



Mera Peak

\$ 3950 USD
Per Person

11TH APRIL, 2027
Fixed Departure Date

Overview

Join this expedition where you have a unique chance to climb alongside our Everest expedition. You will trek together with the Everest team and will be able to hear their stories and learn from them. Arnold Coster himself will be leading this trip; Arnold led more than 100 Himalayan expeditions and is an authority on high altitude mountaineering and will teach you all he knows.

Mera Peak is Nepal's highest trekking peak, offering a rewarding climb through remote valleys, glaciers, and spectacular Himalayan scenery. At 6,476 metres (21,247 feet), it provides an excellent introduction to high-altitude mountaineering because the ascent is technically straightforward, requiring only basic crampon, ice axe, and rope skills. Climbers gain valuable experience travelling on glaciers, managing altitude, and summiting a major Himalayan peak while enjoying breathtaking views of Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga.

Although the climb is straightforward, don't underestimate the effects of altitude. During this trip you will definitely feel the effects of altitude and you will learn what it takes to climb these higher peaks.



MERA PEAK
PEAK NAME



6476 M
MAX. ELEVATION



20 DAYS
DURATION



NEPAL
COUNTRY



Detailed Itinerary

Day 1:

Arrive in Kathmandu (1,400m), where you will be welcomed and transferred to your hotel. Spend the rest of the day relaxing after your journey.

Day 2:

Attend the expedition briefing in the morning. The afternoon is free for sightseeing, shopping, or making final preparations.

Day 03:

Take a scenic helicopter flight to Lukla (2,866m) and begin your trek to Paiya (2,730m). Overnight at a lodge.

Day 04:

Trek through beautiful forests and traditional villages to Pangokma (2,846m). Overnight at a lodge.

Day 05:

Continue trekking to Nashing Dingma (2,591m), enjoying peaceful trails and mountain scenery. Overnight at a lodge.

Day 06:

Ascend gradually to Ramailo Danda (3,276m), offering stunning panoramic views. Overnight at a lodge.

Day 07:

Trek to Chatra Khola (3,150m) through alpine landscapes and rhododendron forests. Overnight at a lodge.

Days 08–09:

Trek to Thagnak (4,350m) and spend an extra day acclimatizing to the altitude with short hikes around the area. Overnight at a lodge.

Day 10:

Trek to Khare (4,800m), the final settlement before the climbing section. Overnight at a lodge.

Day 11:

Rest and prepare for the summit climb with equipment checks and climbing practice at Khare.



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Day 12:

Climb to High Camp (5,800m), where you'll make final preparations for the summit attempt.

Day 13:

Begin the early morning summit push to Mera Peak (6,654m), then descend back to Khare. Overnight at a lodge.

Day 14:

Contingency day reserved in case of unfavorable weather or other delays during the climb.

Day 15:

Descend toward Kote, or for those with the helicopter option, fly directly to Lukla and onward to Kathmandu.

Day 16:

Trek to Thuli Kharka, with this day serving as a spare day for those using the helicopter option.

Day 17:

Cross the scenic Zatrwa La Pass and trek to Lukla. Helicopter option participants depart for home.

Day 18:

Fly from Lukla back to Kathmandu and transfer to your hotel.

Day 19:

Enjoy a leisure day in Kathmandu for sightseeing, shopping, or relaxation. This also serves as a buffer day in case of flight delays from Lukla.

Day 20:

Transfer to the airport for your onward international departure, marking the end of your Mera Peak adventure.



Arnold Coster

Expedition Leader



Arnold Coster is a relaxed, considerate and thoughtful person; an expert leader and a highly-skilled professional who specializes in getting people to the summit and back down in 100 percent safety. He is a good communicator, a great motivator, and has a positive attitude. Arnold is at home in any terrain, with any kind of group.

Arnold Coster, has more as a decade of experience in the Himalaya's and led over forty five expeditions. His Sherpa's are some off the strongest in Nepal!

Join Arnold Coster on his Mera peak trekking/expedition. His experience is amongst the best in the world, combined with a very high success rate. Where there is a will, I will aim to provide a way!

Arnold Coster recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Participation Statement

Mountain Insurance

Each member is responsible for their own mountain rescue insurance. **Make sure you insurance covers climbing >6000m**

Personal Equipment

Each members is responsible for obtaining their own personal climbing equipment. ACE will provide a detailed list of all equipment needed. There are limited renting possibilities in Kathmandu, so it better to plan this ahead and we can "book" some equipment if needed.

Good Advice

Most lodges will have WIFI & Charging at extra cost, however there are serval places that only have solar power. Some days there is not enough sunshine to full charge the lodges batteries. Make sure you can do a day without WIFI and carry a good powerbank in case you can't charge for a day either.

What is Included

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- 4 nights good hotel Kathmandu Single room with breakfast.
 - All airport pickup/transfers
 - All meals (breakfast, lunch and dinner) during the trek, with Hot drinks (Coffee, Hot Chocolate, tea etc.). Filtered or boiled water will be provided for drinking
 - Teahouse accommodation during the trek in local teahouses, based on sharing rooms
 - Shared Helicopter flights (Kathmandu- Lukla - Kothe - Lukla - Kathmandu) incl approx. 18 kg baggage allowance
 - Porter for approx. 18kg personal equipment.
 - Sherpa guide for Mera peak climb; 2-3 Members : 1 Guide
 - Staff costs; salary, insurance, equipment, domestic airfare, food and accommodation etc.
 - All necessary paperwork and trekking permits (National Park Permit, TIMS)
 - Medical kit & safety equipment
 - All government and local taxes

What is **Not Included**

- International flights
- Nepalese visa fee
- Meals & Drinks while in Kathmandu
- International flights
- Travel and rescue insurance
- Personal trekking & climbing equipment
- Excess baggage charge(s)
- Personal expenses in the lodges/teahouses (phone calls, laundry, bar bills, WIFI, battery recharge, extra porters, Hot water bottles for sleeping, showers, Food ordered outside meal times etc.
- Tips for guide(s), porter(s); approx. 400USD per member, will be collected by the leader and divided among staff according to rank, experience and importance.
- Extra cost due to an early or late departure

Booking & Payment Process

At Arnold Coster, we would like to talk to the climber personally before we finalize any applications for the expeditions. We want to make sure that we understand each other completely before we ask for any commitments.

info@arnoldcoster.com

If you would like to book a place on this expedition, you can do so securely by requesting our application form, over the phone or by sending an email on

WHATSAPP

+977 - 9712068848

WEB

arnoldcoster.com

ADDRESS

Moerkapelle, The Netherlands