



# Annapurna Foothills

## Treks & Expedition Pvt.Ltd.

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

### Baruntse Expedition - 34 Days

Trip Facts	
Trip Cost	USD 7700 P/P
Group Size above	2 Trekker
Max Elevation	7129m
Trip duration	34 Days
Trekking Type	12 night Lodge
Trekking Type	17 night Tent
Hotel in Kathmandu	4 Nights
Ending Point	Kathmandu
Starting Pont	Kathmandu



#### Highlights of Baruntse Expedition

- stunning view of Everest, Lhotse and Nuptse and Makalu from the summit of Baruntse
- includes a favorite trekking peak, MERA PEAK 6476m for acclimatization peak
- trek through remote Hongu Valley
- climb a beautiful 7000m mountain in the Khumbu Himalaya
- excellent peak to gain experience for world of 8000-meter peaks
- Amphu Labtsa Pass and the Khumbu Valley
- trek and climb with our Local Experienced Sherpa Team
- well set us camps and excellent logistics support during the expedition
- We are preparing groups for our October/November 2022 dates and groups for Baruntse Expediiton. Please get in touch for further details.

[www.annapurnafoothills.com](http://www.annapurnafoothills.com) | Email: [info@annapurnafoothills.com](mailto:info@annapurnafoothills.com)

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### Baruntse Expedition Itinerary

Days	Date	Itinerary	Altitude	Walking
Day 01:	Oct 10 <sup>th</sup> 2022:	Arrival in Kathmandu	1,300 m/4,265 ft	Free time
Day 02:	Oct 11 <sup>th</sup> 2022:	Preparation Day in Kathmandu	1,300 m/4,265 ft	Free time
Day 03:	Oct 12 <sup>th</sup> 2022:	Fly to Lukla and trek to Paiya,	2,730 m/8,956 ft	3-4 hrs
Day 04:	Oct 13 <sup>th</sup> 2022:	Trek from Paiya to Pangoma	2,850 m/9,350 ft	5-6 hrs
Day 05:	Oct 14 <sup>th</sup> 2022:	Trek from Pangoma to Nigmsaw	2,745 m/9,004 ft	4-5 hrs
Day 06:	Oct 15 <sup>th</sup> 2022:	Trek from Ningsaw to Chhatra Khola,	3,150 m/10,333 ft	7-8 hrs
Day 07:	Oct 16 <sup>th</sup> 2022:	Trek from Chhatra Khola to Kothe	3,600 m/11,809 ft	6-7 hrs
Day 08:	Oct 17 <sup>th</sup> 2022:	Trek from Kote to Thangnak	4,356 m/14,288 ft	5-6 hrs
Day 09:	Oct 18 <sup>th</sup> 2022:	Trek from Thangnak to Khare	5,045 m/16,548 ft	4-5 hrs
Day 10:	Oct 19 <sup>th</sup> 2022:	Acclimatization Day in Khare	5,045 m/16,548 ft	Free Time
Day 11:	Oct 20 <sup>th</sup> 2022:	Trek from Khare to Mera Peak Base Camp	5,350 m/17,549 ft	3-4 hrs
Day 12:	Oct 21 <sup>th</sup> 2022:	Base Camp to High Camp	5,780m//18,959 ft	4 hrs
Day 13:	Oct 22 <sup>th</sup> 2022:	Ascent of Mera Peak ,476m/21,246ft, descent to Kongma Dingma,	4,900 m/16,076 ft	10-hrs
Day 14:	Oct 23 <sup>th</sup> 2022:	Reserve Day		Free Time
Day 15:	Oct 24 <sup>th</sup> 2022:	Trek from Kongma Dingma to Seto Pokhari,	5,035 m/16,515 ft	6 hrs,
Day 16:	Oct 25 <sup>th</sup> 2022:	Trek from Seto Pokhari to Baruntse Base Camp	5,250 m/17,221 ft	6 hrs,
Day 17:	Oct 26 <sup>th</sup> 2022- Nov5, 2022	17-27 Baruntse Climbing Period	7,129m/ 23,389 ft	11 days
Day 28:	Nov 6th 2022:	Baruntse Base Camp to Amphu Labsta Base Camp	5,650 m/18,533 ft	4-5 hrs,
Day 29:	Nov 7th 2022:	The Amphu Labtsa (5,780m/ 18,963ft) and trek to Chhukung	4,710 m/15,452 ft	10 - 12 hrs,
Day 30:	Nov 8th 2022:	Trek to Namche Bazaar	3,440 m/11,284 ft	10 - 12 hrs,
Day 31:	Nov 9th 2022:	Trek from Namche Bazaar to Lukla,	2,800 m/9,185 ft	6-7 hrs
Day 32:	Nov 10th 2022:	Fly from Lukla to Kathmandu	1,300 m/4,265 ft	Free Time
Day 33:	Nov 11th 2022:	Free Day Kathmandu	1,300 m/4,265 ft	Free Time
Day 34:	Nov 12th 2022:	Happy Departure	1,300 m/4,265 ft	Free Time

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## Expedition Cost USD 7700 Per Person

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
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
13. All the land transportation mentioned in the itinerary
14. Gamow Bag or emergency oxygen mask regulator
15. Satellite phone service

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16. Welcome dinner with Nepali culture show
17. Celebration Dinner last night in Kathmandu
18. Solar panel for charging and lights
19. Garbage Fees
20. Kathmandu -Lukla - Kathmandu Flights with Cargo 25 KG per member
21. Above Base Camp, High Altitude Tents, High Altitude Meals, EP Gas burner and cooking pot for members
22. Baruntse Summiteers Climbing Sherpa
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.
- Lunches and dinners in Kathmandu
- Emergency Rescue evacuation by helicopter if required
- Permits for Client's personal Radio set or Satellite phone

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

- USD 100-150 for support staff / helpers who stays at base camp
- USD 250- 300 for base camp Head Cook
- USD 250-400 for Sherpa/Base Camp Guide who manages the base camp
- USD 500-800 for Climbing Sherpa who accompanies you up to the top of the summit

With best regards

**Ngima Nuru Sherpa**



**Annapurna Foothills**  
Treks & Expedition Pvt.Ltd.

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