Mera Peak Summit

16 Days Itinerary

Detailed Itinerary

Day 1: Arrival in Kathmandu

Your Mera Peak adventure begins on arrival at Tribhuvan International Airport in Kathmandu. After the arrival formalities, a representative of Alpine Club of Himalaya welcomes you and transfers you to your hotel. You can rest after your journey or take a short walk around the neighbourhood to get your first impression of Nepal's capital.

Max. Elevation	1,400 m (Kathmandu)
Duration	Airport transfer, 30 minutes
Accommodation	Hotel in Kathmandu
Meals	Not included

Day 2: Kathmandu Sightseeing and Trek Preparation

A day to prepare for the climb. You meet your guide for a trip briefing, check your climbing and trekking equipment, and take care of any last items you need to buy or rent. There is time left over for sightseeing in Kathmandu if you want it.

Max. Elevation	1,400 m (Kathmandu)
Duration	Full day in Kathmandu
Accommodation	Hotel in Kathmandu
Meals	Breakfast

Day 3: Fly from Kathmandu to Lukla and Trek to Chutanga

You take the short, scenic flight of about 30 to 40 minutes from Kathmandu (or Ramechhap) to Lukla, with views of the Himalayan range on the way. From Lukla you leave the main Everest trail and walk through forest and quiet villages toward Chutanga, a small settlement where you spend the night.

Max. Elevation	2,860 m (Lukla) / 3,050 m (Chutanga)
Duration	30-40 minutes flight and 4-5 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 4: Trek from Chutanga to Thuli Kharka via Zatrwa La Pass

The trail climbs steadily through forest to Zatrwa La Pass, the first high point of the climb, with views of the Dudh Kosi valley and the peaks around Lukla. After the pass you walk down and across to Thuli Kharka, a high pasture where you stay for the night.

Max. Elevation	3,900 m (Thuli Kharka) / 4,610 m (Zatrwa La Pass)
Duration	6-7 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 5: Trek from Thuli Kharka to Kothe

The path crosses the ridge and then goes down through rhododendron and pine forest into the Hinku valley, following the Hinku Khola. The valley is quiet and wild, with few other trekkers. You reach Kothe, a small settlement by the river, and rest for the night.

Max. Elevation	4,095 m (Kothe)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 6: Trek from Kothe to Thangnak

You walk up the Hinku valley, with Mera Peak and the surrounding snow peaks coming into view. The trail passes Gondishung and its old Buddhist monastery, then continues to Thangnak, a summer yak pasture at the foot of the Mera glacier valley.

Max. Elevation	4,350 m (Thangnak)
Duration	4-5 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 7: Acclimatization Day at Thangnak

A rest day to help your body adjust to the altitude. You can take a short hike to a nearby viewpoint, then return to sleep at the same height. Drink plenty of water, rest, and check your equipment for the days ahead.

Max. Elevation	4,350 m (Thangnak)
Duration	Short acclimatization hike
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 8: Trek from Thangnak to Khare

A shorter walk along the Dig Glacier valley takes you up to Khare, the last teahouse settlement before Mera Peak, in a wide basin below the mountain. The views of Mera Peak and the surrounding peaks are close and clear. You arrive in time to rest and drink water.

Max. Elevation	5,045 m (Khare)
Duration	3-4 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 9: Acclimatization and Climbing Training Day at Khare

Today is for rest, acclimatization and climbing practice. Your climbing guide teaches you how to use your harness, ice axe, crampons and fixed rope on the glacier slope, and you check your equipment for the summit attempt.

Max. Elevation	5,045 m (Khare)
Duration	Training and rest day
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 10: Trek from Khare to Mera High Camp

You cross the Mera glacier with your climbing gear, passing Mera La Pass and Mera Base Camp, and climb to Mera High Camp, where you stay in a tent. The camp is high and open, with views of Everest, Lhotse, Makalu and Cho Oyu. Rest early, because the summit day begins during the night.

Max. Elevation	5,780 m (Mera High Camp)
Duration	5-6 hours trek
Accommodation	Tented camp
Meals	Breakfast, Lunch, Dinner

Day 11: Mera Peak Summit and Descend to Khare

You start in the early hours of the morning for the summit climb, roped with your climbing guide, on a gradual snow and glacier slope. From the summit you have a wide view of Everest, Makalu, Lhotse, Cho Oyu and Kangchenjunga. After time at the top for photos, you walk back down to High Camp and continue down to Khare. It is a very long day, so walk at a steady pace and keep drinking water.

Max. Elevation	6,461 m (Mera Peak Summit) / 5,045 m (Khare)
Duration	10-12 hours climb and descent
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 12: Trek from Khare to Kothe

You walk back down the Hinku valley, passing Thangnak and Gondishung, as the air gets thicker and the landscape turns greener. You reach Kothe in the afternoon.

Max. Elevation	4,095 m (Kothe)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 13: Trek from Kothe to Thuli Kharka

The trail climbs out of the Hinku valley through forest and up to the high pasture at Thuli Kharka, with views back toward Mera Peak and the Hinku valley.

Max. Elevation	3,900 m (Thuli Kharka)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 14: Trek from Thuli Kharka to Lukla via Zatrwa La Pass

You cross Zatrwa La Pass one more time and then walk down through forest and villages to Lukla. In the evening you can celebrate the end of the climb with your guide and the team.

Max. Elevation	4,610 m (Zatrwa La Pass) / 2,860 m (Lukla)
Duration	6-7 hours trek
Accommodation	Teahouse in Lukla
Meals	Breakfast, Lunch, Dinner

Day 15: Fly from Lukla to Kathmandu

An early morning flight takes you back to Kathmandu (or Ramechhap, with a road transfer to Kathmandu), where you transfer to your hotel. You can rest, shop for souvenirs, or explore Kathmandu. In the evening you join the farewell dinner.

Max. Elevation	1,400 m (Kathmandu)
Duration	30-40 minutes flight
Accommodation	Hotel in Kathmandu
Meals	Breakfast, Dinner

Day 16: Final Departure

After breakfast, a representative of Alpine Club of Himalaya transfers you to Tribhuvan International Airport for your flight home.

Max. Elevation	1,400 m (Kathmandu)
Duration	Airport transfer
Accommodation	No
Meals	Breakfast

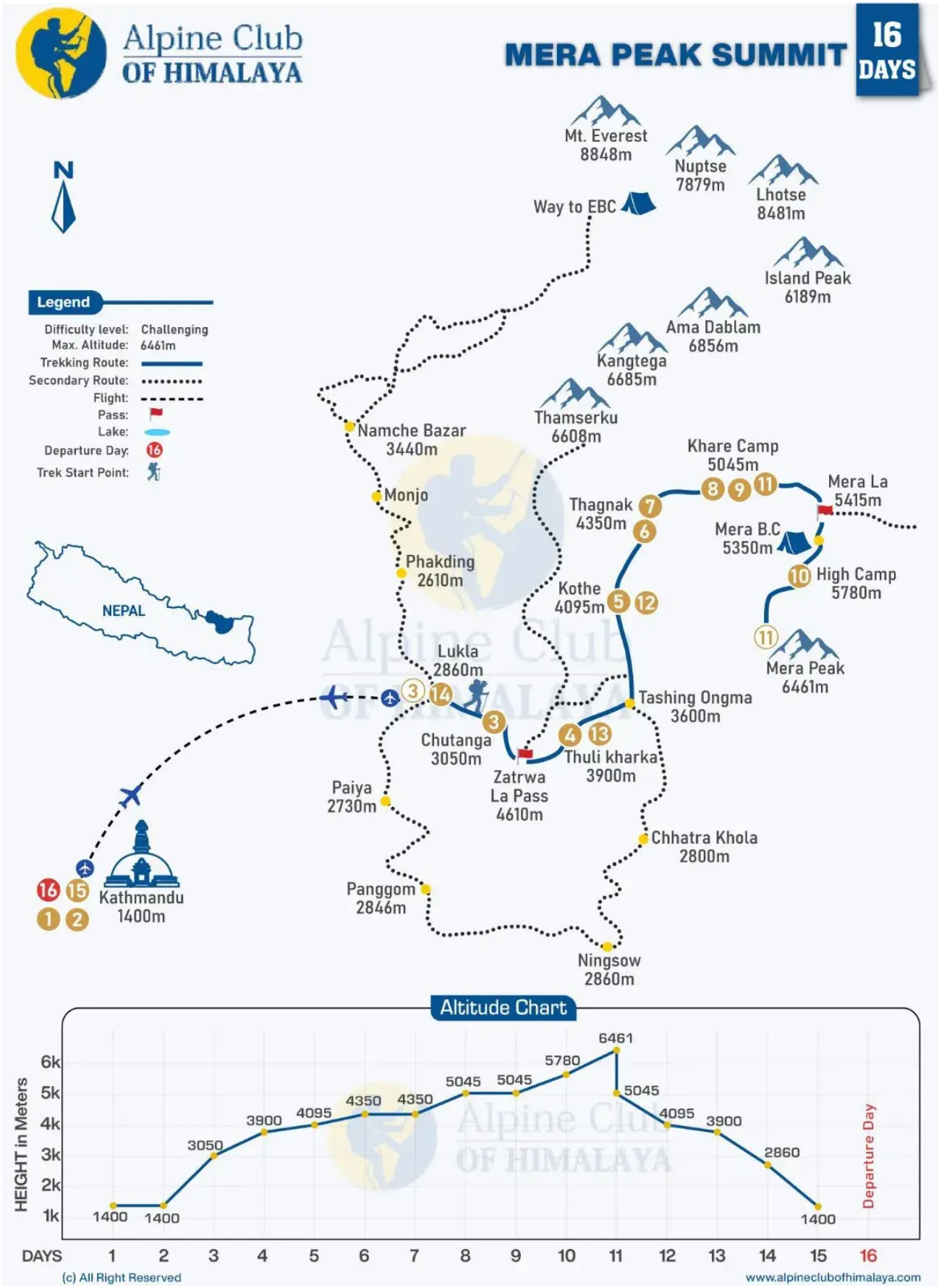
Cost Include

- Airport pickup from Kathmandu according to your arrival time.
- 3 nights hotel accommodation in Kathmandu with breakfast.
- 11 nights teahouse accommodation during the trekking days.
- 1 night tented camp stay at Mera Peak High Camp.
- Flight from Kathmandu or Ramechhap to Lukla, and return flight from Lukla to Kathmandu or Ramechhap, including airport transfers.
- Three meals a day (breakfast, lunch and dinner) throughout the trek.
- English-speaking professional trekking guide and porter, with salary, food, accommodation and insurance covered (1 porter for every 2 trekkers).
- Experienced climbing guide and support staff for the summit attempt.
- All required trekking permits and the official Mera Peak climbing permit.
- Group climbing equipment such as tents, mattresses, ropes, ice screws and snow bars, and the climbing guide's equipment fees.
- Full set of camping equipment, including dining tent, kitchen tent, toilet tent, tables and chairs.
- Comprehensive first-aid kit with high-altitude medicines, and an oximeter to monitor oxygen levels.
- Rescue arrangements in case of serious medical emergencies (covered by your travel insurance).
- All government and local taxes, and the garbage deposit fee.
- Company T-shirt, and a trek completion certificate on request.
- Farewell dinner after completing the trek.

Cost Exclude

- Nepal entry visa fee.
- International airfare.
- Travel insurance, which is required for this trip (must cover climbing above 6,000 m and emergency helicopter evacuation).
- Helicopter or emergency evacuation costs.
- Meals in Kathmandu, except breakfast at the hotel and the farewell dinner.
- Extra hotel nights and costs caused by Lukla flight delays or cancellations.
- Personal climbing and trekking equipment.
- Personal expenses such as bar bills, laundry, snacks and bottled drinks.
- Hot showers, Wi-Fi and charging fees where applicable.
- Tips for guides, porters and the driver.
- Single room supplement.
- Any services or expenses not specifically mentioned under the cost includes section.

Trip Map


Alpine Club
OF HIMALAYA
MERA PEAK SUMMIT
16 DAYS
N
Legend
Difficulty level: Challenging
Max. Altitude: 6461m
Trekking Route:
Secondary Route:
Flight:
Pass:
Lake:
Departure Day:
Trek Start Point:
Mt. Everest 8848m
Nuptse 7879m
Lhotse 8481m
Way to EBC
Island Peak 6189m
Ama Dablam 6856m
Kangtega 6685m
Thamserku 6608m
Namche Bazar 3440m
Khare Camp 5045m
Mera La 5415m
Monjo
Thagnak 4350m
Mera B.C 5350m
Phakding 2610m
High Camp 5780m
Kothe 4095m
NEPAL
Mera Peak 6461m
Lukla 2860m
Tashing Ongma 3600m
Chutanga 3050m
Thuli kharka 3900m
Zatrwa La Pass 4610m
Paiya 2730m
Chhatra Khola 2800m
Kathmandu 1400m
Panggom 2846m
Ningsow 2860m
Altitude Chart
HEIGHT in Meters
6k
5k
4k
3k
2k
1k
1400
1400
3050
3900
4095
4350
4350
5045
5045
5780
6461
5045
4095
3900
2860
1400
Departure Day
DAYS 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
(c) All Right Reserved
www.alpineclubofhimalaya.com