



## Mera Peak - Barun Tse Expedition

<b>Trip code</b>	
<b>Package name</b>	Mera Peak - Barun Tse Expedition
<b>Duration</b>	33
<b>Max. elevation</b>	7129 m
<b>Level</b>	ADVANCE
<b>Transportation</b>	Round trip flight ( Kathmandu - Lukla - Kathmandu )
<b>Accommodation</b>	3***hotel In kathmandu , Lodge + Tent twin Sharing bed basis during Trekking and Expedition
<b>Starts at</b>	kathmandu
<b>Ends at</b>	kathmandu
<b>Trip route</b>	Kathmandu - Lukla - Payain - Pangom - Ramailo Dada - Chatra Khola - Kothe - Thangnak - Khaare - Mera High Camp - Summit - Kongmading - Seto Pokhari - Barun Tse Base Camp - (Climbing Time 10 days) - Ampu Lapcha Base Camp - Ampu Lapcha Pass - chhukung - Tengbuche - Namche - Lukla - Kathmandu.
<b>Cost</b>	USD 7,500 per person

### Highlights

- Explore the unfrequented side of the region as Hongu Valley.
- Mera Peak 6479m and Barun Tse Peak 7126m.
- Trek via many rural Sherpa villages witnessing the distinct culture and lifestyles.
- Dwell in the fresh and pure vegetation of the region.
- Enjoy mesmerizing views of valleys, rivers, waterfalls, glaciers, peaks, and vistas.
- Summit one of the exciting peaks in the region, Mt Baruntse.
- Gain a worthwhile Baruntse Expedition experience.
- Observe an incredible mountain panorama from the peak.
- Boost your mental confidence and climbing prowess for 8000ers.
- Experience trekking and mountaineering in Nepal.

## Overview

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**The Barun Tse Expedition takes you to the remote and lesser-known region of Barun Valley in eastern Nepal. Barun Tse, also known as Baruntse, stands at an impressive height of 7,129 meters (23,389 feet) and offers a challenging and rewarding mountaineering experience. This detailed overview provides insights into what it takes to embark on this extraordinary journey.**

The journey to the Barun Tse Expedition begins with a scenic flight from Kathmandu to Lukla, followed by a trek through the picturesque villages of the Solu-Khumbu region. The trail leads you through lush forests, terraced fields, and traditional Sherpa villages, gradually gaining altitude and allowing for proper acclimatization.

Reaching Barun Valley and Barun Tse Base Camp is a significant milestone. Barun Valley is a hidden gem with pristine landscapes, stunning glaciers, and breathtaking views of Makalu, Lhotse, and Everest. At the base camp, climbers establish their camps and make necessary preparations for the ascent.

The climbing route to the summit of Barun Tse varies depending on the expedition operator and the conditions of the mountain. The ascent involves navigating through crevasses, traversing glaciers, and negotiating steep slopes. Climbers may encounter technical sections that require proficient mountaineering skills and the use of equipment such as crampons, ice axes, ropes, and harnesses.

The climbing route typically includes setting up high camps, such as Camp 1 (6,300 meters/20,670 feet) and Camp 2 (6,800 meters/22,310 feet). Climbers acclimatize at these camps, progressively moving higher and returning to lower camps for rest and acclimatization. The climb demands a high level of physical fitness, technical mountaineering skills, and an understanding of high-altitude environments.

The summit push is an intense and demanding endeavor. Climbers face steep ice and snow slopes, navigate challenging terrain, and overcome altitude-related challenges. From the summit of Barun Tse, climbers are rewarded with breathtaking panoramic views of the surrounding Himalayan peaks, making it a truly unforgettable experience.

Descending from the summit and returning to base camp marks the completion of the Barun Tse Expedition. The return journey follows a similar route, allowing climbers to reflect on their achievements and enjoy the natural beauty of the Barun Valley. Celebrations and camaraderie with fellow climbers and support staff make for memorable moments as the expedition concludes.

The Barun Tse Expedition is a challenging adventure that requires thorough planning, experienced guides, and a high level of physical fitness. Climbers are advised to choose reputable expedition operators with extensive knowledge of the region and a strong safety record. Proper acclimatization, technical climbing skills, and comprehensive equipment preparation are crucial for a successful and safe expedition.

## Trip Itinerary

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### Day 1 : Arrival in Kathmandu, transfer to hotel, and trip briefing.

Arrive in Kathmandu, the capital city of Nepal. Meet your trekking guide at the airport and transfer to your hotel. Spend the day exploring the vibrant streets of Kathmandu and preparing for the trek. Overnight stay in Kathmandu.

### Day 2 : Preparation day - Valley Sight seeing

Today, we will spend the day sightseeing in Kathmandu Valley with our guide. We will visit Pashupatinath, which is regarded as the holiest Hindu temple in Nepal and where pilgrims worship Lord Shiva (situated on the banks of the holy Bagmati River), Bouddhanath, a Buddhist temple known as 'Little Tibet' and then on to Swayambhunath known as the Monkey Temple. From Swayambhunath we drive to Kathmandu's famous Durbar Square, a UNESCO World Heritage-listed site, and located in front of the old royal palace. Upon arriving back at your hotel you may have time to do some last-minute shopping around Thamel – the tourist hub of Kathmandu.

### Day 3 : Fly from Kathmandu to Lukla 2800m - Trek to Puyian 2800m - 5 hrs walk

We will be taken to the airport for one of the great flights of the Himalaya. If the sky is clear during our flight, we will get our first views of Everest and the region in which we will be climbing. The Twin Otter aircraft will take us to the hillside village of Lukla, which is the start of our trek to Mera. Here we will meet our camp staff and porters and set off straight away for our first camp at Puyian.

### Day 4 : Trek to Pangom 2850m - 6 hrs walk

After breakfast cross the Puyian Khola, then we turn off the main trade route coming up from the south and join an older route, which climbs steeply to the ridge-line overlooking the Khare Khola. Descending the other side of the ridge, we then contour along the hillside before climbing steadily up to the attractive farming and trading village of Pangkongma. Many expedition members have been welcomed by the villagers here, spending several pleasant hours warming themselves in front of an open fire in the enveloping and welcoming atmosphere of the local's traditional Sherpa homes.

### Day 5 : Trek to Ramailo Danda 3200m - 5 hrs walk

Leave Pangom and make your way towards Ramailo Danda. It is an upward ascent through a pristine rhododendron forest to Pankongma La (3174m), a mountain pass. We cross the Dudh Koshi River Valley and walk into the Hingku Valley. En route, we savor breathtaking views of Numbur Himal, Kongde, and Manju Peak. We stop briefly at Ningsow for lunch. Afterward, trek up and down to Ramailo Danda. From here we get our first view of Mera Peak.

### Day 6 : Trek to Chatra Khola 2600m - 5 hrs walk

There are no human settlements or villages en route and the trail is wild and challenging. The park is home to Snow leopard, Red panda, Himalayan Tahr, musk deer, and many rare species of birds and plants. We stop at a quiet spot and have our packed lunch. Climbing stone staircases and walking past rocky paths we finally arrive at Chhatra Khola, our stop for the night

### **Day 7 : Trek to Kothe 3600 - 6 hrs walk**

Following the course of the Hinku River, the trail leads you to Kothe. You will walk alongside beautiful rhododendron forests and traverse several bridges along the way. Kothe is a small settlement surrounded by stunning natural beauty, with the Hinku Valley opening up before you.

### **Day 8 : Trek to Thagnak 4200m - 4 hrs walk**

After Kothe, we reach the Upper Hinku valley where the treeline disappears. There are no villages en route only 'kharkas' the summer camps of yak herders dot the landscape. Walk past Gondishung and Lungsumgba Gompa, a two-centuries-old Buddhist shrine. Lying underneath an enormous boulder, the local crew pay homage to deities burning incense.

En-route enjoy amazing views of Charpati Himal, Mera Peak, Kusum Kanguru, and Thamserku. After walking for about an hour we reach Thagnak, a summer camp of yak herders. Charpati Himal lies close to the teahouse and we can see the whole mountain.

### **Day 9 : Acclimatization day in Thagnak, hike to Thagnak Hill for acclimatization.**

At the elevation of 4,358m asl, Tangnang is an expanding cluster of tea houses and an ideal place for acclimatization purposes. But not just its altitude, this village also offers a side-trip to Charpate Himal Glacier, which is great as well as essential for trekkers and climber in order to adapt as per the surroundings with lower oxygen density. We can observe the close view of Charpate Himal (6,770m) – a sacred mountain for the Sherpas community, close to the side of Mera north and other snow-capped mountains from here. Eventually, we'll move back to Tangnang.

### **Day 10 : Trek to Khare 4950m - 5 hrs walk**

Today's walk involves an ascent to the Dig Glacier and the Charpati Tal, a mountain lake. With stunning views of the Kyeshar glacier, Mera Peak, and Charpati Himal we walk down to Dig Kharka. A tough crossing of the Hinku Nup and Shar glaciers brings us to Khare. Khare lies at the bottom of Mera Peak and is also known as Mera Peak Base Camp. We climb Mera Peak

from here

### **Day 11 : Acclimatisation - Pre Climbing Training**

Today you will spend your time acclimatizing and practicing your climbing moves at the pre-climb training camp. Our Sherpa climbing guides will teach you how to properly use climbing equipment like jumar, carabiner, belay device, ice axe, harness, etc. They will teach you the basic and safe techniques to scale an incline using a rope and harness.

This training is valuable and helpful if you are a novice climber. A final gear and equipment check will be followed by final packing for the summit push. Please keep in mind climbing boots of size 12 and greater are not readily available in Nepal. If your shoe size is 12 or 12 plus you need to bring it with you from your home country.

### **Day 12 : Trek to High Camp 5780m - 6 hrs walk**

Take the steep and rocky path to Mera La. The three summits of Mera Peak – Mera North(6476m), Mera Central(6461m), and Mera South(6065m) – gleam invitingly. We will be climbing the summit of Mera Central. Crossing the Mera glacier we reach Mera Peak high camp. It is an easy hike up a slope with no technical climbing involved.

On reaching Mera High Camp, the crew serves us hot drinks. Enjoy views of five of the fourteen highest peaks in the world- Mount Everest (8848m), Lhotse (8516m), Makalu(8485m), Cho Oyu(8188m), and Kanchenjunga (8586m). Chamlang (7319m), Gaurishanker (7134m), and Baruntse (7129m) also appear close. A single sleeping tent will be given to each climber. Food will be prepared by the local crew in a kitchen tent.

### **Day 13 : Summit day 6470m - trek Back to Kongma Ding 4850m - 10 hrs walk**

At 2 AM we prepare for the final summit push. After breakfast, we head out and rope up. A man-rope will secure our group. Hike up the glacier in a single file. No technical climbing is required in this section. The thin air and cold are the only factors that make the ascent difficult. Above 5000 meters we struggle to breathe properly and taking a step forward takes a lot of effort.

The last 40-50 meters to the summit is the most challenging portion. It is a steep incline and fixed rope and jumars are used to climb to the summit. By 9 or 10 AM we reach the summit.

Amazing views of Mount Everest (8848m), Makalu (8481m), Kanchenjunga (8586m), Cho Oyu (8201m), Lhotse(8516m), and other peaks surround us.

After spending 5 or 10 minutes savoring the victory and taking pictures we head down via the same route. We reach Mera High Camp have some refreshment. Later we hike down to make a quick descent to Mera – la. Then, we head east. Taking a downward trail we reach Kongma Dingma where we rest for the night.

### **Day 14 : Rest Day in Kongma Ding 4850m**

An extra day to rewind, relax and recharge your energy for the crossing of Amphu Lapcha

### **Day 15 : Trek to Seto Pokhari 5035m - 5 hrs walk**

Leaving Kongma Dingma we walk past yak pastures and summer camps of yak herders. We proceed towards Seto Pokhari enjoying captivating views of Baruntse and Chamlang Himal.

### **Day 16 : Trek to Barunste Base Camp 5300m - 4 hrs walk**

Now, we will move towards Baruntse Base Camp on the Baruntse Expedition. It will be a demanding day as we will cross rugged terrain. We will be trekking for around 5 hours from the lake area. We have to trek slowly as we are regularly heading up. The base camp is located at 5,300m meters. By passing gently via rough boulders, we will reach the camp.

### **Day 17 : ( Day 17 - Day 26 ) Summit Mt Baruntse(7,129m/23882ft) and Back to Base Camp(5,300m/17755ft)**

The real journey begins here as we leave the base camp. We will do ups and downs on the trail to acclimatize for several days. Our climbing guide will lead us the way and preach things. We will follow them along the snowy and steep path.

With praying rituals at the base camp, we will start the Mt Baruntse climb. The walk will progress on an inclining snowy slope and over Hinku Glacier. We will have to use ladders to cross the crevasses coming upfront. We will reach the high camp area by doing it the guide's way.

From High Camp, the climb will get steeper and more exposed. The walk could be more technical around here. But we must be aware of snowstorms, which is normal here. We will climb the path to Baruntse's summit (7,162m). As a reward from the peak, we will embrace awe-inspiring views of Makalu, Kanchenjunga, Lhotse, Cho Oyu, Everest, and more. We will also view glaciers and pristine lakes.

When finishing the watch, we will gradually descend via the snowy crest and drop to the base camp. After returning from the summit, we will spend a night in the base camp.

### **Day 27 : Cleaning Base Camp and Trek to Amphu Lapcha Base Camp 5650m - 4 hrs walk**

We will begin cleaning our trash the next morning after arriving at the base camp. It is our utmost responsibility to clean the garbage. We will collect the garbage and manage it. After the cleaning, we will trek up to Amphu Lapcha Base Camp. Head to Amphu Lapcha Base Camp enjoying views of Mount Everest and lakes along the Hongu basin. A walk past the Hongu Pokhari above the Hongu valley brings us finally to the Amphu Lapcha Base Camp. Our day will end in a tented camp at Seto Pokhari.

### **Day 28 : Cross Amphu Lapcha 5845m and trek to Chhukung - 9 hrs walk**

After leaving the base camp you make your way across a snowy trail to Amphu Lapcha Pass. You are in the dramatic Upper Hongu Valley which is one of the wildest areas in the Everest Region. Cold, Harsh, and challenging, no human settlements are found at this place.

After walking for about 4 to 5 hours you arrive at the pass. The pass looks stunning but daunting. Covered with ice shelves and serac cliffs, it is a steep incline and you use fixed rope, jumars, and ice axe to ascend the pass. This is one of the most difficult sections of your trip. The top is a narrow ridge filled with rocks. You get down using a fixed rope again. A walk through the Imja Glacier brings you to the Imja Tsho Lake in the Imja Valley.

### **Day 29 : Trek to Tengbuche 3870m - 5 hrs walk**

After the hard couple of days over the two high hidden pass in between the massif peaks, our route from here leads to a pleasant walk on the downhill slope to Dingboche then Pangboche village. After two hours of easy walk brings us at Dingboche village. Dingboche is a beautiful patchwork of field enclosed by stone walls, protecting the crops of barley, buckwheat and potatoes from the cold winds and grazing animals. Dingboche has about more than ten teahouses and it is also the gateway to Chhukung and farther beyond for the most challenging traverses towards Makalu area and Hinko Valley. From Dingboche a gentle walk leads towards the Imjatse River with excellent views of Ama Dablam, Kangtenga and Tawoche peaks the trail leads to a small wooden bridge, from the bridge an easy walk to Pangboche village. Staying at over night here or option for heading to Tyangbuche.

### **Day 30 : Trek to Namche 3440m - 4 hrs walk**

Cross the Chhukung glacier and walk down to the Dudh Koshi River valley. Walk past Dingboche and descend to the Imja Khola(river). After crossing the river an upward trail brings you to the Sherpa village of Pangboche.

Leaving Pangboche you climb down a path filled with amazing alpine scenery and views of Ama Dablam. Cross the village of Debuiche and arrive at the small settlement of Tengboche.

Spend some time exploring the village and visit the magnificent Tengboche Monastery. This is the oldest and the most important monastery in the Khumbu Region. Later take the trail to Namche. After you arrive in Namche you can enjoy a hot shower and a good meal of your choice.

### **Day 31 : Trek to Lukla 2800m - 6 hrs walk**

Crossing the metal bridges covered with prayer flags and pine forests you descend to Lukla. Walk past the village of Monjo and the gate of the Sagarmatha National Park. An easy descent via the village of Phakding brings you once again to Lukla. Celebrations follow and you spend a joyous evening with the local crew celebrating your achievement.

### **Day 32 : Fly back to Kathmandu 1380m - 30 min**

Bid goodbye to the mountains and fly to Kathmandu. Once you reach Kathmandu, check-in at your hotel and take a rest. Evening or late afternoon you can explore Thamel by yourself and shop for souvenirs.

### **Day 33 : Departure to Homeland**

It's time to bid farewell to the enchanting land of Nepal. You will be transferred to Tribhuvan International Airport for your departure flight. Depart with incredible memories and a sense of accomplishment from your Mera and Island Peak climbing expedition.

## **Inclusions**

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### **What is included?**

Airport pick up drop by private vehicles and Transfer to Hotel.

3 nights hotel (3-stars) in Kathmandu, B/B plan

Expedition Royalty and permit from Nepal government to climb Mt. Barun Tse & Mera Peak

25 kg weight per Sherpa climber is allowed for expedition

Necessary Sherpa porters or mules for carrying equipment & loads

Twin sharing accommodation in available lodge/teahouse while trekking

3 times meals per day, (Breakfast, Lunch, and dinner) teas & coffees in trekking & during the camping period.

Common climbing gears like necessary rope, ice bars, ice screws, etc



Twin sharing tent of North face brand or similar for Base Camp and High Camp

Experienced and government licensed trekking and climbing Sherpa guide during the trekking and climbing period.

All food and fuel for base camp and higher camps during the climbing period.

Trekking Permit (Makalu Barun & Sagarmatha National Park entry fee & Khumbu Rural Municipality) & Climbing permits .

Kitchen, Dining, Store tent, mattress and all camping facilities needed in Base Camp.

The experienced and professional Sherpa staff at Base Camp: Base camp manager, cook, kitchen Boy.

Government liaisons officer and his salary & accomodation

Equipment medical & life, allowance, wages, life, medical & rescue insurance for all Nepali members.

Emergency oxygen bottle, mask & regulator at ABC (Use and pay)

Garbage disposal and managemant fee.

Immediate Rescue co-ordination (covered by your personal travel insurance)

Generator or solar panel for charging & lighting in Ama Dablam Base camp

Satellite phone on pay call basis (1 min: \$4).

Walkie - talkie per member and climbing Guide as required for communication.

Welcome Dinner at typical Nepali Restaurant in Kathmandu.

## **What isn't included?**

International flight fare, taxes, and visas (visa charge USD 40 and 4 passport photographs for the visa).

Lunch and dinner in Kathmandu.

Your Personal trekking & climbing equipment

Excess baggage transport

All expenses of personal nature like Wifi, Hot Shower, bar bills, laundry, telephone, etc.

Travel insurance for accident, medical, emergency evacuation & lost baggage.

Climbing Sherpa Summit Bonus \$850 and tips for Base Camp Staff and Climbing guide.

Applicable permit fee & custom fee for satellite phone, filming camera, communications - equipment (if brought)

## **Complimentary**