



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

Expedition 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.

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 (B&B) Welcome dinner
Three meals daily during the trek & expedition Tea or coffee with meals Lodge accommodation during the trek Fully serviced Base Camp with fresh meals, fruits, vegetables, bakery items & 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

Trip Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	—	Arrival in Kathmandu (1,400m), expedition briefing and preparation.	—	B	Hotel	
2	—	Fly to Lukla (2,860m) and trek to Paiya (2,730m).	—	B L D	Lodge	
3	—	Trek from Paiya to Pangkoma (2,850m).	—	B L D	Lodge	
4	—	Trek from Pangkoma to Ningsow (2,860m).	—	B L D	Lodge	
5	—	Trek from Ningsow to Chhatra Khola (3,122m).	—	B L D	Lodge	
6	—	Trek from Chhatra Khola to Kothe (3,580m).	—	B L D	Lodge	
7	—	Trek from Kothe to Thangnak (4,350m).	—	B L D	Lodge	
8	—	Trek from Thangnak to Khare (5,045m).	—	B L D	Lodge	
9	—	Acclimatization and climbing training at Khare.	—	B L D	Lodge	
10	—	Trek from Khare to Mera High Camp (5,780m).	—	B L D	Tent	
11	—	Summit Day:Climb Mera Peak (6,476m) and descend to Khare.	—	B L D	LOdge	
12	—	Reserve summit day for adverse weather or acclimatization.	—	B L D	Lodge	
13	—	Trek from Khare to Kongma Dingma (4,850m).	—	B L D	Tent	

Days	Date	Program	Altitude	Meals	Accommodation	Description
14	—	Cross Seto Pokhari and trek to Baruntse Base Camp (5,300m).	—	B L D	Tent	
15	—	Rest and technical climbing training at Base Camp.	—	B L D	Tent	
16	—	Establish Baruntse Camp I (6,100m).	—	B L D	Tent	
17	—	Return to Base Camp for recovery and acclimatization.	—	B L D	Tent	
18	—	Move to Camp I.	—	B L D	Tent	
19	—	Establish Baruntse Camp II (6,500m).	—	B L D	Tent	
20	—	Return to Base Camp for recovery.	—	B L D	Tent	
21	—	Move to Camp I.	—	B L D	Tent	
22	—	Move to Camp II and prepare for summit push.	—	B L D	Tent	
23	—	Summit Day:Climb Baruntse (7,129m) and descend to Camp II or Base Camp.	—	B L D	Tent	
24	—	Reserve summit day for adverse weather conditions.	—	B L D	Tent	
25	—	Descend to Chhukung (4,730m).	—	B L D	Lodge	
26	—	Trek from Chhukung to Lukla.	—	B L D	Lodge	
27	—	Fly from Lukla to Kathmandu	—	B	Hotel	
28	—	Final departure for Kathmandu.	—	-	-	

Gear List

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 Boot -6000m
- Normal Socks
- Summit Socks

Foot Wear

- Trekking Shoes
- Summit Boot - 8000m
- Sport Shoes
- Camp Booties
- Slippers

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

Climbing Equipment

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

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
- Moisturizer

Toiletries

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

Sleeping Stuffs

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