



BARUNTSE EXPEDITION [7129 M.]

It is bounded on the east by the Barun Glacier flowing north-south from Cho, to the northwest by the Imja Tse glacier and the Hunku glacier forms the southeast boundary.

TRIP FACTS:

PEAK NAME
BARUNTSE

SERVICE
FULL BOARD (1:1 SHERPA)

COUNTRY
NEPAL

DURATION
35 DAYS

ROUTE
STANDARD

GRADE
HARD DIFFICULT

RANGE
MAHALANGUR

BEST SEASON
SPRING/AUTUMN

MAX ELEVATION
7129 M.

WALKING PER DAY
4-6 HOURS

NATURE
HOTEL + LODGE + TENT

GROUP SIZE
2-10 PAX



REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m. /7000 m.) is recommended and required to sign up for this expedition.

OVERVIEW:

Baruntse is one of the beautiful peaks in Nepal, a considerable and symmetrical snow peak, that has four ridges and four summits. It is bounded on the south by Hunku Glacier, on the east by the Barun Glacier, on the north by Cho, and on the northwest by the Imja Tse Glacier. At 7,129 meters (23,390 feet), Baruntse lies in the heart of the Himalayan Giants of Nepal and has a higher summit success rate than other comparable peaks. Our expedition guides and climbing Sherpas are well experienced and have got a lot of practical experience. They have been in this field for the last two decades. So, they could give all necessary guidance to take all precautions and expected dangers and how to

tackle them. This enhances our expeditors to full confidence and courage.

The Southeast Ridge of Baruntse is a bit difficult because of is a straightforward hard way to climb. In the Expedition of Mt. Baruntse, there are hard sections of 50 Degree elevation with a prominent ice cliff for climbing and facing the risk of avalanche. The climbers have succeeded in the mountain mostly in the spring season because of being the best season for the climber for safety. However, some climbers have reached the top of this mountain in the autumn season too.

" We await to serve you our service and share our experience with you "

ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu (1,400m) & Transfer to the Hotel	01 Oct	BB	Hotel
2	Rest in Kathmandu, expedition briefing and Preparation	02 Oct	B/D	Hotel
3	Fly from Kathmandu – Lukla, and trek to Chutanga (3,060m)	03 Oct	B/L/D	Lodge
4	Trek from Chutanga to Tuli Kharka (3,900m) Via Zatrava La Pass (4,610m)	04 Oct	B/L/D	Lodge
5	Trek from Tuli Kharka to Kothe (4,095m)	05 Oct	B/L/D	Lodge
6	Trek from Kothe to Thangnak (4,350m)	06 Oct	B/L/D	Lodge



7	Trek from Thangnak to Khare (5,054m)	07 Oct	B/L/D	Lodge
8	Acclimatization in Khare (rest day)	08 Oct	B/L/D	Lodge
9	Trek from Khare to Khamedingma	09 Oct	B/L/D	Tent
10	Trek from Khamedingma to Seto Pokhari (5,035m)	10 Oct	B/L/D	Tent
11	Trek from Seto Pokhari to Baruntse Basecamp (5,400m)	11 Oct	B/L/D	Tent
12-23	Rotation: [Basecamp – Rotation (Camp I and Camp II)- Basecamp]	12-23 Oct	Full Board	Tent
24-28	Summit Push: [Basecamp - Baruntse Summit (7,129m) - Basecamp]	24-28 Oct	Full Board	Tent
29	Trek from Baruntse Basecamp to Khamedingma	29 Oct	B/L/D	Tent
30	Trek from Khamedingma to Thangnak	30 Oct	B/L/D	Lodge
31	Trek from Thagnak to Chatrabu	31 Oct	B/L/D	Lodge
32	Trek from Chatrabu to Lukla	01 Nov	B/L/D	Lodge
33	Fly from Lukla to Kathmandu Valley & transfer to the Hotel	02 Nov	B/L	Hotel
34	Leisure day in Kathmandu City	03 Nov	B/D	Hotel
35	Transfer to International Airport for final departure	04 Nov	Breakfast	

B=Breakfast, L=Lunch, and D=Dinner.

COST INCLUDES [FULL BOARD SERVICE]:

- ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- HOTEL ACCOMMODATION IN KATHMANDU:** 4 nights hotel in Kathmandu (4-star category) - single room on bed and breakfast plan.
- WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staff.
- CARGO CLEARANCE:** Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
- PERMITS:** Expedition Royalty and a permit fee of Nepal Government to climb Mt.



- Baruntse, Sagarmatha / Makalu National Park, and Pasang Lhamu Rural Municipality entry permit and fee.
6. **LIAISON OFFICER:** 1 Government Liaison officer with full equipment, salary, and accommodation.
 7. **GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit fees.
 8. **INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
 9. **MAP:** Trekking and climbing map.
 10. **DUFFLE BAG:** One Seven Summit Treks' Duffle Bag.
 11. **MEMBER TRANSPORTATION:**
- (Domestic Flight) Fly from Kathmandu – Lukla and while returning Lukla – Kathmandu, as per itinerary.
 12. **EXPEDITION STUFFS TRANSPORTATION:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Lukla (by air cargo) and Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo).
 13. **MEMBER LUGGAGE:** Up to 60 Kg per member for personal baggage during the trek to be carried by porters or Yaks.
 14. **FOOD AND LODGING:** 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Basecamp. Hygienic and fresh green vegetables, fresh meat, fruits, and soft drinks will be served during the entire expedition using helicopter flights. Well-managed base camp set up for members & Staff.
 15. **PORTER:** Porters per member up to the Base camp and from the Basecamp (both ways).
 16. **CAMPING EQUIPMENT:** All Necessary equipment for **Camping** during the trek.
 17. **BASE CAMP STAFF:** Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
 18. **STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
 19. **BASE CAMP TENT:** Each member will have an individual box tent / 4 men tent in Base Camp.
 20. **BASE CAMP EQUIPMENT:** Single Tent, foam mattresses and pillow per member, 1 Dinning Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staffs, Store tents, Tables & chairs & all necessary cooking gears.
 21. **HEATER:** Heater at base camp in each Dining and other necessary camps.
 22. **SOLAR/GENERATOR/LIGHT:** 1 Solar panel and Generator for lights at base camp, battery charge, for laptop and other electronic devices.
 23. **TRAINING:** Oxygen, Mask Regulator, Ice wall, and gear training at basecamp by Sherpa Guide.
 24. **HIGH ALTITUDE CLIMBING SHERPA:** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
 25. **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
 26. **CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa Salary, Equipment, Food, and Clothing.
 27. **BONUS:** Carry Bonus of Sherpas and Route Fixing Charges.



28. **OXYGEN BOTTLE (O2):** Oxygen bottles will be in stock at base camp in case of an emergency **(with an appropriate charge)**.
29. **OXYGEN MASK & REGULATOR:** 1 Set of Summit Oxygen masks will be in base camp in case of an emergency.
30. **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2) and (C3). Group climbing gears, fixed, and dynamic rope during the climbing period as required.
31. **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).
32. **ROPE FIXING TEAM:** The team of experienced Sherpas will fix the rope and the route.
33. **SATELLITE PHONE:** Satellite Phone for emergency communication carried by Sherpa, also available for members **with an appropriate charge**.
34. **WALKIE-TALKIE:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
35. **PERMIT:** Walkie-talkie permit for all members and staff.
36. **WEATHER FORECAST:** Weather forecast report during the entire expedition.
37. **MEDICAL KIT:** Comprehensive Medical kit for members and staff.
38. **CERTIFICATE:** Baruntse Peak climbing certificate issued by MoCTCA **(after climbing Baruntse successfully)**.

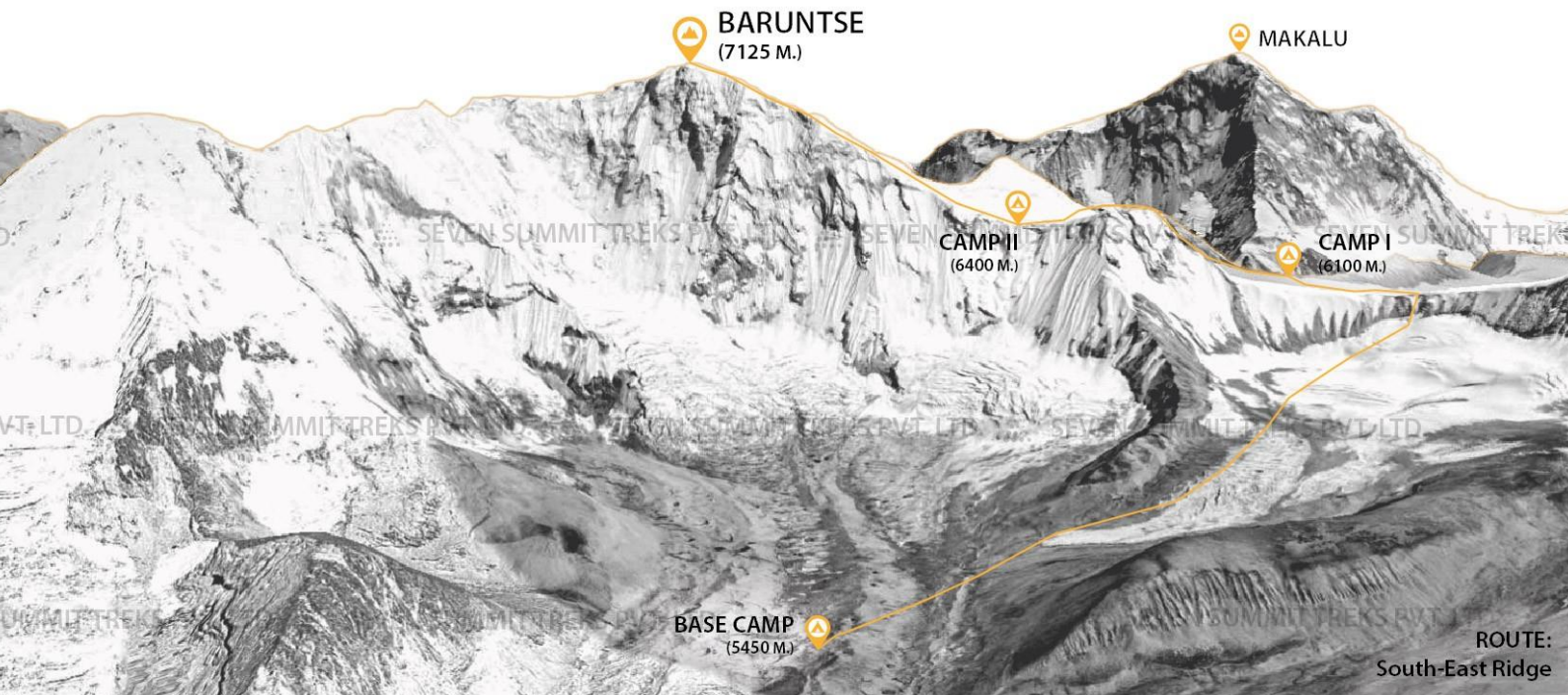
****Note: All expedition stuffs and equipment have to be returned after the expedition.**

COST EXCLUDES:

1. **AIR FARE:** International flight airfare (from and to Kathmandu).
2. **NEPAL ENTRY VISA FEE:** Nepalese Visa fee is \$ 125 USD for 90 Days.
3. **LUNCH & DINNER:** Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
4. **EXTRA NIGHTS IN KATHMANDU:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, domestic flight cancellation (due to any other reason) than the scheduled itinerary.
5. **INSURANCE POLICY:** Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high altitude rescue & air evacuation, medical treatment, repatriation, etc.) *Mandatory
6. **PERSONAL EXPENSES:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
7. **PERSONAL CLIMBING EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.

- 8. **TOILETRIES:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- 9. **FILMING:** Special Filming, Camera, and Drone permit fee.
- 10. **INTERNET SERVICE:** Not included during the trek and the expedition.
- 11. **SUMMIT BONUS:** Summit bonus for climbing Sherpa- Minimum **1200 USD**.
- 12. **TIPS:** Calculate some tips for Basecamp and high camp staff – Minimum **350 USD**.
- 13. **EXTRA:** Any other services or activities, which are not mentioned in the itinerary and other items not listed in the **“Cost Includes”** section.

ROUTE MAP:



All Reserved @ Seven Summit Treks!!



EQUIPMENT LIST

[EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST]

TRAVEL DOCUMENTS

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER AND CONTACT ADDRESS
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

FOOT WEAR

- SUMMIT BOOT - 8000M.
(KAILAS / LASPORTIVA / MILLET)
- CLIMBING BOOT - 6000M.
(KAILAS / LASPORTIVA / MILLET)
- NORMAL SOCKS (5-8 PAIRS)
- SUMMIT SOCKS/6000 M. SOCKS (2 PAIRS)
- TREKKING SHOES (GORE-TEX)
- LIGHT TREKKING/SPORTS SHOES
- CAMP BOOTIES (1 PAIR)
- SLIPPER (1 PAIR)

UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
- FLEECE JACKET (1-2 PCS)
- GORE-TEX JACKET (1 PCS)
- WIND PROOF JACKET (1-2 PCS)
- DOWN JACKET (1-2 PCS)
- COTTON T-SHIRT (3-5 PCS)

LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
- FLEECE TROUSER (1-2 PCS)
- GORE-TEX PANT (1 PCS)
- MID WEIGHT PANTS (1-2 PCS)
- LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
- GAITERS FOR TREKKING BOOTS
- DOWN PANTS (1 PCS)
- UNDER WEAR (4-6 PCS)

HEAD

- SUN CAP
- DESERT CAP
- BALACLAVA
- FLEECE HAT/ WARM HAT (1-2 PCS)
- NECK GAITER (2-3 PCS)

HANDS

- THIN FLEECE GLOVES (2 PAIRS)
- WIND STOPPER / SCREEN TAP GLOVES (2 PAIRS)
- HEAVY GLOVES (GUIDE GLOVES)
- SUMMIT GLOVES - 8000M.

SLEEPING BAGS

- SLEEPING BAG -20°C TO -30°C (FOR BASE CAMP)
- DOWN SLEEPING BAG -40°C (EXTREME COMFORT)
- THERMAREST MATTRESS (CELL FOAM)
- DOWN MATTRESS (INFLATABLE)
- SLEEPING BAG LINER
- INFLATABLE PILLOW

CLIMBING EQUIPMENT

- CLIMBING HELMET
- SUMMIT DOWN SUIT - 8000M.
(KAILAS / MARMOT / MOUNTAIN HARDWARE / NORTH FACE / MILLET)
- CRAMPONS (FIT WITH BOOT)/PACKING COVER
- ICE AXE WITH SPIKE & AXE PROTECTOR
- HARNESS
- BELAY DEVICES/ FIGURE OF 8/ ATC GUIDE
- JUMAR / ASCENDER
- LOCK CARABINER (3 PCS)
- UNLOCK CARABINER (2 PCS)
- TAPE SLINGS/240 CM
- SNOW GOGGLE (SUMMIT PURPOSE, ANTIFOG, POLARIZED, UV PROTECTION)
- HEAD LIGHT 500-700 LUMENS SPARE BATTERY (ENERGIZER ULTIMATE LITHIUM)
- SATELLITE PHONE WITH CREDIT (OPTIONAL)
- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- ALTIMETER WATCH
- PEE BOTTLE
- POWER BANK

BAG PACKS

- RUCKSACKS 35 L - 50 L
- DUFFLE BAG 120 L-150 L (2 PCS)
- WATER PROOF STUFF SACKS/DRY BAG-SMALL/ MEDIUM/ LARGE (3-4 PCS)

SUN STUFFS

- BANANA BOAT/ NIVEA SUN CREAM (UP TO -50 SPF)
- LIP GUARD -30 TO -50 (SPF)
- SUN GLASSES (UV PROTECTION)
- GLACIERS GLASSES (UV PROTECTION)
- MOISTURISER / LOTION

TOILETRIES (PERSONAL)

- TOILET PAPER / WET TISSUE
- TOOTHPASTE & TOOTHBRUSH
- SOAP
- SHAMPOO
- TOWEL
- GARBAGE BAG

EATING & DRINKING

- 1 LTR. WATER BOTTLE
- 1/ 1.5 LTR. THERMOS
- MUG (OPT.)
- SPOON/ FORK (OPT.)
- BOWL (OPT.)

MEDICAL/FIRST AID

- BRUFEN/IBUPROFENS
- ANTIBIOTIC, PARACETAMOL
- DIAMOX
- HANDY PLASTER, CRACK BANDAGE
- TINCTURE IODINE, ONDEM
- CETIRIZINE, ELECTROLYTE
- MINIL 10MG (PALPITATION, ANXIETY)
- CODOPAR (HEADACHE & CHEST PAIN)
- SALBETOL 4MG (BREATHLESS)
- AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
- FLUPEN 250MG (PREVENT WOUND INFECTION)
- ALLEGRA 120/180MG (ALLERGIC TONSIL)
- MENSTRUAL PRODUCTS

MISCELLANEOUS

- NAIL CUTTER
- UMBRELLA / RAIN COAT
- HOT WATER BAG
- TENACIOUS TAPE REPAIR KITS
- CAMERA
- GPS TRACKER (RECOMMENDED)
- HAND & TOE WARMER



ADD. SERVICES

Add. + Mera Peak Climb	\$1200.00	Consider climbing Mera Peak (6,476m) For extra acclimatization
Additional Per Sherpa	\$ 6500.00	We will provide you with One Personal Sherpa during the entire expedition period (1 Member :1 Sherpa), this is included in the program price. However, if you would like to have another extra personal climbing Sherpa (A private 1 Member: 2 Sherpas), you may add to your program.
Reserve Oxygen Per Bottle	\$ 500.00	If you want to purchase extra bottles for extra safety.
Personal Dining Tent	\$ 800.00	To avoid the pandemic scenario or if you are looking for a quiet and silent time at the base camp, you may request a separate dining and resting tent.
Single Room on Trek	\$ 1000.00	Single room (Upgraded) during the entire trekking days (both ways).
Helicopter		A helicopter ride saves your trekking days. If you would like to use the helicopter riding option during the expedition period, please let us know a few days earlier.
- Kathmandu-Lukla	\$ 2500.00	
- Khare - Lukla	\$ 1500.00	
- Khare - Kathmandu	\$ 4000.00	

INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the Please find the details about insurance before buying the policy [here](#).

requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.



BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three months preparation period is necessary to ensure maximum safety and satisfaction of the clients.

The client must dispense 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and receiving approval from governmental authorities. Another 30% of the total charge should be deposited before one month of the flight to Nepal. The remaining 40% of the total charge should be paid after you arrive in Nepal, before the start of your adventure.

Name of the Bank : **HIMALAYAN BANK LTD.**
Beneficiary Account Holder's Name : **Seven Summit Treks Pvt. Ltd**
Beneficiary Account Number (USD \$) : **01902853840022**
Swift Code/BIC : **HIMANPKA**
Address : **Thamel, Kathmandu, Nepal**
Mobile : **+977 9851111187**
Zip Code : **44600**
Email : **info@sevensummittreks.com**

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website that will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult by our [expert team](#). We will provide information about personalized strategy, customization, progression planning, expert guiding and coaching, insight, and advice on how to accomplish your adventure goals.

Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).



EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

[MT. BARUNTSE EXPEDITION](#)

For all expedition enquires and bookings

info@sevensummitstreks.com

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