

Mera Peak Expedition

17 Days 16 Nights

HIGHLIGHTS Mera Peak

- Summit Mera Peak (6,654m) – Reach the highest trekking peak in Nepal with panoramic views of Everest, Lhotse, Makalu, Cho Oyu, and Kangchenjunga.
- Thrilling Mountain Flight to Lukla – Soar above the Himalayas and witness jaw-dropping snow-covered peaks from the sky.
- Cross Zatrwa La Pass (4,610m) – Trek over a dramatic alpine pass with sweeping views of the Dudh Kunda region and remote valleys.
- Stunning Glacial Landscapes – Traverse moraine fields, yak pastures, and high-altitude meadows surrounded by towering Himalayan giants.
- Cultural & Scenic Diversity – Experience Sherpa hospitality, pristine forests, and quiet trails far from the crowded Everest Base Camp route.
- Alpine Camping at High Camp (5,700m) – Spend a night under the stars at a spectacular glacier base with a front-row seat to Mera Peak's summit ridge.

ITINERARY

01 DAY	Hotel in Kathmandu	Kathmandu (1,400m) Arrive at Tribhuvan International Airport, Kathmandu. Meet our team and transfer to the hotel. In the evening, enjoy a welcome dinner with traditional Nepalese cultural programs. Sleeping Altitude: 1,400m.
02 DAY	Tea House, in Chhutang	Kathmandu to Ramachhap to Lukla, Trek to Chhutang (3,500m) Early morning (2 am) drive to Ramachhap (4 hours), followed by a short flight to Lukla (2,840m), the gateway to the Everest region. The flight offers breathtaking views of snow-covered peaks as you approach the Himalayas. Trek Distance: 4 km Trek Duration: 2 hours Sleeping Altitude: 3,500m
03 DAY	Tea House, in Thuli Kharka	Trek from Chhutang to Thuli Kharka (4,250m) via Zatrwa La Pass (4,610m) As you reach the top of the pass, you're greeted with sweeping views of the Dudh Kunda region, and on clear days, distant glimpses of Kongde Ri, Karyolung, and Numbur Himal. Trek Distance: 10 km Trek Duration: 5-6 hours Sleeping Altitude: 4,250m
04 DAY	Tea House, in Kothe	Trek from Thuli Kharka to Kothe (3,600m) Trek gradually descends through pine and rhododendron forests alongside the Hinku River, offering a refreshing change of scenery after high alpine pastures. Trek Distance: 12 km Trek Duration: 5-6 hours Sleeping Altitude: 3,600m
05 DAY	Tea House, in Thangnak	Trek from Kothe to Thangnak (4,350m)

		The trail ascends steadily through alpine meadows and moraine fields dotted with prayer flags and yak pastures. Trek Distance: 8 km Trek Duration: 5-6 hours Sleeping Altitude: 4,350m
06 DAY	Tea House, in Thangnak	Acclimatization Day at Thangnak (4,350m) Explore the peaceful surroundings, observe local wildlife, and experience the serene mountain atmosphere. Sleeping Altitude: 4,350m
07 DAY	Tea House, in Khare	Trek from Thangnak to Khare (5,045m) The trail leads into higher altitude zones with sparse vegetation and stunning views of Mera Peak's massive north face. Trek Distance: 8 km Trek Duration: 4-5 hours Sleeping Altitude: 5,045m
08 DAY	Tea House, in Khare	Khare (5,045m) with optional hike to High Camp (5,760m) Optional hike from Khare up to High Camp at 5,760m — a steep climb to the glacier camp that helps your body adjust to the thin air. Hike Distance: 3 km (round trip) Hike Duration: 3–4 hours Sleeping Altitude: 5,045m
9 DAY	Tea House, in Khare	Rest, Preparation, and Acclimatization Day at Khare (5,045m) Full day dedicated to resting and further acclimatization at Khare. Sleeping Altitude: 5,045m
10 Day	Camping	Trek from Khare to Mera Peak High Camp (5,700m) Camping. High Camp offers stunning panoramic views of Everest, Lhotse, Makalu, and surrounding peaks—an awe-inspiring alpine setting. Overnight camping in tents at High Camp under clear mountain skies. Trek Distance: 6 km Trek Duration: 5-6 hours Sleeping Altitude: 5,700m
11 Day	Tea House, in Khare	Summit Day – Mera Peak High Camp to Summit (6,654m) and return to Khare (5,045m) From the summit, enjoy breathtaking 360° panoramic views of five of the world's 8,000m giants: Everest, Lhotse, Makalu, Cho Oyu, and Kangchenjunga. Trek Distance: 10 km Trek Duration: 6-7 hours Sleeping Altitude: 5,045m (Khare)
12 Day	Tea House, in Kothe	Trek from Khare to Kothe (3,600m) Walk through yak pastures, glacial rivers, and forests returning to the relative warmth and comfort of Kothe. Trek Distance: 12 km Trek Duration: 6 hours Sleeping Altitude: 3,600m
13 Day	Tea House, in Thuli Kharka	Trek from Kothe to Thuli Kharka (4,250m) The ascent is gradual but steady, making it a great day to enjoy the changing scenery without the intensity of summit days. Trek Distance: 10 km Trek Duration: 4-5 hours Sleeping Altitude: 4,250m
14 Day	Tea House, in	Trek from Thuli Kharka to Lukla (2,850m)

	Lukla	Then descend steadily through alpine ridges and forested hillsides toward Lukla, where your trek concludes. Trek Distance: 13 km Trek Duration: 6-7 hours Sleeping Altitude: 2,850m
15 Day	Hotel In Kathmandu	Fly to Ramechhap, Drive to Kathmandu (1,400m), Farewell Dinner After an early morning flight from Lukla to Ramechhap, enjoy the last aerial views of the Himalayan peaks from the sky. Flight Duration: 20 minutes Drive Duration: 5 hours Sleeping Altitude: 1,400m
16 Day	Hotel in Kathmandu	Contingency Day Buffer day for weather-related flight delays in Lukla.
17 Day	-	Final Departure Transfer to Tribhuvan International Airport for your departure.

ESSENTIALS

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| ☐ Sleeping bag | ☐ Hat |
| ☐ Neck gaiter | ☐ Sunglass |
| ☐ Base layer top / Baselayer pant (Wool, Merino wool) | ☐ Trekking pole |
| ☐ Insulated layer (fleece) | ☐ Water bottle/bladder |
| ☐ T-shirt | ☐ Toiletries |
| ☐ Puffy Jacket | ☐ Sunscreen SPF 30 / Lip balm |
| ☐ Waterproof shell Jacket | ☐ Protein bars |
| ☐ Trekking pant / half pant | ☐ Iodine tablet to purify water |
| ☐ Trekking shoes | ☐ Headlight |
| ☐ Wool socks | ☐ Toilet paper and baby wipes |
| ☐ Glove | ☐ Hand sanitizer / Hand wash |
| ☐ Towel (light) | ☐ First aid kit |
| | ☐ Take all the cash you need |

INCLUDING IN PACKAGE

- All arrival and departure transfers to and from airports.
- Assistance at the airports by Great Himalayan Yatri's representative.
- 3 nights hotel accommodation in Kathmandu on a BB Plan.
- Experienced trekking guides.
- One porter shared between two clients to carry your main backpack (weight limit: 15 kg per trekker).
- Experienced and certified peak climbing Sherpa for Mera Peak climbing as mentioned.
- Transfers and flights for Kathmandu-Manthali-Lukla-Manthali-Kathmandu, with airport transfers.
- Tented camp accommodation at Mera Peak High Camp for 1-2 days.
- 3 meals a day (Breakfast, Lunch, and Dinner with tea or coffee) and sharing tented camp accommodation during climbing.
- Barun National Park entry fees.
- Climbing permit for Mera Peak from the Nepal Mountaineering Association (NMA).
- All wages, equipment, medical, and accidental insurance for the involved staff.
- First aid medical kits for the group and the staff.
- Required fixed and dynamic ropes during the climbing period are provided by the climbing Sherpa.
- All necessary paperwork and government taxes are levied in Nepal.
- Service charges and government taxes.

EXCLUDING IN PACKAGE

- All meals are excluded throughout the trip, except during the camping at Mera Peak High Camp.
- Items of a personal nature, such as phone calls, internet usage, and laundry expenses.
- Clothing, packing items or bags, a personal medical kit, and personal trekking gear.
- Any extra services, products, offers, or activities not mentioned in the itinerary.
- Any additional expenses arising from unforeseen situations.
- Any additional staff other than those specified.
- Rescue, repatriation, medicines, medical tests, and hospitalization expenses.
- International airfares, medical, and travel insurance.
- Nepal entry visa fee (Visa issuance is easy upon arrival).
- Filming permits, walkie-talkie, satellite phone, and drone camera filming permits.
- Tips, gifts, and souvenirs.

NOTES

- The itinerary can be modified or adjusted based on the trekker's preferences and available time.
- All necessary climbing gear can be rented at Khare.
- If any changes are made, the total cost will be recalculated accordingly.
- Additional activities may be added upon request with applicable extra charges. The total cost may also vary due to weather conditions, political disturbances, natural calamities, or the need for additional guides and porters.
- For any modifications or special requests, please contact us by email or phone.
- A total tip of \$15 per trekker per day is expected for both the guide and porter combined.
- We are not responsible for delays or cancellations of domestic flights.
- Great Himalayan Yatri Pvt. Ltd. shall not be held liable for incidents caused by natural hazards.