

MOUNTAINEERING

NERA PEAK (6,476M)

Climb Nepal's highest trekking peak via the
Hinku Valley



B4Experience

NEPAL



17-day expedition to Mera Peak (6,476 m), the highest trekking peak in Nepal. Acclimatize in Sherpa villages, cross the Hinku Valley, and summit for views of Everest, Lhotse, Makalu, and Cho Oyu.

[View Web Program](#)

<https://b4experience.com/mera-peak-6476m>



RECOMMENDED MONTHS

MARCH, APRIL, MAY, SEPTEMBER, OCTOBER, NOVEMBER



PRICE

From 2.780€ /person

Group discounts





Highlights

- PANORAMIC VIEWS OF FIVE EIGHT-THOUSANDERS FROM THE SUMMIT
- STANDARD ROUTE, NOT VERY TECHNICAL, IDEAL AS A FIRST SIX-THOUSANDER
- TREKKING THROUGH THE HINKU VALLEY AND ZATRWA PASS
- LOCAL GUIDES AND FULLY EQUIPPED CAMPS.

Private groups

100% customizable

From (People)	Category	Availability	Nº days	Price per pers.
1	Standard	01 Mar 2026 - 31 May 2026	17	2.880€
1	Standard	01 Sep 2026 - 30 Nov 2026	17	2.780€

Travel only with your family or friends.

*Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
✕ No open group events available, only private groups					

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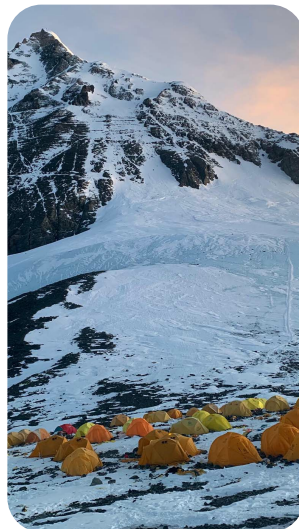


Included

- Airport-hotel transfers and return
- 3 nights' accommodation in Kathmandu with breakfast
- Entrance permit to the Makalu Barun Conservation Area and official permit to climb Mera Peak
- Garbage deposit and management fees
- Domestic flights and ground transportation as per programme
- Full board during the trek (breakfast, lunch and dinner)
- Tents for base camp and high camp
- High altitude food, cooking equipment and toiletries
- Camping equipment (tents, cooking utensils, etc.)
- Professional mountain guide ratio 2:1 and support team
- 1 porter per participant for personal luggage
- Salaries, insurance, meals, transport and allowances for porters and guides
- Collective technical equipment (ropes, rock pitons, etc.)
- All Nepal Government taxes.

Not Included

- International flights
- Entry visa to Nepal
- Lunches and dinners in Kathmandu
- Extra meals during the trek
- Travel, medical and evacuation insurance
- Personal expenses (alcoholic beverages, laundry, bottled water)
- Extra batteries, phone charging, Wi-Fi during the trek
- Personal climbing equipment
- Tips for guides and porters
- Expenses incurred due to early arrivals or late departures;
- Risk of flight delays/cancellations to Lukla
- Any service not mentioned in "Included".



Itinerary

DAY 1: ARRIVAL IN KATHMANDU

After landing at Tribhuvan, our team will welcome you, assist you with your visa, and transfer you to the lively Thamel neighbourhood. Free afternoon to rest, exchange currency, and soak up the Nepalese atmosphere.

Accommodation: 3-5★ hotel

DAY 2: PERMITS AND EQUIPMENT CHECK

We process the Mera Peak permits, check your equipment, and give you time to buy or hire anything you need. Afternoon briefing on safety and logistics.

Accommodation: Hotel

Meals: Breakfast

DAY 3: FLIGHT TO LUKLA AND TREK TO CHUTANGA

A 30-minute scenic flight takes us to Lukla (2,860 m); we walk through forests and gompas to the pastures of Chutanga (3,050 m).

Accommodation: Lodge/Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 4: ACCLIMATISATION IN CHUTANGA

We ascend without luggage to 4,000 m on the Zatrwa La slope and return to sleep under the rhododendrons, promoting gradual acclimatisation.

Accommodation: Lodge/Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 5: ZATRWA LA - THULI KHARKA

We cross the Zatrwa La pass (4,610 m) with views of Khumbu, descend through flowering forests and arrive at the yak pens of Thuli Kharka (4,100 m).

Accommodation: Lodge/Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 6: HINKU VALLEY – KHOTE

The balcony trail enters the Hinku Valley with the first panoramic views of Mera Peak. We descend to the river and climb up to the stone houses of Khote (3,700 m).

Accommodation: Lodge/Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 7: KHOTE – THAKNAK

We march alongside the Hinku, visit the Lungsumgba monastery and continue on to the Thaknak pastures (4,350 m), surrounded by glaciers.

Accommodation: Camp

Meals: Breakfast + Lunch + Dinner

DAY 8: THAKNAK – KHARE

Day trip to see moraines and the Dig Glacier to Khare (5,054 m), base camp for the summit; Mera dominates us at sunset.

Accommodation: Camp

Meals: Breakfast + Lunch + Dinner

DAY 9: TRAINING IN KHARE

Cramponing sessions, knots and use of fixed ropes on ice; afternoon rest and hydration to optimise acclimatisation.

Accommodation: Teahouse/Tent

Meals: Breakfast + Lunch + Dinner

DAY 10: ASCENT TO THE HIGH CAMP

We make our way across the glacier until we reach High Camp (5,800 m) on a sheltered ridge; unforgettable sunset over Everest and Lhotse.

Accommodation: Lodge/Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 11: MERA PEAK SUMMIT AND RETURN TO KHARE

Departure at 02:00; after a 6–7 hour climb, we reach the summit (6,476 m) with views of five eight-thousanders. Controlled descent to Khare.

Accommodation: Lodge/Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 12: KHARE – KHOTE

We return via the Hinku Valley to the warm lodge in Khote, where we will celebrate our summit achievement by the stove.

Accommodation: Lodge/Hotel

Meals: Breakfast + Lunch + Dinner

DAY 13: KHOTE – THULI KHARKA

Long return climb through forests and alpine pastures to our last high-altitude camp.

Accommodation: Teahouse

Meals: Breakfast

DAY 14: THULI KHARKA – LUKLA

We cross the Zatrwa La again and descend to bustling Lukla for a farewell dinner with the local team.

Accommodation: Hotel in Lukla

Meals: Breakfast + Dinner

DAY 15: FLIGHT TO KATHMANDU

Morning flight to Kathmandu and free day for shopping, sightseeing or relaxation.

Accommodation: Hotel.

DAY 16: FREE DAY IN KATHMANDU

A day to prepare for possible delays; take the opportunity to visit Patan or enjoy an Ayurvedic massage.

Accommodation: Hotel

DAY 17: RETURN

Transfer to the airport, assistance with formalities and a last glimpse of the Himalayas before the return flight.

Payment and cancellation policy

Initial Deposit: To secure your spot, a 30% payment of the total trip cost is required at the time of booking.

Final Payment: The remaining balance, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional travel costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation Insurance: The client may purchase trip cancellation insurance to recover the full amount paid (according to the insurance conditions).

The traveler may withdraw from the contracted trip and is entitled to a refund of amounts paid, except for the stated penalties. However, once the trip is confirmed, the traveler must pay the agency the following amounts.

Cancellation Policy 3:

Full refund within 24 hours of purchase.

Up to 60 days before the trip: 100% refund of the trip amount.

Up to 45 days before the trip: 50% refund of the trip amount.

For timeframes shorter than those described, no refund will be issued.

*A €250 management fee applies.

*If other non-refundable costs have already been incurred, they will also not be refunded and will be deducted from the total amount to be refunded.

*The cancellation cost for already issued flight tickets is 100% of the ticket price.

Packing List

We will go over all the gear together and in detail well before the expedition.

FAQs

What technical and physical level is required?

The route is moderate: you walk on a glacier with slopes of 30-40° and fixed ropes on the final stretch. Previous experience in high-altitude trekking (up to 5,000 m) and the ability to walk 5-8 hours a day are recommended; the summit day involves 12-14 hours of continuous effort.

What type of accommodation is offered?

In Kathmandu, you will stay in 3-5★ hotels. During the trek, you will stay in simple lodges/teahouses and your own tents at base camp and high camp, ensuring adequate logistics and rest at each stage.

Is food included?

Yes: full board (breakfast, lunch, and dinner) is provided during the trek and stay at high altitude. In Kathmandu, only breakfast is included. Lunch and dinner are not included. Special diets can be accommodated upon request.

Where does the expedition start and end?

The trip starts and ends in Kathmandu. International flights to Nepal are not included; the first service provided by the organization is airport-hotel transfer upon arrival.

Are domestic flights included?

Yes, the Kathmandu-Lukla-Kathmandu flights are included in the package.

What happens if the flight to Lukla is delayed or canceled?

There is a risk of delays due to weather conditions. Any additional expenses arising from these changes (accommodation, extra meals, alternative flights) are the responsibility of the participant.

What collective technical equipment does the organization provide?

Ropes, screws, pitons, and all the collective equipment necessary for safety on the glacier and in the final section of the summit are provided.

Do I need to bring my own climbing gear?

Yes. Personal equipment (crampons, ice axe, harness, helmet, etc.) is not included and each person must bring their own.

Are there training sessions before attempting to climb the summit?

In Khare, a full day is devoted to practicing cramponing techniques, rope handling, and ice safety, so that any motivated hiker can acquire the necessary skills.

How is altitude sickness managed during the route?

The itinerary includes extra acclimatization days—Chutanga and Khare—and guides monitor the health of each participant. In case of severe symptoms, descent is activated and, if necessary, evacuation.

What are the passport and visa requirements?

It is important to have a valid passport with at least 6 months validity. Nepal has a visa on arrival for most countries. You can speed up the process and avoid queues upon landing by applying online via this official website link. Upon arrival, go to the bank counter at Tribhuvan International Airport with the shipping ID (confirmation page) you received when you completed the Nepal visa application form. Pay the applicable fee in cash and, after making the payment, proceed to the immigration officer's counter with your original passport to process the visa. In the case of a visa, stay up to date, as immigration policies change often. That is why it is advisable to verify the information closer to your planned travel date. Currently, as of February 2025, the costs for a Nepal tourist visa are as follows: 15 Days: \$30 30 Days: \$50 90 Days: \$125.

Is it mandatory to purchase rescue or evacuation insurance?

The program does not include travel, medical, or evacuation insurance. It is advisable to take out insurance that covers helicopter rescues and high-altitude treatment. We can arrange this for you, please ask us for details.

How many porters will I have for my personal equipment?

One porter is assigned per participant to carry personal luggage throughout the trek.

Vaccination card

There are no mandatory vaccinations for traveling to Nepal. As for recommended vaccinations, we advise you to consult your doctor.

Mobile phone and SIM card

You can buy a SIM card upon arrival. Each region of Nepal has a different operator. Ask our team which one works in each area. A €15-20 top-up will give you enough data to use WhatsApp when there is coverage. Regular calls are much more expensive.

Tips

Tips are not included and are given voluntarily at the end of the trip in cash (they do not have a card machine). It is not mandatory, but highly recommended. Guides: \$5 to \$10 per person per day. On longer treks (such as the Annapurna Circuit or Everest Base Camp), tips may increase to \$10-15 per person per day. Porters: \$3 to \$5 per day per person. On longer or more demanding treks, you may consider increasing this to \$5-7.

Can I extend my stay in Nepal after the expedition?

Yes. The 16th is free, and if you wish, you can extend your trip on your own. We can advise you on cultural or nature extensions within the country.

Cash

In Kathmandu, you can usually pay by card (in restaurants, taxis, souvenir shops, etc., but not everywhere). Beyond that, there will be no ATMs. It is essential to carry local currency. You can bring euros or dollars and exchange them directly for rupees at the airport or in Thamel on the day of arrival. We recommend bringing at least €250 in cash for expenses not included in the price, such as drinks or meals in Kathmandu and tips.



Contact us!

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[View web Program](#)

