



Mera Peak Climb

Nepal Trail Circle

Daily Itinerary

This itinerary provides a detailed day-by-day schedule for your Mera Peak Climb. Please note that this is a sample itinerary, and actual days may vary depending on weather conditions and acclimatization needs.

Mera Peak (6,476 m/21,246 ft) is the highest trekking peak in Nepal and offers one of the most spectacular summit panoramas in the Himalayas. The climb follows a remote and less crowded route through the Hinku Valley, combining scenic trekking with a rewarding high-altitude ascent. Although technically straightforward, the challenge lies in the altitude, making proper acclimatization and steady pacing essential. From the summit, climbers are rewarded with breathtaking views of Everest, Lhotse, Makalu, Cho Oyu, and Kanchenjunga — five of the world's highest mountains. With experienced guide support and proper preparation, Mera Peak provides an unforgettable introduction to Himalayan mountaineering and a true sense of high-altitude achievement.

Day 1: Arrival in Kathmandu (1,400 m/4,593 ft).

Day 2: Preparation and gear check in Kathmandu.

Day 3: Fly to Lukla (2,860 m/9,383 ft) and trek to Chutanga (approx 3,000 m/9,843 ft).

Day 4: Trek from Chutanga to Zatrwa La (4,610 m/15,121 ft) and descend to Thuli Kharka (approx 3,900 m/12,795 ft).

Day 5: Trek from Thuli Kharka to Kothe (approx 3,800 m/12,467 ft).

Day 6: Trek from Kothe (approx 3,800 m/12,467 ft) to Thagnak (4,350 m/14,272 ft).

Day 7: Trek from Thagnak (4,350 m/14,272 ft) to Khare (5,045 m/16,548 ft).

Day 8: Acclimatization day in Khare (5,045 m/16,548 ft).

Day 9: Trek from Khare (5,045 m/16,548 ft) to Mera Peak Base Camp (~5,300 m/17,388 ft).

Day 10: Trek from Mera Peak Base Camp (~5,300 m/17,388 ft) to High Camp (~5,800 m/19,028 ft).

Day 11: Summit Mera Peak (6,476 m/21,246 ft) and return to Base Camp (~5,300 m/17,388 ft).

Day 12: Rest and recovery at Base Camp (~5,300 m/17,388 ft).

Day 13: Trek from Base Camp (~5,300 m/17,388 ft) to Khare (5,045 m/16,548 ft).

Day 14: Trek from Khare (5,045 m/16,548 ft) to Kothe (approx 3,800 m/12,467 ft).

Day 15: Trek from Kothe (approx 3,800 m/12,467 ft) to Thuli Kharka (approx 3,900 m/12,795 ft).

Day 16: Trek from Thuli Kharka (approx 3,900 m/12,795 ft) to Lukla (2,860 m/9,383 ft).

Day 17: Fly from Lukla (2,860 m/9,383 ft) to Kathmandu (1,400 m/4,593 ft).

Day 18–21: Buffer / contingency days in Kathmandu or optional sightseeing.

Highlights

- Climb Mera Peak (6,476 m/21,246 ft) — Nepal's highest trekking peak with spectacular panoramic mountain views.
- Scenic flight to Lukla and trekking through Sherpa villages and varied Himalayan landscapes.
- Cross Zatrwa La (4,610 m/15,121 ft) for dramatic vistas and early high-altitude gain.
- Stay in both teahouses and high-altitude tent camps during the expedition.
- Summit offers views of Everest, Makalu, Cho Oyu, Kanchenjunga, and other peaks.
- Mix of trekking, glacial walking, snow slopes, and fixed ropes for a full alpine experience.

Essential Packing List

Clothing:

- Base layers: Moisture-wicking thermal tops and bottoms.
- Mid layers: Fleece jacket or insulated pullover.
- Outer layers: Waterproof and windproof shell jacket and pants.
- Insulating layers: Down jacket for high camps and summit push.
- Trekking pants: Lightweight, quick-dry pants; thermal leggings for cold days.
- T-shirts: Quick-dry, short or long sleeve for daytime trekking.
- Gloves: Lightweight trekking gloves and insulated gloves for summit/high camps.
- Hat and beanie: Sun hat for daytime, warm beanie for mornings/evenings.
- Buff / neck gaiter / scarf: For sun, wind, and dust protection.
- Socks: Moisture-wicking trekking socks, plus warm socks for high altitudes.
- Underwear: Quick-dry for comfort and washing.
- Sleepwear: Comfortable clothing for lodges or high camp tents.
- Gaiters: Optional, for snow or muddy sections.

Gear:

- Trekking boots (well-broken-in, ankle support).
- Daypack (25–35 L) for daily essentials.
- Duffel bag (60–80 L) for base camp / porter.
- Trekking poles (recommended for steep or icy sections).
- Water bottles / hydration system (3–4 L).
- Headlamp with spare batteries.
- Sunglasses (UV 400) and sunscreen SPF 50+.
- Lip balm with SPF.
- Personal first aid kit (painkillers, blister pads, bandages).
- Snacks for high-altitude days.

Climbing / Summit Gear

- Trekking boots for approach and mountaineering boots compatible with crampons for high altitudes.
- Crampons, ice axe, climbing harness, helmet, ascender (Jumar), carabiners — most gear can be hired locally.
- Daypack (30–40 L) and large duffel bag for porter transport.
- Headlamp + spare batteries, glacier sunglasses, sunscreen SPF 50+, water purification, first aid kit.
- High-quality sleeping bag rated for -20°C or lower and insulated sleeping pad.

Altitude Information

The climb involves ascending to extreme high-altitude zones where oxygen levels are significantly lower, making careful acclimatization and gradual progress essential to prevent altitude-related illnesses.

Key Altitudes:

- Kathmandu: 1,400 m / 4,593 ft
- Lukla: 2,860 m / 9,383 ft
- Chutanga: ~3,000 m / 9,843 ft
- Zatrwa La Pass: 4,610 m / 15,121 ft

- Thuli Kharka: ~3,900 m / 12,795 ft
- Kothe: ~3,800 m / 12,467 ft
- Thagnak: 4,350 m / 14,272 ft
- Khare: 5,045 m / 16,548 ft
- Mera Peak Base Camp: ~5,300 m / 17,388 ft
- Mera Peak High Camp: ~5,800 m / 19,028 ft
- Mera Peak Summit: 6,476 m / 21,246 ft

Acclimatization Tips:

- Ascend gradually and include rest days, especially at Khare, to adapt to higher altitudes.
- Drink plenty of water (3–4 L/day) to stay hydrated.
- Follow the principle of “climb high, sleep low” when possible.
- Avoid alcohol and smoking during trekking.
- Rest immediately if you feel symptoms of altitude sickness (headache, nausea, dizziness).

Safety Tips

- Stay hydrated: Drink at least 3-4 liters of water per day.
- Pace yourself: Walk slowly and steadily to conserve energy and avoid overexertion.
- Monitor for symptoms of altitude sickness: Headache, nausea, dizziness, and shortness of breath are common symptoms. Descend immediately if symptoms worsen.
- Be aware of weather conditions: Mountain weather can change rapidly. Be prepared for sudden changes in temperature and precipitation.
- Protect yourself from the sun: Wear sunscreen, sunglasses, and a hat to protect yourself from the intense UV radiation at high altitudes.
- Respect local customs: Dress modestly and be mindful of local traditions and beliefs.

Contact Information

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Summary

Mera Peak (6,476 m/21,246 ft) is Nepal's highest trekking peak and a rewarding mountaineering objective that blends classic Himalayan trekking with a non-technical summit climb. Beginning with a

scenic flight to Lukla and progressing through Sherpa villages, alpine valleys, and high mountain camps, the expedition leads to a summit with breathtaking panoramic views of Everest, Makalu, Cho Oyu, Kanchenjunga, and more. With careful acclimatization, quality clothing and gear — much of which can be hired locally — and experienced guide support, Mera Peak offers an unforgettable high-altitude adventure and a stepping stone to future Himalayan climbs.