

This region offers pure wilderness with many glacial lakes and spectacular peaks

> DAY 1 ARRIVE IN KATHMANDU, NEPAL

An Everest One representative will collect you from the airport. It's a free day to recover from your international flight. We can arrange for some basic supplies in the nearby supermarket, exchange money and pick up a local SIM card. Later in the evening, we can get together for a group dinner.

> DAY 2 IN KATHMANDU, NEPAL

After breakfast, we will deliver a team briefing before you do a gear check with your guide, then organise equipment and pack. You will be provided with an Everest One duffel bag for your gear. There is time to pick up any last minute supplies, or visit a few of the local sites. It can be quite a busy day getting ready so it is best to relax and focus on having everything in order before we head off.

> DAY 3 FLY TO LUKLA - TREK TO CHUTANGA

Our trip begins with a morning flight to Lukla, flying over endless rolling hills covered with green terraces and small villages. Once in Lukla, we will have breakfast and time to explore the village as the guiding team organise porters and gear before starting our day's walk to Chutanga. We head south out of Lukla and traverse gently through small settlements, whilst passing stunning waterfalls and entering mystical dense forests. **Trekking Time 5 Hours. Height 3020m**

> DAY 4 ACCLIMATISATION DAY IN CHUTANGA

For a sea level dweller, 3000m altitude is a significant change in altitude. In order to facilitate our acclimatisation to the lower levels of oxygen further in our adventure, we will spend an extra day at Chutanga. Chutanga is a budding new settlement that has arisen from the trekking tourism leading to Mera peak. It originally was a simple pasture for Lukla farmers, however, now it's a peaceful resting stop with a few lodges. Today we will do a short ascent of a nearby forest line ridge to gain important altitude to prepare us for the hike tomorrow. **Height 3020m**

> DAY 5 TREK FROM CHUTANGA TO KHARKI TENG

Fortified with an extra night at Chutanga, we continue hitting the trails through lush forests, that gradually thin into a landscape of low alpine scrubs. The barren landscape at increasing altitude feels more remote with an absence of villages in this region. The route climbs up the faces of Charpate and Kalo Himal, the prominent mountains that surround Lukla. It's important to rest the afternoon and drink plenty of water. Our first challenge is tomorrow so sleep well. **Trekking Time 4 Hours. Height 3800m**

> DAY 6 TREK FROM KHARKI TENG TO TOKTOK

We will start the day early trekking up the trail behind camp, which can often be covered in snow. In a couple of hours, the route brings us to our first or false pass at 4580m. From here we continue traversing around the mountain on an undulating trail to the true pass of Zatrwa La pass (4610m).

You will be welcomed to the pass in true traditional Buddhist style with prayer flags. Looking behind you up north, you can see the Kondge that stands above Namche.

After celebrating our first pass, we make a steep 300m descent to Thuli Kharka for lunch. After a short break, we follow the undulating terrain, through Yak Kharka's and rocky outcrops until we reach a grassy area where we hydrate before commencing the long, steep descent into Tok Tok through the forest.

After a challenging day, we spend the evening in a comfortable tea-house, getting a good night's rest before waking to enjoy an alfresco breakfast (weather dependant) with unobstructed views up the valley to Mera Peak. **Trekking Time 7-8 Hours. Height 3900m**

> DAY 7 TREK FROM TOKTOK TO KHOTE

The variation continues as we now find ourselves back in a temperate forest of the Hinku valley. We trek north traversing ridges before descending steeply to the valley floor to Tashing Ongma located by the Inkhu Khola river. Camp is a short distance ahead at Khote which we reach by following the river to the junction with the Sanu Khola river. You will be amazed by the beauty of the village, as we enter and spend a night in a warm teahouse with incredible meals. **Trekking Time 4 Hours. Height 3691m**

> DAY 8 TREK KHOTE TO THANGNAK

The route follows the Inkhu Khola river deeper into the valley making a slow gradual ascent up the river bed. It is a tricky day climbing over the rocky boulders before we cross the grassy meadow and pass glacial lakes on our approach to Thangnak. The walk is superb, offering stunning views of the west face of Mera Peak and your efforts will be rewarded with two nights in a wonderful teahouse, complete with sun room to relax, read and enjoy fresh coffee and cake. **Trekking Time 4 Hours. Height 4356m**

Mera Peak Expedition: detailed itinerary

> **DAY 9**
ACCLIMATISATION IN THANGNAK

From here the trail continues higher into stunning alpine environments. Before beginning the next stage of our journey, headed for our Base Camp, we will take another day to acclimatise first.

Today is a real highlight, and important part of our acclimatisation as we ascend for a morning walk onto the higher ridges (5000m) close to Thangnak, affording us stunning views, predominantly the west face of Mera Peak.

Trekking time 3 hours. Height – 5000m / 4356m.

> **DAY 10**
TREK THANGNAK TO KHARE

Today you will feel a distinct change in the environment as we climb into high alpine terrain, rocky trails, scree slopes and no vegetation, we're entering the playground of mountaineers and trekking to the base slopes of Mera Peak! We hit the trail on the west, trekking alongside Mera's dig glacier. We then contour around the north base of the mountain to our teahouse in Khare. Given the altitude gain, remember to walk slow and take rest stops to enjoy this Himalayan wonderland.

Trekking time 7 hours. Height 5045m.

> **DAY 11**
ACCLIMATISATION IN KHARE

Before progressing further, we will spend another day at in Khare to acclimatise. After collecting your hire gear (if required) your guiding team will instruct you on how to use your gear, including the use of crampons, your harness and rope techniques on a nearby slope, along with our final gear checks.

The afternoon will be spent relaxing in the sun room and we conserve our energy preparing for the start of our climb tomorrow.

> **DAY 12**
KHARE TO MERA BASE CAMP

After a hot lunch in Khare, we start our climb out of Khare towards Mera Peak Base Camp. The terrain is steep however can usually be done in our trekking boots. We will navigate through winding, rocky trails before we reach the start of our crampon point, and entry onto the glacier the following day.

It is a relatively short walk to Base Camp, and this afternoon we will do some further training at the base of the glacier, to fine-tune your rope and crampon skills. Tonight you will be sleeping in tents on the mountain, excitedly awaiting the next phase of the climb in the morning.

Trekking Time 3 Hours. Height – 5350m

> **DAY 13**
CLIMB MERA BASE CAMP TO HIGH CAMP

Many companies choose to climb from Khare to High Camp. Everest One have been using a proven itinerary for more than a decade, and believe staying in Mera Base Camp is an important part of the acclimatization process, thereby giving you a better chance of success come summit day.

Climbing mountains above 6000m commonly requires using multiple camps. By sleeping at consecutively higher camps, you slowly improve your physiology to adapt to the low oxygen levels available at these heights. Using multiple camps also reduces the physical climb demands on summit day.

Today you will be mountaineering, and fully geared up in mountaineering boots and crampons, and walking with ice axes or trekking poles. We climb up onto the glacier, and slowly inch higher up the mountain to High Camp. The climb continues up open snow slopes and we will pass some crevasses along the way, which we will navigate.

High camp is situated near a rocky outcrop with stunning views of some of Nepal's highest mountains including Everest, Lhotse and Makalu. We will settle into our tents early, where you will be served dinner and hot drinks, before we make our final preparations for an early morning push for the summit.

Trekking Time 4–5 Hours. Height 5800m.

> **DAY 14**
SUMMIT MERA & DESCEND TO KHARE

Considering weather conditions are good, we will start early up a route on the snow ridge that leads to the central summit of Mera. The route is crevassed so for safety we will rope up in small teams. It's a slow climb up the mountain with the last stretch gaining steepness with a 50 degree angled slope. At this point, the summit is in full view and you will feel energised to push on.

The view from the summit includes a wonderful vista with 5 of the 6 highest peaks in the world, including Everest, Lhotse, Makalu, Cho Oyu and Kangchenjunga.

After soaking in the views and reflecting on your achievement, we will descend back down to high camp, pack up and then continue down to the lower altitudes of Khare for a hot meal and a good night's rest.
Trekking Time 9–11 Hours. Height – Summit 6476m, Khare 5045m

> **DAY 15**
TREK FROM KHARE TO KHOTHE

After yesterday's fantastic effort, today is an easy downhill day of trekking, following the river down through the rocks. The trail will allow you time to reflect on your mountaineering efforts. Make sure you enjoy your remaining views of this amazing wilderness as you look back on Mera Peak.

Trekking Time 5 Hours. Height 3691m.

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The scenery is dramatic with the impressive West Face of Mera dominating as we trek towards our Base Camp

> DAY 16

REST DAY OR WEATHER CONTINGENCY DAY

If the weather has been on our side to this point, today will be a well deserved rest day in the beautiful village of Khote. At a lower altitude you will also enjoy the oxygen rich air and warmer weather. Take a short walk across the river, to visit a sacred Buddhist site, or not. Maybe instead, take a nap, grab a book, eat fantastic meals and enjoy the views. **Height 3691m.**

> DAY 17

TREK KHOTE TO THULI KHARKA

As usual with trekking in Nepal, with a bit of down there's always a bit of up to follow. Today we hit the day upwards towards Thuli Kharka. It will be a long day so take your time as we continue on the trail back to Lukla. We will stop for lunch at Toktok, have a rest and then finish the trail to our comfortable teahouse in Thuli Kharka.

Trekking Time 7 Hours. Height 4310m.

> DAY 18

TREK THULI KHARKA TO LUKLA

In the morning, we will trek the steep ascent up to the familiar views of the Zatrwa La pass (4610m). From here, it is a relatively straightforward but steep and sometimes slippery downhill all the way back to Lukla where hot showers, cold drinks and an end of expedition celebration dinner awaits. Tonight you will farewell your porters after we present tips and enjoy the company of our amazing support team.

Trekking Time 4.5 Hours. Height 2800m

> DAY 19 - 20

LUKLA TO KATHMANDU

This scenic flight will give you a final close look at some Himalayan giants (Gauri Shanker, Langtang). Once in Kathmandu, you are free to relax. A massage in one of the many beauty spas is highly recommended. If you didn't make it to Bhaktapur or the other Durbar squares in Patan/Kathmandu, make sure you don't miss these world heritage sites.



> DAY 21

DEPART KATHMANDU

Today you say farewell to your guides as you head for the airport homeward bound. Thanks for the memories and hope to see you again on your next adventure.

> Additional Information

What's a typical day on the trail?

You will get dressed and packed for the day's walk, and have your duffel bag ready for your porter before breakfast at 7am. The aim will be to leave the teahouse and hit the trail by 8am. On the trail, you will carry your backpack with your personal items, water, snacks, head torch, warm clothing and wet weather gear. Lunch is often at our teahouse for the night, which leaves the afternoon free to rest and soak in the views.

Dinner is at 7pm, and most trekkers then either read/play cards, sit around the fire or head to bed early 8–9pm to prepare for the next day's adventure.

Sleep & Food

Whilst on the trail, you will sleep in local teahouses and tents. These provide basic accommodation (twin-share), common toilets and a large common dining hall. Teahouse kitchens cater for international and local tastes, from pizzas/pastas to typical Nepali favourites. Other facilities including showers, internet, battery charging and laundry are sometimes available for an extra cost. Your Kathmandu accommodation is a 4 star hotel. Note that lunch and dinners in Kathmandu are not included in the cost. Plan for USD 5–10 per meal.

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