



Mera Peak Climbing 2026 Via Mera Peak: The Salpa Pass Route

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

14 Peaks Exclusive

ACCOMMODATION

Hotel | Lodge | Tent

WALKING

5 - 8 hrs

MAX ALTITUDE

6,476
m

DURATION

26
Days

DIFFICULTY

hard
Difficult

BEST SEASON

Spring, Autumn

Overview

The **Mera Peak Expedition via Salpa Pass** is a spectacular journey through the remote landscapes of eastern Nepal. Starting with a flight to Tumlingtar, the route passes through traditional Rai and Sherpa villages, lush forests, and pristine mountain valleys before crossing the scenic **Salpa Pass (3,350m)**.

From there, the trail continues through the Hinku Valley toward Khare, the gateway to **Mera Peak (6,476m)**. After acclimatization and summit preparation, climbers ascend to the summit for breathtaking views of **Everest, Lhotse, Makalu, Chamlang, and Baruntse**.

Supported by experienced guides and Sherpa climbers, this route offers a remote and rewarding approach to Nepal's highest trekking peak, combining cultural immersion, wilderness, and high-altitude adventure.

Services

INCLUDES

- **1. ARRIVAL AND DEPARTURE** – Airport - Hotel transfers – Airport (Pick Up and Drop), by Tourist vehicle.
- **2. HOTEL ACCOMMODATION IN KATHMANDU** – 4-5 nights hotel in Kathmandu (5-star category) - on single room basis (B & B plan).
- **3. WELCOME DINNER** – One welcome dinner in a tourist standard restaurant in KATHMANDU with office staff.
- **4. PERMIT** – All the Necessary Permits for the Trekking and Climbing.
- **5. INSURANCE** – Medical & Emergency rescue insurance for all involved Nepalese staff during the trek.
- **6. DUFFLE BAG** – One 120L 14 Peaks Expedition's duffle bag (Caps/t-shirt/neck warmer).
- **7. MEMBER TRANSPORTATION** – Domestic flight from Kathmandu to Tumlingtar and Domestic flight from Lukla to Kathmandu as per itinerary.
- **8. MEMBER LUGGAGE** – Up to 20 Kg per member for personal baggage during the trek to be carried by porters. (1 porter: 2 members)

- **9. FOOD AND LODGING** – Food 3 meals a day (including tea and coffee) and accommodation at Hotel/Lodge/Tea house during the trek.
- **10. CLIMBING GUIDE** – Local government licensed guides (English speaking) during the trek and climbing , assistant guides and necessary porter during the trek.
- **11. GROUP GEAR** – All the necessary group gears including the ropes, tents , cooking equipment and all the necessary gears.
- **12. STAFF SALARY AND ALLOWANCE** – All Nepalese staff & porters' daily wages, salary, equipment, foods & clothing.
- **13. MEDICAL KIT** – Comprehensive medical kit for members and staff.

EXCLUDES

- **1. AIR FARE** – International flight airfare (from and to Kathmandu).
- **2. NEPAL ENTRY VISA FEE** – Nepalese visa fee is \$50 USD for 30 Days or (\$125 for 90 days).
- **3. LUNCH & DINNER** – In case of early return from trekking than the scheduled itinerary.
- **4. EXTRA NIGHT IN KATHMANDU/LUKLA/TUMLINGTAR** – In case of early arrival or late departure, early return from trekking or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **5. INSURANCE POLICY** – Insurance to cover both medical and high-altitude evacuation costs (If incase for the trip cancellation, high-altitude rescue & air evacuation, medical treatment, etc.) Mandatory (Send us a copy of your insurance policy before your arrival.)
- **6. PERSONAL EXPENSES** – Clothing, packing items, personal medical kit, personal trekking gears and equipment, telephone Calls, internet, toiletries, battery recharge, hot shower, laundry, soft drinks, alcoholic beverages
- **7. FILMING** – Special filming, camera, and drone permit fee.
- **8. INTERNET SERVICE** – Not included during the trek and expedition.
- **9. TIPS** – For guide, assistant guides and porters
- **10. EXTRA** – Any services or activities, which are not mentioned in the itinerary and not listed in the “Cost Includes” section.

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	—	Arrive in Kathmandu & hotel transfer	1,400 m	B	Hotel	
2	—	Flight from Kathmandu to Tumlingtar and drive to Janbari (1,700 m).	1,700 m	B L D	Lodge	
3	—	Trek from Jaubari (1,700 m) to Gurazle (2,300 m)	2,300 m	B L D	Lodge	
4	—	Trek from Gurazle (2,300 m) to Salpa Pass / Sonam (3,350 m)	3,350 m	B L D	Lodge	
5	—	Trek from Sanam (3,350 m) to Bung (1,900 m)	1,900 m	B L D	Lodge	
6	—	Trek from Bung (1,900 m) to Khirounle (2,900 m).	2,900 m	B L D	Lodge	
7	—	Trek from Kheronle (2,900 m) to Cholem Kharka / Panch Pokhari (3,600 m).	3,600 m	B L D	Lodge	
8	—	Trek from Cholem Kharka / Panch Pokhari (3,600 m) to Kothe (3,580 m)	3,580 m	B L D	Lodge	
9	—	Trek from Kothe (3,580 m) to Thangnak (4,350 m)	4,350 m	B L D	Lodge	
10	—	Trek from Thagnak (4,350 m) to Khare (5,045 m)	5,045 m	B L D	Lodge	

Days	Date	Program	Altitude	Meals	Accommodation	Description
11	—	Rest and Preparation day at Khare	5,045 m	B L D	Lodge	
12	—	Trek from Khare (5,045 m) to High Camp (5,800 m)	5,800 m	B L D	Tent	
13	—	Summit Mera Peak (6,476 m) and descend back to Khare (5,045 m)	5,045 m	B L D	Lodge	
14	—	Helicopter flight from Khare to Lukla (2,860 m)	2,860 m	B L D	Lodge	
15	—	Flight from Lukla to Ramechhap or Kathmandu (1,400 m).	1,400 m	B	Hotel	
16	—	Final departure home.	-	-	-	

Gear List

Use the interactive checklist at: https://checklist-14peaks.pages.dev/6000m_checklist

Travel Documents

- Valid Passport
- Debit/Credit Card
- PP Size Photos(4 Pieces)
- Insurance Paper/Certificate
- Emergency Contact Details

Medicine / First Aid Kits

- Paracetamol 500 mg
- Ibuprofen 400mg
- Oral Rehydration Salts (ORS)
- Loperamide
- Electrolyte tablets
- Cetirizine
- Omeprazole
- Antacid Tablets
- Cough Lozenges
- Lubricating Eye Drops
- Antiseptic Wipes
- Blister Plasters
- Acetazolamide (Diamox) 250 mg
- Dexamethasone 4 mg
- Nifedipine 30mg
- Aspirin 300mg
- Ondansetron 4 mg

Upper Body

- Thermal Base Layer
- Fleece Jacket
- Gore Tex Jacket
- Warm Jacket
- Wind Proof Jacket
- Heavy Down Jacket
- Cotton T-Shirt
- Light Down Jacket
- Dry-Fit Tshirt

Lower Body

- Thermal Base Layer
- Fleece Trouser
- Gore Tex Pant
- Heavy Weight Pant
- Mid Weight Pant
- Trekking Pant
- Under Wear
- Down Pant
- Gaiters for Trekking Boots

Foot Wear

- Summit Boot - 8000m
- Normal Socks
- Summit Socks
- Trekking Shoes
- Sport Shoes
- Camp Booties
- Slippers
- Warm Climbing Socks
- Liner Socks

Hand

- Thin Fleece Gloves
- Wind Stopper Gloves
- Heavy Gloves(Guide)
- Summit Gloves

Head

- Glacier Glasses (Polarized UV Protection)
- Sun Cap
- Desert Cap
- Fleece Hat/Warm Hat
- Neck Gaiter
- Snow Goggles (UV Protection)
- Balaclava

Sun Stuff

- Sunscreen
- Lip Guard (SPF)
- Moisturizer

Eating & Drinking

- Water bottle
- Thermos

Toiletries

- Toothbrush
- Towel
- Wet Wipes
- Toothbrush
- Shampoo
- Body Lotion

Sleeping Stuffs

- Sleeping Bag
- Down Sleeping Bag
- Therm-a-Rest Mattress
- Sleeping Bag Liner
- Inflatable Pillow

Bag Packs

- Rucksack 35L-50L
- Duffle Bag
- Dry Bags

Miscellaneous

- Pocket Knife
- Nail Cutter
- Umbrella/Rain Coat
- Hot Water Bag
- Pee Bottle
- Tenacious Tape Repair
- Altimeter Watch
- Satellite Phone(Optional)
- GPS Tracker
- Power Bank
- Camera

Climbing Equipment

- Climbing Boot -6000m
- Trekking Pole
- Ice Tool/AXE
- Crampons
- ATC GUIDE
- Unlock Carabiner
- Jumar/Ascender
- Locking Carabiner
- Head Light
- Tape Sling
- Summit Down Suit
- Climbing Harness
- Climbing Helmet

FAQs

What makes the Salpa Pass Route to Mera Peak special?

The Salpa Pass Route offers a more secluded approach to Mera Peak, moving through remote valleys, traditional Himalayan communities, high mountain passes, and pristine alpine terrain before reaching the summit

How difficult is Mera Peak via the Salpa Pass Route?

It is a challenging high-altitude adventure requiring strong physical fitness, endurance, and good acclimatization. The summit involves glacier travel, snow slopes, and the use of mountaineering equipment.

Is previous climbing experience required?

Previous high-altitude trekking or basic mountaineering experience is highly recommended. However, with proper preparation and professional guidance, experienced trekkers can undertake the climb.

What can I expect from the Salpa Pass approach?

Expect an intimate Himalayan experience—remote trails, forested valleys, high passes, alpine landscapes, traditional villages, and fewer trekkers than on Nepal's more established routes.

How is acclimatization managed?

The itinerary incorporates carefully planned altitude progression and acclimatization periods, allowing your body to adapt before the summit attempt.

Is the climb technically difficult?

Mera Peak is generally considered a relatively non-technical 6,000m objective, but the altitude, glacier conditions, cold, and steep snow terrain make it a serious mountaineering expedition.

Why choose 14 Peaks?

Elite Himalayan expertise. Seamless logistics. Exceptional personal service.

How can we book?

Choose your dates. Share your vision. We'll craft the journey.

What makes 14 Peaks different?

We don't simply take you to the mountain—we curate the experience around you.

What happens if weather prevents the summit attempt?

A contingency day can be incorporated into the expedition schedule, allowing the team flexibility to respond to changing mountain conditions and prioritize safety.