



# Annapurna Foothills

## Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965 | Tourism License No. 956/065

### Baruntse Expedition - 36 Days

Trip Facts	
Trip Cost	USD 8000 P/P
Group Size above	1 Climber
Max Elevation	7129m
Trip duration	36 Days
Trekking Type	13 nights Lodge
Trekking Type	18 nights Tent
Hotel in Kathmandu	4 Nights
Ending Point	Kathmandu
Starting Point	Kathmandu



#### Highlights of Baruntse Expedition

- **1 Climber: 1 Climbing Sherpa Guide**
- Stunning view of Everest, Lhotse and Nuptse and Makalu from the summit of Baruntse.
- Includes a favorite trekking peak, MERA PEAK (6476m) for proper acclimatization.
- Traverse through remote Hongu Valley.
- Climb a beautiful 7000 + meter mountain in the Khumbu Himalaya.
- Excellent peak to gain experience for world of 8000 + meter peaks.
- Astonishing Amphu Labtsa Pass and the Khumbu Valley.
- Trek and climb with our Local Experienced Sherpa Team.
- Well set up camps and excellent logistics support during the entire expedition.

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- We are preparing our groups and set departure date on 10<sup>th</sup> October, 2023 for Baruntse Expedition. Get in touch for further details.



**Expedition Cost: USD 8000 per Person**

### **Our Service Includes:**

1. Airport – Hotel- Airport Transfers
2. 4 nights' Accommodation in Kathmandu- bed and breakfast basis
3. National Park Fees, Documentations and Expedition Permit.
4. Camping equipment: sleeping tent and foam mattress, Dining tent, Kitchen tent and Toilet tents
5. Dining Tables, Chairs and Kitchen equipments
6. Three meals a day during the trek and camping (Morning tea or coffee, Breakfast, Lunch and Dinner)
7. Trekking Guide / Base Camp Manager, Cook, Kitchen boys and Porters for your expedition.
8. Camping and Kitchen equipment

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9. Daily wages for Porters and all Nepalese staff.
10. Insurance for Porters and all Nepalese staff.
11. Equipment for Porters and Nepalese staff.
12. Government Liaison officer, his all allowance, insurance, food, tent, etc.
13. All the ground transfers mentioned in the itinerary
14. Gamow Bag or emergency oxygen mask regulator
15. Satellite phone service
16. Welcome dinner with Nepali culture show
17. Baruntse Summit Celebration Dinner: last night in Kathmandu
18. Solar panel for charging and lights
19. Garbage Fees
20. Kathmandu -Lukla - Kathmandu Flights with Cargo 30 KG per member
21. Above Base Camp, High Altitude Tents, High Altitude Meals, EP Gas burner, and cooking pot for members
22. **1 Climber: 1 Climbing Sherpa Guide**
23. Walkie Talkie Permit
24. Group climbing gears, fixed and dynamic rope required during the climb.

### **What's Excluded**

- Your personal equipment for climbing and trekking.
- Your personal and medical insurance during the expedition.

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- Lunches and dinners in Kathmandu
- Emergency Rescue evacuation by helicopter if required
- Additional night accommodation in Kathmandu because of early return from Expedition (due to any reason) than the planned itinerary.

### **Advice for tipping support staffs and Summit bonus for Climbing Sherpa**

- USD 100-200 for support staff / Cook/ helpers who stay at base camp – Lukla –BC-Lukla
- USD 200-250 Base Camp Guide who manages the base camp
- USD 400-700 for Climbing Sherpa who accompanies you up to the top of the summit

### **Baruntse Expedition Detailed Itinerary:**

#### **Oct 08<sup>th</sup>, 2024: Day 01: Arrival in Kathmandu, 1,300 m/4,265 ft.**

Flying to Kathmandu is in itself an exciting and memorable experience. On a clear day, you will get a panoramic view of the snow-capped towering peaks. After completing the visa formalities at the airport, collect your luggage downstairs. As you exit the airport terminal, you will be welcomed by one of our representatives carrying your name on our company's signboard, Annapurna Foothills Treks & Expedition. Moving forward, you'll be taken to your hotel in our private tourist vehicle. Once you reach at hotel, you'll be welcomed by them as well and after that you can relax in your room. Overnight stay in Hotel

#### **Oct 09<sup>th</sup>, 2024: Day 02: Preparation Day in Kathmandu**

The Managing Director of our company will be there to meet you in the hotel and provide more information about the expedition. Your dues must be cleared before we proceed on the trip. We will finalize paperwork-permit for your trip and make a final check of your climbing equipment. In case you need additional trekking equipment, you will have a chance to buy it today. Sightseeing tours of Kathmandu Valley are also an option. Overnight stay in Hotel.

#### **Oct 10<sup>th</sup>, 2024: Day 03: Fly to Lukla and trek to Paiya, 3-4 hrs. 2,730 m/8,956 ft.**

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The early morning flight to the Tenzing-Hillary Airport, Lukla, takes only 40-minutes. It is an amazing flight as the mountains seem to tower around the plane. We land in a valley surrounded by high mountains peaks. Our climbing team will be at the airport waiting for us and without any delay, we'll commence the trek. Beginning at Lukla and then descending to Paiya, is good for acclimatization. The trail leads through forests down to the traditional villages of Surke and Pakhepani along with rhododendron forests on the way. Also, you'll encounter a great view of Kongde Ri, Khatang, Tang Ragi Tu and other 7000+ meter peaks from Paiya. Overnight stay in Teahouse.

### **Oct 11<sup>th</sup>, 2024: Day 04: Trek to Pangoma, 5-6 hrs. 2,850 m/9,350 ft.**

From Paiya, there is a short descent to a wooden bridge which we cross and make a steep and slippery ascent to Kari La Pass, 3145m. A narrow trail winds down through the rhododendron and bamboo forest. The scene will be beautiful with Dudhkoshi River valley below and the Dudh Kund Himal in the background. Pangoma is farming and trading village. Overnight stay in Tea House.

### **Oct 12<sup>th</sup>, 2024: Day 05: Trek to Ramailo Danda , 6-7 hrs, 3,276m/10,748ft**

Traversing through the sherpa settlements for about an hour, we reach Panggoma La (3200m). From the pass, we witness Mount Mera Peak for the first time en route. After relishing the view, we start descending down the rocky trail to a rhododendron forest. Mani walls mark the trail as we trek over hills and ridges. The south face of Mera Peak, 6064m and Naulekh Peak towers ahead of us as we go through pine and rhododendron forests with several switchbacks and finally descend steeply to Sibuche. We stop here for lunch. Then we continue heading towards Ramailo Danda via Ningsaw. Trail to Ningsaw will be pleasant as the trail is gently flat. Upon reaching Ningsaw, we start gaining some elevation reaching Ramailo Danda as we start ascending with several switchbacks and after hiking for one and half hours, we eventually reach Ramailo Danda. Overnight stay in Tea house.

### **Oct 13<sup>th</sup>, 2024: Day 06: Trek to Chhatra Khola, 6 hrs. 3,150 m/10,333 ft.**

Today's trail will mostly be hiking through the rhododendron and bamboo forest with plenty of ascents and descents. Traversing through the forest for approximately 3 hours, we reach Tama khola. We cross the river and start hiking up for 20 minutes where we will see the two newly built tea houses. We stop there for lunch. After lunch, We continue through

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the forest of bamboo and rhododendron for 3 hours and finally, we reach Chhatra Khola also known as the Bamboo Camp. Overnight stay in Tea house.

### **Oct 14<sup>th</sup>, 2024: Day 07: Trek to Kothe, 6-7 hrs. 3,600 m/11,809 ft.**

We start out trekking on narrow trails through bamboo and pine forests. As we follow the river, the Hinku Valley widens and we enjoy the view of Mera Peak ahead of us. Beyond Tashing Dingma there are few teahouses where we will have our lunch. The trail follows on the ridge above the river all the way to Kothe. Overnight stay in Tea House.

### **Oct 15<sup>th</sup>, 2024: Day 08: Trek to Thangnak, 5-6 hrs. 4,356 m/14,288 ft.**

Today, we ascend gradually following the Hinku River. We will be surrounded by Mera Peak and other white giant's throughout the trail. On the ridge above the river are pastures. Gondishung is a summer herders' settlement where there is an ancient monastery. The trees become sparser as we will be nearing the snow line. Thangnak is a summer grazing area. Overnight stay in Tea House.

### **Oct 16<sup>th</sup>, 2024: Day 09: Acclimatization Day in Thangnak, 5-6 hrs. 4,356 m/14,288 ft.**

Undoubtedly, acclimatization is the key to any successful trek, climbs, and expeditions. Having that said, we will practice the concept of Hike High, and Sleep Low. Accordingly, we will try to gain as much elevation as we can which will allow you to adapt to low oxygen at high altitude. Climbing the slopes behind Thangnak up to the Tibetan Prayer stones and returning back to Thangnak will be a perfect side trip for acclimatization. Overnight stay in Tea house.

### **Oct 17<sup>th</sup>, 2024: Day 10: Trek to Khare, 4-5 hrs. 5,045 m/16,548 ft.**

The trail crosses boulders left by Sabai Tsho, the glacial lake which is close to the trail north of Thangnak. We follow the lateral moraine of Dig Glacier to the grassy Dig Kharka, which offers exclusive view 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 a ridge above Khare, there is an excellent view of the route we will take to Mera Peak. Overnight stay in Tea House.

### **Oct 18<sup>th</sup>, 2024: Day 11: Acclimatization Day in Khare /Preparation day**

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To acclimatize, we spend the day exploring and practicing climbing techniques with our guide at Khare. If we feel strong enough with sound health, we can trek as far as Mera La and return back. Overnight stay in Tea House.

### **Oct 19<sup>th</sup>, 2024: Day 12: Trek to High Camp, 5-6 hrs. 5,780 m//18,959 ft.**

We make the steep ascent to Mera La and continue up the rock-strewn north flank to a rocky outcropping where we set up high camp. From High Camp we enjoy the view of Mt. Everest, Makalu, Kanchenjunga, Cho Oyu, and south face of Lhotse, Nuptse, Chamlang and Baruntse. We can also see most of the route to the summit. Overnight stay in Tent.

### **Oct 20<sup>th</sup>, 2024: Day 13: Ascent of Mera Peak 6,476m/21,246ft, descent to Kongma Dingma, 10-12 hrs.**

We have an alpine start before daybreak as the climb usually takes 5-6 hours. We put on crampons and rope together for the steep climb to the summit. There are a number of crevasses, so we will need to take precaution if there has been recent snowfall. The is a short sharp scramble up an ice-wall to the summit is well rewarded with spectacular views of Cho Oyu, 8201m, Lhotse, 8516m, Everest, 8848m, Makalu , 8463m, Pumori, 7161m, Lobuche, 6145m and many others. After reaching the summit and enjoying amazing views over the Himalaya, we have a short abseil before the long descent back to High camp. We will rest for 45 minutes before descending back down to our campsite in the Hinku Valley at , 4,900 m/16,076ft Kongma Dingma. This is a very long but satisfying day! Overnight stay in Tent.

### **Oct 21<sup>th</sup>, 2024: Day 14: Reserve Day**

There is no guarantee that there will be favorable weather for scheduled summit day. In case we are unable to summit Mera Peak on scheduled date due to weather or any other reason like someone in the group having altitude related problems, this extra day gives some flexibility. Overnight stay in Tent.

### **Oct 22<sup>th</sup>, 2024: Day 15: Trek to Seto Pokhari, 6 hrs. 5,035 m/16,515 ft.**

We go further up the spectacular high-altitude valley, following the bank of the Hongu River. The Amphu Labtsa appears in front with Lhotse and the Everest group beyond and Ama Dablam just to the left. We can have an excellent view of Amphu Labtsa from the campsite and it is encircled by the beautiful mountains and spends the night in tent. Overnight stay in Tent.

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### **Oct 23<sup>th</sup>, 2024: Day 16: Trek to Baruntse Base Camp, 6 hrs. 5,250 m/17,221 ft.**

We follow the trail ahead along with unique lakes and enormous mountains. The trail rugged with loose rocks while approaching nearer to Baruntse base camp. The location of base camp is just perfect with a huge glacier lake nearby and towering Mount Baruntse ahead. Our home for next 2 weeks. Overnight stay in Tent

### **Oct 24<sup>th</sup>, 2024: Day 17: Prayer Ritual Ceremony (Puja) and Rest Day**

Today, we will conduct a small Prayer Ritual Ceremony (Puja) at Base Camp of our summit success. The afternoon is a rest day. We need to allow enough time for additional acclimatization. Overnight stay in Tent.

### **Oct 25<sup>th</sup>, 2024: Day 18: Climb to Baruntse Camp 1, 6-7hrs (6135 m / 20,128 ft.) and return to Base Camp**

As a part of rotation, we, along with the supporting crew will climb to Baruntse Camp. Our crew member along with our climbing guide will set the camp 1 (including carrying supplies) at 6135 meters. After spending some time here, we return back to base camp to sleep overnight. Overnight stay in Tent.

### **Oct 26<sup>th</sup>, 2024: Day 19: Rest Day in Barunste Base Camp**

### **Oct 27<sup>th</sup>, 2024: Day 20: Climb to Camp 1, West Col. 4-5 hrs. (6135 m / 20,128 ft.)**

Today, we climb to camp 1 on the West Col. Upon reaching Camp 1, we will be rewarded with a surreal view of Mount Makalu. From here, we will see the Baruntse climbing Route that we will follow the next day. Overnight stay in Tent.

### **Oct 28<sup>th</sup>, 2024: Day 21: Climb to Camp 2, 5-6 hrs. (6450 m / 21,161 ft.)**

From Camp 1, we leave quite early in morning to Camp 2 and sleep overnight at Camp 2. It will be a short climb to Camp 2 at 6,450 meters. After traversing in snow for 3 – 4 hours heading up, we eventually reach Baruntse Camp 2. We will spend some time at Camp 2 where our climbing guide and supporting crew will manage all the necessary logistics and supplies.

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Overnight stay Tent

**Oct 29<sup>th</sup>, 2024: Day 22: return back to Camp 1**

**Oct 30<sup>th</sup>, 2024: Day 23: Climb to Camp 2, 4 hrs. (6450 m / 21,161ft)**

Today, we march towards Camp 2 and sleep overnight at Camp 2. From Camp I, we ascend a long, low-angled glacier using a fixed rope. The slope steepens on the approach to a small col. on the South-East Ridge proper, where we establish Baruntse Camp 2. Overnight stay in Tent.

**Oct 31<sup>st</sup>, 2024: Day 24: Final Preparation for Baruntse Summit Push at Camp 2**

Today, we will give our body enough time to acclimatize well before the final climb. After proper rotation climbs and communicating with the office representative for weather update and possible summit window, we will push for the Summit. Overnight stay in Tent. Meals:

**Nov 01<sup>st</sup>, 2024: Day 25: Baruntse Summit Day (7129 m / 23,389 ft.) and return to Camp 2, 10-12 hrs.**

From Camp II, we push for the summit. First, we make a short steep climb on a 45° ice wall to a small col. 6500m. The big challenge of summit day is the sharp ice shoulder, at around 7000 meters that leads onto the summit ridge. Our Climbing Sherpa Guide will fix ropes to ensure our safe ascent and descent. The wide ridge narrows closer to the true Baruntse Summit at 7129 meters. From the summit, we enjoy and cherish the surreal panoramic views of Mount Everest, Lhotse, Cho Oyu, Ama Dablam, Kanchenjunga and Makalu. The summit ascent takes approx. 10 - 12 hours on average but that of course will depend upon individual climbers. We retrace our steps the same route to Camp 2 for today. Overnight stay in Tent.

**Nov 02<sup>nd</sup>, 2024: Day 26: Reserve Day (In case of unfavorable weather)**

There is no guarantee that there will be favorable weather for scheduled summit day. In such case, we might not be able to take the top of Mount Baruntse. The reason can be; due to bad weather or any other reason like someone in the group having altitude related problems, etc. So, this extra day gives you some flexibility so that you can attempt for the summit the following day. Overnight stay in Tent.

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### **Nov 03<sup>rd</sup>, 2024: Day 27: Descend to Base Camp, 6-7 hrs. (5800 m / 19,029 ft.)**

From Camp 2, we retrace our steps all the way down to Baruntse Base Camp. Overnight stay in Tent.

### **Nov 04<sup>th</sup>, 2024: Day 28: cleaning base camp and packing**

From Camp 2, we retrace our steps all the way down to Baruntse Base Camp. Overnight stay in Tent.

### **Nov 05<sup>th</sup> 2024: Day 29: Trek to Amphu Labsta Base Camp, 4-5 hrs. 5,650 m/18,533 ft.**

Leaving Baruntse base camp, the trail is a bit tricky until we meet the trail coming directly from Seto Pokhari. Below the Amphu Labtsa is about 5,500m. We have a relaxed afternoon as our Sherpa team prepares the route over the pass and spend the night in tent.

### **Do you like to go to Lukla or Kathmandu by Helicopter?**

From Camp 2, we retrace our steps all the way down to Baruntse Base Camp. Overnight stay in Tent.

### **Nov 06<sup>th</sup> 2024: Day 30: Crossing Amphu Labtsa (5,780m/ 18,963ft) and trek to Chhukung, 10-12 hrs.**

The approach to the pass is over glacier and around stunning ice flutings and formations and presents no real difficulty at first. But the pass is definitely not a regular walk up the hill pass. Finally we reach in Chhukung 4,710 m/15,452ft. Overnight stay in Tea House.

From Camp 2, we retrace our steps all the way down to Baruntse Base Camp. Overnight stay in Tent.

### **Nov 07<sup>th</sup> 2024: Day 31: Trek to Tengboche, 4-5 hrs. (3,864 m/12,677 ft)**

After having an early breakfast, we will head towards Tengbouche village. Passing through villages like Dingbouche, Pangbouche, we'll eventually reach Tengbouche afterreards. At Tengbouch, we can pay a visit to the most elegant monastery of entire khumbu region.

### **Nov 08<sup>th</sup> 2024: Day 32: Trek to Namche Bazaar, 4-5 hrs. 3,440 m/11,284 ft.**

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From Tengboche, we descend to the bridge over the Dudh Kosi at Phunki Tenga where there are water driven prayer wheels before making our way to Namche. Overnight stay in Tea House.

From Camp 2, we retrace our steps all the way down to Baruntse Base Camp. Overnight stay in Tent.

### **Nov 09<sup>th</sup> 2024: Day 33: Trek to Lukla, 6-7 hrs. 2,800 m/9,185 ft.**

Boosted by all our new red blood cells, we rush down the footpath toward Sagarmatha National Park gate, in Jorsale. Later, Lukla's footpath leads us back to the first villages we saw two weeks ago: Gumila, Phakdingma, and Choplung. The high peaks disappear behind the hills. In Lukla, this last evening in the mountains is the ideal opportunity for a farewell party with your Sherpa guides and porters, and a good chance to sample some chhyang, try Nepali and Sherpa dance and look back on the memorable trekking experiences. The staff will be hoping for some precious and well deserved tips. Overnight stay in Tea House.

From Camp 2, we retrace our steps all the way down to Baruntse Base Camp. Overnight stay in Tent.

### **Nov 10<sup>th</sup> 2024: Day 34: Fly from Lukla to Kathmandu, 1,300 m/4,265 ft.**

You take an early morning flight from Lukla back to Kathmandu.

Overnight stay in Hotel.

### **Nov 11<sup>th</sup>, 2024: Day 35: Free Day Kathmandu.**

After breakfast, there will be free time for souvenir shopping and other independent activities. Overnight stay in Hotel.

### **Nov 12<sup>th</sup>, 2024: Day 36: Happy Departure**

We will accompany you to the International Airport in time to board your flight.

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