



MERA PEAK ITINERARY

Standing at 6,476m/ 21,247 feet, Mera Peak is one of Nepal's most rewarding high-altitude climbs, offering stunning views of five of the world's 8,000-meter peaks. This climb is a wonderful introduction to alpine and is a serious expedition that demands excellent physical fitness and proper preparation for cold, high-altitude conditions.

Our carefully designed itinerary takes the longer, more scenic route through the remote Hinku Valley, allowing for critical acclimatization and a better overall experience. We've included extra days to help your body adjust to the altitude, and we move at a slow, steady pace to support your success and safety.

All climbs are led by our trusted, experienced team—we do not outsource our expeditions. We spend three nights in Khare at 4,950m/ 16,240 feet, followed by 2 nights at Mera Peak Base Camp at 5,200m/ 17,060 feet, before moving to High Camp at 5,800m/ 19,028 feet. This is what makes our itinerary unique, safe, and successful.

While no advanced climbing skills are required, some basic mountaineering experience is highly recommended, and all climbers should come with strong physical conditioning. We also offer winter skills courses in Scotland and Colorado for those who want to prepare further.

Once registered, you'll receive our comprehensive Mera Peak Dossier, with all the details and guidance needed for a safe and successful expedition.

BRIEF ITINERARY

Day 1: Arrive in Kathmandu
Day 2: Fly to Lukla – trek to Poyan
Day 3: Pangkongma
Day 4: Nashing Dingma
Day 5: Chalem Kharka
Day 6: Chunbu Kharka
Day 7: Khote
Day 8: Tangnag
Day 9: Khare

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Day 10: Khare
Day 11: Khare
Day 12: Mera Peak Base Camp
Day 13: Mera Peak Base Camp
Day 14: Mera Peak High Camp
Day 15: Mera Peak Ascent - back to Khare
Day 16: Khote
Day 17: Chhatrabuk
Day 18: Chhutanga
Day 19: Lukla
Day 20: Fly back to Kathmandu
Day 21: Transfer back to the airport for your 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 accommodations on the trek are on a shared basis. If you want to arrive in 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 – Poyan (2,800m/ 9,186 feet)

Fly from Kathmandu or Ramechhap to Lukla *see note at bottom of itinerary. 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, have a quick breakfast and set off straight away for our first lodge at Poyan. You will start the trek downhill from Lukla to Surke 2,300m/ 7,545 feet. Then, you must regain all this elevation, heading uphill back up hill to Poyan at 2,800m/9,186 feet. Today will be a long day. Fingers crossed the team can arrive at Lukla early and get an early start moving on the trail.



Day 3: Pangkongma (2,846m/ 9,337 feet)

After crossing the Poyan Khola, we turn off the main trade route coming up from the south and join an older trade route, which climbs steeply to the ridgeline at 3,100m/ 10,170 feet, overlooking the Khare Khola. This is a narrow trail. Descending the other side of the ridge, we then contour along the hillside before climbing steadily up to the attractive farming and trading village of Pangkongma. Many expedition members have been made welcome by the villagers here, spending several pleasant hours warming themselves in front of an open fire in the enveloping and welcoming atmosphere of the local's traditional Sherpa homes. We will stay at a lodge tonight at 2,846m/ 9,337 feet.

Day 4: Nashing Dingma (2,600m/ 8,530 feet)

After breakfast we will hike up newly built stairs to the monastery. After a brief visit, we continue the hike up through thick rhododendron forest and bamboo, leading to the Pangkongma La pass 3,150m/ 10,334 feet. From the pass, we have good views of the south face of Mera Peak with its twin peaks and of its neighbour Naulekh. We then make a scenic descent of 1,150m/ 3,772 feet to the river side for Lunch. You will witness beautiful views looking south across the endless foothills rising each side of the Hinku valley. This very steep descent leads down to a suspension bridge at 2,000m/ 6,561 feet. The bridge that spans the Hinku Khola river. This bridge is the lowest point on the whole expedition. A steep, strenuous hike on the opposite side leads to Nashing Dingma at 2,600m/ 8,530 feet.

Day 5: Chalem Kharka (3,600m/ 11,811 feet)

Gaining height gradually through pasture and lush greenery, the trail steepens as we hike up to the Surke La 3,100m/ 10,170 feet. It is possible to take a nice, welcome cup of tea in a lodge just over the pass. The rest of the day is walking on a mix of terrain up and down gradually working our way up through Rhododendron forests. Eventually, we reach some basic lodging in Chalem Kharka at 3,600m/ 11,811 feet, where we will stay for the night. The Sherpa's will get to work preparing snacks and dinner.

Day 6: Chunbu Kharka (4,200m/ 13,779 feet)

Today can be a day to keep your shorts in the duffle bag and hike with longer trekking pants and warmer layers for higher up. Prepare for all seasons today. Climbing up the side of a ridge,



we emerge from the last traces of rhododendron, and the terrain becomes more rugged. You may cross paths with hundreds of sheep as you slowly pass through high grazing country. We will take plenty of breaks on the way up. From the grazing pastures we see some old, abandoned homes where we can be treated to some excellent views of Kangchenjunga and Jannu to the east. We then follow a long staircase up to the first high pass at 4,300m/ 14,107 feet. We go back down on stairs before going back up to a second-high pass at 4,450m/ 14,599 feet. We continue gradually to Panch Pokari lakes. We will have lunch along the trail, and where we do this will depend on the weather. After some rest by the lakes, we will continue to the camp at Chunbu Kharka at 4,200m/ 13,779 feet. We will stay in a very basic lodge tonight.

Day 7: Khote (3,600m/ 11,811 feet)

We set off from Chunbu Kharka and hike steeply uphill for 20 minutes or so. We top out at 4,400m/ 14,435 feet before contouring around high above the Hinku Valley. We then make a series of steep descents on trail and mostly stairs, before passing through a beautiful rhododendron forest to eventually arrive on the valley floor. We will have lunch in the forest on route to Khote. Once we come out of the forest we will turn right and head north towards Khote. Once we turn it takes approximately one hour to reach Khote. Khote is a larger village and once it comes into sight you will cross a wooden bridge and enter the village of Khote. Khote is now quite a large settlement of lodges that have been built over the past 20 years. We will stay in one of the lodges for the night at 3,600m/ 11,811 feet.

Day 8: Tangnag (4,360m/ 14,304 feet)

Today, we follow the west bank of the riverbed up the valley to Tangnag. You must be very careful of rock fall and landslides on this hike to Tangnag, always moving through dangerous areas as quickly as possible. As you move closer to Tangnag and towering above you is the peak known by its survey name of Peak 39 or on some maps, "Kayashar ". This mountain dominates the head of the valley. The trail leads steadily up the side of the valley through open pasture, used for the summer grazing of yaks brought up from the lower reaches of the valley. Finally, we reach Tangnag at 4,360m/ 14,304 feet, which has grown into a small hamlet of teashops and lodges since expeditions first started to frequent this region of Nepal. We will either stay in a lodge tonight or else start camping, depending on the weather and guides decision. Depending on weather there may be an opportunity to start some mountaineering training.



Day 9: Khare (4,950m/ 16,240 feet)

We will move up this stunning valley, passing glaciers, and Mera Peak with the Mera La will appear directly in front of us. We will move slowly to Khare, trying to take our time as we slowly move up towards to new heights. We will be spending 3 nights here to acclimatise further and do much needed training for the days ahead. Depending on the time of arrival and weather, you may begin some training this afternoon. Tonight, will be spent camping at 4,950m/ 16,240 feet, or in a lodge, this will be up to the discretion of the guide.

Day 10: Khare (4,950m/ 16,240 feet)

You will wake up in the stunning village of Khare, and today will be spent mountaineering training, acclimatizing, organizing gear, and maybe even washing some clothes. There will be ample time today to practice jumaring, using safety lines and rappelling using a figure of 8. Make sure you practice using your mountaineering boots. The guides can help you make adjustments to 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 11: Khare (4,950m/ 16,240 feet)

Today will be spent gaining added acclimatisation for the summit attempt on Mera Peak. The group will make an acclimatization hike up to 5,350m/ 17,552 feet today. You do not need to move onto the glacier today. This hike up and down will give the team additional acclimatization and some great views of the Mera La Glacier, the route up to High Camp and onwards to the summit of Mera Peak. It is important to spend time at this elevation, maybe an hour if weather permits. This will give you the necessary acclimatization before moving to Mera Peak Base Camp the next day. Return to Khare for lunch and a restful evening preparing gear and getting ready to move higher.

Day 12: 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 entry to 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 13: Mera Peak Base Camp (5,200m/ 17,060 feet)

Today is a critical acclimatization day in preparation for moving higher on Mera Peak. The most important thing today is to rest, rehydrate and get your gear ready. If weather allows, the team can get their harness/crampons/mountaineering boots on and go onto the glacier in rope teams. This will help with additional acclimatization and give extra confidence in your equipment for the summit attempt. Our Sherpa team may also have to do some load carries to High Camp to give our team the best chance of reaching the top.

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

Today, we 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 right (south) and follows varying angles of steepness upwards towards High Camp. 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 leads without difficulty to the High Camp at 5,800m/ 19,028 ft. 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) to Khare (4,950m/ 16,240 feet)

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: 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 17: 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 18: 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 19: 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 20: 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 must 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 a 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 21: Transfer to Kathmandu airport

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 the 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 groups 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 trip 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:

- 4 Guides for every group of 10 trekkers
- Internal flights – Always aim to have first few rounds of flights per day
- Professional trekking and climbing guides
- Portage 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

Ian Taylor Trekking LLC
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- Trek The World With Us
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- 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 \$300)
- Personal equipment
- Meals and drinks while in Kathmandu (excluding Breakfast)