

Detailed Itinerary

Day 1: Fly from Kathmandu to Lukla & Trek to Chutanga (3,430m)

Your journey takes off from the bustling city of Kathmandu(1,400m) to one of the challenging airports in the world, Lukla(2,860m), due to its being the flight through the high-elevation mountains of the Himalayas. However, the scenic mountain flight will take you to the remote district of SoluKhumbu.

Trekking begins with a gentle descent through the rhododendron forest on the route passing through the Sherpa settlements and bridges to reach Chutanga. Rest and prepare the rest of the day for a longer hike the next day.

Max Altitude	Trek Duration	Flight Duration	Meals
(3,430 meters/11,250 feet)	4-5 hours	25- 35 minutes	Breakfast, Lunch & Dinner

Note: Kathmandu airport with heavy traffic will not operate flight to Lukla often so you may have to take an early bus to Ramechap from where regular flights depending on weather operate. Due to Lukla airport having quick change and unpredictable weather expect delays and cancelation of flights, our team will try our best to provide you with quick service. Helicopter to Lukla can be a better option, you can book a direct Heli flight from Kathmandu airport to Lukla. This will cost you about \$500 extra for shared ride to Lukla.

Day 2: Trek from Chutunga to Thuli Kharka/Chatra-La(3,900m) via Zwatra-La-Pass(4,610m)

Today will be a good example for the mountaineering principle of Climb high and sleep low. Hiking begins early in the morning after breakfast, a gentle climb through the forest. As you get closer to the **Zwatra La Pass**, the route starts to get challenging as the elevation rapidly increases. Reaching the elevation of 4,610m at Zwatra La Pass, you will feel the air getting thinner, as crossing 4000m, breathing gets harder. Soaking in the breathtaking views of the magnificent Himalayan mountains at the pass, you will start to descend. En route, you will find yaks and other wildlife unique to the region. Descend continues till you reach the stopping point of the day at **Thui Kharka/Chatra la**.

Max Altitude	Trek Duration	Meals	
Zwatra-La-Pass (also spelled as Zatrwa La or Zatra La) 4,610 m / 15,124 ft	6-7 hours	Breakfast, Lunch & Dinner	

Day 3: Trek from Thuli Kharka to Kothe (3,691m)

The day starts with a scenic descent through the alpine meadows and alpine forest. As you continue to descend, glimpses of Mera peak will be visible. The route gradually leads to Hinku Valley, walking along the Hinku River, the air becomes crisp, and the landscape transforms into lush greenery, with moss-covered rocks. Continuing the walk, you will reach Kothe, a Sherpa settlement, with small but warm hospitality and traditional lodges. The day's hike will end at Kothe.

Max Altitude	Trek Duration	Meals	
Thuli Kharka (4,300m/ 14107ft)	5-7 hours	Breakfast, Lunch & Dinner	

Day 4: Trek from Kothe to Thaknak(3,600m)

Hike begins after breakfast, you will walk along the Hinku River, following the upper Hinku Valley route. Gentle ascent through the forest vegetation opens up to the alpine meadows as the elevation increases; a noticeable change can be witnessed. Terrain also starts to get rough and mountainous, and rugged trails start. Glimpses of Mera Peak to the south become more prominent, and a close-up view is visible. Hike of the day ends at Thaknak.

Max Altitude	Trek Duration	Meals	
Thaknak (3,600 m / 11,811 ft)	4-5 hours	Breakfast, Lunch & Dinner	

Day 5: Trek from Thangnak to Khare(5,045m)

Today will be a high-altitude climb above 5000m. Challenging parts of the trek begin today as you will be crossing glaciers, and the high altitude makes it harder for you to climb. The trail continues to ascend through the stunning Dig Glaciers to Dig Khare meadow. Walking past the meadow, you will find a glacial path created by the Hinku Nup and Shar Glaciers, the hike continues till you reach Khare.

Max Altitude	Trek Duration	Meals	
Khare (5,045m/ 16,551ft)	4-5 hours	Breakfast, Lunch & Dinner	

Day 6: Acclimatization at Khare

Acclimatization stops at Khare is a crucial and well-planned process for your body to adapt to the altitude. You can either rest at the tea house or take a short hike and descend around the Khare to acclimatize to the surroundings. This day will help you to prepare for submitting Mera Peak.

Max Altitude	Meals		
Khare (5,045m/ 16,551ft)	Breakfast, Lunch & Dinner		

Day 7: Trek from Khare to High Camp (5,780m)

After breakfast, you begin the ascent on a steep trail that leads toward the Mera Glacier, putting your ice axe, crampons, and mountaineering skills into practice. Leaving the Hinku Valley behind, climbing through steep snowy routes, to reach high camp. Incredible panoramic views are visible from the High camp, including Everest (8,848 m), Lhotse (8,516 m), Makalu (8,481 m), Cho Oyu (8,188 m), and Kanchenjunga, which dominate the horizon on a clear day. The climb of the day ends at High Camp. Accommodation will be in tents as there will be no teahouses in High camp.

Max Altitude	Trek Duration	Meals	Accommodation
High Camp (5,780m/ 18,963ft)	4-6 hours	Breakfast, Lunch & Dinner	Tented Accommodation

Day 8: Climbing from High Camp to the peak(6461m) & back to Khare (5,045m)

Today will be the most challenging day of the trip, with the height of 6461 m, you will summit Mera Peak. Very early in the morning, about 2 to 3 am, the ascent begins with a chilly wind. You will climb through hard snow. With a steady pace and good teamwork, you will climb gradually to the summit as dawn breaks, the snowy slopes glow golden under the rising sun, creating an unforgettable scene. Five of the six highest peaks in the world are visible from this point

(Everest, Lhotse, Cho Oyu, Makalu, and Kanchenjunga)

Soaking in the views and achieving the summit goal of the trip, you will start to descend back the same route to Khare. Descending to a lower altitude will be easier and quicker. The day ends at the Khare stop.

Max Altitude	Trek Duration	Meals	
Mera Peak (6461m/ 21,198ft)	8-10 hours	Breakfast, Lunch & Dinner	

Note:
Altitude illness is very serious risk at this altitude, strictly don't ignore any symptoms such as headaches, nausea, dizziness. and report any symptoms immediately to your guide, he/she will be will trained and know what will be best for the time.

Day 9: Trek from Khare to Kothe (3,691m)

The descent continues from Khare down to Kothe along the same scenic route. Leaving the high-altitude camp behind, climbers can soak in the incredible views and reflect on the successful summit bid. The trail gradually drops back into the valley landscape, providing a deeply rewarding trek.

Altitude	Trek Duration	Meals	
Kothe: (3,600 m/ 11,811 ft)	4-5 hours	Breakfast, Lunch & Dinner	

Day 10: Trek from Kothe to Thuli Kharka/Chatra-la (3,900m)

The journey moves from Kothe toward Thuli Kharka (Chatra La), following a stunning ascent through vibrant rhododendron and thick pine forests. This stretch gradually leaves the isolation of the Hinku Valley behind.

The trail climbs steadily up to the formidable Chatra La Pass (4,600m) before opening up into Thuli Kharka, a beautiful alpine pasture that serves up magnificent, final lookouts over Mera Peak, Kusum Kanguru, and the surrounding Himalayan horizon.

Max Altitude	Trek Duration	Meals	
Chatra La Pass (4,600m/ 15,092ft)	6-7 hours	Breakfast, Lunch & Dinner	

Day 11: Trek from Thuli Kharka to Lukla (2,860m)

The trek from Thuli Kharka to Lukla is the final day of walking on the Mera Peak climb. The trail descends through forests, traditional Sherpa villages, and scenic mountain landscapes again before reaching Lukla. After days of adventure in the remote Hinku Valley, arriving in Lukla is a rewarding moment to celebrate the successful completion of the trek and climb.

Altitude	Trek Duration	Meals	
Lukla (2,860m/ 9,383 ft)	7-8 hours	Breakfast, Lunch & Dinner	

Day 12: Fly back to Kathmandu (1,400m) from Lukla

After breakfast at Lukla, a short mountain flight will take you back to bustling Kathmandu/Manthali. The flight offers breathtaking aerial views of the Himalayas, including famous peaks like Everest, Lhotse, and Nuptse. Reaching Kathmandu marks the end of our journey together. We hope that our hospitality will be in your memories forever. A trekking completion certificate will be provided as a reminder, along with a farewell celebration dinner to appreciate our journey together.

Altitude	Flight Duration	Meals	
Kathmandu (1,400 m/4,600 ft)	30-35 minutes	Breakfast (typically at Lukla) & Farewell dinner in Kathmandu	