day in Chalemkharka

We have a relaxed start before an optional acclimatisation hike, gaining 200m above the village. The afternoon is free for us to rest, relax, and prepare for the higher-altitude trekking ahead. Overnight tea house. Altitude: 3,600m.

Day 7: Trek Chalemkharka to Kholakharka via Kongke Luchho La Pass, 7 hrs

Today's highlight is the climb to Kongke Luchho La Pass (4,450m), with incredible views of Kangchenjunga, Makalu, and Cho Oyu. We descend for one hour to Kholakharka, enjoying panoramic landscapes along the way. Overnight tea house. Altitude: 4,200m.

Day 8: Trek Kholakharka to Khote, 6 hrs

From Kholakharka we climb out of a natural bowl before descending to the Hinku Khola river, continuing to Khote. This gentle day allows time to enjoy the scenery and local culture. Overnight tea house. Altitude: 3,582m.

Day 9: Trek Khote to Tangnag, 5 hrs

A relatively easy day following the Hinku Khola river, gaining 700m gradually. We visit the Lungsumgpa Gumpa, a 200-year-old Buddhist monastery, before arriving at Tangnag, a summer grazing area with basic shops and lodges. Overnight tea house. Altitude: 4,279m.

Day 10: Trek Tangnag to Khare, 3 hrs

The trail follows a large lateral moraine, providing dramatic views of the glacier route ahead. The final ascent to Khare is steep but rewarding, with warm tea houses awaiting us. Overnight tea house. Altitude: 4,900m.

Day 11: Acclimatisation Day in Khare

We enjoy a relaxed morning before a short acclimatisation hike, ascending 300m above Khare. The afternoon is free to rest and prepare for the climb to Base Camp. Overnight tea house. Altitude: 4,900m.

Day 12: Trek Khare to Base Camp, 2 hrs

A short trek over mixed terrain leads us to Mera Peak Base Camp. The hike is manageable but gives a taste of the higher-altitude environment to come. Overnight camp. Altitude: 5,200m.

Day 13: Base Camp to High Camp, 6 hrs

We traverse the glacier with crampons, negotiating steeper sections before reaching High Camp. The camp sits on a cliff edge with outstanding views of Chamlang and Kangchenjunga. Overnight camp. Altitude: 5,800m.

Day 14: Summit Day, 12–14 hrs

An early start in darkness takes us up the glacier to the Mera Peak summit. The final 50m may require a fixed line depending on conditions. From the top, enjoy panoramic views of Everest, Lhotse, Cho Oyu, Makalu, and Kangchenjunga. We descend to Khare for a well-earned rest. Overnight tea house. Altitude: 4,900m.

Days 15 + 16: Spare Summit Days

Reserved for poor weather or snow conditions. If summited on Day 15, we begin descent on Day 16. Overnight tea house.

Day 17: Trek Khare to Kothe, 6 hrs

We retrace our steps to Kothe, enjoying familiar landscapes and fresh air after the high-altitude climb. Overnight tea house. Altitude: 3,582m.

Day 18: Trek Kothe to Thuli Kharka, 8 hrs

We descend along the Hinku Khola before climbing to Thuli Kharka, passing through varied terrain and enjoying views of Mera Peak behind us. Overnight tea house. Altitude: 4,300m.

Day 19: Trek Thuli Kharka to Lukla via Zatrwa La Pass, 8 hrs

We climb to Zatrwa La Pass (4,600m) for stunning views of Cho Oyu, Kongde Peak, and Kusum Khangru, before descending to Lukla. We enjoy our final evening in a tea house with the expedition team. Overnight tea house. Altitude: 2,850m.

Day 20: Fly Lukla to Ramechhap, Transfer to Kathmandu

After saying goodbye to our support team in Lukla, we fly back to Ramechhap. We then transfer to **Kathmandu**, enjoying scenic views of valleys and Himalayan foothills. The evening is free to relax or explore, followed by a celebratory dinner. Overnight hotel.

Day 20: Fly Lukla to Ramechhap, transfer to Kathmandu

We fly back to Ramechhap in the morning and transfer to Kathmandu, where we check into our hotel. We then have some free time for resting at the hotel or exploring the surrounding area. In the evening, we enjoy a celebratory meal in one of Kathmandu's best restaurants. Overnight hotel.

Day 21: Depart Kathmandu

Enjoy your last bit of relaxing or do some more exploring in Kathmandu before heading to the airport.

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Summit Day Policy

Our goal on this expedition is for the entire group to reach the summit and return safely. Due to the difficulty of the summit day on these mountains, and the importance of maintaining a good guide to client ratio, it is essential we attempt the summit with a strong team. Any clients who are deemed by our expedition leader as not fit enough to reach and return from the summit safely will not be allowed to attempt the summit. This ensures we have a strong team for summit, and that those clients who are fit enough are given the best opportunity to attempt it.

Expedition Costs

You can find our detailed expedition pricing [on our website](#).

- A **deposit** of EUR/USD/GBP 399 is taken at the time of booking to secure your spot
- A **part payment** of EUR/USD/GBP 1,000 is due 6 months prior to departure
- The **final balance** can be paid in instalments, but is due 90 days prior to departure

For up-to-date prices in GBP and USD, based on today's exchange rate, please visit our website.

Flights:

We'll share recommended flight timings that line up with our complimentary group transfers approximately 10 months pre-departure.

Please consult us before booking alternative flights to ensure you arrive in time for the expedition briefing on the first day. It is essential that you do not miss this meeting.

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Expedition Inclusions & Exclusions

Expedition Costs Include:

- Internal flights in Nepal
- Pre-departure Training Weekend
- Experienced expedition leader
- Dedicated expedition doctor
- Earth's Edge team of guides and a full support team
- All accommodation based on twin sharing in hotels in Kathmandu. During the trek you will be staying in teahouses where the room configuration is a mixture of twin rooms and dormitories, or in two-person tents
- All meals and drinking water (except in Kathmandu and Ramechhap ((where needed)) in which accommodation is based on a B&B basis)
- A celebratory dinner at the end of the expedition
- All group transport throughout the expedition
- Climbing permit for Mera Peak
- All group gear, including a fully stocked med kit with an oxygen tank
- An Earth's Edge buff for all participants

Expedition Costs Exclude:

- International flights
- Training Weekend accommodation and food
- Personal travel insurance
- Medical vaccinations
- Tourist visa
- Personal equipment
- Tips
- Expenses of a personal nature such as laundry, phone calls, alcohol, WiFi or showers in the tea houses, and excess baggage charges
- Any costs arising out of unforeseen circumstances which affect the itinerary, such as bad weather, landslides, road conditions, and any other circumstances beyond our control

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Spending Money and Tipping

Spending Money

We recommend that you put aside **USD/EUR500** in spending money for this trip. We recommend that you exchange a small amount of EUR (or GBP/USD) into the local currency, Nepalese Rupees, either at the airport or in Kathmandu, for purchasing small items like snacks on the trail. There are ATMs available in Kathmandu where you can withdraw cash using a credit/debit card. At the time of writing, **EU passport holders are able to obtain a tourist visa upon arrival in Nepal**. The visa fee is approximately **USD50** payable in cash. This is included in the amount recommended above.

Our recommended **tip amount is USD/EUR300** per person. Please give your tip to the Earth's Edge expedition leader, and they will distribute the tip evenly among all of our Earth's Edge team in Nepal. The recommended spending amount above includes the tip for the Earth's Edge team.

Whilst on the trail, WiFi and hot showers are available in some tea houses at a cost of approx. USD/EUR 5 each.

Tipping

At Earth's Edge it is important to us that the tipping process is transparent and that all team members are tipped fairly.

Here is an example of how we divide the tip to give you an idea of what share of the tip each person gets on the trek. Our average group size is 13 climbers plus our doctor = 14 people. We recommend everyone tips **USD/EUR 300**. If everyone tips, that will give us a total tip amount of USD/EUR 4,200 (13 x USD/EUR 300 + USD/EUR 300 as we tip on behalf of our doctor).

With a group of that size, our Earth's Edge team in Nepal will be made up as follows and receive roughly the following share of tips:

Expedition Leader: 1 person	USD/EUR 530 x 1	= USD/EUR 530
Assistant Sherpas: 3 people	USD/EUR 400 x 3	= USD/EUR 1200
Porters: 9 people	USD/EUR 270 x 9	= USD/EUR 2430
Driver: 1 person	USD/EUR 40 x 1	= USD/EUR 40
	TOTAL	= USD 4,200

Please note the above figures are a guideline based on an average group size of 13 trekkers. We ask our clients not to tip any of the Earth's Edge team directly, as it's important that all of the team get their fair share of the tips.

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Flights to Lukla & Weather Contingencies:

In the event that your group's flights to or from Lukla are cancelled due to inclement weather, additional spending money will be required. The domestic airline will aim to get us on the next available flight when weather conditions are favourable, either later the same day or on one of the following days. While we visit this region when the weather is most favourable, it's essential to note that adverse weather conditions can still occur during the trekking season.

In some cases, the **weather may be too poor for planes to fly, but helicopters can often operate** as they can fly in less favourable conditions. Should the need arise, the cost of helicopter hire must be covered by you as changes due to weather are outside the control of Earth's Edge and as per our [booking conditions](#), we don't cover costs associated with changes outside our control (*force majeure*). The estimated cost of helicopter hire is in the range of €300 - €600 per person per flight, but this is subject to variation. Please ensure you have **access to sufficient additional finances** for potential weather-related disruptions during your trek.

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Training Weekends:

Before every expedition, we organise a training weekend where you'll have the chance to meet your fellow adventurers! Led by experienced guides, these weekends include a comprehensive expedition briefing, two training hikes, and invaluable advice covering everything from equipment to weather conditions. Not only are these events educational, they're also enjoyable, set against the breathtaking backdrop of Glendalough, Co. Wicklow. Please note that food and accommodation for this weekend is not included.

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Safety Standards:

At Earth's Edge, your safety is our top priority. Each expedition is led by an experienced leader and supported by a qualified doctor with a keen interest in adventure travel and expedition medicine.

Our expeditions are further supported by our dedicated Earth's Edge team of Sherpa guides and porters, all selected for their skills, experience, and excellent references.

Our teams are familiar with the locations of local medical facilities and hospitals in each destination. While our doctor carries a comprehensive medical kit, we ask all participants to bring a basic first aid kit as outlined in the equipment list. Always follow the guidance of your expedition leader to ensure a safe and enjoyable experience.

We recommend participants research local laws and customs before travelling to Nepal. Up-to-date travel advice is available on the [DFA website](#).

On expeditions, the most common cause of illness is gastroenteritis, often caused by poor personal hygiene. The good news is that it is easily avoided by practising the following:

- Always **wash your hands** and **apply hand sanitiser** after going to the toilet and before touching food
- Always **use drinking water** to brush your teeth and avoid ingesting water while showering or washing your face
- Maintain a **healthy diet** and consider taking **multivitamins and probiotics** for one month before, and during, the expedition to help your body adjust to changes in your diet and keep you healthy throughout the expedition
- **Drinking water** is provided by Earth's Edge on each day of the trek. This water is boiled and cooled. You may also wish to bring your own water treatment tablets. If you wish to change the flavour of the water, it is recommended to use electrolyte tablets/sachets or to add a concentrated flavour drink.

To read more about our safety standards please visit our [safety page](#).

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Special Offers:

- **Return Customer Offer:** If you have travelled with us before, please visit our [return customer](#) page for details on what discount you are entitled to.
- **Refer a Friend Offer:** If you have a friend who wants to travel with us, please visit our [refer a friend](#) page for details on our referral programme.
- **Group Discounts:** If you are booking as part of a group, please visit our [group discounts](#) page for details on what discount you are entitled to.
- **Couples Offer:** If you are booking with a friend or partner, please visit our [couples offer](#) page for details on what discount you are entitled to.

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Carry Me Back Program

In 2019, 720kg of waste was generated per day in the Khumbu region during the trekking season. At present, most of this is left behind in pits that are dug throughout the valley and the Sagarmatha National Park, where it is then burnt. This is due to the lack of infrastructure in the high regions and the difficulty of transporting it out of the valley.

Through the Carry Me Back Program, run by Sagarmatha Next, we are helping to combat this

issue. This is a crowdsourced waste removal system which utilises the movement of tourists to transport waste from this area to places where it can be recycled.

For any clients travelling in Nepal who are willing, we organise for them to carry a bag containing 1kg of segregated and shredded waste material to a pick-up point. From here, this waste is collected and transferred to a recycling facility. You can read more about the project [here](#).

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Book Your Consultation

You can now schedule a **free trip consultation** with a member of the Earth's Edge team! We're happy to talk you through the itinerary, preparation and training, equipment, and anything else you'd like to know. Book your [consultation here](#).

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Expedition FAQ:

Do you have a question that wasn't answered in this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).