



BARUNTSE 7129M EXPEDITION



## BARUNTSE EXPEDITION (7129M)


**Type:** Expedition (All inclusive) *International flight not included*

**Total no of days:** 28-35 Days

**Alpine grading / Difficulty:** 3D+

**28 Days via Khumbu:** \$11,250 P/P

**35 Days via Mera Peak 6476M:** \$11,500 P/P

*\*Return via  helicopter to Lukla after the expedition*

### 1:1 GUIDE/CLIMBER RATIO

**Best season for Expedition:** October - November (Autumn)

## OVERVIEW

**Baruntse Peak** climbing is one of the best accessible peak climbing to achieve at 7000M level. Mount Baruntse peak is located just between **Mount Everest 8848M**, **Lhotse 8516M**, and **Makalu 8463M** with other Himalayan peaks stretching on either side. This climb will give you the necessary experience and skills to progress onto other higher mountains. We do not accept anyone with no-peak climbing experience before and firmly check if you have any prior experience climbing alpine/mountain climbing.

**Pre-requisite experiences (at least one or more):** *Lobuche East & Island Peak, Chulu West, Khumbu 3 Peak expeditions, Aconcagua (Similar semi-technical 6000M peaks or higher)*

There is no question about the beauty of climbing this 7000M giant but this peak is by no means a walk in the park. **Graded at AD+** the climbing route consists of some technical climbs as well as glacier routes. This mountain will shape you with the right experience into climbing 7500M + to 8000M climb should it be your next mountain climbing goal. The steep sections of ice at 50 degrees and a prominent ice cliff at about 7,000 meters make the South-East Ridge of Mount Baruntse a somewhat difficult climb. Therefore, we choose a more accessible and popular alternative **via South Ridge**.

Our expedition consists of two camps, **Camp 1** just after West Col at an altitude of **6,100M** and **Camp 2** on the South-East Ridge at a height of **6,420m**. Baruntse Peak expedition itinerary also includes a few day's treks into the scenic heartland of the Khumbu region.

**History:** Baruntse was first climbed on 30 May 1954, via the south ridge by Colin Todd and Geoff Harrow of a New Zealand expedition led by Sir Edmund Hillary.

## Expedition Strategy

The steep sections of ice at 50 degrees and a prominent ice cliff at about 7,000 meters make the South-East Ridge of Baruntse a somewhat difficult climb. Therefore, we choose a more accessible and popular alternative via South Ridge. To acclimatize for this 7000M peak we climb the Mera Peak (6476m/21,246ft) or Amphu Lhabtsa pass 5800M which falls on the same route. Both the climb gives us a perfect opportunity to get stronger and get ready Baruntse.

Our expedition consist of two camps, Camp I just below East Col at an altitude of 5,700m and the Camp II on the South-East Ridge at a height of 6,420m. Book Baruntse Peak Adventure Holidays also includes a few days trek into the scenic heartland of the Khumbu region.



## NAMAS ADVENTURE

### 35 DAYS BARUNTSE/MERA ITINERARY

**Day 1** Arrival day in Kathmandu (1,300m/4,264ft)

**Day 2** Trip Preparation Day

**Day 3** Fly to Lukla and trek to Paiya (2730m/8954ft): 3-4 hours

**Day 4** Paiya to Pangoma (2850m/93,48ft): 5-6 hours

**Day 5** Pangoma to Nigmsa (2745m/90,03ft): 4-5 hours

**Day 6** Nigmsa to Chetra khola (3150m/10332ft): 7-8 hours

**Day 7** Chetrakhola to Kothe (3600m/11808ft): 6-7 hours

**Day 8** Kothe to Tangnang (4,350m/14,270ft): 3-4 hours

**Day 9** Thangnang to Khare - 5,045m/16,486ft : 2-3 hours

**Day 10** Acclimatisation day

**Day 11** Khare to High camp (5,780m/18,958ft): 4-5 hours

**Day 12** Summit Mera Peak and Kongma

**Day 13** Kongma Dingma to Seto Pokhari (5035m/16519 ft): 6 hours

**Day 14** Seto Pokhari to Baruntse Base Camp (5300m/17388 ft): 6 hours

**Day 15 - 20** Rest day at the Baruntse Base Camp. Puja ritual ceremony, Training, and preparation for a summit bid

**Day 21 - 32** Camp 1, Camp 2 and Summit (*Contingency, rotations between camp 1, camp 2 & BC and Summit Bid*)

**Day 33** Baruntse BC pack up and helo  to Lukla

**Day 34** Fly back to Kathmandu

**Day 35** Departure

## 28 DAYS BARUNTSE ITINERARY

Day 1 Arrival day in Kathmandu (1,300m/4,264ft)

Day 2 Trip Preparation Day

Day 3 Fly to Lukla and trek to Monjo

Day 4 Monjo to Namche

Day 5 Namche Acclimatisation day

Day 6 Namche to Pangboche

Day 7 Pangboche to Chukung

Day 8 Chukung rest day

Day 9 Chukung to Amphu Lhabtsa pass north base camp

Day 10 Amphu Lhabtsa North BC to Baruntse BC

Day 11 - 25 Baruntse BC climbing period (*15 days climbing period*) *Puja ritual ceremony, training, rotations and summit push.*

Day 26 Fly  from Baruntse BC to Lukla (*or before if our expedition ends early*)

Day 27 Lukla to Kathmandu

Day 28 Departure

## To Baruntse Summit 7129 M

Interested climbers will definitely have to prepare themselves for technical climbing. On the last 200 meters of altitude, the climbing gets rather technical. Route fixing guides/Sherpas have to take a large number of ropes to fix the way. Baruntse is not for novice climbers. Climbers need to have relevant experiences of previous non-technical and technical climbing experiences. Climbing experiences in the alps, Andes mountains, and the Himalayas is necessary. For climbers with some experience in mountain climbing, it is another great experience to climb Baruntse to further bag and gain a lot of knowledge in mountaineering.

# NAMAS ADVENTURE

## WHAT'S INCLUDED

- IFMGA or NMA certified Guide leader
- Helicopter flight back to Lukla from Baruntse BC after returning to BC.
- Namaste Branded merchandise (Down Jacket, Cap, Buff)
- 1:1 Sherpa/client ratio. (At Baruntse only, 1:2 Ratio at Mera Peak)
- Head chef and 2 kitchen helpers ( Helpers increase with the number of climbing team members )
- Supplemental Oxygen cylinder for emergency use only (Personal O2 system can be arranged at \$550 P/P with 1 bottle and 1 regulator system)
- 2 nights before the expedition and 1 day after the expedition. Hotel in Kathmandu. *(Should clients return early from their expedition, clients will be responsible for their extra Kathmandu hotel bookings)*
- All trekking and climbing permits (Khumbu Region Permit and TIMS)
- All internal-local transportation to and from the trekking trailhead
- Solo tent at BC, and 2 person tent at higher camps
- 40 kgs personal weight ***(Extra additional weight, clients will need to hire an additional porter. Estimated \$1000 USD for 27-28 days)***
- Meals during camping days (Chicken, mushroom, vegan options, etc)
- Burners and expedition equipment
- Walkie-talkie/ Satellite phone
- Breakfast, Lunch, and Dinner on trek and expedition days.
- Lodge accommodation during the trek
- Porters per guest
- Arrival pick-up and departure
- Internal flights
- Basic First aid kit
- Welcome or Farewell leave Dinner

## WHAT'S NOT INCLUDED

- Visas and travel insurance
- Summit Bonus (\$800 per member)
- Entertainment and food (Kathmandu)
- Bottled drinks and beverages
- Evacuation (will be done in your account)
- Single supplement Charges
- Laundry, Phone services, Personal expenditure transactions
- Optional trips
- Tea breaks, chocolates or other snacks, and any meals besides breakfast, lunch, and dinner.
- Delay and cancellation because of natural phenomenon
- International flights to Kathmandu



**NAMAS ADVENTURE**



**LIVE YOUR STORY**



## NAMAS ADVENTURE

### TIPS FOR GUIDES AND PORTERS

Guest can donate trekking equipments like jackets, trek poles, gloves or hats to porters which is greatly appreciated. Guest can also buy our porters dinner, during the final day of the trek for all their hard work and for making their trek possible

**Additional Summit tips \$800.**



LIVE YOUR STORY



## NAMAS ADVENTURE

### Why choose Namas Adventure team. (More on about us)

- Client safety is our primary focus and is implemented in all decision we make on our expeditions.
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- We assemble best Sherpa, co-ordination and guiding team on all our expeditions.
- Use of highest quality gears and equipments on all treks and expeditions. ( i.e. Tents, ropes, climbing gears, base camp essentials)
- Best experienced team to help you achieve your one of the greatest adventure.
- Creating a fun memorable experience and target successful summit on all our expeditions.

### **Namaste - " Our soul recognises your soul "**

At Namas, core mission is to invoke sense of adventure, exploration and inspire human spirit through outdoor adventure activities.

### **Our Moto - Live Your Story**

Namas Adventure is a premier adventure activity service provider specialising in hand picked adventure activities with trekking, motocross and expeditions to the peaks. We aim to provide the best adventure tours around the globe. What makes us different is also our commitment to responsible, ethical and sustainable tourism. Our central aim is to help you attain your personal adventure/expeditions goals while experiencing the best of our planet, its unique cultures and environments. We aim to offer the highest quality adventure tours and expeditions at a great value while focusing on our primary goals: safety, success, and recreation. We hire only the best leaders and we don't cut corners on costs. Our adventures and expeditions strive to set the highest standards. We prioritize the wellbeing and safety of our teams, being responsible to the environments we operate in, respecting culture, contributing to local economies by employing regional partners and paying them higher than the industry standard or influencing higher pay when we feel the market has underpaid the working staffs and working in a self-sufficient and self-reliant way. We promote a sustainable/responsible approach to adventure travel by connecting people to the natural world and giving back to local communities. **(More on our about us website page)**

## NAMAS ADVENTURE

### ALPINE GRADING

1 or F: Easy These routes involve easy glacier travel and may require some rock scrambling. Except for the glacier sections, you can often climb rope less.

2 or PD: a little difficult. These routes involve some technical climbing sections and glaciers of higher difficulty. There may also be some short sections of steep terrain. They are good introductory climbs for beginners.

3 or AD : Fairly hard. These are physically demanding routes for experienced alpine climbers. They usually have steep and exposed climbing sections or snow/ice slopes over 50°. The descents are long and more complicated, and most of the route requires to be roped.

4 or D: Difficult. These routes involve sustained rock climbing, ice climbing or snow travel. They are considered a significant undertaking and demand a huge commitment.

5 or TD: Very difficult. Highly technical climbs that involve long distances, remote locations, and hard multi-pitch climbing sections. Besides, there are often other hazards like bad weather (extreme cold, strong winds) or poor protection on the routes.

6 or ED: Extremely difficult. These are extreme climbs (the most difficult in the world, actually!) with continuous difficulties. They take several days to be completed.

### FITNESS GRADING

A - Fitness level to be able to enjoy multi day walks of 6-7 hours per day. Should be able to carry 5-8kg of weight during the activity days.

B - Good level of cardio-vascular fitness and strength fitness needed. Can train by running or cycling 30+ min 3/4 times a week combined with some gym session of endurance or lower body straightening. Should be able to carry 10kgs during the activity day.

C - High level of fitness level required both in strengthening and endurance fitness level. Should be able to carry 8 -12 kgs of load. Training or gym sessions are required to attain this level of fitness. Previous experience of multi-day hill walking is essential.

D - Exceptional level of all round fitness will be required to cope with the exceptionally strenuous nature of these expeditions. Experience is required to be able to take on tours of this physical grading.

E - Exceptional level of all round fitness coupled with ability to cope and resist in highest of the altitude. A resistance to extreme weather conditions over extended periods of time. Heavy loads over multiple days may need to be carried. Previous experience is highly crucial in order to prepare your body endure the high level of mental and physical toughness from both altitude and terrains.



### **Expedition Fitness**

When it comes to expedition the more fitter you are and more stronger the better your chances of successfully climbing to the summit and most of all enjoying the expedition. The grading system gives you an indication of the level required for each expedition both technically and physically. It is very important that you train and build your level of fitness depending on your choice of expedition and whilst on expedition if your fitness is deemed to be inadequate our leaders would ask you to remain at camp. Please discuss with our guiding leaders on how you feel and weather you can actually make that push during all climbing/expedition, as we take your and staff safety seriously and would not want any unchecked incidents or miss out on your successful summit bid.

### **Adventure Travel – Accuracy of Itinerary**

It is on our best interest to operate our expeditions as printed in the itinerary but due to unseen circumstances it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. We would ask for your patience in this case as a lot of these can be out of our hands and we will best decide to plan alternatives. Our assigned leader is responsible for the overall safety of the whole team during the expedition and will encourage the use of safe climbing practises during the expedition. They will ensure that every opportunity is taken to fulfil the objectives described in the trip's outline itinerary, but have the freedom to modify any plans subject to weather, delays or unforeseen circumstances which are deemed to be out of the control of Namas Adventure. The leader will maintain a good team spirit and attempt to keep morale high for the whole group. Wherever possible the leader will keep the Namas Adventure office informed of team progress and any emergency situations that may arise.

## NAMAS ADVENTURE

### Insurance

All our clients are required to have adequate insurance for their trip programs. When conducting research for insurance options, please look into the details of the policies covering the right requirements. Unexpected life events occur. Your travel plans might change due to illness while you are abroad or because of a family emergency even before you leave home. Our recommendation is that you protect your investment and welfare against these unexpected circumstances so you and your loved ones can prepare for your upcoming adventure with more peace of mind.

- **Cancellation or curtailment**
- **Helicopter rescue**
- **Repatriation**
- **The altitude that you are expected to attain**
- **Grade of trek/climb/expedition**
- **Medical cover**

### Namas Adventure X Global Rescue

#### Who Is Global Rescue?

Travel Protection, Namas Adventure partners with Global Rescue to offer the world's leading travel protection services. Medical and security emergencies happen. When they do, we rely on Global Rescue to provide our clients with medical, security, travel risk, and crisis response services. Without a membership, an emergency evacuation could cost over \$100,000. More than one million members trust Global Rescue to get them home safely when the unexpected happens. We highly recommend our clients enroll with Global Rescue. (*Insurance link - Click here*)

#### IMG Signature Travel Insurance

IMG Signature travel insurance is the perfect add-on to a Global Rescue membership, providing coverage against a variety of unforeseen expenses while you're traveling, giving you the added comfort of knowing the value of your trip is protected in case you need it.

**TRAVEL INSURANCE LINK**



## NAMAS ADVENTURE

### **Namas Adventure is a Global Rescue Safe Travel Partner.**

**Namas Adventure** is committed to excellence in every aspect of your trip experience, especially when it comes to safety.

That's why we are a **Global Rescue Safe Travel Partner**.

**Global Rescue** is an industry leader, providing medical and security advisory and evacuation services to travelers around the world. Global Rescue offers field rescue from the point of your injury or illness. With operations centers staffed 24/7/365 by experienced personnel, when you call Global Rescue you speak to a real person on the first call to get you the help you need.

Purchase a Global Rescue membership for your next adventure and travel with peace of mind. Single trip, annual and family options are available – just ask us to learn more. [*Click here*]

### **Few insurance provider which we recommend.**

#### **UK based clients**

**True Traveller:** [www.truetraveller.com](http://www.truetraveller.com) Treks upto 4500M (Check Ultimate pack with Nepal trekking Box)

**Austrian Alpine Club (UK)** [www.aacuk.org.uk](http://www.aacuk.org.uk) ( Expedition's mostly)

**Snowcard:** [www.snowcard.co.uk](http://www.snowcard.co.uk)

**World Nomads:** <https://www.worldnomads.co.uk/>

**Dogtag:** [www.dogtag.co.uk](http://www.dogtag.co.uk)

#### **For non-UK based clients:**

**Ripcord:** <http://www.ripcordrescuetravelinsurance.com/>

**Travelex Ins. Services:** [www.travelexinsurance.com](http://www.travelexinsurance.com)

**True Traveller:** [www.truetraveller.com](http://www.truetraveller.com) (Check Extreme pack or Ultimate pack with Nepal trekking Box)

**Austrian Alpine Club (UK):** [www.aacuk.org.uk](http://www.aacuk.org.uk)

These are some of the insurance companies that we trust but you are free to choose the one you have been using or trust during your travel. Please forward the details of your Insurance as soon as you have it: we need the insurance company's name, their 24 hour emergency telephone number and your insurance policy number –

*[namas@namasadventure.com](mailto:namas@namasadventure.com)*





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