

Baruntse 7129m

- **Spectacular mountain with stunning views of Everest, Makalu & Lhotse**
- **Multi-camp expedition style ascent of this superb peak by its SE Ridge**
- **Ideal summit to gain experience to attempt an 8000m peak**



EXPEDITION OVERVIEW

Baruntse provides a good progression and an ideal objective for those who have previously climbed to around 6000m. Situated close to Makalu it is remote and at the centre of three glacier valleys, the Imja, the Hunku and

Barun. It is objectively safe and offers a tremendously rewarding climb among the world's highest peaks. Summit day includes spectacular views of Lhotse, Everest and Makalu.

Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, 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. You should be aware that some events are beyond our control and we would ask for your patience.

ITINERARY

KEY to inclusions (H-hotel, T-teahouse/lodge, C-Camping, B-breakfast, L-lunch, D-dinner/evening meal)

Day 1-2: International flights arriving Kathmandu on day 2. Transfer to our hotel close to the famous bustling Thamel district and within easy walking distance of Swayambhunath - the monkey temple, a place with lovely gardens where one can relax. (Day 1- flying, Day 2 H,B).

Day 3: A day free in Kathmandu whilst official procedures and arrangements are made. Enjoy the wonderful sights of the city or visit the temples of Bodnath, Pashupatinath and Durbar Square. (If weather conditions allow, there is a possibility we may fly to Lukla today.)

Day 4: Fly to Lukla (2800m). A spectacular short internal flight takes us to this tiny airstrip town and the gateway to the Sherpa Kingdom. After lunch we can set off to our first camp at Poyan (2800m). (C,B,L,D).

Day 5: Poyan to Pangkonngma (2846m). A pleasant and easy start to the trek before we climb steeply up to a ridge overlooking the Khare Khola. About five hours in total at a leisurely pace (C,B,L,D).

Day 6: Pangkonngma to Nashing Dingma (2,600m). We climb up through an abundance of rhododendron and bamboo to the Pangkonngma La (3173m). From here, we have fine views of Mera and the twin peaks of its impressive south face. Our route descends down to the Hinku Kola and its classic rope bridge, a wonderful scenic day. (C,B,L,D).

Day 7: Nashing Dingma to Chalem Kharka (3600m) Today we climb over the Surke La, adding to our gradual acclimatisation. The path takes us through lush greenery to our campsite among fir trees and rhododendron just outside Chalem Kharka. (C,B,L,D).

Day 8: Chalem Kharka to Chunbu Khaka (4200m). We continue our ascent through the rhododendron to emerge in the more open but rugged paths that now provide some excellent views towards Kangchenjunga. (C,B,L,D).



Day 9: Chunbu Khaka to Khote (Hinku valley) (4200m) Today we traverse in to the main Hinku valley and follow the west bank of the boulder strewn river upstream to either Khote with its small village atmosphere, or onwards for another hour and a half to the more remote Swra with an alpine meadow feel. Either way this is a shorter day with no overall height gain. (C,B,L,D).

Day 10: Khote or Swra to Tagnang (4320m). It really feels like you're entering the Nepalese Himalaya on today's walk. As we

gain height up the Hinku valley we leave behind the forest zone and enter an alpine zone. Wonderful herbal aromas and alpine



flowers are complimented by the superb and spectacular peaks of Kusum Kanguru, Kyashar and Mera West that now surround you. This is another short day that allows us to gain height steadily. (C,B,L,D).

Day 11: Tagnang to Khare (4850m). We cross the fields of debris created when the glacial lake above Tagnang burst its banks in 1998 releasing a huge wave of water down the Hinku valley. As we ascend a moraine ridge we get good views into the turquoise loch and across to the imposing N. Face of Mera. We continue across the grassy alps of Dig Kharka, before the final ascent zig-zagging up grassy slopes to the Mera Base Camp. Tonight you will be camping at the height of Mont Blanc! (C,B,L,D).

Day 12: Khare to the Mera La (5300m). The glacier snout is reached in one and a half hours from Khare. Here we can put crampons on and climb a short 20-30 degree snow slope to gain the glacial plateau that can be traversed to the Mera La (5400m). From here a short descent gains rocky platforms and an ideal sunny camp site. This is about four hours steady walking from Khare so the afternoon can be spent resting, hydrating and enjoying views east across to the bulky mass of Chamlang, the first 7000m peak to be seen so far. Those of you who have opted not to climb Mera Peak will spend Day 13 and most of Day 14 relaxing in camp or exploring the surrounding area. (C,B,L,D).

Day 13: Mera La to High Camp (5750m). This is a short day (2½ - 3 hours) for those of you climbing Mera Peak, but folk will usually be feeling the altitude. As you climb above the Mera La the whole of the Himalaya will be opening up around you. The first giant peak to be seen is the red rocky pyramid of Makalu to the east. A bit further still and the black rocky pyramid of Everest with its snow plume blowing off it, is seen to the north. Just before arriving at high camp – if the visibility is perfect you can see the wild and beautiful Kanchenjunga massif 80 miles to the east. You can also see tomorrow's goal, the summit of Mera 2kms to the South West. (C,B,L,D).

Day 14: High camp to Mera Peak (6476m). Sleep does not come easy at this altitude; especially with the added excitement of climbing a major Himalayan peak the next day. So getting up at between two and four a.m. is no hardship. It is cold however and we will aim to be fully kitted out, roped up and in a slow and steady rhythm by dawn. It can take anything from three to eight hours to reach the summit. We will move in groups of three to four clients with either a western guide or strong Khumbu Sherpa to allow people to move at their own pace. Although this is hard work the views are outstanding and the ground is easy. The descent back to the Mera La is very quick where we collect our gear before continuing the descent that leads to the huge boulder

of Rato Odhar giving us our first views of Baruntse. We camp here or continue onto the five lakes.

Day 14 or 15: This section is done as part of Day 14 or 15. Rato Odhar to the start of the Five Lakes (5250m). Today follows the twists and turns of the Hinku Valley giving ever changing views of Baruntse, Chamalang, Peak 41, Lhotse & Everest. The walking is easy but the whole area feels very remote with very little evidence of man. We camp where the paths to Base Camp and the Amphulapcha divide (C,B,L,D).

Day 15&16: Start of the Five lakes to Baruntse Base Camp (5450m). A short walk leads to the crest of the moraine and a stunning viewpoint with the imposing bulk of the south face of Baruntse towering over you and Ama Dablam to the west. A couple more hours of walking should see you dropping into the sunny and sheltered basin of our Base Camp, situated on sandy platforms by a small lake. (C,B,L,D).

Day 17 A rest day, to acclimatise and explore the surroundings. (C,B,L,D).

Day 18 - 28: Climbing period. Our plan would be to place two camps on the Lower Barun Glacier, below the SE Ridge at 6000m and 6300m respectively. Fixed line would be placed on the ascent to Camp 1, below the West / East Col, to safeguard our progress. To reach the summit usually takes 7-10 hours along a stunning and exposed ridge line (fixed ropes). The crux is a steep ice wall at around 7000m which may be up to Scottish grade II. Descent is by the same route and we would hope to reach at least Camp 1 or Base Camp if you're going well (C,B,L,D).

Day 29: Baruntse Base Camp to Amphulapcha Base Camp. (5650m) Rugged walking leads across the moraine towards Ama Dablam and the Amphulapcha pass. Our camp is directly below the steep slopes leading up to the col. (C,B,L,D).



Day 30: Amphulapcha Base Camp to Chukung (4730m) The majority of our support team will return to Lukla from here via the Mera La while we'll be enjoying the comforts of teahouses for the rest of the walk out. A steep climb first thing in the morning will get the heart pumping but the amazing structures and colours of the ice fall should take your mind off any discomfort. A couple of steeper sections that usually require some fixed line, lead rapidly to the narrow Amphulapcha pass. A steep descent (fixed lines) leads down to the moraine and easy walking down to the teahouses of Chukung. (T,B,L,D).

Day 31: Chukung to Pangboche (3930m) After our time in the wild and remote Hinku Valley the teahouses and farms of the Khumba region are a pleasant change. Good paths and bridges

lead down to join the main Everest Base Camp trail with amazing views of Ama Dablam (T,B,L,D)

Day 32: Pangboche to Namche Bazaar (3440m). Today we descend back into the tree line and the smells of pine and juniper. The path climbs to the large monastery at Tengboche before a steep descent leads back to the Dubh Kosi river. The final steep climb of the trek flattens out and traverses the hill side before eventually turning the corner and dropping down into the bowl of Namche Bazaar. (T,B,L,D).

Day 33: Namche Bazaar to Lukla (2800m) A steep descent leads to an impressive bridge high above the river. Easy walking surrounded by the carvings, flags & prayer wheels of Buddhism leads us back to the airport at Lukla. Flight from Lukla to Kathmandu. Back to the comforts of our hotel and the enjoyable hustle and bustle. This is a good time to buy souvenirs and try your hand at haggling with the local shop keepers. We can dine in one of Kathmandu's finest restaurants and experience some local dancing styles! (H,B)

Day 34: Kathmandu (H,B) This is a contingency day to allow for any unexpected delays during the trek or delays due to bad weather.

Day 35: Return international flight and arrive same day.



PREVIOUS EXPERIENCE/FITNESS

The technical difficulty of this climb is not high, but it is physically demanding with long days and sections with a lot of exposure. The trip is ideally suited to strong, experienced climbers who want to climb the peak in its own right, or to use the trip to gain experience for higher peaks in the future. To move efficiently and enjoyably we recommend you have experience of Alpine PD+/AD routes and /or an ability to climb Scottish grade 1/II winter routes and previous experience of altitude of at least 4800m before.

A TYPICAL TREKKING DAY

Starts around seven a.m. (not a problem as it's usual to go to bed early!) with you packing your overnight gear into a kit bag before enjoying a hearty breakfast ready to leave camp whilst it's still fairly cool. The pace on the trek will be leisurely with plenty of time to enjoy the scenery, take photos, chat to the locals and keep hydrated. Lunch is usually in a fine spot by the side of the trail and, most days, you will be arriving at our overnight camp mid afternoon ready for a well earned cup of tea. This leaves an hour or so to rest or explore before a three course evening meal. It is quite remarkable what the locals can produce in these remote circumstances.

WEATHER CONDITIONS

The Post and Pre monsoon conditions experienced from October into mid-December. April-May are usually very fair, dry and

stable. Daytime temperatures are pleasantly warm in the valleys (20-30C) whilst cool to very cold (especially with wind chill) high on Baruntse. Night time temperatures are cold to very cold (possibly as low as minus -30c), and you should make sure you have a very warm sleeping bag (-30c), an expedition weight down jacket and good quality down mitts.

CATERING ARRANGEMENTS

Food on the trek and at Base Camp is excellent and designed to stimulate your appetite. Breakfast includes porridge and cereal followed by eggs (fried, boiled poached or omelettes), and either bread or chapattis with jam, honey, peanut butter etc. Lunch starts with juice and may include chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat. Dessert is usually fresh/tinned fruit and tea. The evening meal always starts with soup (often with a healthy dose of garlic to aid acclimatisation) accompanied by poppadums, popcorn or prawn crackers. The main meal varies from local style – Dal Bhat (rice and lentils with an onion and vegetable sauce), Yak stew, momos etc. to western style: yak burgers, chips, pasta, even pizza! Desserts are equally appealing and include apple pie, cake, custard etc. You will not be hungry! Once on the mountain we use dehydrated meals supplemented by chocolate, muesli bars, cheese, nuts, salami, etc.

DELAYS – Lukla Flights

The itinerary of the trip may change slightly from that stated, depending on weather/flights/summit attempts, so please be flexible in your approach to the expedition. 3 nights of accommodation in Kathmandu are included in the trip price.

Please note, flights to and from Lukla can be delayed due to the weather, we may fly earlier or later than indicated in the dossier. Please be patient and bring a good book to read. If delayed our agent will try to secure alternative seats or obtain options on helicopters which can fly in less good weather. If the flights are delayed over night, accommodation can be provided on a B+B basis at an extra cost. If helicopter flights are utilised you will need to cover this cost inclusive of your leader's portion (variable cost depending on group size but approx: \$400 p/p in total each way). Where required we can re-book/change your International flights but additional costs may/will be incurred. All additional payments would need to be paid for in Kathmandu (card payments accepted). If you are unable to accept this, you may want to consider an alternative trip less dependent on weather e.g. The Annapurna Region.



RESPONSIBLE TOURISM

We employ local staff to work alongside our own group leader giving employment beyond farming. We ask that you restrict showers to those lodges that have electricity or solar power, thus reducing deforestation. Be prepared to wash using bowls of warm water or 'wet ones'. We recommend you dispose of burnable rubbish at the lodges but take other items such as bottles and batteries back to Kathmandu. Avoid plastic bottles of water by bringing sterilizing tablets and a refillable bottle to drink local

pumped water. Soft drinks should be purchased in glass bottles that can be recycled.

INSURANCE

Insurance which covers mountain rescue, helicopter evacuation and medical expenses is essential. You should note there are no official mountain rescue services in Nepal and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure.

ALTITUDE

Our itineraries generally allow sufficient time for your body to acclimatise. The best way to avoid any problems is to do everything slowly, walk at a gentle steady pace and drink plenty of fluid. Our leader will give an appropriate briefing on arrival in the destination country.

USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots are more difficult to replace easily.

EQUIPMENT

A detailed equipment list is provided on booking. Specialist items such as sleeping bags and down jackets can be hired, or purchased with 15% discount.

BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20kg and the Lukla flight 15kg, but you will be wearing boots and one set of trekking clothes. Some items can be left at the hotel for your return. We provide you with an Adventure Peaks kit bag.

VISAS AND PERMITS

UK citizens and most EU nationals can purchase Visas on arrival. All other countries should check with their local embassy. Passports must be valid for at least six months after the end date of the trip.

LOCAL COSTS

Most meals are inclusive, please see the key above. Individuals are responsible for drinks throughout and hotel meals which gives the flexibility to choose where you eat.

CURRENCY

Nepalese Rupee. UK Sterling, Euros and US Dollars can easily be changed in Kathmandu. ATM (cash machines) are available in Kathmandu but are often out of order.

TIPPING

Tipping is generally expected and part of everyday life. We generally tip our own local staff as a whole. Please see the Nepal Background sheet in your Welcome pack for more information. It is also usual to put approximately 1000 rupees into the pot for the Puja or mountain blessing – a very important part of Himalayan climbing.

EXTENSIONS

Everest Flight An early morning spectacular flight over Everest.
Chitwan Wildlife Safari (plus 5 days)

You can round off your trek with a three day wildlife safari. This includes a jeep safari, jungle walk, river canoe trip and elephant ride combined with a cultural program in search of rhino and the famous Bengal tiger.