



## Bridge Nepal Treks & Travels

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# Mera Peak Expedition: 6461m | Start your peak climbing adventure in Nepal | Bridge Nepal Treks and Travels

<b>Price</b>	2200.00
<b>Duration</b>	13 Nights and 14 Days
<b>Location</b>	Nepal

### Tour Overview

Mera Peak Expedition is Nepal's highest trekking peak adventure, offering an extraordinary journey through the untouched wilderness of the Hinku Valley and a rewarding summit at 6,461 meters. This carefully crafted expedition begins with your arrival in Kathmandu, where final preparations are completed before a scenic mountain flight to Lukla. The trail then leads through pristine rhododendron forests, remote alpine landscapes, and traditional Sherpa settlements including Chutanga, Thuli Kharka, Kothe, Thaknak, and Khare.

As the expedition progresses, trekkers cross the spectacular Zatrwa La Pass, enjoy breathtaking views of Mera Peak, and immerse themselves in the rich culture of the Everest region. The route follows the tranquil Hinku Valley, surrounded by towering Himalayan giants and dramatic glacial scenery. An acclimatization day at Khare includes essential climbing training, ensuring confidence and safety before the summit attempt.

The ascent to Mera High Camp unveils unforgettable panoramas of Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga, five of the world's highest mountains. Summit day delivers one of the finest viewpoints in the Himalayas, rewarding climbers with a breathtaking 360-degree mountain spectacle. Throughout the expedition,

trekkers stay in comfortable teahouses and mountain lodges, with a fully equipped high-camp setup providing a true Himalayan expedition experience. Mera Peak Expedition is the perfect blend of trekking, mountaineering, cultural discovery, and high-altitude adventure in Nepal.

### Trip Highlights

- Experience one of Nepal's most rewarding Himalayan climbing adventures, combining a remote trekking journey with the ascent of Mera Peak (6,461m), the highest trekking peak in Nepal.
- Enjoy a spectacular mountain flight to Lukla, soaring above emerald hills, deep river gorges, terraced farmlands, and the first breathtaking views of the Himalayas.
- Trek through the pristine and less-traveled Hinku Valley, a hidden Himalayan sanctuary known for its untouched wilderness, peaceful trails, and authentic mountain atmosphere far from the crowded trekking routes.
- Cross the dramatic Zatrwa La Pass (4,600m), where colorful prayer flags flutter against a backdrop of some of the highest mountains on Earth, creating one of the expedition's most unforgettable panoramas.
- Witness extraordinary views of five of the world's highest peaks including Mount Everest, Lhotse, Makalu, Cho Oyu, and Kangchenjunga from the summit of Mera Peak.
- Immerse yourself in traditional Sherpa culture while passing through remote mountain settlements, where centuries-old Buddhist traditions continue to shape everyday life beneath towering Himalayan peaks.
- Stay in scenic mountain lodges and teahouses offering remarkable views of snow-covered ridges, glacier valleys, alpine landscapes, and spectacular Himalayan sunrises throughout the journey.
- Trek through diverse ecosystems ranging from dense rhododendron, pine, and fir forests to high-altitude alpine meadows, glacial moraines, and vast snowfields.
- Explore remote villages including Chutanga, Thuli Kharka, Kothe, Thaknak, and Khare, each offering unique perspectives on life in Nepal's high mountain regions.
- Follow ancient Himalayan trading and migration routes that have connected isolated mountain communities for generations across the Everest and Makalu regions.
- Experience comprehensive pre-climb training at Khare, where professional climbing guides provide practical instruction in ice axe techniques, rope travel, glacier safety, and summit preparation.
- Trek alongside the beautiful Hinku River, passing cascading waterfalls, yak pastures, dramatic cliffs, and pristine mountain landscapes rarely visited by mainstream trekking groups.
- Discover the rugged beauty of the Makalu Barun region, one of Nepal's most ecologically diverse protected areas and home to rare Himalayan wildlife and pristine alpine habitats.
- Ascend to Mera High Camp, dramatically perched above the glacier with panoramic views stretching across a seemingly endless sea of Himalayan giants.
- Witness unforgettable sunrise colors illuminating Everest, Makalu, Lhotse, Nuptse, Baruntse, Chamlang, and countless surrounding peaks from high-altitude vantage points.
- Experience the thrill of glacier travel across the expansive Mera Glacier, surrounded by dazzling ice formations, snowfields, and breathtaking mountain scenery.
- Enjoy a carefully designed acclimatization schedule that maximizes safety, comfort, and summit success while allowing ample time to absorb the beauty of the high Himalayas.

- Capture some of Nepal's most spectacular mountain photography opportunities, from forested valleys and traditional villages to glaciers, ice-covered ridges, and summit panoramas.
- Stand atop Mera Peak's magnificent summit and enjoy one of the finest viewpoints in the entire Himalayas, where Nepal's greatest mountains rise in every direction.
- Return with a rare achievement that combines high-altitude trekking, Himalayan mountaineering, cultural discovery, and world-class mountain scenery into one unforgettable Nepal adventure.

## Detailed Itinerary

### Arrival in Kathmandu (1,400m)

Your Mera Peak Expedition begins the moment you arrive in Kathmandu, the vibrant Himalayan capital where ancient temples, bustling markets, and mountain culture blend seamlessly. A representative from Bridge Nepal Treks and Travels welcomes you at Tribhuvan International Airport and escorts you to a comfortable hotel in Thamel or a nearby premium area. Depending on arrival time, you may explore narrow streets filled with trekking gear shops, prayer flags, and local cafés. The city carries deep historical and spiritual significance, with UNESCO-listed sites like Swayambhunath and Pashupatinath reflecting Nepal's rich heritage. In the evening, a detailed briefing prepares you for the journey ahead, including route overview, safety protocols, and gear checks. Accommodation is in a carefully selected hotel offering comfort, warm hospitality, and a peaceful environment before heading into the remote Himalayas.

### Fly to Lukla and Trek to Chutanga (3,100m)

Altitude: 3,100m

Distance: 4-5 hrs trek

Duration: 35-minute flight + trek

A breathtaking early morning flight takes you to Lukla, the gateway to the Everest and Mera Peak region, offering stunning aerial views of deep valleys, terraced hills, and snowcapped Himalayan peaks. After landing, the trail leads away from the bustling Everest route into quieter, more remote landscapes. The trek to Chutanga passes through pine forests, alpine meadows, and small yak grazing areas, offering the first sense of wilderness that defines the Mera Peak trekking route. Occasional encounters with local herders highlight the traditional high-altitude lifestyle. Kusum Kanguru and surrounding ridgelines begin to dominate the skyline. Accommodation is in a simple yet cozy mountain lodge surrounded by peaceful forest scenery and crisp Himalayan air.

### Trek from Chutanga to Thuli Kharka via Zatrwa La Pass (4,600m)

Altitude: 4,300m

Distance: 5-6 hrr

Duration: 5-6 hours

Today's challenging ascent crosses the dramatic Zatrwa La Pass, one of the most scenic points of the Mera Peak Expedition. The climb is steep but rewarding, offering sweeping views of the Everest region on one side and the remote Hinku Valley on the other. Prayer flags flutter in the wind at the pass, symbolizing spiritual blessings for the journey ahead. The descent leads into Thuli Kharka, a wide alpine pasture surrounded by rugged Himalayan ridges. This area is often used by yak herders and offers a true sense of isolation and wilderness. Snow-covered peaks and dramatic cloud formations make this one of the most visually striking days of the trek. Overnight stay in a mountain lodge with panoramic valley views.

### **Trek from Thuli Kharka to Kothe (3,691m)**

Altitude: 3,691m

Distance: 6-7 hrs

Duration: 6-7 hours

The trail descends into the lush and remote Hinku Valley, transforming the landscape into dense forests of rhododendron, pine, and fir. This section of the Mera Peak trekking route is rich in biodiversity, with occasional sightings of Himalayan wildlife and birds. The sound of glacial rivers accompanies the journey as you enter deeper wilderness. Villages become rare, and the environment feels untouched and serene. Kothe, located beside the Hinku River, is a peaceful settlement offering warm hospitality and a deep sense of Himalayan isolation. Accommodation is in a traditional teahouse surrounded by forested slopes and river views.

### **Trek from Kothe to Thaknak (4,358m)**

Altitude: 4,358m

Distance: 3-4 hrs

Duration: 3-4 hours

Today's gradual ascent follows the Hinku Valley deeper into alpine territory. The landscape becomes more rugged, with glacial streams, moraine fields, and dramatic rock formations shaping the surroundings. Kusum Kanguru and surrounding peaks rise sharply above the valley, creating a dramatic Himalayan backdrop. Thaknak is a small seasonal settlement used by yak herders, offering basic but scenic lodges. The atmosphere becomes noticeably colder and more alpine as you gain altitude, signaling your approach toward Mera Peak Base Camp region.

### **Trek from Thaknak to Khare (5,045m)**

Altitude: 5,045m

Distance: 3-4 hrs

Duration: 3-4 hours

The trail climbs steadily into high-altitude terrain where glaciers begin to dominate the landscape. As you approach Khare, the gateway to Mera Peak climbing, the mountain itself comes into full view for the first time. The massive south face of Mera Peak creates a dramatic and inspiring skyline. Khare is a key acclimatization stop, offering essential facilities for climbers preparing for the summit push. Accommodation is in high-altitude lodges with extraordinary views of surrounding glaciers and peaks.

### **Acclimatization Day in Khare**

Altitude: 5,045m

Distance: Hiking

Duration: 4-5 hrs

A crucial acclimatization and training day ensures proper preparation for the summit. Climbers hike to nearby ridges while practicing essential mountaineering skills such as rope handling, ice axe usage, and crampon techniques. The surrounding views include Mera Peak, Kyashar, and other Himalayan giants. This day also allows your body to adapt to thinning air while enjoying the dramatic beauty of the high Himalayas. Overnight stay in Khare with full rest and preparation.

### **Khare to Mera High Camp (5,780m)**

Altitude: 5,780m

Distance: 5-6 hrs

Duration: 5-6 hours

The trail becomes more technical as you move onto glacial terrain. Crevasses, snow slopes, and icy sections define this challenging ascent. With the guidance of experienced climbing staff, you make steady progress toward Mera High Camp. The reward is one of the most spectacular camping locations in Nepal, surrounded by towering Himalayan peaks including Everest, Makalu, Lhotse, and Cho Oyu on clear days. The atmosphere is pure alpine wilderness.

## **Summit Mera Peak (6,461m) and Return to Khare**

Altitude: 6,461m

Distance: 11–12 hrs

Duration: Full day

Summit day begins before dawn under a sky filled with stars. The climb follows a steady glacier route leading toward the summit ridge of Mera Peak. As sunrise illuminates the Himalayas, panoramic views unfold across five of the world's highest mountains. Standing on the summit at 6,461 meters is a truly unforgettable achievement. After celebrating the success, the descent leads safely back to Khare, marking one of the most rewarding days of the expedition.

## **Contingency Day**

Altitude: Khare region

Distance: Flexible

Duration: Flexible

This reserve day allows flexibility for weather conditions or additional acclimatization needs. If not used, it offers rest and recovery in the peaceful high-altitude environment.

## **Khare to Thuli Kharka via Kothe (4,300m)**

Altitude: 4,300m

Distance: 8–10 hrs

Duration: Full day

The descent retraces the beautiful Hinku Valley, passing through Thaknak and Kothe. The scenery changes from icy alpine landscapes back to lush forests and river valleys. This long but scenic day offers a final immersion into the remote wilderness of the region.

## **Thuli Kharka to Lukla via Zatrwa La Pass (4,600m)**

Altitude: 2,840m

Distance: 5–6 hrs

Duration: 5–6 hours

Crossing Zatrwa La once again, you descend back into the Everest region. The views are spectacular, with wide Himalayan panoramas accompanying the final trekking stretch. Reaching Lukla marks the completion of the trekking journey, followed by a celebration with the expedition team.

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Altitude: 1,400m

Distance: Flight

Duration: 35 minutes

A scenic mountain flight returns you to Kathmandu. The contrast between the remote Himalayas and the bustling capital highlights the diversity of Nepal. Free time is available for rest or sightseeing.

### **Departure from Kathmandu**

Altitude: 1,400m

Distance: Airport transfer

Duration: 30-45 minutes

After breakfast, you are transferred to the airport for your onward journey, carrying unforgettable memories of the Mera Peak Expedition and the Himalayan wilderness experience.

### **Included Services**

- Airport reception and private transfer services upon arrival and departure in Kathmandu, ensuring a seamless and comfortable beginning and ending to your Mera Peak Expedition in Nepal.
- Two to three nights' accommodation in a carefully selected hotel in Kathmandu, offering modern comfort, warm hospitality, and a peaceful atmosphere before and after your Himalayan adventure.
- Domestic round-trip flights between Kathmandu and Lukla, operated by mountain aircraft, providing spectacular aerial views of the Himalayas, deep valleys, and terraced landscapes that mark the gateway to the Everest and Mera Peak region.
- All necessary ground transportation by private vehicle in Kathmandu for airport transfers, briefing sessions, and equipment preparation, ensuring smooth logistics throughout your journey.

- Full-board meals (breakfast, lunch, and dinner) during the trekking and climbing period, offering nutritious, high-energy meals prepared in mountain lodges and camps to support high-altitude performance.
- Accommodation in authentic Himalayan teahouses and mountain lodges throughout the trekking route, carefully selected for safety, hygiene, and breathtaking views of surrounding peaks, valleys, and alpine landscapes.
- Tented accommodation at Mera High Camp, fully managed by the expedition crew, set against dramatic glacier surroundings and panoramic Himalayan vistas.
- Experienced, government-licensed trekking guide with knowledge of the Mera Peak trekking route, Himalayan geography, and local culture.
- Professional certified climbing guide for Mera Peak summit ascent, trained in high-altitude mountaineering, rope techniques, glacier navigation, and emergency response.
- All required climbing permits including Mera Peak Climbing Permit, Makalu Barun National Park entry permit, and local area permits as per Nepal government regulations.
- Pre-climb training session at Khare covering essential mountaineering skills such as crampon use, rope handling, ice axe techniques, and glacier safety procedures.
- Full group climbing equipment including fixed ropes, anchors, and safety gear for the summit ascent of Mera Peak (6,461m), ensuring a secure and professionally managed climb.
- Porters to carry main trekking luggage, allowing trekkers to walk comfortably with a light daypack while enjoying the Himalayan scenery.
- All staff wages, insurance, meals, accommodation, and operational costs for guides, porters, and support crew throughout the expedition.
- First aid medical kit carried by the expedition team for basic treatment during trekking and climbing sections.
- Government taxes, official service charges, and expedition management fees.
- Farewell dinner in Kathmandu featuring traditional Nepali cuisine and cultural hospitality after successful completion of the expedition.

### Excluded Services

- International airfare to and from Nepal
- Nepal entry visa fees
- Travel and high-altitude insurance covering emergency helicopter evacuation, medical treatment, trip cancellation, and personal accidents (mandatory for Mera Peak Expedition).
- Personal trekking and climbing equipment such as mountaineering boots, crampons, harness, helmet, ice axe, down jacket, sleeping bag, gloves, gaiters, and technical clothing layers. The rentals are available.
- Personal expenses
- Tips and gratuities for trekking guides, climbing guides, porters, and support staff
- Any additional activities or services not explicitly mentioned in the “What’s Included” section of the Mera Peak Expedition package.

### Fixed Departure Dates

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## Frequently Asked Questions

### **Q: What is the Mera Peak Expedition?**

The Mera Peak Expedition is one of Nepal's most iconic trekking peak climbing adventures, taking you through the remote Hinku Valley to summit Mera Peak (6,461m), the highest trekking peak in Nepal. It combines high-altitude trekking, glacier travel, and basic mountaineering in a breathtaking Himalayan wilderness filled with Everest, Makalu, Lhotse, and Cho Oyu views.

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### **Q: Where is Mera Peak located?**

Mera Peak is located in the Everest region of eastern Nepal, within Makalu Barun National Park. The route passes through remote valleys, alpine forests, and high glacial basins far from crowded trekking routes.

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### **Q: How difficult is Mera Peak climbing?**

Mera Peak is considered a moderate trekking peak. While it does not require advanced technical climbing experience, it involves glacier walking, rope use, and steep snow slopes above 5,000m. Good physical fitness and endurance are essential for success.

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### **Q: Do I need prior climbing experience?**

No prior technical climbing experience is required. However, trekking experience at high altitude is highly recommended. Professional training is provided at Khare before the summit push.

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### **Q: What is the highest altitude of the expedition?**

The highest point is the summit of Mera Peak at 6,461 meters (21,193 feet), offering one of the most spectacular panoramic views in the Himalayas.

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### **Q: What mountains can be seen from Mera Peak?**

From the summit, trekkers can witness five of the world's highest peaks including Mount Everest, Lhotse, Makalu, Cho Oyu, and Kangchenjunga on clear days, along with numerous surrounding Himalayan giants.

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### **Q: How long is the Mera Peak Expedition?**

The standard Mera Peak Expedition is 14 days, including arrival, acclimatization, trekking, summit attempt, and return to Kathmandu.

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**Q: What is the best season for Mera Peak climbing?**

The best seasons are spring (March–May) and autumn (September–November), when weather conditions are stable, skies are clear, and mountain visibility is at its best.

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**Q: Is altitude sickness a risk on Mera Peak?**

Yes. Because the trek reaches above 6,000 meters, altitude sickness is a serious consideration. Proper acclimatization days in Khare and slow ascent are essential for safety.

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**Q: How is acclimatization managed?**

The itinerary includes dedicated acclimatization in Khare, along with gradual altitude gain through Chutanga, Kothe, Thaknak, and Khare to help the body adjust safely.

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**Q: What type of accommodation is available?**

Accommodation includes comfortable teahouses and mountain lodges throughout the trek, with tented camping only at higher elevations such as High Camp.

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**Q: Are mountain views visible from lodges?**

Yes. Almost every accommodation point offers dramatic Himalayan views including Kusum Kanguru, Mera Peak, and surrounding snow-covered ridges.

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**Q: What meals are provided during the expedition?**

You will receive nutritious meals including traditional Nepali dal bhat, soups, noodles, rice dishes, vegetables, and energy-rich climbing food suitable for high altitude.

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**Q: Is drinking water available on the trek?**

Yes. Boiled water, filtered water, and bottled water are available at lodges, with increasing reliance on purification methods at higher elevations.

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**Q: How fit should I be for Mera Peak?**

You should be in excellent physical condition, capable of walking 5–8 hours daily in mountainous terrain with steep ascents and high altitude exposure.

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**Q: What kind of training should I do before the expedition?**

Cardiovascular training, hiking with a backpack, stair climbing, running, cycling, and endurance training are highly recommended for at least 6–8 weeks before departure.

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**Q: Is technical climbing required?**

Basic mountaineering skills are required only for the summit push. Training in rope handling, crampon use, and ice axe techniques is provided during the expedition.

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**Q: What equipment is required?**

Essential gear includes insulated clothing, mountaineering boots, crampons, harness, helmet, ice axe, down jacket, gloves, and sleeping bag suitable for extreme cold.

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**Q: Can I rent climbing gear in Nepal?**

Yes. Most technical equipment can be rented or purchased in Kathmandu before the expedition begins.

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**Q: What permits are required for Mera Peak?**

You need a Mera Peak Climbing Permit, Makalu Barun National Park Permit, and local rural municipality entry permits.

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**Q: Is Mera Peak safe?**

Yes, when climbed with proper acclimatization, experienced guides, and suitable weather conditions. Safety is always prioritized over summit attempts.

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**Q: What happens if the weather is bad?**

A contingency day is included to adjust for weather delays or unsafe climbing conditions. Summit attempts are only made in safe conditions.

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**Q: Is helicopter evacuation possible?**

Yes. In emergencies, helicopter evacuation can be arranged from remote sections of the route, depending on weather and insurance coverage.

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**Q: Do I need travel insurance?**

Yes. High-altitude trekking and climbing insurance covering evacuation, medical treatment, and emergency rescue is mandatory.

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**Q: Is Wi-Fi available on the trek?**

Limited Wi-Fi is available in lower villages, but connectivity becomes extremely limited or unavailable above Khare.

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**Q: Is mobile network available?**

Mobile coverage exists in some lower sections but becomes unreliable at higher elevations in the Hinku Valley.

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**Q: What cultural experiences will I see?**

You will experience remote Sherpa and Rai communities, Buddhist prayer flags, mani walls, monasteries, and traditional Himalayan mountain lifestyles.

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**Q: Are there monasteries on the route?**

While the Mera Peak route is less religious than Everest Base Camp, you will still encounter small Buddhist shrines, prayer stones, and spiritual symbols along the trail.

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**Q: What wildlife can be seen?**

The Makalu Barun region is rich in biodiversity, including Himalayan thar, musk deer, red pandas (rare), and various Himalayan birds.

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**Q: How cold does it get on Mera Peak?**

Temperatures can drop significantly below freezing, especially at High Camp and summit night, often reaching -15°C to -25°C depending on season.

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### **Q: Can beginners climb Mera Peak?**

Yes, physically fit beginners with strong determination and proper guidance can successfully climb Mera Peak with professional support and training.

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### **Q: How long is summit day?**

Summit day can take 10-14 hours depending on conditions, starting early morning and returning to lower camp or Khare by evening.

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### **Q: Why is Mera Peak popular among climbers?**

Mera Peak is famous for its stunning panoramic summit views of five 8,000-meter peaks and its combination of trekking and beginner-friendly mountaineering.

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### **Q: What makes this expedition unique?**

It offers a rare combination of remote wilderness trekking, glacier climbing, high-altitude adventure, and unmatched Himalayan views away from crowded routes.

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### **Q: Why choose Bridge Nepal Treks and Travels for Mera Peak Expedition?**

We provide expert climbing guides, carefully designed acclimatization schedules, high safety standards, quality logistics, and personalized support to ensure a successful and unforgettable Mera Peak summit experience in Nepal.

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## **Trip Information**

- About The Trek
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