Baruntse Expedition

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**39 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**7129m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 9,990 per person**

Trip overview

The Baruntse Expedition is a classic 7,000-meter Himalayan climbing adventure located in the remote Makalu–Barun region of eastern Nepal. Known for its balanced difficulty, stable weather patterns, and spectacular alpine environment, Baruntse is widely recognized as one of the best preparation peaks for higher 8,000-meter expeditions such as Everest, Lhotse, and Makalu.

The expedition begins with a scenic flight from Kathmandu to Lukla or Tumlingtar, followed by a long and remote trekking approach through pristine valleys, river gorges, and high-altitude wilderness. Unlike more commercial trekking routes, Baruntse lies in a highly isolated region, offering a true expedition-style experience with minimal human settlement and maximum exposure to raw Himalayan nature.

The approach gradually transitions from lush forests and terraced landscapes to alpine meadows, moraines, and glacial terrain. From Base Camp, climbers undertake acclimatization rotations to higher camps before attempting the summit. The ascent includes glacier travel, steep snow slopes, and fixed rope sections near the upper ridge. From the summit, climbers are rewarded with one of the most spectacular panoramic views in the Himalayas, including Everest, Lhotse, Makalu, Chamlang, and surrounding peaks.

Geography and Landscape

Baruntse is located in the heart of the eastern Himalayas within the protected area of Makalu Barun National Park, a region known for its dramatic landscapes and exceptional biodiversity. The terrain is extremely remote and largely untouched, making it one of the purest alpine environments in Nepal.

The lower section of the route passes through dense forests, bamboo groves, and rhododendron zones, gradually giving way to alpine vegetation and rocky terrain. As the altitude increases, the landscape becomes increasingly harsh and glaciated. Massive ice formations, deep crevasses, and wide glacier fields dominate the environment near Base Camp and higher camps.

Above Base Camp, the scenery transforms into a true high-altitude alpine world. Climbers move across long glacier routes surrounded by towering ice walls and snow-covered peaks. The isolation of the region adds to the sense of adventure, as there are no permanent settlements in the upper valleys. This remoteness creates a strong expedition atmosphere, where climbers rely entirely on their team, guides,

and logistics support.

The Baruntse region also offers exceptional visibility of some of the world's highest mountains. The close proximity to Everest, Makalu, and Lhotse creates a dramatic skyline, making it one of the most visually rewarding climbing environments in Nepal.

Sherpa Guide & Support

The Baruntse Expedition is led by highly experienced Sherpa climbing guides who provide complete technical, logistical, and safety support throughout the journey. Their expertise is crucial for navigating the complex glacier systems and unpredictable weather conditions of the Makalu–Barun region.

Sherpa guides are responsible for route setting, fixing ropes on steep snow and ice sections, and ensuring safe passage through crevassed glacier zones. They provide hands-on instruction in the use of climbing equipment such as crampons, ice axes, ascenders, and harness systems, ensuring climbers are well-prepared for summit attempts.

Daily safety management is a key part of the expedition. Guides conduct regular health checks, monitor oxygen levels, and assess altitude-related risks. They also analyze weather patterns and determine the safest and most suitable summit windows.

In addition to climbing support, Sherpa teams manage logistics at Base Camp and higher camps, including food preparation, tent setup, communication systems, and emergency coordination. Porters assist in transporting equipment up to Base Camp, allowing climbers to focus on acclimatization and performance.

In case of emergency, the expedition team is equipped with evacuation protocols, including helicopter rescue support from accessible zones. This structured support system ensures a high level of safety even in a remote and challenging environment.

Highlights

- Summit Baruntse (7,129m), one of Nepal's premier expedition peaks.
- Scenic approach through the remote Hinku and Barun valleys.
- Stunning views of Everest, Makalu, Lhotse, Ama Dablam, and Chamlang.
- Ideal introduction to high-altitude Himalayan mountaineering.
- Technical climbing experience on snow, ice, and mixed terrain.
- Professional Sherpa support, acclimatization, and expedition logistics.
- Less crowded route with a true wilderness expedition atmosphere.
- Excellent preparation peak for future 8,000-meter expeditions

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Walk: 1–2 Hours Transfer · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Arrival at Tribhuvan International Airport. Meet expedition team and transfer to hotel. Rest and recovery after international flight. Evening briefing covers Baruntse geography, climbing difficulty, weather conditions, and full expedition structure including rotations and summit strategy.

Day 2 : Full Gear Inspection & Permit Preparation (1,400m)

Altitude: 1,400m

Walk: 6–8 Hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Complete technical equipment check including high-altitude boots, crampons, ice axe, harness, helmet, down suit (-30°C to -40°C), sleeping bag, ascenders, and oxygen system (if used). Missing gear is arranged in Kathmandu. Expedition permits and restricted area paperwork begin processing.

Day 3 : Final Expedition Briefing (1,400m)

Altitude: 1,400m

Walk: 5–7 Hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Detailed team briefing covering:

- Route overview (Hinku Glacier & Baruntse Base Camp system)
- Camp structure (Base Camp to Summit Camp)
- Glacier and rope safety protocols
- Weather forecasting system
- Emergency evacuation plan

Day 4 : Flight to Lukla (2,860m) – Trek to Phakding (2,610m)

Altitude: 1,400m – 2,860m – 2,610m

Walk: 3–4 Hours Trek + 35-Minute Flight · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Scenic mountain flight to Lukla followed by easy trek through forested valleys, Sherpa villages, and suspension bridges. First night in Everest region begins acclimatization.

Day 5 : Phakding – Namche Bazaar (3,440m)

Altitude: 2,610m – 3,440m

Walk: 6–7 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Steep ascent into Sagarmatha National Park. Cross Hillary Bridge and climb toward Namche Bazaar, the main trading hub of Khumbu.

Day 6 : Acclimatization Day in Namche Bazaar (3,440m)

Altitude: 3,440m – 3,880m

Walk: 3–5 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Active rest day with hike to Everest View Hotel (3,880m). First panoramic views of Everest, Lhotse, and Ama Dablam. Oxygen adaptation begins.

Day 7 : Namche – Khari Khola / Transition to Hinku Route (Approx. 2,000m)

Altitude: 3,440m – 2,000m

Walk: 6–7 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Leave main Everest trail and descend toward quieter Hinku Valley access routes. Terrain becomes less crowded and more remote.

Day 8 : Trek to Chatra (Approx. 2,800m)

Altitude: 2,000m – 2,800m

Walk: 6–7 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Descent into deep forested valleys. Suspension bridges, rivers, and dense vegetation dominate the trail. Remote Himalayan environment begins.

Day 9 : Chatra – Kothe (3,600m)

Altitude: 2,800m – 3,600m

Walk: 6–7 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Enter Hinku Valley proper. First views of surrounding Himalayan wilderness. Trail follows river valley with gradual ascent.

Day 10 : Kothe – Thangnak (4,350m)

Altitude: 3,600m – 4,350m

Walk: 5–6 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Steady climb through yak pastures and glacial river systems. Oxygen levels start to noticeably decrease.

Day 11 : Thangnak – Khare (5,045m)

Altitude: 4,350m – 5,045m

Walk: 4–5 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trail becomes steeper and more alpine. Climbers enter high-altitude zone. Khare serves as final settlement before glacier approach.

Day 12 : Acclimatization Day in Khare (5,045m)

Altitude: 5,045m – 5,800m

Walk: 4–6 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Important acclimatization hike toward Mera La Pass (5,400m–5,800m). Oxygen saturation monitored. Training begins for glacier movement.

Day 13 : Khare – Baruntse Base Camp (5,400m)

Altitude: 5,045m – 5,400m

Walk: 5–6 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trek over glacial terrain and moraines into Baruntse Base Camp. First full exposure to expedition conditions. Camp establishment begins immediately.

Day 14-15 : Base Camp Establishment (5,400m)

Altitude: 5,400m

Walk: 2 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Full expedition infrastructure setup:

- Sleeping tents and dining tent
- Kitchen system and fuel storage
- Communication (satellite radio)
- Weather monitoring station
- Climbing gear organization zones

Day 16–17 : Technical Climbing Training (5,400m)

Altitude: 5,400m – 5,800m

Walk: 2 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Intensive instruction led by Sherpa guides:

- Crampon walking on ice slopes
- Ice axe control and self-arrest
- Fixed rope climbing techniques
- Ascender (Jumar) use on steep sections
- Crevasse rescue basics
- Glacier navigation techniques

Day 18 : Rest & Acclimatization (5,400m)

Altitude: 5,400m

Walk: Full Day · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Rest day for recovery. Oxygen levels monitored. Body adapts to extreme altitude stress.

Day 19 : Base Camp – Camp I (6,100m)

Altitude: 5,400m – 6,100m

Walk: 6–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Climb through glacier terrain with rope protection. Crevasses and ice slopes require careful navigation.

Day 20 : Camp I Acclimatization (6,100m)

Altitude: 6,100m

Walk: 3–5 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Short training climbs around Camp I. Focus on balance, breathing control, and cold adaptation.

Day 21 : Camp I – Base Camp (5,400m)

Altitude: 6,100m – 5,400m

Walk: 4–6 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Controlled descent to Base Camp for full recovery.

Day 22 : Base Camp Recovery Day (5,400m)

Altitude: 5,400m

Walk: Full Day · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Nutrition-focused recovery. Hydration and oxygen saturation stabilization.

Day 23 : Base Camp – Camp I (6,100m)

Altitude: 5,400m – 6,100m

Walk: 6–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Re-ascent through glacier system for acclimatization improvement.

Day 24 : Camp I – Camp II (6,500m)

Altitude: 6,100m – 6,500m

Walk: 5–7 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Steeper snow slopes and technical rope sections. Camp II established at high altitude.

Day 25 : Camp II Overnight (6,500m)

Altitude: 6,500m

Walk: Full Day · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

First high-altitude sleep above 6,500m. Oxygen deprivation effects closely monitored.

Day 26 : Camp II – Base Camp (5,400m)

Altitude: 6,500m – 5,400m

Walk: 6–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Careful descent to restore oxygen levels and physical recovery.

Day 27–28 : Base Camp Rest & Weather Analysis (5,400m)

Altitude: 5,400m

Walk: 2 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Expedition leader analyzes weather window, snow stability, and summit conditions. Final strategy is prepared.

Day 29 : Base Camp – Camp I (6,100m)

Altitude: 5,400m – 6,100m

Walk: 6–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final summit rotation begins. Climbers move efficiently with improved acclimatization.

Day 30 : Camp I – Camp II (6,500m)

Altitude: 6,100m – 6,500m

Walk: 5–7 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Climb through glacier system and steep slopes.

Day 31 : Camp II – Summit Camp (6,800m)

Altitude: 6,500m – 6,800m

Walk: 4–6 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final high camp established. Oxygen systems prepared if required.

Day 32 : Summit Day – Baruntse Summit (7,129m)

Altitude: 6,800m – 7,129m

Walk: 10–14 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Midnight summit push begins. Climbers ascend steep snow ridges, mixed ice slopes, and exposed summit sections. Final summit of Baruntse reached with panoramic views of Everest, Makalu, Lhotse, and surrounding peaks. After a short stay, immediate descent begins due to extreme altitude exposure.

Day 33 : Summit Camp – Base Camp (5,400m)

Altitude: 6,800m – 5,400m

Walk: 6–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Careful descent through all high camps.

Day 34 : Base Camp – Khare (5,045m)

Altitude: 5,400m – 5,045m

Walk: 4–5 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Return to lower altitude for recovery.

Day 35 : Khare – Kothe – Trek Exit (3,600m)

Altitude: 5,045m – 3,600m

Walk: 7–8 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Long descent through Hinku Valley system.

Day 36 : Kothe – Lukla Region (2,860m)

Altitude: 3,600m – 2,860m

Walk: 7–8 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final trekking section toward airstrip access.

Day 37 : Flight Lukla – Kathmandu (1,400m)

Altitude: 2,860m – 1,400m

Walk: 35-Minute Flight + Transfers · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Return flight and transfer to hotel.

Day 38 : Rest in Kathmandu (1,400m)

Altitude: 1,400m

Walk: Full Day · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Full recovery, gear return, and expedition completion ceremony.

Day 39 : Departure from Kathmandu (1,400m)

Visit: Nepal · Meals: Breakfast

Airport transfer for international flight.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 2 · Full Gear Inspection & Permit Preparation · 1,400 m · day 21°C / night 12°C
- Day 3 · Final Expedition Briefing · 1,400 m · day 21°C / night 12°C
- Day 4 · Flight to Lukla – Trek to Phakding · 1,400 m · day 21°C / night 12°C
- Day 5 · Phakding – Namche Bazaar · 2,610 m · day 15°C / night 4°C
- Day 6 · Acclimatization Day in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 7 · Namche – Khari Khola / Transition to Hinku Route · 3,440 m · day 11°C / night -2°C
- Day 8 · Trek to Chatra · 2,000 m · day 18°C / night 8°C
- Day 9 · Chatra – Kothe · 2,800 m · day 14°C / night 3°C
- Day 10 · Kothe – Thangnak · 3,600 m · day 10°C / night -3°C
- Day 11 · Thangnak – Khare · 4,350 m · day 6°C / night -8°C
- Day 12 · Acclimatization Day in Khare · 5,045 m · day 3°C / night -12°C
- Day 13 · Khare – Baruntse Base Camp · 5,045 m · day 3°C / night -12°C
- Day 14 · Base Camp Establishment · 5,400 m · day 1°C / night -14°C

- Day 16 · Technical Climbing Training · 5,400 m · day 1°C / night -14°C
- Day 18 · Rest & Acclimatization · 5,400 m · day 1°C / night -14°C
- Day 19 · Base Camp – Camp I · 5,400 m · day 1°C / night -14°C
- Day 20 · Camp I Acclimatization · 6,100 m · day -3°C / night -19°C
- Day 21 · Camp I – Base Camp · 6,100 m · day -3°C / night -19°C
- Day 22 · Base Camp Recovery Day · 5,400 m · day 1°C / night -14°C
- Day 23 · Base Camp – Camp I · 5,400 m · day 1°C / night -14°C
- Day 24 · Camp I – Camp II · 6,100 m · day -3°C / night -19°C
- Day 25 · Camp II Overnight · 6,500 m · day -5°C / night -22°C
- Day 26 · Camp II – Base Camp · 6,500 m · day -5°C / night -22°C
- Day 27 · Base Camp Rest & Weather Analysis · 5,400 m · day 1°C / night -14°C
- Day 29 · Base Camp – Camp I · 5,400 m · day 1°C / night -14°C
- Day 30 · Camp I – Camp II · 6,100 m · day -3°C / night -19°C
- Day 31 · Camp II – Summit Camp · 6,500 m · day -5°C / night -22°C
- Day 32 · Summit Day – Baruntse Summit · 6,800 m · day -6°C / night -23°C
- Day 33 · Summit Camp – Base Camp · 6,800 m · day -6°C / night -23°C
- Day 34 · Base Camp – Khare · 5,400 m · day 1°C / night -14°C
- Day 35 · Khare – Kothe – Trek Exit · 5,045 m · day 3°C / night -12°C
- Day 36 · Kothe – Lukla Region · 3,600 m · day 10°C / night -3°C
- Day 37 · Flight Lukla – Kathmandu · 2,860 m · day 14°C / night 2°C
- Day 38 · Rest in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 39 · Departure from Kathmandu · 1,400 m · day 21°C / night 12°C

What’s included

Accommodation

- 3 nights hotel accommodation in Kathmandu (3-star or similar category)
- Teahouse/lodge accommodation during trekking approach (twin-sharing basis)
- Fully supported tented accommodation at Baruntse Base Camp and higher camps
- High-altitude expedition tents with sleeping mats at all camps above Base Camp

Meals

- Full-board meals (Breakfast, Lunch, Dinner) during trekking and climbing period
- Fresh, high-energy expedition meals prepared by experienced Base Camp kitchen crew
- Hot drinks (tea/coffee) during meal times at Base Camp
- Packed meals and summit-day high-energy food during rotation and summit push

Transportation

- Airport pick-up and drop-off in Kathmandu
- Domestic flight: Kathmandu – Lukla – Kathmandu
- All required ground transportation as per itinerary

- Portage/cargo handling for expedition equipment to Base Camp

Permits & Fees

- Baruntse Climbing Permit (Government of Nepal)
- Makalu Barun National Park Entry Permit
- Restricted Area Permit (Hinku/Barun region if applicable)
- Expedition liaison officer and related government charges

Guide & Staff

- Experienced climbing Sherpa guides (summit certified)
- Trekking guide for approach section
- Required porters for trekking and load carrying
- Base Camp cook and kitchen crew
- Climbing Sherpa support for summit rotation and safety
- Staff insurance, wages, food, and accommodation

Climbing Support & Safety

- Fixed rope setup and climbing route support by Sherpa team
- Basic technical climbing training (crampon, ice axe, rope skills)
- Group safety equipment (ropes, carabiners, anchors, rescue gear)
- First aid kit and pulse oximeter monitoring at Base Camp
- Emergency coordination and rescue assistance support

Base Camp Services

- Fully equipped Base Camp (tents, dining tent, kitchen tent)
- Cooking equipment, fuel, and food supplies
- Communication system (radio/satellite support where available)
- Sleeping mattresses and camp logistics support

Expedition Logistics

- Full expedition management and coordination
- Weather forecasting support and summit planning assistance
- Oxygen monitoring and acclimatization supervision
- Route planning and rotation scheduling by expedition leader

Not included

International Travel

- International airfare to and from Nepal
- Nepal visa fee (USD 30–125 depending on duration of stay)

Personal Climbing Equipment

- Mountaineering boots (double insulated recommended)

- Crampons, ice axe, helmet, harness, ascender
- Down suit (-30°C to -40°C recommended)
- Sleeping bag suitable for extreme altitude
- Personal clothing layers, gloves, goggles, and trekking gear
- Backpack and personal technical equipment

Insurance (Mandatory)

- High-altitude travel insurance covering up to 7,500m
- Must include helicopter evacuation and emergency rescue
- Medical treatment and accident coverage required

Personal Expenses

- Drinks (soft drinks, bottled water, alcohol)
- Wi-Fi, charging, and hot shower fees during trek
- Snacks, chocolates, and personal food items
- Laundry and personal hygiene products

Kathmandu Expenses

- Extra hotel nights due to delays or early arrival
- Meals in Kathmandu (unless specified in package)
- Personal shopping and equipment rental or replacement

Emergency & Unexpected Costs

- Helicopter evacuation (if required)
- Medical treatment or hospitalization expenses
- Additional accommodation due to weather delays
- Extra porter or transport costs due to itinerary changes

Tips & Miscellaneous

- Tips for guides, Sherpas, cooks, and porters
- Personal gear damage or loss
- Any service not clearly mentioned in "Cost Includes" section

Dates & prices

- 02 Mar 2027 – 09 Apr 2027 · USD 9,990 · Available
- 16 Mar 2027 – 23 Apr 2027 · USD 9,990 · Available
- 06 Apr 2027 – 14 May 2027 · USD 9,990 · Available
- 20 Apr 2027 – 28 May 2027 · USD 9,990 · Available
- 04 May 2027 – 11 Jun 2027 · USD 9,990 · Available

Best time to visit

Best months: March–April and October–November. These remote eastern treks are best in autumn and spring. High passes can be snowbound from December to February, and the monsoon makes trails

slippery and leech-prone from June to August.

What to bring — packing checklist

Climbing gear

- [ ] Mountaineering boots (double or insulated, crampon-compatible)
- [ ] Crampons, climbing harness, helmet
- [ ] Ice axe, jumar (ascender), descender / figure-8
- [ ] 2 locking and 2 non-locking carabiners, tape slings and prusik
- [ ] Glacier glasses (category 4) and ski goggles

Clothing

- [ ] Thermal base layers
- [ ] Fleece and softshell mid-layers
- [ ] Expedition down jacket and down or insulated trousers
- [ ] Hard-shell (Gore-Tex) jacket and trousers
- [ ] Liner, insulated and summit mittens
- [ ] Balaclava, warm hat, buff and sun hat

Trekking & camp

- [ ] Trekking boots and camp shoes
- [ ] Sleeping bag rated to –20 °C
- [ ] Daypack 35–45 L and a large duffel bag
- [ ] Trekking poles, thermos flask, pee bottle

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation during the Baruntse Expedition includes 3-star hotel stays in Kathmandu and fully supported tented camps throughout the entire expedition.

The route passes through remote and uninhabited glacier valleys, so camping is required from the early trekking phase onward. Base Camp and higher camps are equipped with expedition tents, dining tents, kitchen tents, and communication support systems.

Meals

The expedition includes full-board meals (Breakfast, Lunch, and Dinner) throughout the journey.

A professional cook team prepares nutritious and high-energy meals designed for extreme altitude performance. The menu includes soups, rice, pasta, vegetables, dehydrated meals, and energy-rich snacks.

During summit rotation, climbers rely on packed meals, hot drinks, and hydration support to maintain energy levels at high altitude.

Difficulty and Fitness

Baruntse (7,129m) is considered a moderately technical 7,000-meter peak. It is suitable for climbers with strong physical fitness and prior experience on 6,000m–7,000m peaks.

The climb involves:

- Long glacier travel and crevasse navigation
- Steep snow and ice slopes
- Fixed rope climbing sections near the summit ridge
- High-altitude endurance above 7,000m

It is often chosen as a training peak for Everest and other 8,000-meter expeditions.

Permits

The expedition requires the following permits:

- Baruntse Climbing Permit
- Makalu Barun National Park Entry Permit
- Restricted Area Permit (if via Makalu route)
- TIMS Card (if applicable)

All permits are arranged by the expedition operator.

Best Time to Climb

The best seasons for Baruntse Expedition are:

Spring (April–May)

- Stable weather conditions
- Warmer temperatures at lower camps
- High summit success rate

Autumn (September–October)

- Clear skies and excellent visibility
- Stable snow conditions
- Ideal climbing windows

Transportation

The journey begins with a scenic flight from Kathmandu to Lukla or Tumlingtar, followed by a long trekking approach through remote valleys toward the Barun Glacier and Base Camp.

The route is extremely isolated, with no permanent settlements in higher regions, making it a true expedition-style climb.

Safety and Altitude

Baruntse requires strict safety management due to its remote location and glacier conditions.

Key safety systems include:

- Experienced high-altitude Sherpa guides
- Fixed rope systems on steep sections
- Glacier navigation and crevasse safety
- Daily health monitoring and oxygen checks
- Weather forecasting and summit planning
- Emergency helicopter evacuation from Base Camp area

Travel and High Altitude Insurance

- Comprehensive insurance is mandatory and must cover:
- High-altitude climbing up to at least 7,500m
- Emergency helicopter evacuation
- Medical treatment and rescue operations
- Trip cancellation and emergency support

Additional information

Extra Information

Climbing Training and Preparation

Before summit rotation, climbers receive professional training in:

- Crampon and ice axe techniques
- Fixed rope climbing and ascender use
- Glacier travel and rope team movement
- High-altitude camping procedures
- Emergency response and rescue awareness

Climbing Equipment

Required equipment includes:

- High-altitude down suit
- Double mountaineering boots
- Crampons and technical ice axe
- Climbing harness and helmet
- Ascender (Jumar), carabiners, slings
- Sleeping bag rated to -30°C to -40°C
- Goggles and glacier sunglasses
- Headlamp with spare batteries

- Personal medical kit and essentials

Why Choose Baruntse?

- One of the best 7,000m training peaks for 8,000m expeditions
- Remote and pristine Himalayan wilderness experience
- Less crowded compared to Everest and Manaslu routes
- Excellent technical balance (challenging but achievable)
- Stunning views of Everest, Lhotse, Makalu, and Chamlang
- Strong Sherpa expedition support system
- Ideal progression peak for serious mountaineers

The Baruntse Expedition is a pure Himalayan adventure, offering a perfect combination of isolation, technical climbing, and high-altitude challenge in one of Nepal's most spectacular mountain regions.

Frequently asked questions

How difficult is the Baruntse Expedition?

The Baruntse Expedition is graded Moderate — suitable for most active travellers. You should be comfortable with long days at altitude; previous use of crampons and ropes helps, and our climbing Sherpas run pre-climb training at base camp. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Baruntse Expedition?

For the Kanchenjunga & Makalu region the best months are March–April and October–November. These remote eastern treks are best in autumn and spring. High passes can be snowbound from December to February, and the monsoon makes trails slippery and leech-prone from June to August.

What permits do I need for the Baruntse Expedition?

You need the conservation-area / national park permit and the restricted area permit required for this remote region, plus the Department of Tourism expedition permit and royalty. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Baruntse Expedition?

Hotels in Kathmandu, teahouses on the approach and a fully equipped base camp with individual tents, dining and shower tents, heating, solar power and satellite communication. High camps use mountain tents set up by our climbing Sherpas.

Can I book the Baruntse Expedition as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Baruntse Expedition?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Baruntse Expedition?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm

layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/baruntse-expedition/

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