

# Mera Peak Climbing

## Standard Itinerary

### Mera Peak Itinerary 15 Days:

#### Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan

##### Highlights:

- Airport Pickup by our staff with our (Place card) Company Logo and your name on it.
- Hotel check-in at Thamel (tourist city).
- Briefing related to the Everest Base Camp Trek.
- Staff's introduction Guide and Porters.
- Shopping for the necessary items if needed.
- Welcome dinner program.
- Overnight at a hotel on BB plan.

#### Day 02: Chutanga

Fly from Kathmandu to Lukla 2828m 35 minutes, trek to Chhutanga 3215m 3 hours. Overnight at Lodge.

##### Highlights:

- Airport drops by private vehicle (Kathmandu domestic airport).
- Mountain flight to Lukla with an amazing view of Himalayan settlements, waterfalls, rivers, hills, Mountain ranges, and valleys.
- Check in at Lukla (Tourist Check Post) Khumbu Pasang Lhamu municipality.
- Yaks and Mule Caravan along the trail.
- 3 hours Trek observing, traditional farming, Mani walls, stupas, and Monastery.
- View of a general mountain peak.
- Trek via Rhododendrons and Pine trees.

#### Day 03: Thuli Kharka

Trek from Chhutanga via Zatrwa La Pass 4610m and trek to Thuli Kharka 4200m 6/7 hours.  
Overnight at Lodge.

Highlights:

- Steep climb to Zatrwa La Pass.
- View of Kongdi Ri, Karyolang Peak, Number Himal, Lumding Himal, and other peaks.
- Trek via Yak pastureland and beautiful landscape.

## **Day 04: Kothe**

Trek from Thuli Kharka to Kothe 3520m 5/6 hours. Overnight at Lodge.

Highlights:

- Trek into Hinku Valley.
- Trek via a lush forest of Rhododendrons, Pines, and Oaks.
- First sight of climbing peak, Mera peak.
- Observation of the beautiful wilderness of Kothe.

## **Day 05: Thagnag**

Trek from Kothe to Thagnag, 4350m 3/4 hours. Overnight at Lodge.

Highlights:

- Trek along the river of Hinku.
- Century-old Buddhist monastery (Lungsumgpa Gompa).
- Beautiful landscape of seasonal Yak pastureland.
- Very basic commercial tea house.

## **Day 06: Thangnag**

Rest day in Thangnag for acclimatization, overnight at Lodge.

Highlights:

- Free day for further preparation.
- Short hike for acclimatization.
- Visit around the Thangnag.

## Day 07: Khare

Trek from Thangnag to Khare 5100m 2/3 hours. Overnight at Lodge.

Highlights:

- Trek through the steep moraine trails.
- Close views of mountains and glaciers.
- View of a rolling mountain valley.
- Encounter a beautiful glacier lake.

## Day 08: Khare

Rest day to acclimatize at Khare.

Highlights:

- Hike around the Khare
- Meet our climbing guide.
- Quick climbing training and basic instruction.
- Prepare for the climb.

## Day 09: Mera High Camp

Climbing via Mera-La Pass to High Camp 5800m. Overnight at the tent.

Highlights:

- Climb via glacier route, rocky and snowy track.
- Climb across the Mera Base Camp.
- Climb cross Mera La Pass.
- View of majestic mountains like Everest, Nuptse, Baruntse, Chamlang, Makalu, and surrounding Himalayas.

## Day 10: Khare

Ascent Mera Peak summit 6470m 10/11 hours, descent to Khare 5100m. Overnight at Lodge.

Highlight:

- Summit push at 2 AM.

- Reach the summit.
- Take pictures and celebrate.
- Descend down viewing the glorious views of the surrounding Himalayas.

## **Day 11: Kothe**

Trek from Khare to Kothe 3585m 5/6 hours. Overnight at the lodge.

Highlights:

- Trek via Thangnak.
- Easy downhill hike towards lower elevation.
- Trek via Yak pastureland.

## **Day 12: Thuli Kharka**

Trek from Kothe to Thuli Kharka, 4,200m 5/6 hours. Overnight at Lodge.

Highlights:

- Difficult to ascend and descend.
- Beautiful clinging hiking trails.
- Trek via the lush forest.
- Farewell view of Mera Peak.

## **Day 13: Lukla**

Trek from Thuli Kharka to Lukla 2840m 5/6 hours. Overnight at Lodge.

Highlights:

- Enjoy the last day with all staff at Lukla.
- Gift exchange, if have any.
- Farewell cake and dinner together with all of the staff.
- Group Picture.

## **Day 13: Kathmandu**

Early morning flight to Kathmandu and transfer to hotel. Evening farewell with cultural dance and in a typical Nepali restaurant. Overnight at Hotel on BB plan

## Highlights:

- Hotel drops in a private vehicle.
- Further program discussion.
- Employee feedback and company review.
- Suggestions and recommendations for the company.
- Farewell dinner with cultural dance in a typical Nepali restaurant.

## Day 14: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination.

## Phaplu to Mera Peak Climbing Itinerary 20 Days:

### Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative of Himalayan Nepal Trek and transfer to hotel on BB plan.

### Day 02: Kharikhola

Fly from Kathmandu to Phaplu and Drive by Public Jeep to Kharikhola 2370m 6/7 hours. Overnight at Lodge.

### Day 03: Pangkongma

Trek from Kharikhola to Pangkongma 2846m 5/6 hours. Overnight at Lodge.

### Day 04: Najing Dingma

Trek from Pangkongma to Najing Dingma 2600m 5/6 hours. Overnight at Lodge.

### Day 05: Chalen Kharkha

Trek from Najing Dingma to Chalen Kharkha 3600m 4 hours. Overnight at Teahouse.

### Day 06: Chunbu Kharka

Trek from Chalen Kharkha to Chunbu Kharka 4200m 6/7 hours. Overnight at Teahouse.

### Day 07: Kothe

Trek from Chunbu Kharka to Kothe 3600m 6/7 hour. Overnight at Lodge.

### **Day 08: Thangnak**

Trek from Kothe to Thangnak 4356m 4/5 hour. Overnight Lodge.

### **Day 09: Thangnak**

Rest and acclimatization day. Overnight at Lodge.

### **Day 10: Khare**

Trek from Thangnak to Khare 4659m 2/3 hours. Overnight Lodge.

### **Day 11: Khare**

Rest day for acclimatization and preparation climbing. Overnight at Lodge.

### **Day 12: Mera La camp**

Trek from Khare to Mera La camp 5350m 5 hours. Overnight at Tent

### **Day 13: High Camp**

Climb to high camp 5780m 3/4 hours. Overnight at Tent

### **Day 14: Khare**

Reserved day in case of bad weather.

### **Day 15: Khare**

Climb Mera Peak 6500m.summit and back to Khare 8/10 hours. Overnight at Lodge.

### **Day 16: Kothe**

Trek from Khare to Kothe 4180m 5/6 hours. Overnight at Lodge.

### **Day 17: Zartrwa**

Trek from Kothe to Zartrwa 4610m. Overnight at Lodge.

### **Day 18: Lukla**

Trek from Zartwa to Lukla 2840m. Overnight at Lodge.

## **Day 19: Kathmandu**

Fly from Lukla to Kathmandu and transfer to the hotel. Evening farewell dinner in a typical Nepali cultural dance restaurant. Overnight at Hotel on BB plan.

## **Day 20: Kathmandu**

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination.

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## **Includes and Excludes**

### **Includes**

- 4 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 2 Night 3\* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Flight fare Kathmandu/Lukla/Kathmandu guest and guide.
- Twin-sharing accommodation during the trek (guest house/tea house and lodge, tented camp).
- Experienced English-speaking trekking and climbing guide (Trained and licensed holder by the government of Nepal).
- Assistance climbing Sherpa 5:1 during the climbing period.
- North face tent for guests, dining tent, kitchen tent, toilet tent, and mattress.
- Climbing equipment's ice screw, rope, ice axe, screw gate, karabiners (2 locks, 2 unlock), and snow bar.
- Necessary Porter 1: 2 (one porter for two guests) porter carries 25kg.
- All Government and Local Taxes.
- Peak climbing permit from Nepal Mountaineering Association (NMA).
- National Park fees (Sagarmatha national park,).
- Municipality entry fee for participants (Khumbu Pasang Lhamu municipality).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.

- Facilities to store your stuff at a hotel in Kathmandu.
- Duffel bag during the trek, company t-shirt, route map.
- Staffs medical rescue insurance during the trip.

## **Excludes**

- Lunch and dinner in Kathmandu.
  - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
  - Emergency rescue and travel Insurance (most required factor in high altitude trek).
  - Trip cancellation cost, loss, damage, and personal effects.
  - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
  - Tips and gratuities for the staff.
  - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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