



Climbing Mera Peak ? Mera Peak Trekking - Itinerary

1. Day 1: Arrival in Kathmandu (1400 meter)

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 the hotel

2. Day 2: Kathmandu sightseen and check list the gears , briefing / B

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. Day 3: Fly fom Kathmandu to Lukla and trek to Paiya (2800m) 3 to 4 hrs / B.L.D

Early morning scenic flight from Kathmandu to Lukla. Once reach to Lukla gatzering with all our team members and trek passes via Surkhe Khola, Dudh Koshi rivers. Trail overwhelms with the beautiful forest oaks forest, rhododendron forest, farmland and villages are the ideal attraction part of the trek. Maximum Altitude- 2800 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

4. Day 4: Trek from Paiya to Pangoma 2850 m- 5 to 6 hrs / B.L.D

After breakfast start your trek to Pangoma (2850 m) you need to walk about 5 to 6 hrs trail follow the beautiful forests of rhododendrons, pines farmland, nice villages. Trek passes via Chutok La (2950 m)and Khari La (3080 m). Explore around Pangoma enjoy the Sherpa people and their lives style. Maximum Altitude- 2850 meter Walking distance – 5 to 6 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

5. Day 5: Pangkongma to Ngyunsga Shibuche (2850m) 4 to5 hrs

After breakfast trail heading to Shibuche. Enjoy the great view beautiful valley and rivers. Nice view of Pangkongma and Hinku Khola river. So travel through dense forests of Okas and rhododendron forests, maples, etc. Looks amazing view and landscape. Maximum Altitude- 2850 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

6. Day 6: Ngyunsga Shibuche 2750m to ChetraKhola 3150m 7 to 8 hrs

After the breakfast trek head to Chetrakhola. All the way you can the vicinity of beautiful landscape and hidden wilderness. The trail passes uphill and some downhill through the nice stream and finally reach Chetra Khola and overnight stay in tea house. Maximum Altitude- 3150 meter Walking distance – 7 to 8 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

7. Day 7: Chetra Khola to Kothe 3600m- 6 to 7 hrs

We will trek slightly uphill and gradually to the rocky trail. Walk all the way to some green meadows and forests. Walk around nice forests and meadows and beautiful landscapes. Maximum Altitude- 3600 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

8. Day 8: Kothe to Tangnag 4350m – 3 to 4 hrs / B.L.D

Early mornings see the beautiful mountains and amazing hills. Once you have breakfast trek to Thangka. Walk through 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- 4350 meter Walking distance – 4 to 5 hrs Accommodations - Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

9. Day 9: Accalimatazation day in Tangnag / 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 Kangaru, Mera La, Mera peak, etc. An extra day is a quite valuable time to acclimatize the high altitude and explore around. Maximum Altitude- 4900 meter Walking distance – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

10. Day 10: Tangnag to Khare 5045 m 2-3 hrs / B.L.D

Today after the breakfast walk about 4 hrs continue to reach Khare. The trail passes via lateral moraine and dig glaciers around. Amazing views of beautiful mountains and passes nice streams and lakes. Trails pass via different moraines, Hinku Nup and Shar glaciers are the 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 the guest house. Meals included – Breakfast, Lunch, Dinner

11. Day 11: Khare to Mera La / Mera Base camp 5400m & rest day 3 to 4 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 the guest house. Meals included – Breakfast, Lunch, Dinner

12. Day 12: 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 outstanding sunrise and sunset view of the 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)

13. Day 13: Mera high camp to summit Mera peak 6474 m and back to Khare 8 to 9 hrs / B.L.D

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 peak. 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 sunrise hits the mountain and we can enjoy the full view of amazing Mountain View from above. Spending some time at the summit, we take a journey back to Khare. Maximum Altitude- 3600 meter Walking distance – 8 to 9 hrs Accommodations - Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

14. Day 14: Additional summit day if required with bad weather / B.L.D

Extra day if there is any bad weather need to wait for next day to summit. Just leisure day if needed extra overnight in Khare. Maximum Altitude- 5000 meter Walking distance – Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

15. Day 15: Khare to Kothe 3600m 4 to 5 hrs / B.L.D

Rewinding our trip, we return back to Kothe for another wonderful evening and you can enjoy local wines and other treats. Maximum Altitude- 3600 meter Walking distance – 6 to 7 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

16. Day 16: Kothe to Thuli Kharka (4320m/13200ft)- 6 / 7 hrs / B.L.D

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- 4320meter Walking distance – 6 to 7 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

17. Day 17: Thuli Kharka to Lukla: via Zatrwa La Pass (2800m/9186ft)- 7 hrs/ B.L.D

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 – 4 to 5 hrs Accommodations -Overnight stay in tea house Meals included – (Breakfast, Lunch, and Dinner)

18. Day 18: Lukla to Kathmandu Flight – 35 min / B.D

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 nature and culture of Nepal. Later in the evening, you attend a dinner program as complementary from Sunrise Adventure Trek and celebrate a successful summit. Maximum Altitude- 1400 meter Walking distance – flight Accommodations -Hotel in Kathmandu Meals included – (Breakfast and Dinner)

19. Day 19: Transfer to Airport / B

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>