



## **Mera Peak Climbing - Itinerary**

### **1. Arrival at the Airport (1345m/4428ft)**

Airport representative from our company picks you up from the airport upon your arrival. Then transfer to your hotel for a short briefing about the trip. In the meantime, you can roam around the city or take a rest and relax. Maximum Altitude- 1400 meter Accommodations -Overnight stay in a hotel

### **2. Kathmandu sightseen and check list the gears , briefing**

Sightseen tour around in Kathmandu valley explore UNESCO world heritage sites in. visit Hindu temples and Buddhist monasteries. Shopping and meeting with the guide and briefing. Maximum Altitude- 1400 meter Walking distance – walking and sight have seen tour Accommodations -Overnight stay in the hotel Meals included – (Breakfast)

### **3. Fly Kathmandu - Lukla to Chutanga (3050m/10006)- 4/5 hrs**

First, take a scenic flight from Kathmandu to Lukla. Once we reach Lukla then we trek to Chutanga. It is an easy trek and our trail passes through the thick forest of silver fir, birch, pines, and rhododendron trees. Then continuously descending to the pristine Rhododendron & Pine sceneries, we reach Chutanga. Chutanga has many small streams and is a summer pasture. Maximum Altitude- 3050 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

### **4. Chutanga to Thuli Kharka (4200 m/13780 ft)- 5 hrs**

We pass through Zwatra La, climb and cross Kalo Himal Ridge in the Nau Lekh. Climbing uphill to the ridge with Buddhist prayer flags, we traverse across a boulder slope. We can view the great scenery of the Himalayas across Dush Koshi. And after viewing an impressive view, we walk for about half an hour and reach Thuli Kharka. Maximum Altitude- 2800 meter Walking distance – 4 to 5 hrs Accommodations - Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

### **5. Thuli Kharka to Kothe ( 3800 m/12467 ft)- 5 hrs**

Today we leave Thuli Kharka and descend down to Hinku Valley. The trek is fascinating as we cross three ridges: Hinku River, Hinku Valley, and Kothe. Likewise, plunging to the Hinku River and rambling toward Kothe, the trail possesses rhododendron forests and is full of tall Himalayan pines. We also happen to admire and view Peak 43 and Kusum Kanguru. Maximum Altitude- 3800 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

### **6. Kothe to Thangnak (4350m/14271ft)- 4 hrs**

Our walk for today starts from the shadow of Mera Peak and along the ridge of the Hinku River. Strolling a couple of hours we reach Gondi hung and observe 200-year-old Lungsumgba Gompa where we can find Mera Peak scripted in rock along with its route to reach Mera. Then after a short walk, we reach Thangnak –

Thangnak is situated in a wide U-shaped valley, dwarfed by surrounding mountains. Maximum Altitude- 4350 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

## **7. Rest day at Thangnak**

After having breakfast start your day hike. For acclimatizing in high altitude, we rest in Thangnak. It is a very gorgeous place to make oneself surrounded by mountains from all sides and we visit Sabal Tsho Lake. We also have to take an acclimatization hike to cairn (5271m) which is on the flank of Kusum Kanguru (6367m). Maximum Altitude- 4350 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

## **8. Thangnak to Khare (5045m/16551ft)- 4 hrs**

Moving slowly from the east side of Thangnak, we follow Dig Kharka from Dig Glacier and get to be amazed by the stupendous view of Charpate Himal. As we trail further, we approach Hinku Nup and Shar Glacier. Furthermore, we reach khare for a lovely evening and to witness the beautiful north face of Mera Peak. Maximum Altitude- 5045 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

## **9. Khare to Mera Base Camp (5300m/17388ft)- 3 / 4 hrs**

Walking through steps full of the boulder, we reach Mera Base Camp. Either in Khare or in Mera base camp, our Guide will give you basic instructions and cautions you have to take in the ascent. You will learn climbing techniques, about different gears and information. Later in the evening, we talk with experienced climbers and gain some useful insights. Maximum Altitude- 5000 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay either in tea house or tent Meals included – (Breakfast, Lunch, and Dinner)

## **10. Mera Base Camp to High Camp (5780m/18963ft)- 4 / 5 hrs**

Today we initiate our trek from Base Camp and climb about 400 meters before reaching High Camp. High Camp is located right at the Base of Big rock making us feel warm and getting an opportunity to view great sunrise and sunset. Along the trek, we can see stupendous views of Mt. Everest (8848m), Mr. Cho Oyu (8201m), Lhotse (8516m), Kanchenjunga, and others. Maximum Altitude- 5800 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay intent Meals included – (Breakfast, Lunch, and Dinner)

## **11. Mera High camp to Summit and Return to Khare (6476m/21246ft)- 9/10 hrs**

Mera Peak is asserted as the highest trekking peak in Nepal. Today is going to be our unforgettable day because we are going to ascend Mera. We usually wake up very early in the morning (around 2 am) and take our climbing equipment to the summit. As we ascend, the first ray of sun hits the mountain and we can enjoy the full view of amazing Mountain View from above. Spending some time at the summit of Mera (6476 meters), we take a journey back to Khare. Maximum Altitude- 5000 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

## **12. Khare to Kothe (3600m/11811ft)- 5 hrs**

Rewinding our trip, we return back to Kothe for another wonderful evening and you can enjoy local wine/drinks and other treats. Maximum Altitude- 3600 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

### **13. Kothe to Thuli Kharka (4320m/13200ft)- 6 / 7 hrs**

From Kothe, we ascend through the thick and lush forest of rhododendron. After enjoying the hills full of rhododendrons, we reach Thuli Kharka - where we once more enjoy views of Mera North, Mera Central, and South Face. Maximum Altitude- 4320 meter Walking distance – 6 to 7 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

### **14. Thuli Kharka to Lukla: via Zatrwa La Pass (2800m/9186ft)- 7 hrs**

Leaving Thuli Kharka we ascend to Zatrwa La Pass making it the last day of trekking. From there we can view stunning views of Lukla valley and further trailing down, we reach Chutanga. We trek further from Chutanga till we reach Lukla village and conclude our climbing. Maximum Altitude- 2800 meter Walking distance – 6 to 7 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

### **15. Lukla to Kathmandu Flight – 35 min**

Leaving mountains behind, we take the flight to Kathmandu. Flights are scheduled in the morning and after we arrive at the Kathmandu airport, you are escorted to the hotel and to witness the diverse culture of Nepal – we do shopping & half-day sightseeing (Swayambhunath-“Monkey Temple”). Later in the evening, you attend a dinner program as complementary from Sunrise Adventure Trek and celebrate a successful summit. Maximum Altitude- 1345 meter Walking distance – 35 minute Accommodations -Overnight staying in hotel Meals included – (Breakfast, Dinner)

### **16. Transfer to Airport**

After breakfast, we exchange our last good-bye and our airport representative drops you at the airport. You are dropped three hours prior to your scheduled flight for custom check out. Hopefully, this will be a lifetime memory for you, and never forget our gifted country, Nepal. Have a safe journey! Meals included – (Breakfast,)

## **INCLUSIONS**

- All airport pick up and drop in private vehicle
- All transportation A/C car, tourist deluxe bus during trips
- Trekking lodge during trekking
- Whole accommodations during trips in the mountain, trekking lodge, camping, etc
- We provide a sleeping bag & down-jacket during the trek (if you don't have your own but return after trek)
- 3 times meals during trekking as mention in the itinerary (Breakfast, Lunch, Dinner )
- All meals and drinks included during climbing period
- Especial insurance to our climbing and trekking guides, cook, base camp porters
- Some seasonal fruits
- First aid medicine item, T-shirt & Trip achievement certificate
- Trekking permit & TIMS card (Trekking Information Management System)
- Special Professional Climbing Guide their salary, accommodation, meals, and their insurance
- Our government tax official expenses
- Climbing especial Permit for Mera peak
- One especial farewell dinner program

## EXCLUSIONS

- Extra meals in the Kathmandu & dessert items, any types of drinks items
- Tour entrance fees
- Climbing gears and types of equipment which you can get hiring in Kathmandu
- Your international air ticket
- Your travel insurance & tips for the guides

URL: <https://sunriseadventuretrek.com>