
BARUNTSE

A moderately challenging 7000er of Nepal!



Introduction!

Baruntse, at an elevation of **7129 meters (23,389 feet)**, is one of the **challenging 7000ers** in Nepal. It lies in Mahalangur Himal range of the Himalaya, in the eastern part of Nepal. Located between the world's two tallest mountains, Everest and Makalu, it is an important section of the Barun Valley. The mountain was first climbed in **May 1954** by a New Zealand expedition led by Sir Edmund Hillary, who also notably climbed Mount Everest in 1953. The Southeast route is still the most common route to the top of the mountain, and this is the route that the expedition takes to get there.

Climbing Baruntse needs a good deal of climbing experience and knowledge of **high-altitude mountaineering** because of the technical difficulty of the peak. The Southeast Ridge route includes 45-degree ice slopes and exposed ridges, with the final drive to the summit needing a 65-degree ice climb. Baruntse, despite its technical difficulty, is a famous peak among **experienced mountaineers** seeking for a challenging climb in the beautiful and remote Himalayan region.





Mountain Facts

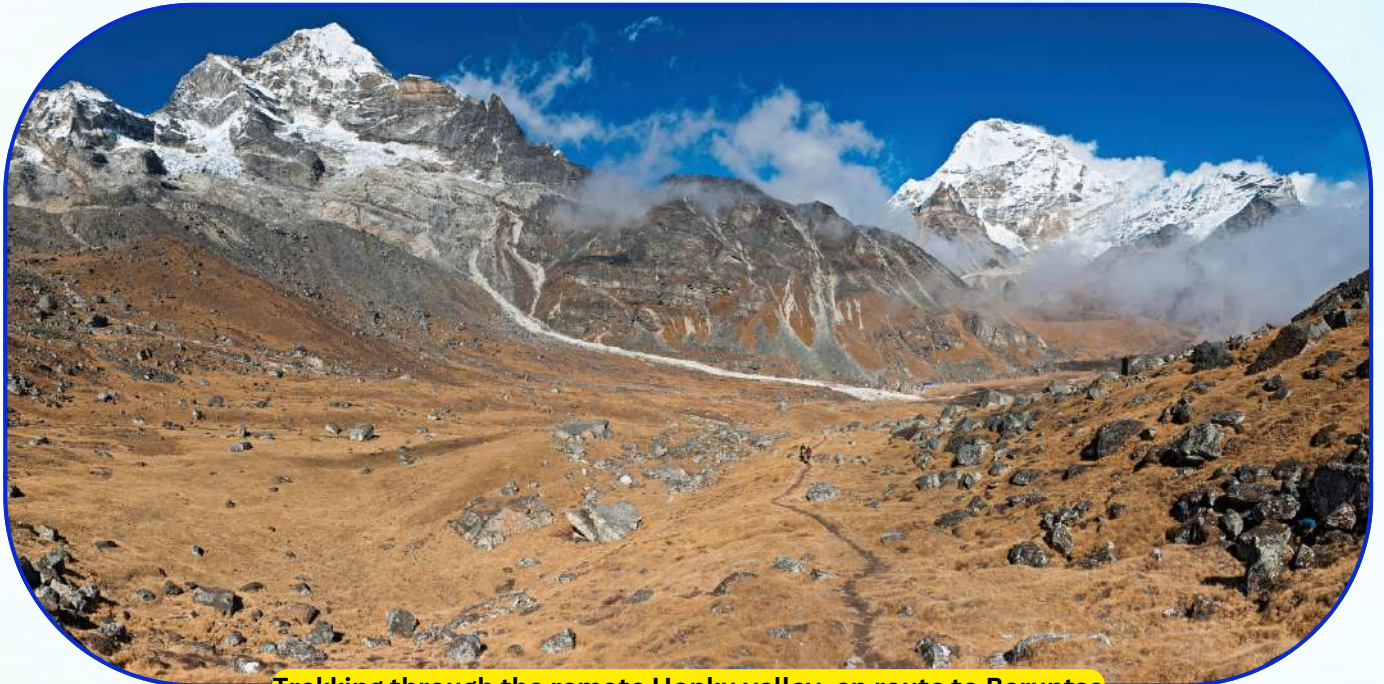
- **Elevation:** 7129 meters; 23,289 feet
- **Basecamp:** 5231 m; 17,163 ft
- **Location:** Khumbu (Latitude: 27°52'18.22"; Longitude: 86°58'48.16")
- **Range:** Mahalangur Himalaya
- **Classification:** Challenging 7000er
- **Standard Climbing Route:** SE Route

Trip Facts

- **Duration:** 35 days
- **Starts in:** Kathmandu
- **Ends in:** Kathmandu
- **Climb Grade:** Challenging
- **Best Season:** Autumn (Sep-Dec) & Spring (Apr-May)
- **Activities:** Trekking and Mountaineering
- **Meal Plan:** Full Board (B/L/D)
- **Accommodation:** Hotels (BB), Tea Houses, and Camping
- **Transportation:** Domestic Flights

Climbing History of Baruntse

- **1954** – First summit of Baruntse by Coli Todd and Geof Harrow via the South Ridge led by Sir Edmund Hillary
- **1980** - First summit through east ridge by Spanish Expedition team led by Juan Jose Díaz Ibañez
- **2015** - Expedition Himalaya organized Baruntse Expedition for Japanese Expedition Team



Trekking through the remote Honku valley, en route to Baruntse

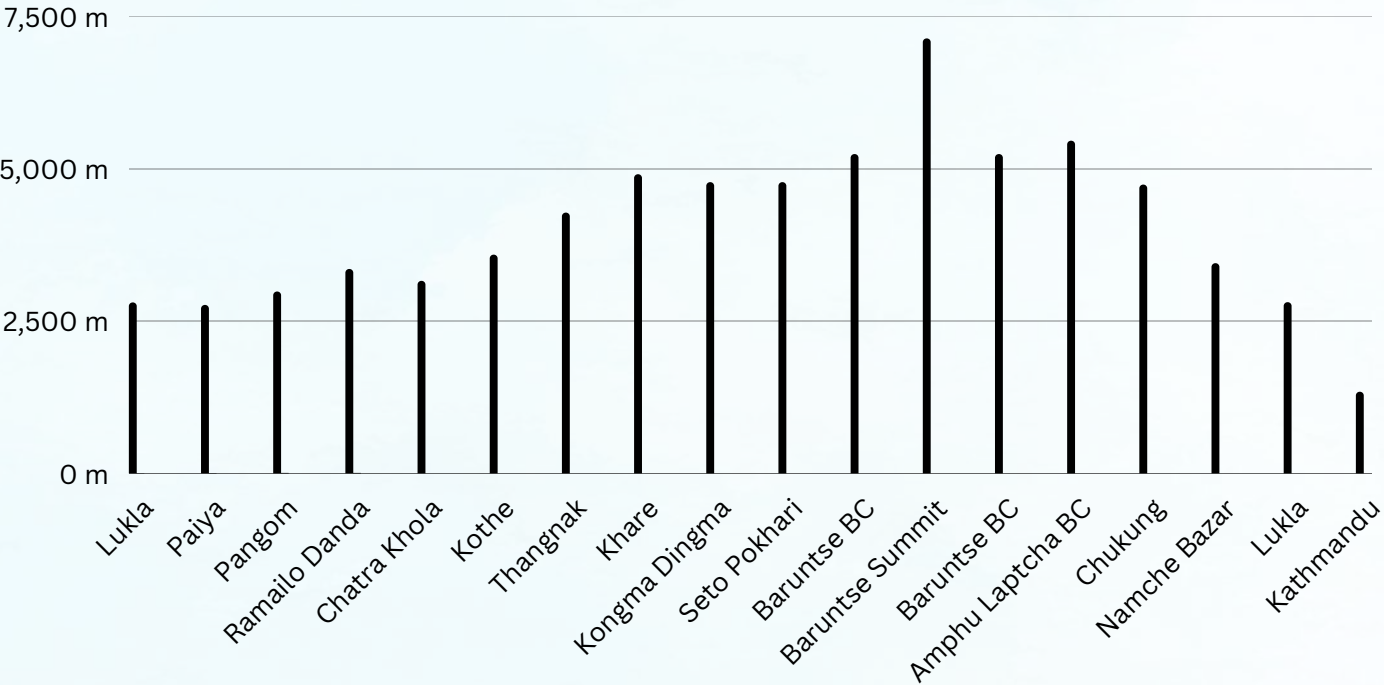
Our Baruntse Special!

- **Customizable packages** from normal to deluxe
- Highly qualified and **experienced climbing guides** and supporters' team
- **Full-proof documentation** so you don't have to worry a bit
- Every attempt to make your **summit dream** come true
- **Fixed-wing aircraft** to and from Lukla; Taking a **fixed-wing flight in and out of Lukla** is an exciting adventure in itself, and a road trip into the Nepal Himalayas is the best way to take in the region's breathtaking scenery.
- **Required numbers of porters for trek and 1:1 Shepa during the climb**
- Sustainable and **environment-friendly operation module**
- Expedition Himalaya is built on the foundation of **social principles**; we give back to the Himalayan communities as we make it.

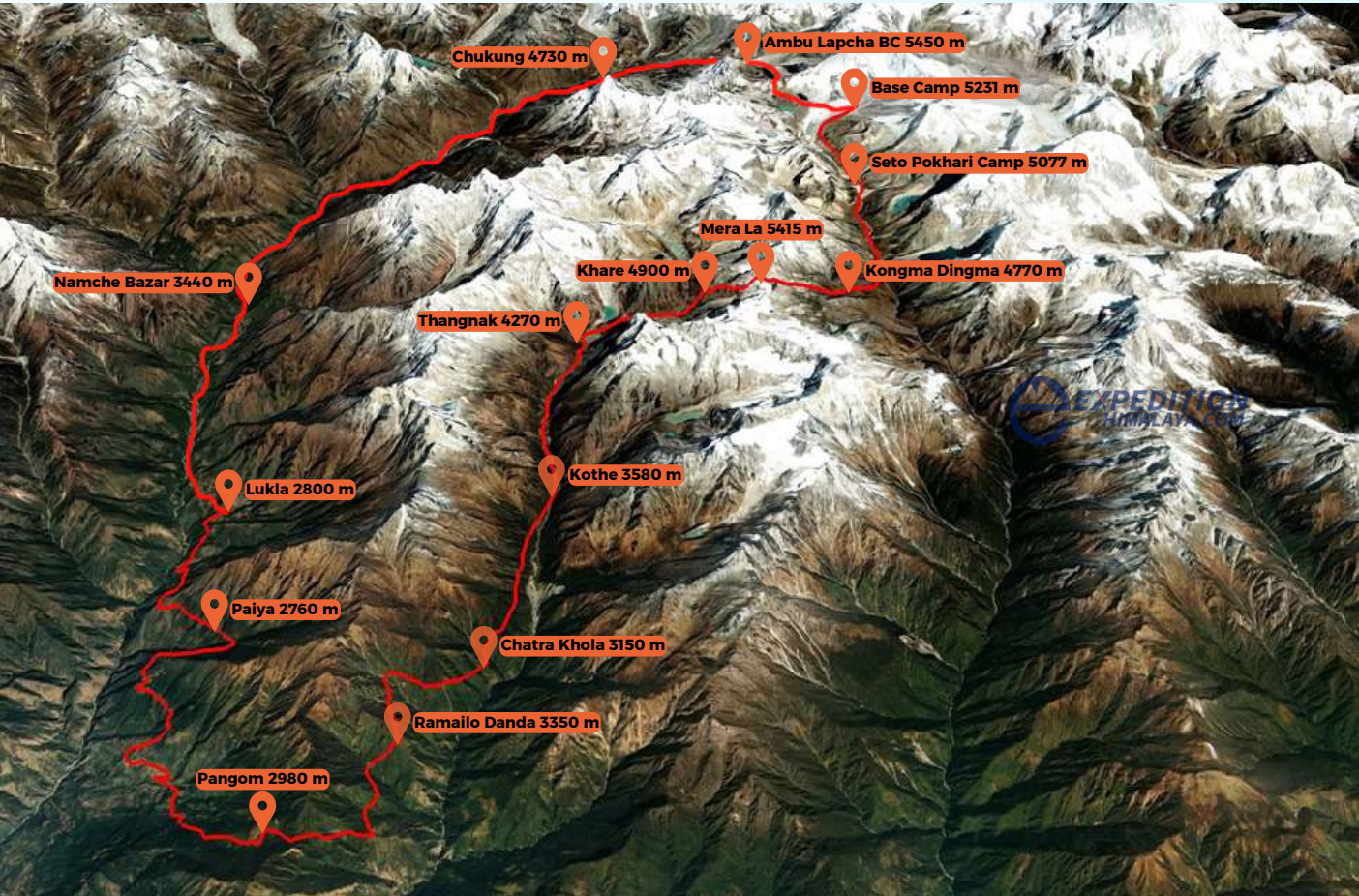
Brief Itinerary

Day 1	Arrival in Kathmandu (1330 m; 4,364 ft) & Transfer to the Hotel
Day 2	Rest in Kathmandu, expedition briefing and Preparation
Day 3	Flight to Lukla (2800 m; 9,186 ft) and trek to Paiya (2760 m; 9,055 ft)
Day 4	Trek from Paiya to Pangom (2980 m; 6,102 ft)
Day 5	Trek from Pangom to Ramailo Danda (3350 m; 8,300 ft)
Day 6	Trek from Ramailo Danda to Chatra Khola (3150 m; 12,205 ft)
Day 7	Trek from Chatra Khola to Kothe (3580 m; 11,745 ft)
Day 8	Trek from Chatra Khola to Thangnak (4270 m; 12,703 ft)
Day 9	Acclimatization Day at Thangnak (Rest Day)
Day 10	Trek from Thangnak to Khare (4900 m; 15,420 ft)
Day 11	Trek from Khare to Kogma Dingma (4770 m; 15,650 ft)
Day 12	Trek from Kongma Dingma to Seto Pokhari Camp (5077 m; 16,657 ft) via Mera La (5390 m; 17,684 ft)
Day 13	Trek from Seto Pokhari Camp to Baruntse Base Camp (5231 m; 17,163 ft)
Day 14 - 27	Baruntse Climbing Period (7129 m; 23,389 ft)
Day 28	Rest, pack up and clean up (5231 m; 17,163 ft)
Day 29	Trek from Basecamp to Amphu Lapcha Base Camp (5450m; 17,880 ft)
Day 30	Trek from Amphu Lapcha Base Camp to Chukung (4730 m; 15,518 ft)
Day 31	Trek from Chukung to Namche Bazar (3440 m; 11,286 ft)

Baruntse Expedition Altitude Profile



Baruntse Trekking Route Map



Baruntse Climbing Map



Cost Inclusions

- **Departure and arrival shuttle** to and from the airport and hotels
- **Applicable local and government taxes**
- Surface transportation on **private vehicles**
- Bed and Breakfast for **4 Nights' Accommodation** at a **5-Star Hotel (Hotel Radisson)** in Kathmandu (Twin sharing basis)
- Accommodation on **full board** (breakfasts, lunches & dinners) during the **road transfers and trek.**
- **Sagarmatha National Park Permit**
- **Khumbu Entry Permit**
- Individual **sleeping bag with mattress** for **base camp** accommodation
- Base camp service (**shared with the group**) includes a cooking tent with a chef and a kitchen boy, a dining tent with tables and chairs, a shower tent, a toilet tent, a storage tent, a gas heater, and solar electricity for battery charging
- High-altitude foods (**packed lunch**) during the climb having high calories
- **1 oxygen bottle** (4L) for **emergency** purposes only
- Experienced **climbing Sherpa** for climbing members during the expedition
- **Medical Kit** carried by the Guide/ Sardar
- **Walkie-Talkie** and **Satellite Phone** (Charges Per Call)
- **Sherpa's remuneration and load-bearing bonus** (this bonus does not include the summit bonus)
- **1 porter** for 2 clients on **sharing basis**
- Climbing equipment, transportation, lodging, food, salary, and insurance for **Sherpas and other staff** are all provided.
- **Fixed-wing aircraft to and from Kathmandu**; Taking a fixed-wing flight out of Lukla is an exciting adventure in itself, and a road trip into the Nepal Himalayas is the best way to take in the region's breathtaking scenery.
- **Welcome and Farewell Dinner** in Kathmandu at an Authentic Nepali Restaurant.

Cost Exclusions

- **International airfare** to and from Kathmandu
- **Nepal Visa** fee
- **Travel & medical insurance** including insurance for emergency rescue & evacuation
- **Lunches and dinners** in Kathmandu
- **Personal expenses** such as telephone, laundry, bottled water, bar bills, etc.
- **Trekking/Climbing gear** (also available on hire)
- **Summit Bonus for Sherpa** & tips for local staffs (\$600+100)
- **Cost for the daily weather forecast**
- **Tips** for the staff as a gratitude
- **Any extra cost** arising out of natural calamities or cancellation of the program
- **All other items** not mentioned in the list of 'Inclusions'



Trip Preparation

Guide to a safe adventure in Nepal!

Visa Process

The Immigration Office at entry points has been facilitating passengers traveling to Nepal by offering Visas on Arrival. The 'On Arrival' visa procedure is simple and quick. In addition, you can apply for a visa at a Nepali diplomatic office abroad before you travel.

After obtaining a visa from a Nepali diplomatic post, you have a six-month window to enter Nepal. Only once you reach Nepal will the length of your stay be calculated.

Covid-19 Updates

Fully vaccinated

All you need is the official Proof of Vaccination, The vaccine should be administered 14 days prior before making visit.

If un-vaccinated or partially vaccinated

All you need is a PCR-Negative report taken 72 hours prior to boarding. *not required for children below 5 years.

Before your visit

Incident or harm, While traveling, unanticipated events can occur, although they are uncommon. So, Expedition Himalaya wants to make sure you have the best possible travel insurance for your trip covering Heli evacuation for emergencies

We suggest that you consult with your doctor and get vaccinated prior to your travel. Because health care is scarce in rural regions, get Hepatitis A and B vaccines, as well as tetanus, typhoid, and polio jabs.

During your stay - responsible practices

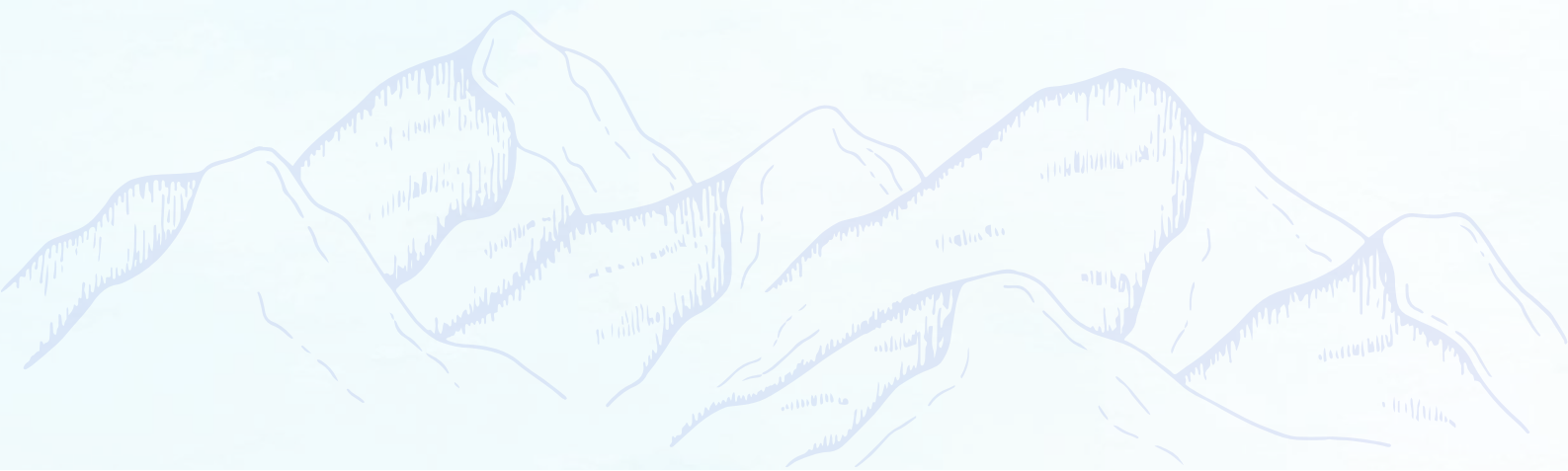
- Maintain distance where possible and mask up in public
- Respect local guidelines, culture, traditions, and inhabitants
- Please follow Leave No Trace and help maintain our green and clean world.

Essentials

- Maintain good health before travelling and get proper health checkups.
- There may not be a POS machine in rural Nepal, and cash is typically the preferred means of payment, so always have adequate cash.
- We suggest you carry a personal first aid kit with medicines prescribed by your doctor.
- Carry appropriate gear and equipment for varied weather conditions based on season, as weather conditions are not stable and constantly change.



Golden sunset over Makalu (8463 m) seen from Baruntse





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