Baruntse Expedition

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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