

Baruntse Expedition (7,129 m): A High-Altitude Himalayan Climbing Expedition

Overview:

The Baruntse Expedition is a challenging and rewarding Himalayan climbing adventure that takes you to the summit of Mount Baruntse (7,129 m / 23,389 ft), one of Nepal's most impressive and less-crowded 7,000-meter peaks. Situated in the remote eastern Himalayas, Baruntse offers an exceptional combination of high-altitude trekking, glacier travel, and mountaineering in a spectacular and pristine mountain environment.

The expedition begins with a scenic approach through the beautiful Hinku Valley, crossing high mountain passes and remote alpine landscapes before entering the untouched wilderness of the Hongu Valley. The journey to Baruntse Base Camp passes through glaciers, moraines, and dramatic Himalayan terrain, with stunning views of Makalu, Chamlang, Mera Peak, and other surrounding peaks.

Upon reaching Baruntse Base Camp (5,400 m), the expedition enters the climbing phase. The team will complete acclimatization rotations through Camp I and Camp II, while refining climbing techniques, adjusting to higher elevations, and preparing for the summit attempt. The route involves glacier travel, fixed rope sections, and steep snow slopes, making Baruntse an excellent objective for experienced climbers seeking their first 7,000-meter Himalayan summit.

The summit push represents the most demanding and rewarding stage of the expedition. With proper acclimatization, favorable weather, and strong teamwork, we make our attempt toward the summit, where incredible panoramic views of the eastern Himalayan ranges await. After the climb, we descend through the Amphu Lapcha region and continue toward the Khumbu Valley, completing a remarkable journey through some of Nepal's most remote and beautiful landscapes.

The Baruntse Expedition is more than a summit climb; it is a complete Himalayan experience combining adventure, exploration, and personal achievement. Supported by an experienced expedition team, climbers have the opportunity to take on one of Nepal's finest 7,000-meter peaks while experiencing the true beauty of the high Himalayas.

Climbing Experience and Requirements:

The Baruntse Expedition is designed for climbers with previous high-altitude trekking and mountaineering experience who are prepared for the challenges of a 7,000-meter Himalayan peak. Participants should be familiar with the use of essential climbing equipment, including crampons, ice axes, harnesses, ascenders, and fixed ropes, in alpine environments.

Previous experience on peaks above 6,000 meters is strongly recommended, along with basic glacier travel and rope technique skills. Climbers must be physically fit, mentally prepared, and capable of handling long summit days, high-altitude conditions, and technical sections required for a safe and successful ascent of Baruntse (7,129 m).

Quick facts:

Cost: USD per person

Destinations: Kathmandu / Lukla / Chutanga / Zatrava Pass / Khare / Seto Pokhari / Baruntse Base Camp / Amphu Lapcha / Chhukung / Tengboche / Namche

Duration: 32 days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Strenuous to technical mountaineering

Transportation: tourist coach / domestic flight

Accommodation: tea house, camp & tourist standard hotel in Kathmandu

Max altitude: 7,129 m

Activities: High-altitude trekking, Baruntse summit climbing and glacier training

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.
Overnight at the hotel

□ **Day 2: Kathmandu Sightseeing and Expedition Preparation**

After breakfast at the hotel, our expedition guide will meet you for a detailed briefing about the Baruntse Expedition, covering the itinerary, climbing schedule, safety procedures, equipment requirements, acclimatization plan, and other important preparations. Our team will also assist you with the necessary expedition permits, documentation, and formalities.

Following the briefing, we will explore the cultural heritage of the Kathmandu Valley with a sightseeing tour of UNESCO World Heritage Sites, including Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, popularly known as the Monkey Temple. This provides an opportunity to experience the rich cultural and spiritual heritage of Nepal before beginning the expedition.

In the afternoon, you will have time to check and organize your climbing and expedition equipment, purchase or rent any remaining gear, and make final preparations for the journey to the Baruntse region. Our expedition team will be available to assist with equipment checks and ensure you are fully prepared for the adventure ahead. Overnight at the hotel in Kathmandu.

□ **Day 3: Fly to Lukla (2,840m) and Trek to Chutanga (3,060m) | 3 – 4 hours**

After an early breakfast, we will take a scenic mountain flight from Kathmandu to Lukla (2,840 m / 9,317 ft), the gateway to the Everest region. The approximately 35-minute flight offers breathtaking views of the Himalayan range, with stunning landscapes of snow-capped peaks, deep valleys, and rugged mountain terrain. The thrilling landing at Lukla's hillside airstrip marks the beginning of our Himalayan adventure.

After meeting the trekking crew and making final preparations, we will begin our trek from Lukla toward Chutanga (3,060 m / 10,039 ft). The trail gradually climbs through beautiful forests of rhododendron, pine, and juniper, passing through peaceful mountain landscapes and traditional Sherpa surroundings. As we leave the busy trails behind, the route becomes quieter and more remote, offering a true wilderness experience.

The gradual ascent to Chutanga provides a perfect opportunity for acclimatization while enjoying the fresh mountain air and panoramic views of the surrounding hills and valleys. Nestled in a serene alpine setting, Chutanga is a peaceful overnight stop before continuing toward the higher passes and landscapes ahead. The trek from Lukla to Chutanga takes around 3–4 hours, making it a comfortable first trekking day. Overnight at a guesthouse or teahouse in Chutanga.

Note: The weather in Lukla is highly unpredictable. Occasionally, flights may be delayed or canceled due to adverse weather conditions. If a flight is canceled, you will need to return to your hotel in Kathmandu. Please note that transportation back to the hotel and accommodation for this night are not included. If the weather clears the next day, you will be accommodated on either the 3rd or 4th flight to Lukla. If conditions remain unfavorable, there is also an option to take a helicopter flight. The cost of a helicopter flight is not fixed and will be quoted by the airline on the same day. You should expect to pay an additional approx. 250 USD for the helicopter transfer from Kathmandu to Lukla. Although such situations are rare, we believe it is important to inform you in advance.

□ **Day 4: Trek from Chutanga to Thuli Kharka (3,900m) via Zatrwa La Pass (4,610 m) | 6 – 7 hours**

After breakfast, we will begin our trek from Chutanga toward Thuli Kharka (3,900 m / 12,795 ft), crossing the challenging yet rewarding Zatrwa La Pass (4,610 m / 15,121 ft). The trail gradually climbs through alpine forests and rugged mountain terrain, offering spectacular views of the surrounding peaks and valleys as we gain elevation.

The ascent to Zatrwa La Pass is one of the most scenic sections of the trek, with the landscape transforming from lush vegetation to rocky alpine terrain. Upon reaching the top of the pass, we are rewarded with breathtaking panoramic views of the Himalayan range, including impressive vistas of the Numbur Himal, Kusum Kanguru, and other surrounding peaks. The pass crossing is a memorable highlight, combining adventure, natural beauty, and a true high-altitude trekking experience.

After taking time to enjoy the views and capture photographs, we will descend gradually from the pass toward Thuli Kharka, a beautiful alpine settlement surrounded by mountains and wilderness. The trail can be steep and rocky in sections, requiring careful walking, but the peaceful landscapes and remote atmosphere make the journey worthwhile.

The trek from Chutanga to Thuli Kharka takes around 6–7 hours, depending on weather conditions and pace. This is a challenging day due to the high pass crossing, so a steady pace and proper acclimatization are important. Overnight at a teahouse in Thuli Kharka.

□ **Day 5: Trek from Thuli Kharka to Kothe (4,095 m) | 6 – 7 hours**

After breakfast, we will begin our trek from Thuli Kharka toward Kothe (4,095 m / 13,435 ft). The trail follows a scenic route through the remote and less-traveled landscapes of the Mera Peak region, offering a peaceful trekking experience away from the busier trails of the Everest region.

The morning walk begins with a gradual descent through beautiful alpine terrain, passing rocky slopes, scattered juniper and rhododendron vegetation, and traditional mountain landscapes. As we continue, the trail follows the Hinku Khola (river) valley, where the surrounding cliffs, forests, and snow-covered peaks create a spectacular Himalayan backdrop.

The route includes several ups and downs as we make our way deeper into the valley. Along the way, we may catch views of impressive peaks such as Mera Peak and other Himalayan giants depending on the weather conditions. The quiet atmosphere, pristine surroundings, and remote villages make this section of the trek a memorable part of the journey.

Upon reaching Kothe (4,095 m / 13,435 ft), we will settle into a comfortable teahouse and enjoy the peaceful mountain environment. Kothe is a small settlement located along the Hinku Valley and serves as an important stop for trekkers heading toward Mera Base Camp and higher Himalayan routes.

The trek from Thuli Kharka to Kothe takes approximately 6–7 hours. Overnight at a teahouse in Kothe.

□ **Day 6: Trek from Kothe to Thangnak (4,350 m): | 4 – 5 hours**

After breakfast, we will begin our trek from Kothe toward Thangnak (4,350 m / 14,272 ft), following the beautiful Hinku Khola Valley toward the higher reaches of the Mera Peak region. Today's walk is relatively gradual, allowing us to continue acclimatizing while enjoying the spectacular Himalayan surroundings.

The trail follows the river valley through a peaceful landscape of alpine forests, rocky terrain, and open grazing areas. Along the way, we will pass traditional mountain settlements and enjoy magnificent views of the surrounding peaks, including glimpses of Mera Peak (6,476 m) rising above the valley. The quiet trails and untouched natural beauty create a truly remote Himalayan trekking experience.

As we gain altitude, the vegetation becomes thinner, and the scenery changes into a dramatic alpine environment with wide valleys, glaciers, and snow-covered mountains in the distance. After a steady walk, we will arrive at Thangnak (4,350 m / 14,272 ft), a small seasonal settlement surrounded by stunning mountain landscapes and a popular resting point before heading toward Mera Base Camp.

The trek from Kothe to Thangnak takes around 4–5 hours, providing a comfortable day for acclimatization and preparation for the higher elevations ahead. Overnight at a teahouse in Thangnak.

□ **Day 7: Trek from Thangnak to Khare (5,054 m) | 4 – 5 hours**

After breakfast, we will continue our trek from Thangnak to Khare (5,045 m / 16,548 ft), the highest permanent settlement in the Hinku Valley and an important acclimatization stop on our Baruntse Expedition. The trail gradually ascends through rugged alpine terrain, following glacial moraines and rocky paths as the surrounding Himalayan landscape becomes increasingly dramatic.

Along the way, we pass beside the impressive Dig Glacier and Hinku Nup Glacier, with magnificent views of Mera Peak, Kusum Kanguru, Charpate Himal, and other snow-capped summits. As we gain elevation, the vegetation disappears, giving way to a stark yet beautiful landscape of glaciers, boulders, and high-altitude wilderness.

After approximately 4–5 hours of trekking, we arrive at Khare, a small mountain settlement that serves as an important gateway to the higher Himalayas. Here, we will rest, continue acclimatizing, and make final preparations before crossing the Mera La Pass and entering the remote Hongu Valley on our journey toward Baruntse Base Camp. Overnight at a teahouse in Khare.

□ **Day 8: Acclimatization day**

Today is reserved for acclimatization at Khare, an essential step in preparing for the higher elevations ahead on our Baruntse Expedition. Taking time to adapt to the altitude helps reduce the risk of altitude sickness and increases the chances of a safe and successful expedition as we continue toward the Mera La Pass and the remote Hongu Valley.

Rather than remaining completely inactive, we will spend the day following the principle of "climb high, sleep low." A short hike to a nearby ridge or viewpoint above Khare provides excellent acclimatization while rewarding us with spectacular views of Mera Peak, Kusum Kanguru, Charpate Himal, and the surrounding glaciers. After the hike, we will return to Khare for rest and recovery.

The remainder of the day is dedicated to relaxing, staying well hydrated, and making final preparations for the journey ahead. Our guides will check climbing equipment, discuss the upcoming route, and ensure everyone is ready for the challenging days to come. Overnight at a teahouse in Khare.

□ **Day 9: Trek from Khare to Kongma Dingma (4,850 m) via Mera La (5,415 m) | 6 – 8 hours**

Today's journey leads us from Khare across the Mera La Pass (5,415 m / 17,766 ft) and into the remote Hongu Valley, as we make our way to Kongma Dingma (4,850 m / 15,912 ft). Leaving behind the busy Mera Peak route, we enter one of the most isolated and spectacular sections of the Baruntse Expedition, surrounded by glaciers, rugged alpine terrain, and towering Himalayan peaks. The trail climbs steadily to the Mera La Pass, offering breathtaking panoramic views of Mera Peak, Makalu, Baruntse, Chamlang, Naulekh, and countless snow-covered summits. After crossing the pass, we descend over glacial moraines and rocky terrain into the pristine Hongu Valley, where the dramatic scenery and untouched wilderness make this one of the expedition's most memorable trekking days.

After approximately 6–8 hours of trekking, we reach Kongma Dingma, a remote seasonal campsite nestled in the heart of the Hongu Valley. Here, we will rest and recover before continuing deeper into the valley toward Baruntse Base Camp, with the excitement of the expedition building as we move closer to our objective. Overnight at a tented camp in Kongma Dingma.

□ **Day 10: Trek from Kongma Dingma to Seto Pokhari (5,035 m) | 5 – 6 hours**

Today, we continue deeper into the remote Hongu Valley as we trek from Kongma Dingma to Seto Pokhari (5,035 m / 16,519 ft). Surrounded by untouched alpine wilderness, the trail follows a gradual ascent through glacial valleys and rocky terrain, offering a true sense of isolation in one of Nepal's least-traveled mountain regions.

The route winds past moraines, alpine meadows, and glacial streams, with magnificent views of Chamlang, Baruntse, Makalu, and other towering Himalayan peaks. As we gain altitude, the landscape becomes increasingly rugged, eventually leading us to Seto Pokhari, a pristine high-altitude lake whose name translates to "White Lake." Nestled beneath snow-covered peaks, the lake provides a peaceful and scenic resting place amid the dramatic mountain environment.

The trek from Kongma Dingma to Seto Pokhari takes approximately 5–6 hours, depending on trail conditions and pace. Upon arrival, we will settle into our tented camp, enjoy the tranquil surroundings, and continue acclimatizing as we prepare for the journey toward Baruntse Base Camp. Overnight at a tented camp near Seto Pokhari.

□ **Day 11: Trek to Baruntse Base Camp (5,400 m) | 4 – 6 hours**

Leaving Seto Pokhari behind, we make our way to Baruntse Base Camp (5,400 m / 17,717 ft), following the upper Hongu Valley through a spectacular landscape of glacial moraines, rocky ridges, and high-altitude terrain. As we approach the mountain, the scenery becomes increasingly dramatic, marking the transition from trekking to the climbing phase of the expedition.

The trail offers magnificent views of Baruntse, Makalu, Chamlang, and other towering Himalayan peaks as we steadily gain elevation. Crossing rugged moraine fields and glacial streams, we finally reach Baruntse Base Camp, where our expedition camp is established beneath the mountain's impressive-

south face. The remote setting and breathtaking surroundings provide an inspiring backdrop for the adventure ahead.

The trek to Baruntse Base Camp takes approximately 4–6 hours, depending on trail conditions and pace. Upon arrival, our climbing team will organize the camp, inspect equipment, and make final preparations for the upcoming ascent. Overnight at a fully equipped tented camp at Baruntse Base Camp.

□ **Day 12 – 19: Camp Rotation (Base Camp – Camp I – Camp II and Base Camp)**

The camp rotation period begins from Baruntse Base Camp (5,400 m / 17,717 ft), marking an important phase of the expedition as we prepare for the final summit attempt. During this period, we will gradually move through the higher camps, allowing our bodies to adapt to the altitude while becoming familiar with the route, terrain, and technical sections of Baruntse (7,129 m / 23,389 ft).

Our rotations will take us from Base Camp to Camp I and Camp II, where we will practice efficient climbing techniques, glacier travel, and movement on fixed ropes. We will carry essential equipment and supplies to the higher camps while assessing the route conditions, including snow quality, crevasse crossings, and technical challenges. These rotations are crucial for building confidence and ensuring that the team is fully prepared for the summit push.

After reaching higher camps, we will return to Base Camp for proper rest, recovery, and acclimatization. Time at base camp will allow the team to regain strength, review climbing strategies, check equipment, and make necessary adjustments based on mountain conditions.

The schedule during this period remains flexible and will be adjusted according to weather, route conditions, and the overall progress of the team. A successful rotation phase plays a vital role in increasing our chances of a safe and successful summit attempt by ensuring that both climbers and support teams are fully prepared for the challenges ahead.

□ **Day 20 – 24: Summit Push (Base Camp - Baruntse Summit 7,129 m – Base Camp)**

The summit push begins from Baruntse Base Camp, as we embark on the most challenging and rewarding phase of the expedition. With proper acclimatization completed and the necessary preparations in place, we begin our ascent toward the summit of Baruntse (7,129 m / 23,389 ft), one of Nepal's most impressive Himalayan peaks.

From Base Camp, we climb through the established route toward the higher camps, following the glacier and technical sections that lead to Camp I and Camp II. The ascent requires careful movement over high-altitude terrain, including steep snow slopes, crevassed sections, and fixed rope sections. Our experienced climbing team will maintain a steady pace, ensuring safety and efficiency as we move higher into the mountain environment.

The final summit attempt will begin from the higher camp, usually during the early hours of the morning when conditions are most favorable. As we climb toward the summit ridge, we are rewarded with breathtaking views of the surrounding Himalayan giants, including Makalu, Everest, Lhotse, Chamlang, and the remote peaks of the eastern Himalayas. Reaching the summit of Baruntse (7,129 m / 23,389 ft) will be a remarkable achievement, offering a true sense of accomplishment after weeks of preparation and perseverance.

After spending a brief time on the summit for photographs and celebration, we will carefully descend back through the higher camps toward Baruntse Base Camp. The descent will require continued focus as we navigate the technical sections and changing mountain conditions. Upon reaching Base Camp, we will rest, recover, and celebrate the successful completion of the summit attempt.

The exact timing and duration of the summit push will remain flexible depending on weather conditions, route stability, and the overall condition of the team. Safety will always remain the highest priority throughout this final stage of the Baruntse Expedition.

□ **Day 25: Contingency day**

A contingency day is reserved as a safety buffer for the Baruntse Expedition, allowing flexibility in case of unexpected delays or changes in mountain conditions. Weather in the high Himalayas can be unpredictable, and factors such as heavy snowfall, strong winds, route conditions, or the need for additional acclimatization may affect the planned schedule.

This extra day provides the expedition team with valuable flexibility to adjust the summit plan, complete necessary preparations, or wait for a suitable weather window if required. It may also be used for additional rest and recovery after the summit attempt, depending on the overall progress and condition of the team.

The final use of the contingency day will be determined by the expedition leader based on safety considerations, weather forecasts, and route conditions. Maintaining this flexibility increases the chances of a safe and successful completion of the Baruntse Expedition.

□ **Day 26: Trek to Amphu Lapcha High Camp (5,650 m) | 5 – 6 hours**

The trek toward Amphu Lapcha High Camp (5,650 m / 18,536 ft) takes us across remote Himalayan terrain, where the landscape is dominated by glaciers, rocky moraines, and dramatic mountain scenery. As we approach the Amphu Lapcha Pass, the trail gradually enters a more rugged and alpine environment, requiring careful movement through the high-altitude landscape.

The route offers magnificent views of Amphu Lapcha Peak, Makalu, Lhotse Shar, and surrounding Himalayan peaks as we ascend through glacial valleys and moraine fields. The isolated nature of this region provides a true wilderness experience, with changing terrain and spectacular surroundings throughout the journey.

After approximately 5–6 hours of trekking, we reach Amphu Lapcha High Camp (5,650 m / 18,536 ft), where we will establish our tented camp and prepare for the upcoming crossing of the Amphu Lapcha Pass (5,845 m / 19,177 ft). The team will organize climbing equipment, review the route, and rest before tackling the technical sections ahead. Overnight at a tented camp at Amphu Lapcha High Camp.

□ **Day 27: Trek to Chhukung (4,730 m) via Amphu Lapcha Pass (5,845 m) | 8 – 10 hours**

Today is one of the most adventurous and challenging days of the trek as we cross the spectacular Amphu Lapcha Pass (5,845 m / 19,177 ft) and continue toward Chhukung (4,730 m / 15,518 ft). We begin early in the morning, making our way through the high alpine landscape toward the pass. The route involves glacier travel, steep ascents, and technical sections requiring careful movement with the support of our experienced trekking team.

Reaching the top of Amphu Lapcha Pass is a remarkable achievement, offering breathtaking panoramic views of some of the most impressive Himalayan peaks, including Lhotse, Ama Dablam, Baruntse, and surrounding mountain ranges. After enjoying the incredible scenery from the pass, we begin the descent through rocky slopes, glaciers, and moraine terrain toward the Imja Valley. The descent requires caution due to the steep and rugged nature of the trail.

By the end of the day, we arrive at Chhukung (4,730 m / 15,518 ft), a beautiful mountain settlement located beneath some of the Khumbu region's most iconic peaks. After the demanding pass crossing, we-

can relax and enjoy the peaceful surroundings while reflecting on the day's incredible achievement. The trek from Amphu Lapcha Base Camp to Chhukung via Amphu Lapcha Pass takes approximately 8–10 hours, depending on weather, trail conditions, and pace. Overnight at a teahouse in Chhukung.

□ **Day 28: Trek from Chhukung to Tengboche (3,860 m) | 6 – 7 hours**

The trail from Chhukung to Tengboche (3,860 m / 12,664 ft) takes us through the heart of the Khumbu region, gradually leaving behind the high alpine wilderness and returning to greener landscapes and traditional Sherpa settlements. After the remote and challenging sections of the expedition, this day offers a scenic transition through some of the most iconic valleys of the Everest region.

The route descends through the beautiful Imja Valley, passing through Dingboche and Pangboche while offering spectacular views of Ama Dablam, Lhotse, Everest, Nuptse, and surrounding Himalayan peaks. The trail winds through rhododendron forests, hillside paths, and Sherpa villages, providing a glimpse into the rich culture and mountain lifestyle of the Khumbu region.

After approximately 6–7 hours of trekking, we reach Tengboche, home to the famous Tengboche Monastery, one of the most important spiritual centers in the Everest region. Surrounded by panoramic mountain views, Tengboche provides a peaceful setting to rest and reflect after the demanding high-altitude journey. Overnight at a teahouse in Tengboche.

□ **Day 29: Trek from Tengboche to Namche Bazaar (3,440 m) | 5 – 6 hours**

The journey continues through the heart of the Khumbu region as we trek from Tengboche to Namche Bazaar (3,440 m / 11,286 ft), one of the most vibrant and famous Sherpa settlements in Nepal. The trail begins with a descent through beautiful rhododendron and pine forests toward the Dudh Koshi River, offering peaceful surroundings and excellent views of the surrounding mountains.

Crossing suspension bridges and passing through charming villages, we follow the winding trail along the river valley before beginning the gradual climb toward Namche Bazaar. Along the way, we are rewarded with magnificent views of Ama Dablam, Thamserku, and Everest on clear days. The route combines natural beauty with cultural experiences as we pass traditional Sherpa villages, prayer wheels, and colorful monasteries.

Arriving at Namche Bazaar (3,440 m / 11,286 ft), we return to the lively trading hub of the Everest region, known for its traditional houses, local markets, and spectacular mountain setting. After the quiet and remote sections of the trek, Namche offers a chance to relax, explore, and enjoy its unique atmosphere. The trek from Tengboche to Namche Bazaar takes approximately 5–6 hours, depending on trail conditions and pace. Overnight at a teahouse in Namche Bazaar.

□ **Day 30: Trek from Namche Bazaar to Lukla (2,860 m): 6 – 7 hours**

The final trekking day from Namche Bazaar to Lukla (2,860 m / 9,383 ft) follows the familiar trails through the lower Khumbu region, marking the completion of our Himalayan journey. The trail descends gradually from Namche, passing through beautiful mountain landscapes, traditional Sherpa villages, and forested sections along the Dudh Koshi Valley.

The route passes through Monjo, Phakding, and several suspension bridges decorated with prayer flags as we continue toward Lukla. Along the way, we enjoy our final views of the surrounding Himalayan peaks and take in the peaceful atmosphere of the Khumbu region before concluding the trekking portion of the expedition.

After approximately 6–7 hours of trekking, we reach Lukla, the gateway to the Everest region and the end point of our trekking journey. The evening will be spent celebrating the successful completion of the Baruntse Expedition with the team before preparing for the flight back to Kathmandu. Overnight at a teahouse in Lukla.

▣ **Day 31: Fly from Lukla to Kathmandu (1400 m)**

The journey concludes with a scenic morning flight from Lukla to Kathmandu (1,400 m / 4,600 ft), offering one last opportunity to enjoy breathtaking views of the Himalayan landscapes. The short flight takes approximately 35 minutes, with spectacular aerial views of mountain ranges, deep valleys, and the dramatic terrain that shaped our unforgettable trekking adventure.

Upon arrival in Kathmandu, we will transfer to the hotel and have time to rest after completing the incredible journey through the Everest region. The remainder of the day can be spent relaxing, exploring the vibrant streets of the city, or celebrating the successful completion of the trek and multiple Himalayan climbing experiences.

This marks the end of our remarkable adventure, filled with high mountain passes, challenging summit climb, breathtaking landscapes, and unforgettable memories from the heart of the Himalayas. Overnight at a hotel in Kathmandu.

▣ **Day 32: Farewell and Final Departure**

After breakfast, we will have some free time in Kathmandu before your final departure. Depending on your flight schedule, you may relax at the hotel, explore nearby areas, or do some last-minute shopping for souvenirs and gifts to remember your Himalayan adventure.

At the appropriate time, our team will transfer you to Tribhuvan International Airport for your onward flight. We will bid farewell as you depart with unforgettable memories of the incredible journey through the Everest region, including high mountain passes, challenging summit climb, and the warm hospitality of the Himalayan communities.

With the completion of this extraordinary adventure, we hope you leave Nepal with lasting impressions of the mountains, culture, and experiences that made this journey truly special. We look forward to welcoming you again for another Himalayan adventure in the future.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Round-trip flights between Kathmandu and Lukla
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ 1:1 experienced private climbing Sherpa guide during trek and climb
- ☒ Local government Entry Permit of Rs. 3000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Expedition Royalty and climbing permit for Mt. Baruntse (7,129 m)
- ☒ Sagarmatha National Park Entry Permit
- ☒ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Summit bonus for Sherpa Climbing Guide
- ☒ Expedition Gears
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadvise, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.