



Pumori Expedition 29 Days (7161m)

Details Itinerary

Pumori is technically challenging mountain offering sections of wild exposure demanding climbers to have previous mountaineering experience and with excellent physical form. The ascent to the Pumori is rewarded with stunning photographic views of the snow-capped mountains, including Lhotse and Everest. The first successful summit of Mount Pumori was made in 1962 by Gerhard Lenser, a member of a Swiss-German expedition. And we set 3 camp above the base camp.

Camp 1: Approximately 3 hours of walking from base camp takes us to Camp 1 or Advanced Base Camp at 5700 m. From Camp 1, there is a 500m walk. With slopes of 40 to 65 degrees. The mountain has a lot of rock and climbing mixed with transverse, steep and exposed veins. There are also ice walls that can sometimes require fixed ropes.

Camp 2: Camp 2 is located at 6200 m. On a narrow ridge. So there is no fear of avalanches. From Camp 2, there is an ice climb with 35-65 degrees for about 400 meters with ice walls and crevices. Take note of the avalanche danger of big sear dangling from the 6500m shoulder.

Camp 3 and summit: Camp 3 is at 6850m. Generally, it is windy around the camp. Also visible from the campsite is the Tibetan plateau. For the summit push, prepare the rope that may be needed to cross many crevices and ice walls. Of the two ranges - that of Nepal is easier than the Tibetan side. Summit of the Summit of the Pumori is at altitude of 7161m.

Fitness Level:	:	
Group Size:	:	2 to 12 people
Max-Altitude:	:	7161m
Duration:	:	29 Days
Walking Days:	:	12 Days
Activity:	:	Expedition
Best Period:	:	MAR APR MAY SEP OCT NOV

Details Itinerary

DAY 1 : ARRIVAL IN KATHMANDU (1365M)

After your arrival at Kathmandu International Airport, we will pick you up and transfer you to the hotel. You can spend the evening around Thamel.

DAY 2 : KATHMANDU - LUKLA – PHAKDING (2610M) 35M FLIGHT 3/4H TREK.

After breakfast, get on a pre-booked 30-minute flight from Kathmandu. This scenic flight will take you to Lukla, where your trekking guides will receive you at the airport. An easy trek of around three hours will bring you to the village of Phakding at the banks of Dudh-Koshi river, where you will stop for the night.

DAY 3 : PHAKDING – NAMCHE (3440M) 5/6H TREK

Begin an early trek along Dudh-Koshi, criss-crossing it several times. Today the destination is Namche Bazaar, the fabled village in the heart of the mountains. The trail is initially lined by views of Mt. Thamserku, and on a really clear day, even Mt. Everest is visible in the distance. As you reach closer to Namche, you will find the trail winding up with approaching views of Everest-Nuptse Wall, Mt. Lhotse and several other peaks. Once at Namche, relax in a hot bath, surf the Internet, enjoy a cup of cappuccino and then call it day.

DAY 4 : NAMCHE (DAY ACCLIMATIZE)

Take a day off at Namche and enjoy the quiet lifestyle in stark contrast to your regular routine. In the morning, have a hearty breakfast with views of magnificent peaks. Later in the day, take short hikes in and around the town - and savour the beauty that is Namche. This is an important day of rest as it will help you acclimatize at the altitude and help you warm up the muscles for an exciting expedition ahead.

DAY 5 : NAMCHE – DEBOCHE (3820M) 5/6H TREK

Starting off from Namche we take an easy ascending trail with views of Everest, Lhotse, and Nuptse peaks. Crossing several villages, we arrive at Dhudh Koshi river, cross it and come to Phunki. From there we climb along a yak trail to arrive at Tengboche, home of the iconic Tengboche Monastery at the shadow of the Himalayan peaks. Some peaks visible from Tengboche are Ama Dablam, Everest, Lhotse, Nuptse and Taboche. After a brief stop at Tengboche, we descend to the quiet hamlet of Deboche. Here we will stay for the night.

DAY 6 : DEBOCHE – DINGBOCHE (4350M) 5/6H TREK

After leaving Deboche early, our trail passes through more rhododendron forests - the colour and hues of which will make you feel inside a fairy tale! But this happens in the spring when rhododendrons are in bloom, not in the fall season. Further along the route, we will criss-cross the river and arrive at a hamlet where we will have lunch overlooking the tiny valley below. From there it is an easy hike downhill beside a ridge until we arrive at the village of Dingboche where we will stay at a tea-house or a lodge.

DAY 7 : DINGBOCHE - (DAY ACCLIMATIZE)

This day is set aside just for acclimation. This will help chances to go higher. Today, we climb a lot above the village of Dingboche because it is well suited to give us a good hiking experience. After a climb to the top of the hill, we are rewarded with great views of the Himalayas, and back to Dingboche.

DAY 8 : DINGBOCHE - LOBUCHE (4910M) 2/4H TREK

Wake up early and have a hearty breakfast. If you are the early-bird, you will be pleased to watch a sunrise from the eight-thousanders. Leaving Dingboche, the trail is easy and comfortable at first. The open blue skies and the sunlight will inspire you to move ahead and of course, take some pictures too. In a dramatic change of landscape you will find yourself in open spaces among the mountains and high-altitude terrains. Vegetation gets thinner almost coming to a nil. With brief stopovers and treks and more stops and more treks, you will arrive at the Memorial Hill. From there we trek to Lobuche where we'll stay for the night.

DAY 9 : LOBUCHE – PUMORI BASE CAMP(5360M) – 6/7H TREK

We start our walk about an hour then we reach Lobuche pass which is located at 5100m then we continue passing through Gorakshep which is the last lodge before Pumori base camp. We will also make a visit to the Everest base camp during this time. Our guides will provide training on advanced climbing techniques and the best ways to use climbing gear such as the ice ax, climbing boots, crampons, harness, elevator, etc. The training will also include the use of ropes to get on and off. The training will reinforce our confidence and our climbing abilities, thus increasing our chances of a summit.

DAY 10 - 23 : BASE CAMP TO SUMMIT (7161M)

We do not provide a day-to-day itinerary for the climb period, as this will be determined by the expedition leader and members. Guides will take a flexible approach based on what fits with climbers' and their own experience. Typically, the team will spend a few days at the base camp organizing food, practicing rope skills, and acclimatizing before moving above the base camp at least three camps must be placed after the base camp in order to reach the summit. The base camp is just above Gorekshep at an altitude of 5300m. After leaving base, the first camp will be set up at an altitude of 5,650 m, at the phase of Mt. Pumori. The second camp will be at the ridge after the phase, an altitude of 6,000m. The most technical part of this peak is around Camps 1 and 2. Camp 3 will be at an altitude of 6,480m, around a corner after the ridge

DAY 24 : PUMORI BASE CAMP – DINGBOCHE (4400M) – 6/7H TREK

We start to walk down classic trail to Dingboche via Gorakshep, Loboche. Opposite the Ama Dablam 6812m, considered one of the most beautiful mountains in the world.

DAY 25 : DINGBOCHE - TENGBOCHE (3820M) 6/7H TREK

Tengboche is located at an altitude of 3,820 meters with close-up views of Mount Ama Dablam. Starting from Dingboche we first trek along a river and then through an alpine forest. As we descend along the trail, vegetation begins to appear and the forest begins to thicken. Including brief stops for tea and lunch, we then descend to Pangboche, and Deboche then Tengboche for the night.

DAY 26 : TENGBOCHE – NAMCHE (3440M) 4/5H TREK

Today we walk into 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 27 : 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 28 : FLY BACK TO KATHMANDU

Today we take you at the airport in Lukla in the morning, and catch a flight back to Kathmandu. The scenic flight is around 40 minutes, a whisk that will bring you back to bustling Kathmandu. Later in the day we will go on a sightseeing tour of some iconic places in the Kathmandu Valley, that will essentially include UNESCO World Heritage sites. In the evening, you are invited to join us for a farewell dinner.

DAY 29 : FINAL DEPARTURE

According to your schedule, we will take you to the airport for your flight ahead.

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.

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.