

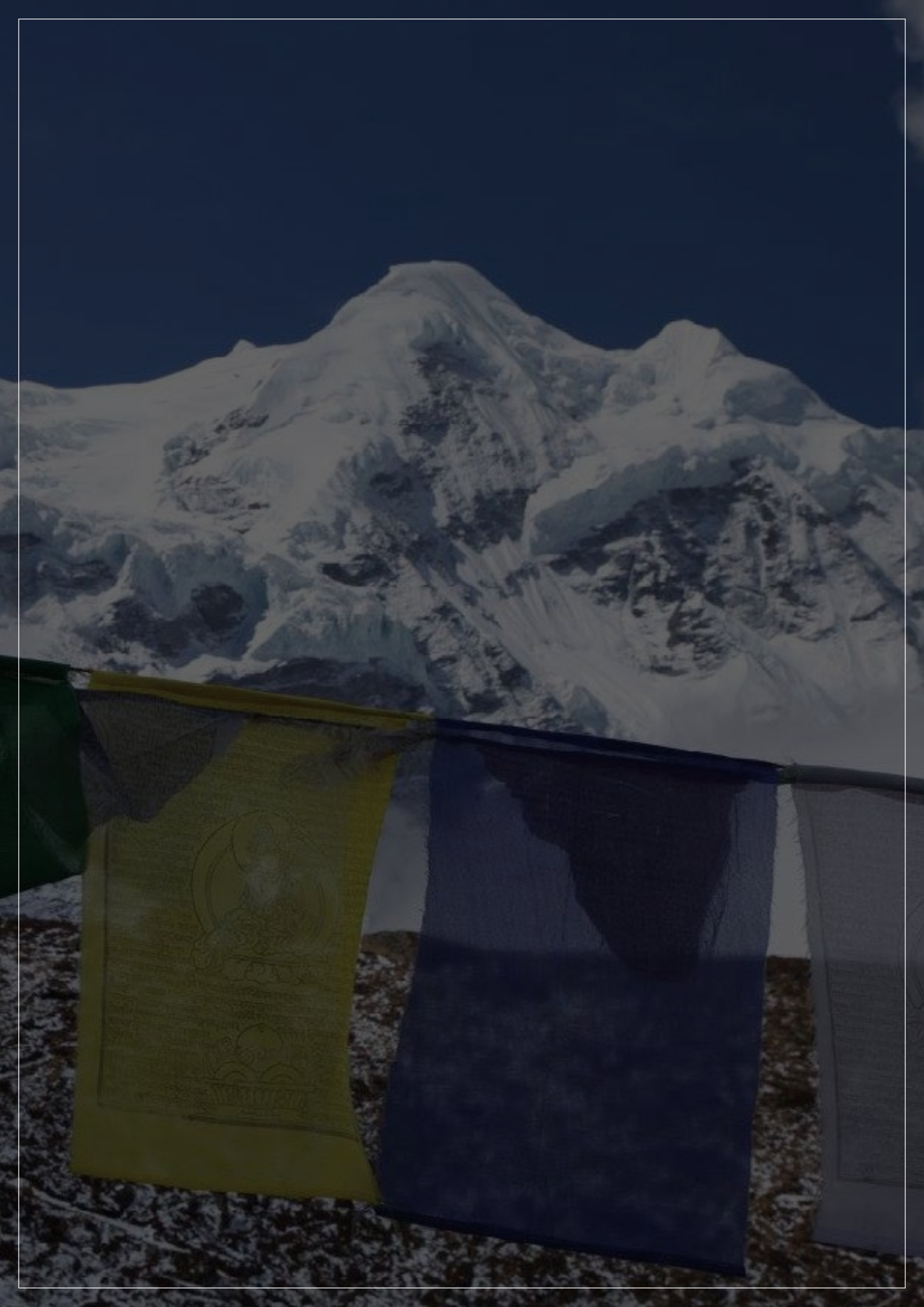


BARUNTSE

7,129M / 23,389FT



2026 EXPEDITION TRIP NOTES





BARUNTSE EXPEDITION NOTES

2026 EXPEDITION DETAILS

Dates: 2 April to 3 May, 2026

Duration: 32 days

Departure: ex Kathmandu, Nepal

Price: US\$19,500 per person

▲ Climbers on the South ridge of Baruntse. Photo: Mike Roberts

Perhaps the perfect combo of climbs, taking in both a 6,000m and a 7,000m peak is the Mera Peak and Baruntse duo. A warm-up climb on Mera Peak follows a week long trekking adventure through remote valleys and forest clad hillsides. Further on from Mera Peak we head to Nepal's quintessential 7,000m peak, Baruntse.

Our expedition begins with a warm-up climb on Mera Peak, perhaps one of the most alluring trekking peaks in Nepal. The approach includes a culturally stimulating journey through picturesque villages and forests followed by a gentle climb to the 6,476m/21,246ft summit.

Mera Peak is best known as Nepal's highest trekking peak, any peak above this height is considered a full expedition peak with its associated higher permit cost. The non-technical climbing provides an ideal opportunity to acclimatise to a relatively high altitude without making multiple rotations onto the more challenging terrain of Baruntse.

Following our Mera ascent we move on to Baruntse, a 7,129m/23,389ft peak that lies at the epicentre of three glacier valleys, the Imja, the Hunku and Barun. The peak itself commands a central position amongst some of the high peaks of the Himalaya with the rewards of summit day including spectacular views of Lhotse, Everest, and Makalu.

EXPEDITION OUTLINE

You will be met from your flight into Kathmandu by a representative of our staff. Once you have settled into your hotel, we meet for a gear check then congregate together with the Mera Peak team, who we will travel in tandem with for a comprehensive briefing for the trip.

On the day following your arrival and after our preparations are finalised, we make the best of our opportunity to visit some of the incredible sites in the Kathmandu Valley. A quick walk up the steps to the Monkey Temple always gets the blood flowing!

Our helicopter flight to Lukla comes very early in the morning to make the best of the stable morning weather patterns and before long we are enjoying the scenic wonders of the Himalaya as we begin our trek to Paiyu. Initially, we head down the valley, away from the popular and often busy



▲ Approaching the Amphu Lapcha Pass. Photo: Lillian Cotter

Khumbu Valley and Everest region to Paiyu and Panggom. Now we can enjoy the isolated, rarely visited villages before crossing the Panggom La and heading down through the rhododendron jungle.

Over the next few days, we trek up through the phenomenal virgin forest, climbing above the treeline to a series of alpine lakes, before descending once more to the valley which opens up to give us amazing views of the surrounding mountains, including our first objective, Mera Peak. Although strenuous at times, our acclimatisation is greatly aided by this foray above 4,000m/13,000ft.

Tangnag is a great place for a rest day and an opportunity to take in the surroundings. From here we head off for an acclimatisation hike up towards the Base Camp of one of Nepal's most challenging trekking peaks, Kusum Kanguru.

We depart Tangnag to climb up the valley and through lateral moraine and grassy meadows to Mera Base Camp which is a small village called Khare, 4,800m/15,750ft. As we ascend, some of the climbing route will come into view, looking much easier than the south face we've been walking around.

We utilise a rest day at Base Camp for further preparations including a ropes refresher. A great opportunity for the Baruntse climbers to brush off the cobwebs and for some of the Mera Peak climbers to learn new expedition climbing skills.

We then move up to our High Camp under a rocky outcrop at 5,800m/19,030ft. Making the final approach to the summit reveals an amazing panorama of the highest mountains on earth, with Makalu and Everest looming over peaks like Baruntse, Chamlang and Nau Lekh. We aim to make the summit early to mid-morning and return to Base Camp that afternoon or evening.

The next day we bid farewell to the Mera Peak team and move across the valley to Baruntse Base Camp at 5,400m/17,716ft. We spend a rest day here, recovering from our warm-up climb and preparing for the next stage of the journey.

From Base Camp the route crosses the rocky moraine of the Hongku Glacier to crampon point where climbers gear up and begin the ascent to Camp 1 at the West Col (6,100m/20,013ft). The route is steady and opens up views of Baruntse and the nearby Mt. Makalu. From Camp 1, it's a shorter push to Camp 2 at 6,400m/20,997ft, located at the



▲ Trekking towards Khare. Photo: Mark Morrison



▲ Next stop summit! Photo: Dean Staples



▲ Himalayan expedition life. Photo: Dean Staples

base of the South Ridge. This camp sets the stage for summit day.

Summit day involves climbing fixed ropes along the South Ridge. The route is steep and exposed, but achievable. From the top, the view stretches across the Himalaya.

Our egress takes us over the Amphu Lapcha Pass (5,845m/19,177ft), with a steep descent down into the Imja Tse (Island Peak) valley. Continuing down to Dingboche we join the vibrant Everest trail back to Lukla.

PREREQUISITE SKILLS

Climbing above 7,000m/23,000ft in elevation is an extreme undertaking. Although not technically difficult, an ascent of Baruntse is a physically demanding objective and climbers need to arrive prepared both physically and mentally.

This expedition is suitable for people with general mountaineering skills. You should also have previous experience on glaciated peaks such as Mt Rainier, Mont Blanc, Mt Aspiring and at high altitude eg. 6,000m peaks in Nepal, Aconcagua.

Importantly, participants should be in a positive frame of mind and be willing to operate as part of a team.

As with any foray into the mountains your fitness is a major factor in your enjoyment and success, we recommend you sign up for a mountain-specific training program.

ITINERARY

Day 1	Arrive Kathmandu, Nepal
Day 2	Gear checks and Kathmandu sightseeing
Day 3	Fly by helicopter to Lukla (2,860m/9,380ft), trek to Paiyu (2,750m/9,020ft)
Day 4	Trek to Panggom (2,800m/9,185ft)
Day 5	Trek to Najing Dingma (2,820m/9,250ft)
Day 6	Cross the Surke La (3,030m/9,940ft) and continue to Cholem Kharka (3,550m/11,645ft)
Day 7	Rest day/acclimatisation hike
Day 8	Trek to Khola Kharka (4,200m/13,800ft)
Day 9	Trek to Khote (3,700m/12,140ft)
Day 10	Trek to Tangnag (4,250m/13,940ft)



▲ Climbing the upper slopes of Mera. Photo: Dean Staples

Day 11	Rest day/acclimatisation hike
Day 12	Trek to Mera Peak Base Camp at Khare (4,800m/15,750ft)
Day 13	Acclimatisation and fixed ropes training day
Day 14	Climb to High Camp (5,800m/19,030ft)
Day 15	Summit bid on Mera (6,476m/21,246ft)
Day 16	Move to Baruntse Base Camp (5,400m/17,716ft)
Day 17	Rest day
Day 18–24	Climbing period on Baruntse (7,129m/23,389ft)
Day 25	Move to Amphu Lapcha Base Camp (5,450m/17,880ft)
Day 26	Cross the Amphu Lapcha Pass (5,845m/19,177ft) and descend to Island Peak Base Camp (4,970m/16,300ft)
Day 27	Trek to Dingboche (4,410m/14,469ft)
Day 28	Trek to Namche Bazaar (3,440m/11,286ft)
Day 29	Trek to Lukla (2,860m/9,383ft)
Day 30	Contingency day
Day 31	Fly Lukla to Kathmandu
Day 32	Trip ends, depart Kathmandu

THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised Expedition leaders and support staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, with the best back-up and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

VISAS

Members will be required to obtain an entry visa into Nepal at the beginning of the expedition. This is easily procured at Kathmandu airport on arrival. Please note the trekking and climbing permits are a separate matter dealt with by the expedition agent.

FOOD

Food will be of the highest standard possible, given the remoteness of the situation. We will take meals in lodges and teahouses along the trail and will supplement this with some of our favourite imported snacks and coffee! On the mountain we usually have MREs (Meals Ready-to-Eat) which are significantly tastier than freeze-dried food, as they are real food vacuum sealed and ready to heat and eat! We are able to accommodate most dietary requirements but do please inform us in advance.



▲ On the summit of Mera Peak. Photo: Lillian Cotter

EQUIPMENT LIST & TRAVEL APP

Expedition members will be sent a list detailing all the necessary clothing and equipment to be individually procured, along with access to our travel app which provides extensive information on everything, from suggestions on what type of camera to bring to training advice for your expedition preparation.

MEDICAL EXAMINATION & INSURANCE

Expedition members will be provided with a medical questionnaire. This information will be treated with full confidentiality. Advice on immunisations will be provided at this time. We also require members to have rescue insurance and we will consult with individual team members on their insurance needs and solutions for coverage.

PASSPORT PHOTOGRAPHS

Expedition members will need to provide a digital passport photograph for climbing and trekking permits, plus a copy of their passport biodata page.

THE EXPEDITION FEE

The cost of the expedition ex Kathmandu, Nepal is US\$19,500 per person.

This is an inclusive cost and covers the following:

- Nepalese Government royalty fees
- All expedition organisational requirements
- All trekking and climbing permits
- Airport transfers in Kathmandu
- Helicopter air transport within Nepal
- Accommodation in lodges or tents ex Kathmandu
- All group equipment for the trek and emergency medical supplies
- Transport of 30kg of personal equipment
- All expedition staff including Western and Sherpa guides and porter support
- Breakfast, lunch and dinner ex Kathmandu
- Access to Adventure Consultants' satellite communication facilities
- Regular expedition dispatches to our website for families and friends back home to follow the expedition's progress
- dZi Foundation support for their "Revitalize a Village" programme—likely to include support for a Nepalese child's education for a year



▲ The sacred Charpatti Peak from Tangnag. Photo: Mark Morrison



▲ Climbers ascending Baruntse. Photo: Mike Roberts



▲ Mera Peak from the Base Camp village of Khare. Photo: Dean Staples

The expedition fee **does not** include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Nepalese airport entry visas
- Extras on the expedition, such bottled drinks, internet access, showers and laundry
- Personal clothing and equipment
- Excess baggage charges for flights to/from Lukla
- Personal insurance/trip cancellation insurance/ medical evacuation insurance
- Any costs for rescue or early expedition departure
- Gratuities for guides and Sherpa staff

PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

For the account of Adventure Consultants Limited.

Account Number: 1000-594771-0000

Account Type: US Dollars

Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

DEPOSIT

A non-refundable deposit of US\$2,000 is payable to secure a place on the Baruntse Expedition.

BALANCE

The balance is payable 90 days prior to your trip start date.

CANCELLATION & REFUND POLICY

An expedition member may cancel their participation on the following basis:

- a) Cancellations outside of 90 days will result in the loss of the trip deposit.



● Climbers approach the summit of Mera Peak in the early morning sun. Photo: Tim Robertson

- b) For cancellations made within 90 days of the trip commencement date, we reserve the right to retain 50% of the balance payment fee.
- c) For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS EXPEDITION

If you would like to join this expedition, please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/expeditions/himalayan-climbs/baruntse#DepartureBookingBlock> or contact us if you'd like further information and assistance in planning your trip.

CONTACT US

If you require more information, please contact us at:

Adventure Consultants Ltd
5/12 Frederick Street
PO Box 739
Wanaka 9343
New Zealand

Phone: +64 3 443 8711

Email: info@adventure.co.nz

Website: www.adventureconsultants.com



▲ Panoramic views from the summit of Mera Peak. Photo: Dean Staples



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.



All material Copyright © Adventure Consultants Ltd 2025