



# Baruntse + Mera Expedition

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

Nepal

## ACTIVITY

Mountaineering

## ACCOMMODATION

Hotel|Lodge|Tent

## WALKING

5-7 hrs

## MAX ALTITUDE

7,129  
m

## DURATION

27  
Days

## DIFFICULTY

Challenging  
Difficult

## BEST SEASON

Spring, Autumn

## Overview

The **Baruntse + Mera Expedition** is one of Nepal's most rewarding high-altitude adventures, combining the ascent of **Mera Peak (6,476m)**—Nepal's highest trekking peak—with the challenging expedition climb of **Baruntse (7,129m)**. The journey begins through the remote Hinku Valley, passing traditional Sherpa villages, pristine forests, alpine meadows, and spectacular glaciers before reaching the summit of Mera Peak. This initial ascent provides excellent acclimatization and prepares climbers for the more technical challenges of Baruntse.

After crossing the dramatic **Amphu Lapcha Pass (5,845m)**, the expedition continues to **Baruntse Base Camp**, where climbers establish higher camps before making their summit attempt. The climb involves steep snow slopes, glacial travel, fixed ropes, and exposed ridges, requiring solid mountaineering skills and previous high-altitude experience. From the summit, climbers enjoy breathtaking panoramic views of **Everest, Lhotse, Makalu, Ama Dablam, Cho Oyu, Kanchenjunga, and countless surrounding Himalayan peaks**. Combining outstanding acclimatization, technical climbing, and world-class scenery, the Baruntse + Mera Expedition is one of the Himalaya's premier alpine adventures.

## Services

### INCLUDES

- **1. Airport Transfers** – Private airport transfers Meet & assist service on arrival and departure
- **2. Accommodation & Meals** – 4 nights in a 5-star hotel in Kathmandu with Bed & Breakfast (B&B) Welcome dinner Three meals daily during the trek and expedition Tea or coffee with meals Lodge accommodation during the trek Fully serviced Base Camp with fresh meals, fruits, vegetables, bakery items, and soft drinks
- **3. Transportation & Logistics** – Domestic flights (where applicable) Airport transfers Expedition cargo transportation Personal baggage allowance (up to 60 kg) Porter & yak transportation Expedition freight management
- **4. Permits & Government Fees** – Climbing Permit National Park Permit Conservation Area Permit Municipality Permit Government Liaison Officer (where applicable) Garbage deposit & human waste management fees

- **5. Base Camp Facilities** – Personal sleeping tent Dining, kitchen & communication tents Toilet & shower tents Staff accommodation Solar power & generator backup Battery charging Heated dining tent
- **6. Expedition Team** – Expedition Leader (where applicable) Base Camp Manager Base Camp Cook & kitchen crew Experienced porters & yak support Fully insured Nepalese expedition staff
- **7. High Altitude Support** – One experienced Climbing Sherpa per member Shared High Camp tents High-altitude meals & cooking fuel Fixed rope installation Dynamic ropes Shared climbing equipment Professional rope-fixing team
- **8. Safety & Emergency** – Base Camp medical facilities Sherpa first aid kit Rescue coordination Staff insurance Emergency oxygen at Base Camp (emergency use only)
- **9. Communication** – Walkie-talkies Emergency satellite phone (usage charges apply) Professional weather forecasts Daily expedition communication
- **10. Documentation & Gear** – Government Summit Certificate Official Expedition Certificate 14 Peaks Expedition duffle bag Route map

EXCLUDES

- **1. Travel & Visa** – International airfare Nepal entry visa
- **2. Meals in Kathmandu** – Lunch and dinner in Kathmandu
- **3. Insurance & Rescue** – Personal travel insurance (including high-altitude rescue) Emergency helicopter evacuation
- **4. Climbing Equipment** – Personal climbing equipment Equipment rental Personal supplemental oxygen Personal oxygen mask & regulator
- **5. Personal Expenses** – Internet & communication charges Laundry services Alcoholic beverages Personal medical expenses Other personal expenses
- **6. Tips & Permits** – Summit bonus for Climbing Sherpa Staff gratuities Photography & drone permits
- **7. Additional Costs** – Extra accommodation due to delays Any services not listed under Cost Includes

Itinerary

| Days | Date         | Program                                                             | Altitude | Meals | Accommodation | Description |
|------|--------------|---------------------------------------------------------------------|----------|-------|---------------|-------------|
| 1    | 10 Oct, 2026 | Arrival in Kathmandu (1,400m), expedition briefing and preparation. | 1,400 m  | B     | Hotel         |             |
| 2    | 11 Oct, 2026 | Fly to Lukla (2,860m) and trek to Paiya (2,840 m).                  | 2,840 m  | B L D | Lodge         |             |
| 3    | 12 Oct, 2026 | Trek from Paiya to Pangkoma (2,850m).                               | 2,850 m  | B L D | Lodge         |             |
| 4    | 13 Oct, 2026 | Trek from Pangkoma to Ningsow (2,860m).                             | 2,860 m  | B L D | Lodge         |             |
| 5    | 14 Oct, 2026 | Trek from Ningsow to Chhatra Khola (3,122m).                        | 3,122 m  | B L D | Lodge         |             |
| 6    | 15 Oct, 2026 | Trek from Chhatra Khola to Kothe (3,580m).                          | 3,580m   | B L D | Lodge         |             |
| 7    | 16 Oct, 2026 | Trek from Kothe to Thangnak (4,350m).                               | 4,350m   | B L D | Lodge         |             |

| Days | Date         | Program                                                                 | Altitude | Meals | Accommodation | Description |
|------|--------------|-------------------------------------------------------------------------|----------|-------|---------------|-------------|
| 8    | 17 Oct, 2026 | Trek from Thangnak to Khare (5,045m).                                   | 5,045 m  | B L D | Lodge         |             |
| 9    | 18 Oct, 2026 | Acclimatization and climbing training at Khare.                         | 5,045 m  | B L D | Lodge         |             |
| 10   | 19 Oct, 2026 | Trek from Khare to Mera High Camp (5,780m).                             | 5,780 m  | B L D | Tent          |             |
| 11   | 20 Oct, 2026 | Summit Day:Climb Mera Peak (6,476m) and descend to Khare.               | 5,045 m  | B L D | Lodge         |             |
| 12   | 21 Oct, 2026 | Reserve summit day for adverse weather or acclimatization.              | 5,045 m  | B L D | Lodge         |             |
| 13   | 22 Oct, 2026 | Trek from Khare to Kongma Dingma (4,850m).                              | 4,850 m  | B L D | Tent          |             |
| 14   | 23 Oct, 2026 | Cross Seto Pokhari and trek to Baruntse Base Camp (5,300m).             | 5,300 m  | B L D | Tent          |             |
| 15   | 24 Oct, 2026 | Rest and technical climbing training at Base Camp.                      | 5,300 m  | B L D | Tent          |             |
| 16   | 25 Oct, 2026 | Establish Baruntse Camp I (6,100m).                                     | 6,100 m  | B L D | Tent          |             |
| 17   | 26 Oct, 2026 | Return to Base Camp for recovery and acclimatization.                   | 5,300 m  | B L D | Tent          |             |
| 18   | 27 Oct, 2026 | Move to Camp I.                                                         | 6,100 m  | B L D | Tent          |             |
| 19   | 28 Oct, 2026 | Establish Baruntse Camp II (6,500m).                                    | 6,500 m  | B L D | Tent          |             |
| 20   | 29 Oct, 2026 | Return to Base Camp for recovery.                                       | 5,300 m  | B L D | Tent          |             |
| 21   | 30 Oct, 2026 | Move to Camp I.                                                         | 6,100 m  | B L D | Tent          |             |
| 22   | 31 Oct, 2026 | Move to Camp II and prepare for summit push.                            | 6,500 m  | B L D | Tent          |             |
| 23   | 1 Nov, 2026  | Summit Day:Climb Baruntse (7,129m) and descend to Camp II or Base Camp. | 5,300 m  | B L D | Tent          |             |
| 24   | 2 Nov, 2026  | Reserve summit day for adverse weather conditions.                      | 5,300 m  | B L D | Tent          |             |
| 25   | 3 Nov, 2026  | Descend to Chhukung (4,730m).                                           | 4,730 m  | B L D | Lodge         |             |
| 26   | 4 Nov, 2026  | Trek from Chhukung to Lukla.                                            | 2,860 m  | B L D | Lodge         |             |
| 27   | 5 Nov, 2026  | Fly from Lukla to Kathmandu                                             | 1,400 m  | B     | Hotel         |             |
| 28   | 6 Nov, 2026  | Final departure for Kathmandu.                                          | -        | -     | -             |             |

## Gear List

Use the interactive checklist at: [https://checklist-14peaks.pages.dev/7000m\\_checklist](https://checklist-14peaks.pages.dev/7000m_checklist)

Travel Documents

- Valid Passport
- Debit/Credit Card
- PP Size Photos(4 Pieces)
- Insurance Paper/Certificate
- Emergency Contact Details

Medicine / First Aid Kits

- Paracetamol 500 mg
- Ondansetron 4 mg
- Aspirin 300mg
- Nifedipine 30mg
- Dexamethasone 4 mg
- Ibuprofen 400mg
- Oral Rehydration Salts (ORS)
- Loperamide
- Electrolyte tablets
- Cetirizine
- Omeprazole
- Antacid Tablets
- Cough Lozenges
- Lubricating Eye Drops
- Antiseptic Wipes
- Blister Plasters
- Acetazolamide (Diamox) 250 mg

Upper Body

- Thermal Base Layer
- Fleece Jacket
- Gore Tex Jacket
- Warm Jacket
- Wind Proof Jacket
- Heavy Down Jacket
- Cotton T-Shirt
- Dry-Fit Tshirt

Head

- Glacier Glasses (Polarized UV Protection)
- Snow Goggles ( UV Protection )
- Balaclava
- Sun Cap
- Desert Cap
- Fleece Hat/Warm Hat
- Neck Gaiter

Lower Body

- Thermal Base Layer
- Fleece Trouser
- Gore Tex Pant
- Heavy Weight Pant
- Mid Weight Pant
- Trekking Pant
- Under Wear
- Down Pant
- Gaiters for Trekking Boots

Climbing Equipment

- Climbing Boot -6000m
- Trekking Pole
- Ice Tool/AXE
- Crampons
- ATC GUIDE
- Unlock Carabiner
- Climbing Helmet
- Climbing Harness
- Jumar/Ascender
- Locking Carabiner
- Head Light
- Tape Sling
- Summit Down Suit

Foot Wear

- Normal Socks
- Summit Socks
- Trekking Shoes
- Summit Boot - 8000m
- Sport Shoes
- Camp Booties
- Slippers
- Warm Climbing Socks
- Liner Socks

Hand

- Thin Fleece Gloves
- Wind Stopper Gloves
- Heavy Gloves(Guide)
- Summit Gloves

Eating & Drinking

- Water bottle
- Thermos

Bag Packs

- Rucksack 35L-50L
- Duffle Bag
- Dry Bags

Miscellaneous

- Pocket Knife
- Nail Cutter
- Umbrella/Rain Coat
- Hot Water Bag
- Pee Bottle
- Tenacious Tape Repair
- Altimeter Watch
- Satellite Phone(Optional)
- GPS Tracker
- Power Bank
- Camera

Sun Stuff

- Sunscreen
- Lip Guard (SPF)
- Moisturizer

Toiletries

- Toothbrush
- Towel
- Wet Wipes
- Toothbrush
- Shampoo
- Body Lotion

Sleeping Stuffs

- Sleeping Bag
- Therm-a-Rest Mattress
- Sleeping Bag Liner
- Inflatable Pillow
- Down Sleeping Bag

Gallery



### What is the Baruntse and Mera Peak Expedition?

The Baruntse and Mera Peak Expedition is a combined Himalayan climbing adventure that includes an ascent of Mera Peak (6,476m) followed by Baruntse (7,129m). Mera Peak provides valuable acclimatization and high-altitude climbing experience before attempting the more technical Baruntse.

### What is the altitude of Mera Peak and Baruntse?

Mera Peak stands at 6,476 meters (21,246 ft), while Baruntse rises to approximately 7,129 meters (23,389 ft). Climbing both peaks provides a progressive introduction to high-altitude mountaineering.

### Do I need previous mountaineering experience for the Baruntse and Mera Peak Expedition?

Previous high-altitude trekking or climbing experience is strongly recommended. Mera Peak is generally considered a suitable introduction to Himalayan peak climbing, while Baruntse requires stronger mountaineering skills, physical fitness, and experience with snow, ice, fixed ropes, crampons, and ascender/descender systems.

### Why climb Mera Peak before Baruntse?

4. Why climb Mera Peak before Baruntse? Climbing Mera Peak first allows climbers to progressively acclimatize to high altitude while developing confidence in Himalayan climbing conditions. The experience gained on Mera can be valuable preparation for the higher and more technically demanding Baruntse ascent.

### How difficult is the Baruntse and Mera Peak Expedition?

The expedition is challenging and physically demanding. Mera Peak involves glacier travel and steep snow slopes, while Baruntse includes more technical high-altitude terrain, including steep sections that may require fixed ropes and specialized climbing equipment. Good cardiovascular fitness, endurance, and prior preparation are essential.

### How long does the Baruntse and Mera Peak Expedition take?

The duration depends on the chosen itinerary, acclimatization schedule, weather conditions, and summit strategy. A combined Mera Peak and Baruntse expedition generally requires several weeks, allowing adequate time for trekking, acclimatization, climbing preparation, summit attempts, and contingency days.

### What is the best season for the Baruntse and Mera Peak Expedition?

The main climbing seasons are spring (April–May) and autumn (September–November). Autumn is particularly popular for Baruntse and Mera Peak because of generally stable weather, while spring offers favorable climbing conditions and longer daylight hours.

### What climbing equipment is required for Mera Peak and Baruntse?

Climbers need appropriate high-altitude mountaineering equipment, including mountaineering boots, crampons, ice axe, harness, helmet, ascender, descender, carabiners, climbing clothing, gloves, goggles, and a suitable high-altitude sleeping system. A detailed equipment checklist is normally provided before departure.

### Is acclimatization included in the Baruntse and Mera Peak Expedition?

Yes. A properly designed expedition includes acclimatization days and gradual altitude gain. The itinerary is structured to allow the body to adapt to increasing elevation before the Baruntse summit attempt, with additional flexibility for weather and individual acclimatization.

### What makes the Baruntse and Mera Peak Expedition a good choice for high-altitude climbers?

The combination offers a progressive Himalayan climbing experience, taking climbers from 6,476m on Mera Peak to over 7,100m on Baruntse. It combines glacier travel, technical climbing, high-altitude acclimatization, and expedition-style climbing in the remote Khumbu and Makalu-Barun regions, making it an excellent objective for climbers preparing for more demanding 7,000m and 8,000m expeditions.