



Global Treks & Expedition P. Ltd.

**Chakshibari Marg 591, Thamel
Kathmandu, Nepal**

Mera Peak Climbing Brief Itinerary

Day-1 : Arrival in Kathmandu. (1,350 M/4,264 FT)

Our representative guide will meet you at the airport after that you will be taken to the hotel where you prefer to stay. Some hours will give you for the rest and then in the hotel, guide will briefing about the activities and the equipment you needed in the Mera Peak. Overnight in Guest House.



Day 02 : Kathmandu Valley Sightseeing & Pre-trip meeting

After breakfast, we will conduct a guided tour and introduction to our rich culture and fascinating history. You will visit with our guide of these places Swoyambhunath, Pashupatinath, Boudhanath and Patan Durbar square.

Day-3 : Arrival to Lukla (2,800 M) and trek to Paiya (2,730 M)

In the morning you will receive the wakeup call from our Global treks & Expeditions Guide. You will catch an early morning flight to Lukla at Tenzing Hillary airport after that you will begin your treks to Paiya by seeing the beautiful scenery. From this point, your trek will start for the Mera Peak. Overnight in Guest house.

Day-4 : Trek Paiya to Pangkongma (2,846 M)

We will walk early in the morning after our trek will start and we will reach small bridges. The way is very difficult and slippery up to the Kari La Pass, between your trekking period you will enjoy the walking with the Bamboo forest on a narrow mountain. After all, you will reach the Pangkongma. Overnight in Guest House.

Day-5 : Trek Pangkongma to Nashing Dingma (2,590 M)

We walk towards to start our trekking by passing the Pangkongma La Pass, walking a long time we will reach to Shibuche after all you will take some rest and you will again continue your trekking. You will be walking a downhill path where you will be passing through the bridge over the Hinku Khola. Our Trekking team will get the opportunity to see the Gai Kharka and grazing area. Finally, you will reach Nashing Dingma. Overnight in Guest House.

Day-6 : Trek Nashing Dingma to Chhatra Khola (2,800 M)

Early in the morning, your trekking will start to Chhatra Khola bypassing the way Danda Kharka, Phokte village, Chalem Kharka etc. by ascending the downhill's and cross the way of Surkie La Pass. You will cross through the Bamboo forests, medicinal plants which is essential for you. After walking an hour you will reach the Panch Pokhari. At the last, you will reach the Chhatra Khola. Overnight in Guest House.

Day-7 : Trek Chhatra Khola to Kothe (3,691 M)

Again you will start your trekking to Kothe through the path of the Majang Khola and the trail alongside

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through the Hinku Khola. On the way to Kothe, your journey will be more enjoyable and better, on the trail the straight ahead towards Tashing Ongma where there is a seasonal tea shop for, especially foreigner. Then we will reach Kothe. Overnight in Guest House.

Day-8 : Trek Kothe to Thaknak (4,358 M)

Your trek will begin at the early sunset to the Hinku Khola to the trail of the Mera Peak. Although your journey will continue with the bank of the Hinku Drangka. On the way, there is a Gondishung, the summer herders. You can see there 200-year-old Gompa where we can find Mera Peak script in rock and after an hour we will reach to Thaknak. Overnight in Guest House.

Day-9 : Trek Thaknak to Khare (5,045 M)

After all our morning trekking will start from the Thaknak. The way is very beautiful and the weather is very amazing. From that way, we can see the North face of the Mera Peak and you will walk through the lateral marine of Dig Glacier to Dig Kharka. The weather was so good so this is the last stop where you go to the high camp. Overnight in Guest House.

Day-10 : Acclimatization day in Khare (5,045 M)

Today you will take some rest in Khare and your guide will provide you with some training for the Mera Peak where it is also as it is the second king day of the trekking trips. They will inform you about the technique and the instruments of it. You will get more opportunity to see the Himalayan range of Mt.Everest, Mt. Lhotse, Mt.Ama Dablam etc. Overnight in Guest House.

Day-11 : Trek Khare to Mera Base Camp(5,420 M)

Today is the day where you will reach your final destination. You all need to climb the glacier so its little bit hard for you all. In this place, there is more dangerous because there will be the rock fall so you all are provided to wear a helmet. The descent from the glacier to the campsite is short. After you walk between the glacier part we will get the opportunity to see other peaks and mountain like Mera peak, Mt.Everest, Mt. Lhotse etc. Overnight in Guest House.

Day-12 : Trek Mera Base Camp to High Camp(5,780 M) then climb Mera Peak Return back to Khare

Finally, you will be ready for the High Mera Peak Point. Our Global treks Guide will provide you with all the required instrument so you can be safe in any difficult way and by reaching in High Camp. You will be paralyzed with the panorama view of beautiful mountains ranges and you can capture the more views of the mountain. Where you can take lots of pictures, after all, you will return back to Khare. Overnight in Guest House.

Day-13 : Trek back Khare to Kothe (3,600 M)

After it, you will be back to Kothe from the same way where you will be following the same routes to be back. Your journey from there will be more interesting. Overnight in Guest house.

Day-14 : Trek back Kothe to Thuli Kharka

Walking on the bank of Hinku Khola, you will pass through the Thuli Kharka. After you will enjoy your trips with the beautiful rhododendron as the entire forest. You will move to the north of Thuli Kharka and you can enjoy the incredible view of the Mera Peak. Overnight in Guest House.

Day-15 : Trek Thuli Kharka to Lukla

Today we will trek downwards to the Lukla where there is the beautiful Lukla valley across the pass. You

will walk through the Zatrwa La Pass and you will follow the track of Dudh Koshi River which the region of the Sagarmatha National Park. Then we will reach to the Lukla. Overnight in Guest House.

Day-16 : Arrive back to Kathmandu

Early in the morning, we will be back to the Kathmandu in flight. Above the flight, you will see the Himalayan ranges and beautiful scenery. After you reach to Kathmandu you will get some time to visit Thamel area which is most attractive for the foreigner where you can have shopping and all. Overnight in Guest House.

Day-17 : Back to your Final Destination

Finally today you will back to your destination. Our Global treks representative will drop you to the airport.

Cost include

- Airport / Airport pick up & drop by private tourist vehicle.
- 2 N Kathmandu Hotel accommodation sharing bases with B/B.
- All your standard mentions Meals during the trek **(B-Breakfasts, L-Lunches, D- Dinners)**.
- Lodges/Guesthouses accommodation during the 13 Days trek
- Local GLOBAL TREKS English speaking guide
- National Park permits and TIMS permit for trekking.
- Food, accommodation, salary, insurance and medicine for all staff.
- All our government taxes, vat, tourist service charges
- Official expenses.

Cost Exclude

- Lunch /Dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.