



## Mera Peak 20 Days

Mera Peak lies in the Mahalnagur section in the Sagarmath National park. Mera Peak is one of the most popular trekking mountains in Nepal. This Mera Peak Climbing package offers a culturally stimulating journey through picturesque villages and forests combined with the non technical climb to the 6476m (21,246 feet) summit. Check our 15 Days Mera Peak Climbing package if you are looking for a shorter Peak Climbing experience.



## Detailed Itinerary

### Day 1: Kathmandu – Bhandar

Early in the morning we take 11 hours scenic drive to the Bhandar, the gate way to Everest.

### Day 2: Bhandar trek to Sete

After having breakfast we walk downhill till Kenja that takes two and half an hour. Then we walk stiff uphill walk through the village till Sete

### **Day 3: Sete trek to Junbesi**

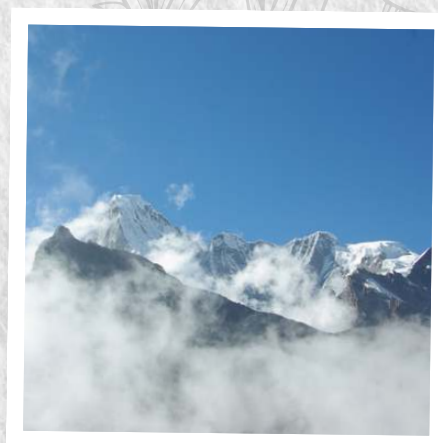
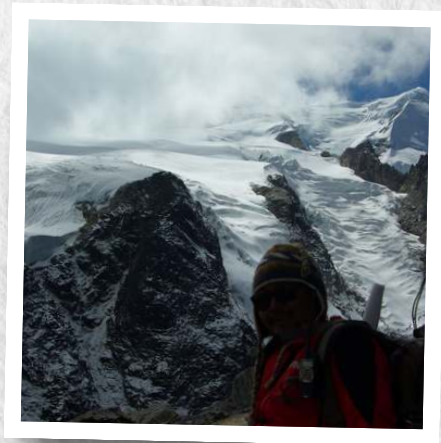
After having breakfast we walk uphill through dense forest until Lamjura pass (3400 M.). Then by downhill walk, we will finally arrive at Junbesi.

### **Day 4: Junbesi – Nunthala**

We trek to the Everest View point and go down to the river and up to Rigmo village. Then again we trek down to Nunthala.

### **Day 5: Nunthala – Bupsa**

After having the breakfast we trek down through the village till the river Dudhkoshi. After crossing the river we trek uphill to Bupsa.



### **Day 6: Bupsa – Lukla**

Early in the morning after having breakfast, we walk uphill and continue walk through forest and walk down hill to the river then and final up hill takes us to lukla.

### **Day 7: Lukla – Chuttange**

Get a hearty breakfast and get ready for a heart starter! Today's walk is quite short but it's a 4 hours ascent through the forest to Chuttanga.

### **Day 8: Chuttanga – Chattra**

Feels like yesterday, except you get somedownhill as well. You start the morning with a 4 hour ascent to pass of Chattra La at 4300m (La means pass). From here you can enjoy the incredible mountain views before your 2 hour descent into Chattra.

## **Day 9: Chhatra – Kothe**

This morning you start off with something different – downhill. The trail descends for about 5 hours through mixed forest down to the river. From here you ascend again for about 1 hour, following the river all the way to Kothe. You will see good mountain views today as well and you get your first view of Mera Peak.

## **Day 10: Kothe – Thagnak**

From Kothe the trail follows the river upward all the way to Thagnak, our stop for the night. Along the way you have amazing views of Mera Peak, Mera La Glacier as well as the surrounding mountains. Our stop tonight is a small Sherpa village and you can have fun learning more about Sherpa culture here.

## **Day 11: Rest day for acclimatization**

Today is for letting your bodies rest and acclimatize. If you are feeling good you could go for an acclimatization walk, or explore the village.



## **Day 12: Thagnak – Khare**

Today's trail is all about going up. You ascend for about 2 hours to Di Kharka and then you have a steeper climb for about 2 hours to Khare. To take your mind off the ascent, you have amazing views of Mera Peak, Kusum Kangaru and many more. A good day to enjoy being in the alpine zone and get a good rest at your overnight stop in Khare.

## **Day 13: Rest day in Khare for acclimatization**

Today is another day to rest and let your body adjust to the altitude. Use the time to check your climbing gear or do a day hike from Khare.

### **Day 14: Khare – Mera La**

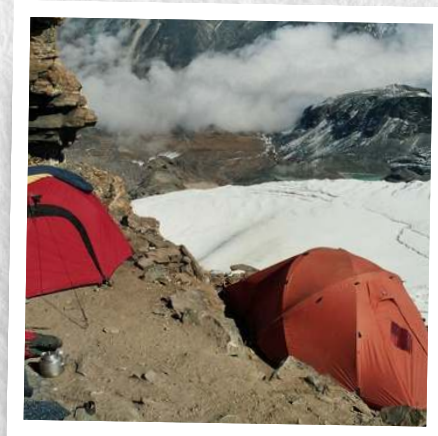
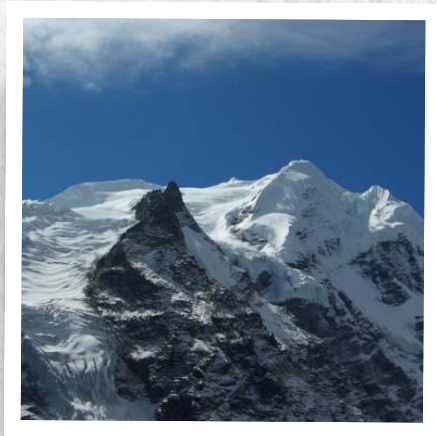
It's about one hour cliff walk and then ice climb to Mera La.

### **Day 15: Mera La – High Camp**

From here its gradual uphill climb to high camp. On this day you could have magnificent mountain view including world highest Mt. Everest., Makalu, Lhotse, Cho-oyu etc.

### **Day 16: High Camp – Mera Peak – Khare**

You start your summit bid early in the morning, with the ascent taking about 5 or 6 hours. The last 100 metres are a steep climb to the summit and then, there you are, standing on top of Mera Peak! On top of Mera Peak you will have magnificent views to the surrounding mountains. After taking your photos and getting your breath back, you return back down all the way to Khare, to make sure your body recovers the climb.



### **Day 17: Khare trek to Kothe**

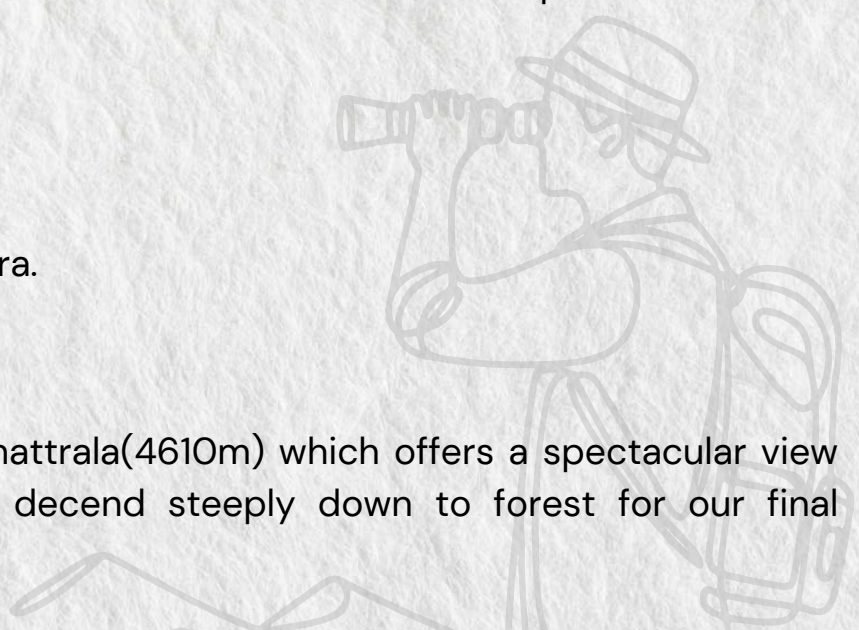
We retrace our way and descend down to Tangnag passing the open pasture and meadows, we descend down to the river and follow to boulder path to Kote for overnight.

### **Day 18: Kote to Chattra**

Today you retrace the trail to Chattra.

### **Day 19: Chattra to Lukla**

It's the final climb of our trek to Chattrala(4610m) which offers a spectacular view and lower Dudh Koshi valley, we descend steeply down to forest for our final overnight stay at Lukla.



### **Day 19: Chattra to Lukla**

It's the final climb of our trek to Chattrala(4610m) which offers a spectacular view and lower Dudh Koshi valley, we descend steeply down to forest for our final overnight stay at Lukla.

### **Day 20: Lukla to Kathmandu**

This morning you will board the Lukla flight again, this time bound for Kathmandu.





Thamel, Kathmandu

+977-01-4700563, +977-01-4700066

Whatsapp: +977 9851167070

info@highlandernepal.com

[www.highlandernepal.com](http://www.highlandernepal.com)