



Mera Peak and Island Peak Climbing - Itinerary

1. Day 1: Arrival at the Airport (1345m/4428ft)

Our airport representative will pick you up at the airport and transfer you to the hotel. Check-in the hotel and shortly briefing about the trip plan details. Overnight stay in a hotel

2. Day 2: Sightseeing and relax day in Kathmandu / B. D

Visit around in Kathmandu valley so day sightseeing tour plan. Visit Swyambhunath, Baudhanath, and Pashupatinath tours. Visit different world heritage sites in Kathmandu and explore Hinduism and Buddhism religious ad cultural harmony. Finally after sightseen the checklist of your gear and shopping before a day flight to Lukla. Accommodations -Overnight stay hotel Meals included – Breakfast

3. Day 3: Lukla to Chutanga (3050m/10006)- 4 hrs / B.L.D

After breakfast early in the morning scenic flight to Lukla. Meet our all team members in Lukla and start your trek to Chhuthanga. Trek passes via beautiful landscape and hills, forests and finally reach the Chhuthhanga. Maximum Altitude- 3050 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in the guest house. Meals included – Breakfast, Lunch, Dinner

4. Day 4: Chutanga to Tuli Kharka (3900m/1275ft)- 6 hrs / B.L.D

Today's trek continues to Thuli Kharka. After the breakfast walk gradually step ascent to uphill and finally pass zatrawala La 4600 meter. See the amazing landscape beautiful forest, great views of mount Karyolang peak, Kongade Ri, etc. Finally, after zatra La pass decedent till you reach to Thuli Kharka. Maximum Altitude- 4600 meter Walking distance – 6 to 7 hrs Accommodations -Overnight stay in the guest house. Meals included – Breakfast, Lunch, Dinner

5. Day 5: Tuli Kharka to Kothe (4095m/13435ft)- 5 hrs / B.L.D

After breakfast trek follows to the beautiful forest of rhododendron trees, alpine, nice view of Hinku rivers. Walk slightly ascent, descent, and finally reach Kothe. Maximum Altitude- 4200 meter Walking distance – 6 to 7 hrs Accommodations -Overnight stay in a guest house. Meals included – Breakfast, Lunch, Dinner

6. Day 6: Kothe to Thangnak (4350m/14271ft)- 4 hrs / B.L.D

Early mornings see the beautiful mountains and amazing hills. Once you have breakfast trek to Thangka. Walkthrough the Hinku rivers, see the nice view of the Himalayas, forest. On the way you can see one of the oldest Gompa called Lungsumgba cave it's about 2000 old gompa of this reason which is quite famous for Hindu and Buddhis both. Maximum Altitude- 4300 meter Walking distance – 4 to 5 hrs Accommodations - Overnight stay in a guest house. Meals included – Breakfast, Lunch, Dinner

7. Day 7: Rest day at Thangnak / B.L.D

Extra day in Thangag. The morning after breakfast hike to the top hill and see the nice view of Kusum Kanguru. Hiking around 500 meters uphill and excursion day of the beautiful Himalayas. Enjoy the great sunrise view of Kusum Kanguru, Mera La, Mera peak, etc. The extra day is a quite valuable time to acclimatize the high altitude and explore around. Maximum Altitude- 4900 meter Walking distance – 3 to 4 hrs Accommodations -Overnight stay in a guest house. Meals included – Breakfast, Lunch, Dinner

8. Day 8: Thangnak to Khare (5045m/16551ft)- 4 hrs / B.L.D

Today after the breakfast walk about 4 hrs continue to reach Khare. The trail passes via lateral moraine and digs glaciers around. Amazing views of beautiful mountains and passes nice streams and lakes. Trails pass via different moraines, Hinku Nup and Shar glaciers are an ideal part of the trail. Finally close to reaching Khare walk about 1 hrs steep uphill to reach Khare. Maximum Altitude- 5000 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in a guest house. Meals included – Breakfast, Lunch, Dinner

9. Day 9: Khare to Mera Base Camp (5300m/17388ft) 4 / 5 hrs / B.L.D

Extra acclimatization day in Khare before the climb to Mera high camp and summit to Mera peak. You can see the nice view of Mera peaks, Mera la, Metra glaciers, etc. Trek to Mera base camp and back to Khare or overnight stay at base camp before going to high camp. Final checklist of your climbing gears, climbing basic training before you climb to Mera peak. Fully prepare for climbing and rehearsal using your climbing gears like harness, climbing rope, crampons, ice axe, boot, etc, and fully physically and mentally prepare for the climbing Mera peak. Maximum Altitude- 5400 meter Walking distance – 4 to 5 hrs Accommodations - Overnight stay in a guest house. Meals included – Breakfast, Lunch, Dinner

10. Day 10: Mera Base Camp to High Camp (5780m/18963ft)- 4 / 5 hrs / B.L.D

After breakfast gradually ascend to Mera high camp. Walk all the way via Mera glaciers and finally arrive at high camp. You can see the great Himalayas including Mount Everest, Lhotse, Cho Oyu, Nuptse, Lhotse, Makalu, Kanchenjunga, Barutse, etc. Maximum Altitude- 5800 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay intent Meals included – (Breakfast, Lunch, and Dinner)

11. Day 11: Mera High camp to Summit and return to Kongma Dingma (6476m/21246ft)- / B.L.D

At night after having meals ready to climb Mera peak with fully equipped with climbing gears. You can see the amazing sunrise views of the gorgeous great Himalayas including Mount Everest, Lhotse, Cho Oyu, Nuptse, Makalu, Kanchenjunga, etc. Finally after summit back to the high camp and after having lunch descend to Kongma Dingma and overnight stay in the lodge. Maximum Altitude- 6476 meter Walking distance – 7 to 8 hrs Accommodations -Overnight stay intent Meals included – Breakfast, Lunch, Dinner

12. Day 12: Kongma Dingma to Seto Pokhari passes via Hoku Valley /5040m / B.L.D

After breakfast trek continues to the Seto Pokhari beautiful lakes. The trail passes via the idea of alpine valleys and nice lakes, snowcapped Himalayas are the main attraction of the trek. Maximum Altitude- 5040 meter Walking distance – 5 to 6 hrs Accommodations -Overnight stay intent Meals included – Breakfast, Lunch, Dinner

13. Day 13: Seto Pokhari to Amphu Lapcha base camp south cool / 5650m / B.L.D

Trek continues to Amphu Lapcha Base camp via beautiful lakes and valleys. Walk pass via great landscapes

ascended towards the Hinku valley and finally reach south cool of Amphu Lapcha base camp. Maximum Altitude- 5650 meter Walking distance – 5 to 6 hrs Accommodations -Overnight stay intent Meals included – Breakfast, Lunch, Dinner

14. Day 14: Amphu Lapcah base camp to North via Amphu Lapcha La pass / 5845 m 5/6 hrs/ / B.L.D

Today early in the morning trail ascended to Amphu Lapcha la Pass 5845 meter. Enjoy beautiful snowcapped mountains, alpine valleys, rocky trails. Trails are a bit difficult day due to the highest pass of the trail. Maximum Altitude- 5845 meter Walking distance – 5 to 6 hrs Accommodations -Overnight stay intent Meals included – Breakfast, Lunch, Dinner

15. Day 15: Trek to Island peak base camp 5100m 5/6 hrs / B.L.D

Early morning trail starts our trail to Island peak base camp. The trail passes through nice views of snow-capped mountains and glaciers and finally reaches to base camp. Maximum Altitude- 5100 meter Walking distance – 6 hrs Accommodations -Overnight stay in tea house Meals included – Breakfast, Lunch, Dinner

16. Day 16: Extra reserve days if incase of bad weather, / B.L.D

Extra reserve day in incases of bad weather need to ascent for next day.

17. Day 17: Summit Island peak and back to Base camp / Chukung, 4800 m 6/ 7 hrs B.L.D

Summit day of Island peak. Early wake u at night and start summit to Island peak. There is some technical part while you climb Island peak. Enjoy the great sunrise view of mount Lhotse, Lhotse Shar, Nuptse Barutse, etc. Finally, we reach the summit to Island peak (6189 m) and descend to Chukung or Base camp and overnight stay. Maximum Altitude- 44800 meter Walking distance – 6/7 hrs Accommodations - Overnight stay in a guesthouse / tent Meals included – Breakfast, Lunch, Dinner

18. Day 18: Trek back to Dingboche from Island peak base camp - 4410 m 4/5 hrs B.L.D

Finally, trek back to Dingboche all you can see the amazing Khumbu valley, nice countryside, farmland. Enjoy the vibrant atmosphere and gorgeous landscape. Maximum Altitude- 4410 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – Breakfast, Lunch, Dinner

19. Day 19: Dingbouché to Namche Bazar 3440 m 8/9 - B.L.D

After breakfast trek continues to the Namche Bazar. Enjoy the vibrant and Tengboche monastery, nice valley, and forests and finally reach Namche Bazar and overnight stay in Namche Bazar. Maximum Altitude- 4040 meter Walking distance – 7 to 8 hrs Accommodations -Overnight stay in tea house Meals included – Breakfast, Lunch, Dinner

20. Day 20: Namche Bazar to Lukla 2850 m 7/ 8 hrs / B.L.D

Trails descend to Lukla via the beautiful forests and Dudh Koshi rivers. The trail passes via the alpine forest, suspension bridges, dense rhododendron forests, etc, and finally reaches Lukla. Maximum Altitude- 2850 meter Walking distance – 7 to 8 hrs Accommodations -Overnight stay in tea house Meals included – Breakfast, Lunch, Dinner

21. Day 21: Lukla to Kathmandu / B.D Day

The morning flies back to Kathmandu. Check-in hotel and hanging around and relax. Join the farewell dinner program around in the evening. Maximum Altitude- 1360 meter Accommodations -Overnight stay hotel in Kathmandu Meals included – Breakfast, Dinner

22. Day 22: Departure day / B

Last day in Kathmandu. Our airport representative will depart to the airport. 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 and Island 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](https://sunriseadventuretrek.com)