

Trip Name : Baruntse Expedition

Trip Cost	US \$5225
Starting Point	Fly in KTM-Lukla
Ending Point	Fly out Lukla-KTM
Type	TeaHouse/Camping Trek
Grade	Difficult
Duration	35 Days
Daily Walk	5-7 hours
People in Group	Minimum 4 and Maximum 12
Best Time	April to May and September to November
Max. Elevation	7129 mt.

### **Trip Details:**

Mount Baruntse (7,129m/23,390ft) is an impressive and popular 7000 meter expedition peak among the climbers and it is situated in front of Mount Makalu in the Eastern Nepal, at the center of the three glacier valleys- Imja, Hunku and Barun and above the east and west cols. This peak is technically less demanding compared to Amadablam and Pumori but it offers a good experience of snow and ice climbing with some ice cliff obstacle sections. Its first ascent was made on 30 May 1954 via the South Ridge by Colin Todd and Geoff Harrow – New Zealand Expedition. The spectacular views of Mt. Lhotse, Nuptse, Everest and Makalu can be enjoyed on the summit day. The Base Camp is usually established above the five holy lakes known as 'Panch Pokhari' at 5,450 meters (17,881ft) with two higher camps on the mountain. Mt. Baruntse is an ideal objective for those who have previously climbed mountains around 6000m. This expedition provides a superb climbing experience with numerous cultural and scenic highlights of the region. The expedition will approach Baruntse via one of two options depending on the weather situation and local logistics.

#### **Option 1 – preferred route.**

Via Lukla, the Mera La and Hinku valley as if going to Mera Peak and return through the same trail. Or, we would exit via the Amphulapcha Pass past Island Peak and then down the main Everest trail.

#### **Option 2**

From the Makalu side via the Barun National Park, famous for its flora and fauna, after taking the spectacular flight from Kathmandu to Tumlingtar.

#### **Note:**

- Mera Peak climbing can be associated to get prepared for the Baruntse expedition.

#### **High Altitude Warning:**

Safety is our major concern during all expeditions and our guides are aware of such situations how they should be dealt with. However, there are dangers involved in climbing 6000m, 7000m and 8000m peaks that cannot be avoided. The extreme altitude, weather conditions, cold and other mountaineering hazards ensure high altitude climbing has unavoidable risks at the best of times, members of our expeditions need to be aware of these dangers and accept that they are an integral part of high altitude mountaineering.

#### **Catering Arrangements:**

Food on the trek is excellent. Breakfast includes porridge and cereal followed by eggs (fried, boiled poached or omelet's) and either bread or chapattis with jam, honey, peanut butter etc. Lunch starts with juice and may include chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat. Dessert is

usually fresh/tinned fruit and tea. The evening meal starts with soup accompanied by popadoms or dipping bread. The main meal varies from local style– Daal-bhat (rice and lentils with an onion and vegetable sauce), western style burgers, chips, pasta, desserts include apple pie, cake, custard etc.

### **Weather Conditions:**

The Post and Pre monsoon conditions experienced from October into mid – December/April-May are usually very fair, dry and stable. Daytime temperatures are pleasantly warm in the valleys (20-30C) whilst cool to very cold (especially with wind chill). Night time temperatures are cold to very cold (possibly as low as minus 30C) and you should make sure you have a very warm sleeping bag (-30C), an expedition weight down jacket and good quality down mitts.

### **Expedition Support:**

An experienced Trekking Encounters leader will head the expedition. We employ a long established loyal team of Sherpa staff who are supported by an equally professional team of cooks, with excellent facilities and hygiene creating a very comfortable Base Camp. All our expeditions are supported by satellite phone, walkie-talkie, support oxygen (when required) and comprehensive first aid medical kit.

### **Equipment:**

A detailed equipment list is provided on booking. Specialist items such as a four season sleeping bag and down jacket are required to be arranged before the expedition starts. We only use branded expedition tents and gears manufactured in Europe.

### **How We Make This Trip Responsible?**

**Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.**

### **Cost Includes:**

- International/domestic arrival/departure transfers
- A City Hotel in Kathmandu with breakfast
- Guided sightseeing in Kathmandu
- Permit fees for Mt. Baruntse and Makalu-Barun National Park
- Three meals a day (B/L/D) served at teahouse/lodge and at our own kitchen
- Accommodations in the mountains at teahouse/lodge/tents
- Experienced Climbing Sherpa Guides
- An experienced Cook and kitchen crew for camping period
- Necessary porters to transport all the logistics to/from Base Camp
- Necessary climbing equipment including Top quality high mountain Tents, Fixed and Main ropes, Ice-screws, Safety ropes, Jumars, Karabiners, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Lukla-Kathmandu regular flights
- Satellite phone support for entire expeditions, walkie-talkies and oxygen cylinders for emergency
- Emergency co-operation service and first aid kit box
- A certificate by Ministry of Tourism on successful summit of expedition

### **Complimentary:**

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

### **Cost Excludes:**

- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal climbing equipment such as Plastic Boots, Ice-axe, Gaiters, Crampons, Harness, etc.
- Insurance for accidental, medical and evacuation
- Additional oxygen cylinders
- Tips to the staff
- Meals in Kathmandu and entrance fees to the monuments during city tour
- Costs associated with the expedition finishing earlier
- Costs associated with you leaving the expedition earlier
- Refundable Garbage Deposit
- International Airfare and Taxes

### **Add-Ons:**

#### **Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changuarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

#### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 224 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

#### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

#### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

### **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

### **Rafting in Nepal**

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**Kali Gandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**Bhote Koshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

### **Bungy Jumping / Canyoning / Paragliding / Ultralight Flight**

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

### **Shopping Tours**

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

### **Trip Itinerary:**

**Day 01 :** Arrival in Kathmandu, transfer to a hotel.

**Day 02 :** Kathmandu sightseeing to the World Heritage Sites.

**Day 03 :** Team briefing and equipment preparation.

**Day 04 :** Fly Kathmandu to Lukla (2,840m/9,318ft) and trek to Chutanga (3,050m/10,007ft).

**Day 05 :** Trek Chutanga to Tuli Kharka (4,320m/14,173ft) crossing over Zatrwa la pass (4,855m/15,929ft).

**Day 06 :** Trek Tuli Kharka to Tashing Dingma (3,650m/11,975ft).

**Day 07 :** Trek Tashing Dingma to Kothe (4,095m/13,435ft).

**Day 08 :** Trek Kothe to Thangnak/Tangnag (4,350m/14,272ft).

**Day 09 :** Trek Tangnag to Khare (5,100m/16,733ft).

**Day 10 :** Rest day at Khare for acclimatization.

**Day 11 : Trek through Mera la Pass (5,415m/17,766ft) and Camp.**  
**Day 12 : Trek to Kongme Dingma (4,950m/16,240ft) and Camp.**  
**Day 13 : Trek Kongme Dingma to Seto Pokhari (5,150m/16,897ft) and Camp.**  
**Day 14 : Trek Seto Pokhari to Baruntse Base Camp (5,450m/17,881ft).**  
**Day 15 : Climbing period (Day 15-26). Overnight in camps. Baruntse Summit (7,129m/23,390ft).**  
**Day 27 : Return trek Baruntse Base Camp to Kongme Dingma.**  
**Day 28 : Return trek Kongme Dingma to Khare crossing over Mera la pass.**  
**Day 29 : Return trek Khare to Kothe.**  
**Day 30 : Return trek Kothe to Tuli Kharka.**  
**Day 31 : Return trek Tuli Kharka to Chutanga crossing over Zatrwa la pass.**  
**Day 32 : Return trek Chutanga to Lukla.**  
**Day 33 : Fly Lukla to Kathmandu (35 minutes), hotel.**  
**Day 34 : Farewell day.**  
**Day 35 : Fly out Kathmandu.**