



BARUNCHE EXPEDITION (7129M)

Details

The normal route to Mount Baruntse is from its southeast ridge. Most beginner mountaineers begin their climb through A Baruntse Mountain (7129m), Baruntse is a small snow-covered peak of 7129m in the Everest region. This southeast ridge is the normal and most popular route to mount the mountain. Baruntse.

On our expedition mt. Baruntse with Mera Peak, we climb both mountains. However, our main goal is to climb Mt. Baruntse, and the Mera Peak Climb should assure us that we are well prepared for our ultimate climb. Baruntse is located between Lhotse and Makalu at the epicenter of three glacial valleys, including Barun, Imja and Hunku. The mountain was first climbed by Colin Todd and Geoff Harrow in 1954 by the Southeast Ridge. However, the steep slopes of 50 ° ice and a prominent ice cliff at about 7000m make the southeastern ridge of Mt. Baruntse a somewhat difficult climb. Therefore, we choose a more accessible and popular alternative via Southern Crest.

This route also gives us the opportunity to acclimatize and climb the Mera (6476m). We do two camps high above Base Camp - Camp I just below the East Pass at an altitude of (5700m) and Camp II on the Southeast Ridge at a height of (6420m). The expedition mt. Baruntse with climbing Mera Peak also includes a few days hiking in the picturesque heart of the Khumbu region. Throughout our trip, we are rewarded with exceptional views of the Himalayas.

Baruntse Expedition the climbing route of High Camp between Camp I is mainly with steep mixed paths of rock, ice and snow. The path leads to the snow climb slope, then passes through the steep snow and ice tunnel then finally along the snow ridge to go to Camp II, From here to the summit, it climbs steeply over the snow and the ice to the right of a huge suspended Glacier. From the top of Mount Baruntse, very charming landscapes of Mount Everest (8848m), Lhotse (8516m), the peak of the island, Makalu (8463m), Khumbu Himalayan and the rest of the mountains surrounded by snow can be considered.

Fitness Level:	:	
Group Size:	:	2 to 12 people
Max-Altitude:	:	7129m
Duration:	:	32 Days
Walking Days:	:	18 Days
Activity:	:	Expedition
Best Period:	:	MAR APR MAY SEP OCT NOV

DAY 1 : ARRIVAL IN KATHMANDU (1365M)

After landing at the Kathmandu airport, Discovery Mountain Trek will take you to the hotel Radisson. We then check-in at the hotel, freshen up and take a rest. In the evening you will have details briefing for your trek.

DAY 2 : KATHMANDU - LUKLA

Fantastic flight between Kathmandu and Lukha, and final preparation for your expedition and evening briefings for the entire trip and expedition.

DAY 3 : LUKLA – CHUTANGA (3540M) 3/4H TREK

After breakfast we start our trek to Chutanga into the rhododendron, birch, pine tree.

DAY 4 : DAY ACCLIMATIZE AT CHUTANGA

Day acclimatization and possibility of hiking around the village.

DAY 5 : CHUTANGA – ZATRA-LA (4610M) – THULI KHARKA (4350M) 6/7H TREK

We start to climb steep up around 3hours to the top zatra-la the altitude of 4610m from where the view offer Cho Oyu, Kutung Khang, Khumbi-la, Kongde Peak, Tengi Rigi Tau, Pachermo Peak. At the pass the prayer flags announce your entry into Sherpa community . You descend to the mountain pastures of Tuli Kharka (3490m).

DAY 6 : THULI KHARKA - KOTHE (3540M) 6/7H TREK

We start our trek to Kothé today, passing through the forest and enjoy the rhododendrons and wildlife present at this altitude. When we reach at Tshasing Dingma we join the trail come from Lukla via Paiya then we following the Hinkhu Khola to Kothé where you can observe historical Buddhist religious monuments.

DAY 7 : KOTHE – THANGNAK (4345M) 4/5H TREK.

We trek along the ridge of the Hinku Khola in the shadow of Mera Peak. We take lunch at Gondishung, the summer herders' settlement in the west bank of the Hinku Drangka. Beyond Gondishung, we pass a 200-year-old Lungsumgpa Gumpa where we can find Mera Peak scripted in rock along with its route to reach Mera. A short walk takes us to Thaknak, which is a summer grazing area with primitive lodges and shops.

DAY 8 : THAGNAK – KHARE (4950M) 3/4H TREK.

We follow the lateral moraine of Dig Glacier to Dig Kharka, which offers spectacular views of Charpate Himal. The trail climbs through moraines to the snout of the Hinku Nup and Shar glaciers, and then climbs more steeply to Khare. From here, we can see the northern face of Mera Peak which will be an amazing experience. After lunch we can hike in and around Khare.

DAY 9 : KHARE (DAY ACCLIMATIZE AND CLIMBING TRAINING)

We have a separate day set aside solely for acclimatization and basic training just to prepare ourselves better for the Mera Peak climb. Our climbing leader will help us polish our basic climbing techniques and demonstrate the best ways to use our climbing gears like the ice axe, harness, ascender climbing boots and crampons. The training will also include learning the best climbing technique with the rope.

DAY 10 : KHARE – MERA HIGH CAMP (5700M) 5/6H TREK.

We walk through a boulder-strewn course on a steep trail to reach the Mera Peak Base Camp. From here, we continue further through the Mera La pass to reach the Mera High Camp. Our path is along a rocky trail, which can be hazardous if it has recently snowed, as there are a number of crevasses here. We make our way to the top of the rock band, which is marked by a large cairn. Then we set up a high camp while enjoying excellent views of Mt. Everest, Makalu, Cho Oyu, the south face of Lhotse, Nuptse, Chamlang and Baruntse.

DAY 11 : MERA HIGH CAMP – SUMMIT - KONGMA DINGMA (4880M) 8/9H TREK.

This is a really important day for the expedition. We wake up around 2 in the morning for breakfast. It's going to be very cold in the beginning but soon we warm up as we continue up the glacier and onto a peculiar ridge. The first rays of the sun hit the big peaks in an amazing red glow. The route is still non-technical as we slowly climb higher into the ever-thinning air. The slope steepens for a section behind the ridge and the summit comes back into view. At the foot of the final steep summit cone, we may use

A fixed rope if the climbing leader believes it's required. The summit is only a few meters away. From the summit, we take in spectacular views of the mighty Himalayas including Mt. Everest (8848m), Cho-Oyu (8210m), Lhotse (8516m), Makalu (8463m), Kangchenjunga (8,586m), Nuptse (7855m), Chamlang (7319m), Baruntse (7129m) and others. Later, we retrace our steps back to the high camp where we rest for a while before descending to Kongma Dingma.

DAY 12 : SECURITY DAY

There is no guarantee that we will have favorable weather on our planned day for the summit. Therefore, this day is set aside as a contingency in case we are unable to summit the Mera on the desired day due to bad weather conditions or any other unanticipated reason. However, if the trip goes smoothly, this day will not be required.

DAY 13 : KONGMA DINGMA - SETO POKHARI (5150M) 6/7H TREK.

We will continue to move ahead through the trails inside Hinku valley which offers views of Baruntse, Everest, Chamalang, Lhotse and peak 41 Mountains and Peaks. We will put our camp beside of the lake.

DAY 14 : SETO POKHARI – BARUNCHE BASE CAMP (5450M) 4/5H TREK.

The trail follows the desolate landscape with moraines. We can get the view of southern face of Baruntse and Amadablam Mountains. We will follow the jagged terrain to the base camp of Baruntse which is located nearby small lake that is created out of melting snow from glacier.

DAY 15 - 24 : BASE CAMP TO SUMMIT (7129M) 13DAYS

The next 13 days make up most of your climb up to the summit of Mt. Barunche. We will prepare two Camps before reaching the Baruntse summit. Baruntse Camp I will be located below southeastern ridge at 6000m altitude while we will place our Baruntse Camp II at 6400m elevation. We will fix cables below West/ East Col, Enjoy the full board service at tent accommodation at base camp and a 2nd camp at the edge of the Upper Barun Glacier. The steep 50 ° climb to the West Pass will be secured with ropes to provide a bee line to transport the equipment safely. As you get closer to the summit, climb a short abrupt wall of ice 75 ° to a small pass at an altitude of (6500m). The next section ascends through a 45 ° snow shoulder towards the wide summit cone, and on the summit itself. Breathe the views of the Himalayan mountains of Lhotse, Everest, Cho Oyu, Kangchenjunga, Makalu and almost all the mountain ranges in Khumbu.

DAY 25 : BASE CAMP – AMPHU LAPCHA BASE CAMP (5450M) 5/6H TREK

The trail contours through the desolate land with views of Everest and Lhotse Mountains. 6hrs of trek will take us to Amphu Labtsa Base Camp. Amphu Labsa Pass connects Hongu Valley with Imja Valley. We will stay overnight at Amphulabsa Base Camp.

DAY 26 : AMPHU LAPCHA BASE CAMP - CHHUKUNG (4730M) 7/8H TREK

We start to ascent early in the morning to the Amphu Lapcha Pass the spectacular and impressive climb of this glacier terraces. We descent the first 300m of the descent is very steep with a mandatory abseiling then continue to JChhukung.

DAY 27 : CHHUKUNG - TENGBOCHE (3820M) 6/7H TREK

Today's walk will be a much easier as we descend to the lower altitudes. Following the same route back through the wide valley of Khumbu Khola, we pass through the beautiful Sherpa villages, Dingboche, Shomare Pangboche and Tengboche .

DAY 28 : TENGBOCHE – NAMCHE (3440M) 4/5H TREK

we continue through the hillside blanketed by rhododendron and juniper trees. After crossing the bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through the pine forests before reaching Sansa. We keep a lookout for wildlife such as mountain goats, snow leopards, colorful pheasants, etc., while passing through the forest. After passing a chorten, we reach the army camp at Namche Bazaar.

DAY 29 : NAMCHE – LUKLA (2840M) 7/8H TREK

The trail descends steeply downward so we need to walk cautiously as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level and natural. After our arrival in Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks.

DAY 30 : FLY BACK TO KATHMANDU

We catch an early morning flight to Kathmandu after our long mountain journey. After reaching in Kathmandu transfer to hotel and in the evening you have welcome dinner to celebrate success of your Expedition.

DAY 31 : KATHMANDU: SIGHTSEEING

Today after breakfast we will start visit you to several of the most historical and spiritual attractions in Kathmandu which are also listed as UNESCO World Heritage sites. you visit the historic Durbar Square, the sacred Hindu temple of Pashupatinath, the famous 'Monkey Temple' (Swayambhunath) and Buddhist shrine (Bouddhanath), which is also one of the largest stupas in the world.

DAY 32 : FINAL DEPARTURE

Our adventure in Nepal ends today. Discovery Mountain Trek drop you at airport a few hours before the scheduled flight.

INCLUDED IN THE COST

- Accommodation during the trek in lodge with all meals: breakfast,lunch, Dinner, Tea, Coffee
- Accommodation during camping: with all meals: Breakfast, Lunch, Dinner and Tea, Coffee
- An experienced, English-speaking and government-licensed trekking and Mountain Head guide
- Trek Staff costs including their salary, insurance, equipment, food and accommodation
- Tent, kitchen tent, kitchen equipment, Mattresses, Climbing rope, Ice screws and Snow bar
- All necessary paperwork and trekking permits National park kunbu pasang lhamu and TIMS
- Satellite phone use payable per minutes \$5 dollar, Wakie Talkie service with permit
- High Altitude Tent, EPI gas, Cooking pot, High food for member and Climbing Sherpa
- Cook, kitchen staff, assistant guide and other support staff whole on your Expedition
- Climbing gears, fixed rope and main rope during the climbing period as required
- Discovery Mountain’s duffel bag, t-shirt and trekking map are yours to take
- Discovery Mountain’s down jacket (to be returned after your trip completion)
- Gamow bag, Oxygen, Musk and regulator for your safety and security
- Domestic flight & Excess baggage from Kathmandu – Lukla Kathmandu
- Government liaison officer his insurance, allowance, food and tent
- Personal equipment and insurance for climbing Sherpa and guide
- 3 -star hotel accommodation in Kathmandu with breakfast
- Expedition certificates issued from the Nepal Government
- All ground transportation according to our Program
- Energy Supplies: Dry fruits, Snickers, Mars, Bounty
- Solar panel for battery charge and light in dinning tent
- Medical kit (carried by your trekking assistant guide)
- Heater provided at base camp in the dinning tent
- Assistant guide 3 participants: 2 Mountain guide
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service 1 participants: 4 porters
- All government and local taxes
- Garbage deposit fee
- Expedition permit

NOT INCLUDED IN THE COST

- Nepalese visa fee.
- International flights.
- Travel and rescue insurance.
- Tips for guide, porter and driver.
- Lunch and evening meals in Kathmandu.
- Summit Bonus for Climbing Sherpa and Climbing guide.
- Extra night accommodation in Kathmandu in the case of early return from the mountain.
- Personal expenses laundry, bar bills, battery recharge, mineral water, boiled water, shower.

ADVICE FOR TIPPING

- \$120 to \$170 for staff who stay at base camp.
- \$240 to \$300 for assistant Sherpa.
- \$500 to \$700 summit bonus for climbing Sherpa.

ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an

objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

SLEEPING

- 1 sleeping bag: -30° or -40°
- Fleece sleeping bag liner (optional)

PERSONAL CLIMBING GEARS

Crampons
Full down jacket (Dangri)
Mountain climbing boots
Helmet
Harness
Ice Axe
Carabiners
Descender: Belay Device, Figure 8
Ascender: Jumar
Tape slings

FROM HEAD TO TOE

- A cap or sunhat
- 3-pair of thermals
- Suitable shorts
- Walking trousers
- Thick walking socks
- Warm hat and scarf
- 2 pair of warm gloves: 1 thick and 1 thin
- long-sleeved thermal tops and full-length long johns
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- Discovery Mountain Trek's down Jacket (*)
- Discovery Mountain Trek's half T-shirt (*)
- Light weight waterproof over trousers
- A pair of high rise walking boots: best quality
- Thick down Jacket and down trousers for high altitude: Dangri
- A pair of sandals or equivalent casual shoes for cities, villages and evenings

DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

PRACTICAL ITEMS

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 compass or GPS (optional)
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- Water bottle 1 and half liter
- Hot bag
- Head light
- Female hygiene products
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

MEDICAL

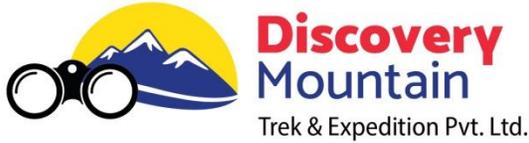
- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.



**Discovery
Mountain**

Trek & Expedition Pvt. Ltd.

Regd. No. : 161822/073/074
P.O. Box: 24209 | Kathmandu, Nepal
Ph: 01-4811874, 9841816570
sherpachiring00@gmail.com
www.dmountaintreks.com

Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.