



EVEREST BASE CAMP & MERA PEAK ITINERARY

Join Ian Taylor Trekking for the ultimate Himalayan adventure—combining the iconic Everest Base Camp trek with a climb of Mera Peak. Our unique itinerary includes critical acclimatization days, a gradual pace, and expert guidance from our award-winning team, giving you the best possible chance of success. Starting from Lukla, you'll trek through the stunning Khumbu Valley to Everest Base Camp before heading to Pheriche, where we helicopter into the remote Hinku Valley for a true mountaineering experience and the climb to 6,476m / 21,247ft on the summit of Mera Peak.

This challenging yet rewarding journey offers jaw-dropping views of five of the world's six highest mountains, including Everest, Lhotse, Cho Oyu, and Makalu. With built-in summit weather windows, world-class support, and a proven acclimatization schedule, this trip is ideal for physically prepared trekkers looking to push their limits. Once registered, you'll receive our 40-page expedition dossier and full support from our team to ensure you're ready for one of the most unforgettable experiences on Earth.

BRIEF ITINERARY

- Day 1: Arrive in Kathmandu
- Day 2: Fly to Lukla, trek to Monjo
- Day 3: Hike to Namche Bazaar
- Day 4: Namche Bazaar (Sherpa Museum)
- Day 5: Namche Bazaar (Shangbouche Hill)
- Day 6: Tengbouche
- Day 7: Dingbouche
- Day 8: Dingbouche (Acclimatization Day)
- Day 9: Lobuche
- Day 10: Everest Base Camp to Gorak Shep
- Day 11: Kala Phattar to Pheriche
- Day 12: Helicopter from Pheriche to Khare - Afternoon training
- Day 13: Move to Base Camp
- Day 14: Base Camp to Mera High Camp
- Day 15: Summit and back to Khare
- Day 16: Contingency Day
- Day 17: Khare to Kothe
- Day 18: Chhatrabuk
- Day 19: Chhutanga via Zatrwa La pass
- Day 20: Lukla
- Day 21: Fly to Kathmandu
- Day 22: Onward Journey



DETAILED ITINERARY

Day 1: Arrive in Kathmandu – 1,400m/ 4,500 feet

Arrive in Kathmandu International Airport as early as possible on this day. We will provide your airport transfer to the hotel we include for the night. All accommodation on the trek is on a shared basis. If you want to arrive early, that is not a problem, we are happy to book additional nights in the hotel for you. We will have a group briefing this evening to go over the schedule for the coming days and answer any additional questions you may have.

Day 2: Fly to Lukla – Trek to Monjo – 2,850m/ 9,350 feet

Fly from Kathmandu to Lukla. We will make an early morning start for the Twin Otter flight to Lukla (2,840m/9,317ft), the gateway to the Khumbu Region. This is an exciting flight, which should give a glimpse of Everest in the distance. In Lukla, we will meet the rest of our trek staff and set off straight away for our first night in the mountain village of Monjo. Depending on what time the flight arrives in Lukla, we may have to stop in the town of Phakding (2,600m/ 8,530 feet) for the night. Hopefully, the team will make it all the way to Monjo. Both villages are situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region, and is the main trade route for the entire region. This can be the busiest part of the trail. Today we will walk for 3 hours to Phakding and for a total of 5 hours to Monjo. The total distance is 8.8 miles/ 13 km to Monjo from Lukla.

Day 3: Namche Bazaar – 3,440m/ 11,286 feet

Today we will continue up the banks of the Dudh Kosi River, towards Namche Bazaar. Just past Monjo, we will officially enter the Sagarmatha National Park before following the trail through small villages. We will take a tea break along the way. After tea, the trail then crosses the confluence of the Dudh Kosi and the Bhote Kosi, on a high suspension bridge. The trail then climbs steeply uphill for about two hours to reach Namche Bazaar (3,440m/11,286 feet). This is a prosperous trading town and the capital of the Khumbu Region. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains. From Monjo, the trek today is approximately 4 hours, and the total distance is 5 miles/ 8 km.

Day 4: Namche Bazaar (Acclimatization Day) – 3,600m/ 11,800 feet

Today is an acclimatization day where we will walk to the Sherpa Museum at 3,600m/ 11,811. From here you will have stunning views of Mount Everest and the surrounding mountains. The key is to rest, relax and acclimatize at this height and will make all the difference as we go to high and extreme altitude. The afternoon will be at leisure in Namche Bazaar, resting, eating, and enjoying the sites! Remember that it is still important to continue to drink 4-5 liters of water every day on the trail. Today, the walk up to the Sherpa Museum is only approximately 30 minutes.



Day 5: Namche Bazaar (Acclimatization Day) – 3,900m/ 12,800 feet

This is where our itinerary is different. Instead of heading up to 3,900m/ 12,800 feet and sleeping in Tengboche, we will stay in Namche another night giving you the best possible acclimatization program. During this critical acclimatization phase, we will spend time resting and trekking to higher altitudes to aid in the process. We will wake early for our acclimatization hike today, up to Shangbouche Hill at 3,900m/ 12,800 feet, for beautiful vistas of the whole Everest Region. The goal is to spend some time acclimatizing at this elevation before returning to Namche for lunch. The afternoon can be spent sampling the delights of the Namche Bakeries and local stores! The hike to Shangbouche Hill will take approximately four hours round trip.

Day 6: Tengbouche – 3,900m/ 12,800 feet

Today we will leave Namche and trek to Tengbouche at 3,900m/ 12,800 feet. From Namche, the well-worn Everest trail contours around the side of the valley high above the Dudh Kosi. As we follow the path, we will get excellent views of the great peaks of the Khumbu; Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages, we will descend approximately 300m/ 984 feet down to the Dudh Kosi River, where we stop for lunch. After lunch, we will make the steep 700m/ 2,296 feet uphill climb to Tengbouche. This is the home of the impressive and famous Tengbouche Monastery. You can visit the Monastery or the local bakery this afternoon. The hike will be approximately 5 to 6 hours today and covers 7.5 miles/ 12 km.

Day 7: Dingbouche – 4,350m/ 14,271 feet

We will continue up the trail to Dingbouche today. Shaded by Rhododendron trees, the trail crosses an airy suspension bridge just beyond Debouche. From here, the trail continues for approximately an hour before reaching the village of Pangbouche. From here, there are excellent views of Ama Dablam ('Mother's Charm Box') and where we stop for tea. If there is time, we may be able to visit the local Monastery, which was the first in the Everest Region. Contouring up the valley, we will re-cross the river and turn up the Imja Valley to reach the picturesque farming village of Dingbouche at 4,350m/ 14,271 feet above sea level. The hike will take approximately 5 – 6 hours today and cover 7.5 miles/ 12 km.

Day 8: Dingbouche (Acclimatization Day) - 4,900m/ 16,000 feet

Today is spent as another acclimatization day at this critical elevation. Just above the town, while on our acclimatization hike, we will have stunning views of three 8,000/ 26,200 feet peaks; Makalu, Cho Oyu and Lhotse. Our goal today is to ascend to 4,900m/ 16,000 feet for some of the most beautiful views on the trip. This is one of Ian's favorite days of the trip! After enjoying the views and spending some time at this new elevation, we will descend back to Dingbouche for lunch. The afternoon will be free to enjoy the village of Dingbouche and relax before some more challenging days ahead. The trek today will be approximately 4 hours round trip and you will gain 550m/ 1,804 feet of elevation.



Day 9: Lobuche – 4,940m/ 16,207 feet

Today we will trek to Lobuche, continuing along the upper trail towards Thukla at 4,620m/ 15,157 feet. Ahead of us is the Lobuche East Peak at 6,119m/ 20,075 feet, and to our left is the formidable north face of Taweche. After approximately three hours walking slowly, we reach the small collection of lodges at Thukla where we will stop for an early lunch. After lunch, we will continue the walk up for approximately one hour uphill to the Everest Memorial. From the Memorial, there are outstanding views of Ama Dablam, Cholatse and Taweche. After leaving the Memorial, the trail continues gradually parallel to the famous Khumbu Glacier, that runs off Mount Everest. After approximately another hour, the trail will eventually lead to a small cluster of tea houses pleasantly situated at Lobuche at 4,940m/ 16,207 feet. The total trekking time will be approximately 5 – 6 hours today and you will cover 7.5 miles/ 12 km in distance.

Day 10: Gorak Shep (5,180m/ 17,126 feet) to Base Camp – 5,364m/ 17,600 feet

Today is the day we trek to Everest Base Camp! We will be up early to start our trek to Gorak Shep, which takes approximately 3 hours to reach 5,180m/ 17,126 feet. Today is a very challenging day on the trail, as we cross glacial moraine on mixed rocky terrain with a lot of up and down hill to cover. Gorak Shep was the site of the 1953 Everest Expedition's Base Camp and where we will stop for an early lunch before continuing to Everest Base Camp. From Gorak Shep, we will traverse more glacial moraine, with landslide potential, for another two hours before reaching Everest Base Camp! Everest Base Camp sits on the Khumbu Glacier and weather depending, we will have time to explore this once and a lifetime chance to be at the base of the World's Highest Mountain! After approximately one hour here, we will retrace our steps back to Gorak Shep, where we spend the night. Total trekking time today is approximately 7 hours and covers 6.2 miles/ 10 km in distance.

Day 11: Kala Patthar (5,645m/ 18,520 feet) to Pheriche – 4,200m/ 13,780 feet

Today is another big day, but one to remember forever! Normally, the plan is to start hiking at around 4 am, because you want to arrive at the top of Kala Patthar just before sunrise. The trail from Gorak Shep leads steeply uphill all the way to the top of Kala Patthar at 5,645m/ 18,520 feet. This takes approximately 2 hours to reach the top and the views from the top of Kala Patthar are spectacular and you will be rewarded with the famous view of Mount Everest! After enjoying the mountain views at the top, we will return to Gorak Shep, which takes about one hour. There, we will pack bags and have breakfast before continuing back down the trail. We will then retrace our steps through the Lobuche, the Everest Memorial and usually stop in Thukla for lunch. From here, we will take the lower trail to the village of Pheriche at 4,200m/ 13,780 feet, for the night. The total distance today is 11.2 miles/ 18 km and will take approximately 7 – 8 hours.



Day 12: Pheriche to Khare 4,950m/ 16,240 feet

You will wake up early for the helicopter ride to Khare, via Lukla or Khote before being dropped off in Khare. The weather and rescues will play into timing for the helicopter departure. Our goal will be to spend time refreshing up mountaineering training, acclimatizing, organizing gear, and maybe even washing some clothes. Make sure you practice using your mountaineering boots and crampons. The guides can help you adjust your harness and make sure you are comfortable with all aspects of moving on a rope. You will need to spend some time practicing taking on and off your crampons, so this task becomes second nature. This training is to re-enforce what you have learned prior to the trip. The views of Mera from our breakfast table at Khare are particularly stunning.

Day 13: Mera Peak Base Camp (5,200m/ 17,060 feet)

Today you will leave Khare and start your journey closer to Mera Peak. You will hike up towards the glacier, and we will establish Base Camp just before entering the glacier. This is in a superb high mountain setting and is a worthwhile objective in itself. If time permits, you will do an additional hike to higher altitude for acclimatization purposes. You will return to Base Camp to sleep that evening.

Day 14: Move to High Camp (5,800m/ 19,028 feet)

Today, we will make the climb to the high camp on Mera Peak. This is located on the northern slopes of the upper mountain. It provides an excellent launch pad for the final climb to the summit. There is no need to make an early start, but we must get our equipment ready so that the Sherpas can help with carrying camp stores and duffle bags to the high camp. Having gained the Mera La, the route turns left (south) and follows easy angled snow slopes. After a short distance an area of crevasses is reached. Under normal conditions these can be walked around very easily, although looking into their deep, dark depths is always impressive. The crevasses soon give way to slightly steeper but open snow slopes that lead without difficulty to the High Camp at 5,800m/ 19,028 feet. This camp is in an excellent setting with wonderful views of Mount Everest, Makalu and the Nuptse, Lhotse wall directly ahead. The setting sun casts an unbelievably magic light on these awesome mountains.

Day 15: Mera Peak Ascent (6,476m/21,246ft)

Summit night on Mera Peak begins in the dark, typically around 2:00 AM, as you rope up and begin your ascent under a star-filled Himalayan sky. The climb starts gradually across 30-degree



glacier slopes, with the terrain steadily steepening as you gain altitude, flanked by dramatic ridgelines. After 4–5 hours of steady, high-altitude effort, you'll reach gentler ground just as the sun rises, revealing breathtaking views of Everest, Lhotse, Makalu, and more.

The final push to the summit is a short, steep snow slope leading to the true summit at 6,476m / 21,247ft. Standing on top of Mera, surrounded by five of the world's highest peaks, is an unforgettable moment of triumph. After soaking in the views and capturing summit photos, you'll descend back to High Camp, regroup, and continue the descent to Khare.

Day 16: Contingency Day

Today will be used as a contingency day at any point in the trip. If there are delays with the helicopter flying from the Everest Region to Khare or if the weather does not allow for a summit attempt on day 15. This day will be used as a contingency if there are any delays. If there is no contingency needed and you have summited on day 15, then this day will be added on the way back to Lukla because we cannot change the flight date back from Lukla to Kathmandu.

Day 17: Khote (3,600m/ 11,811 feet)

After your Mera Peak summit and a well-earned rest in Khare, you'll begin the journey back toward Lukla. Today's trek descends approximately 8.5 miles (13.5 km) and typically takes 6 to 7 hours, following a scenic route back through the Hinku Valley. As you drop in altitude, you'll likely feel stronger and more energized, with each step bringing more oxygen and renewed vitality.

The trail winds through rugged alpine terrain, past glacial moraines and into lush forests and rhododendron-filled hillsides. You'll arrive in Khote, a small Sherpa village nestled in the valley, where a warm welcome and a comfortable lodge bed await. Enjoy a relaxing evening, reflecting on your summit achievement and the beauty of this remote Himalayan region.

Day 18: Chhatrabuk (4,300m/ 14,107 feet)

Today, we begin our return journey towards Lukla via a more direct and scenic trail that leads over the Zatrwa La Pass to Chhatrabuk. Unlike the approach to Mera Peak, this route takes us through a new section of the Hinku Valley, offering fresh views and a different perspective of the mountains you've just conquered.

The trek involves a challenging uphill climb, gaining altitude as we ascend to 4,300m / 14,107 ft. While this will be one of the tougher days on the trail, the effort is rewarded with stunning alpine



scenery and a sense of real progress toward Lukla. Tonight, we'll stay in a very basic local lodge in Chhatrabuk, where you can rest and refuel in preparation for the final days of the journey.

Day 19: Chhutanga (3,110m/ 10,203 feet)

Today is a significant and challenging day as you make your way up to the Zatrwa La Pass (4,620m / 15,157 ft)—the final major high point of your trek. The ascent is steady and demanding, but you'll be rewarded with spectacular views from the top, offering one last sweeping panorama of the Hinku and Dudh Kosi valleys.

From the pass, the trail descends steeply through alpine terrain, eventually entering the forested lower slopes as you make your way to Chhutanga (3,110m / 10,203 ft). The drop in altitude will be noticeable, and you'll likely feel stronger as oxygen levels increase. Tonight, you'll stay in a very basic local lodge, enjoying a well-earned rest after a tough but rewarding day in the high mountains.

Day 20: Lukla (2,850m/ 9,350 feet)

Today marks the easiest and shortest day of your trek, but one filled with a deep sense of accomplishment. You'll descend from Chhutanga to Lukla (2,850m / 9,350ft) via a beautiful forest trail, surrounded by moss-covered trees and the sounds of the lower Himalayan foothills. The descent takes around 3 hours, offering time to reflect on your incredible journey through the remote Hinku Valley and to the summit of Mera Peak.

Arriving back in Lukla, you'll have the rest of the day to relax, enjoy a hot shower, and celebrate with your team. This final evening in the mountains is a chance to unwind, share stories, and soak in the last moments of your Himalayan adventure before your flight back to Kathmandu.

Day 21: Fly to Kathmandu (1,400m/ 4,593 feet)

We will wake early today and have breakfast before returning to Lukla Airport for the flight back to Ramechhap or Kathmandu*. If the weather is cooperating, and the flight is direct to Kathmandu, then you would be back in the hotel in Kathmandu by early morning! If you have to fly via Ramechhap, then you might not be in Kathmandu until late afternoon. You can spend the rest of your day at Leisure in Kathmandu, enjoying the sites, including Pashupatinath, Swayambhunath and the districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel or get treatment at one of the many spas in Kathmandu. We include a celebration team dinner in a nearby restaurant and the night in the hotel is also included on a shared basis.

Day 22: Transfer to Kathmandu airport

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Today is the final day of our itinerary. We recommend that you do not book your return flight until no earlier than the evening on this day. That will be critical if there are any delays getting out of the mountains on the day before. We include your return transfer back to the international airport for your onward journey. If you want to spend any extra time in Kathmandu, we are happy to book additional nights for you in the hotel.

IMPORTANT NOTES:

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of participants can all contribute to changes. The trek leader will try to ensure that the trip runs according to plan, but an easy-going nature will be an asset!

*One of the main disruptions in the itinerary may come from the flights in/out of Lukla. Over the past seasons, the government has decided to move some of the Lukla flights from Kathmandu airport to an alternative airport, due to the massive influx of air traffic arriving and departing from the international airport. Therefore, some of the trips, especially during the busier times, will be diverted to a small airstrip approximately 4 - 6 hours from Kathmandu by road, Ramechhap Airport, in the Manthali district. If your group's flights do have to go from Ramechhap airport, then you would have to wake at approximately 2am on the morning you fly to Lukla, to make the 4+ hour drive to Ramechhap, to get the first-round flights. This can be a frustrating addition to the first day of your trip, but if the airlines decide that they want to move the flights to Ramechhap, we have no control over this, and it would be the only way to get a flight into Lukla.

Likewise, on the return journey back to Kathmandu, you could also have to make this journey from Lukla to Ramechhap and then drive back to Kathmandu. On the way back to Kathmandu, the car journey can be quite a bit longer due to traffic, so you could have 6-7 hours of driving time to get back to Kathmandu.

One way to avoid this drive to Ramechhap is to book a helicopter for your trip in and/or out of the mountains. We can make this arrangement for you, but it would be an extra cost to you if you made this decision. The price of the helicopter changes from season to season and day to day, but on average, you normally would expect to pay approximately \$450 - \$650 for a one-way seat on the helicopter. This would be paid directly to the helicopter company as we would not have a part in the pricing, nor would any money go to Ian Taylor Trekking for this helicopter flight.

Another thing that affects air travel in Nepal is weather related delays. Please note that often the Kathmandu/Ramechhap – Lukla – Kathmandu/Ramechhap flight gets delayed by a few hours or may even be canceled for one, two, or more days due to unfavorable weather conditions. These conditions may arise even in the best seasons. Hence, in such cases, you must be prepared for



long waits either at Kathmandu, Ramechhap or Lukla airports, as this can happen either at the start or end of the trek or even both! If flights are not flying due to the weather, the only option that might be available to get you in or out of Lukla, might be to take a helicopter anyway, at an additional cost. Our team on the ground will be ready to organize helicopters in such conditions. More information on this will be in our Dossier if you do sign up for the trip.

We are your number one resource for the trip and if you sign up to one of our trips, we will send out a Dossier with an itemized kit list and further information on how to fully prepare for the trip. While you are waiting for the Dossier, here is a very useful page on the Mera Peak climb:

<https://iantaylortrekking.com/blog/all-you-need-to-know-about-climbing-mera-peak/>.

The Cost Includes:

- Internal flights – Always aim to have first few rounds of flights per day
- Helicopter from Pheriche to Khare
- Professional trekking and climbing guides
- Porterage of gear (Carrying 15kg/33lb per person Maximum)
- All necessary climbing equipment
- 2 nights hotel and breakfast in Kathmandu (2 people sharing, 4 Star)
- All lodge/tent accommodation when in mountains
- All trekking permits, climbing permits and National Park fees
- Insurance cover for our staff
- Full time office support on the ground in Kathmandu
- Airport Transfers to/from International Airport in Kathmandu
- Using the communal medical kit (you will need a personal kit as well)
- 3 meals a day while in the mountains
- 5 days a week expert support prior to trip
- Celebratory final meal in Kathmandu

The Cost Does Not Include:

- Nepalese Visa entry fee (\$50, which can change at any time)
- International flights
- Trekking insurance (compulsory)
- Tips for Guides/Porters (approximately \$350)
- Personal equipment
- Meals and drinks while in Kathmandu (excluding Breakfast)