

Baruntse

REGION	Khumbu · Hunku basin
DURATION	35 days
MAX ALTITUDE	7,129 m
GRADE	Expedition · AD
SEASON	Apr-May · Oct
FROM	from \$12,000

Overview

A committing 7,000 m expedition between giants

Baruntse Peak stands among Nepal's most rewarding 7,000 m summits, alongside Himlung (7,126 m), Tilicho Peak (7,134 m), and Langtang Lirung (7,227 m). Set between the Hunku Valley to the south and the Barun Valley to the east, it rises within the legendary Khumbu region - home to Mount Everest (Sagarmatha) and a cluster of the world's highest peaks.

The mountain was first climbed in 1954 by a team led by Colin Todd and Sir Edmund Hillary, who would go on to make the first ascent of Everest with Tenzing Norgay Sherpa the following year. The standard climbing itinerary covers roughly 130-150 km by air and 125-140 km on the round-trip trek, with an additional overland journey of about 400 km connecting Kathmandu and Lukla.

Because Baruntse combines technical climbing with genuine high-altitude remoteness and minimal settlement support, it is recommended only as a guided expedition - best suited to climbers with some prior high-altitude experience, though it remains one of the more approachable 7,000 m objectives in Nepal when properly prepared and acclimatized.

Route & Trail Character

Up to Namche Bazaar, the trail shares ground with the busy Everest region routes. From there, rather than following the heavily trodden Everest Base Camp trail, the Baruntse route turns through Chutanga, Thuli Kharka via the Zatrwa La Pass, Kothe, Thangnak, Khare, and Seto Pokhari before reaching Baruntse Base Camp.

This stretch of the Khumbu Himalaya remains quiet even during the peak spring and autumn seasons, offering a wild, less-commercialized trekking experience and a genuine mountaineering atmosphere far from the crowds of the classic trails.

People & Culture

The Makalu Barun region is home to two of Nepal's indigenous communities, the Sherpa and the Rai. Beyond Lukla, the villages along the route to Baruntse Base Camp are largely Sherpa settlements, a people renowned worldwide for their climbing skill and resilience in high-altitude environments.

Daily life here still centres on agriculture and animal husbandry, with tourism playing a growing role. Monasteries, mani walls, and prayer-flag-draped chortens reflect a culture with deep ties to Tibetan Buddhist tradition.

Wildlife & Natural Environment

The route passes through Makalu Barun National Park, which protects both the Barun and Hunku Valleys across roughly 1,500 sq. km spanning the Sankhuwasabha and Solukhumbu districts, extending toward the Tibet Autonomous Region of China. Across the 35-day itinerary, attentive trekkers stand a good chance of sighting some of the park's rare wildlife, including:

- Red panda
- Himalayan musk deer
- Himalayan black bear
- Himalayan tahr
- Satyr tragopan, blood pheasant, and Himalayan monal
- Snow leopard, particularly in areas holding winter snow

Mountain Views Along the Way

The journey offers exceptional mountain scenery from start to finish. Ama Dablam (6,812 m) is visible from Lukla itself; Thamserku appears near Namche Bazaar; and deeper into the Khumbu, Kangtega (6,782 m) comes into view, followed by Chamlang (7,319 m) and Mera Peak (6,476 m) toward the Barun and Hunku Valleys.

The finest views are reserved for the summit itself. Though a stay of more than 30 minutes at the top is not advisable, climbers are rewarded with a 360-degree panorama of Makalu (8,485 m), Lhotse (8,516 m), Everest (8,848.86 m), and Ama Dablam - a rare and deeply memorable vantage point.

Highlights

- Summit a striking 7,129m peak, the highest of Nepal's serious non-8,000m expedition climbs
- An ideal proving ground for climbers preparing for an 8,000m expedition
- Remote approach through the wild Hongu Valley, well off the main Khumbu trekking routes
- Base camp and multiple high camps established on the route, with fixed ropes on the steeper sections
- A crossing of the Amphu Labtsa pass, one of the most dramatic and demanding high passes in the region
- A generous acclimatization schedule, with rest days and glacier travel practice built into the itinerary
- Experienced climbing Sherpas, certified in rope fixing, glacier travel, and high-altitude rescue
- Summit views of Everest, Lhotse, Makalu, and Chamlang across an untouched corner of the Himalaya

Itinerary

Day 1 - Arrival in Kathmandu (1,400 m)

Arrive at Tribhuvan International Airport, where a company representative meets you and transfers you to your hotel in Thamel. The rest of the day is free to rest after your flight, sort last-minute personal gear, or take a short stroll through Kathmandu's old quarter.

- Overnight in a hotel.

Day 2 - Trip briefing, permit processing, and equipment check in Kathmandu (1,400 m)

A full day given over to expedition logistics. In the morning, meet your Expedition Leader and climbing Sherpa team for a detailed briefing on the route, schedule, and safety procedures. Government permits (Baruntse climbing permit, Makalu Barun National Park entry, TIMS, and the Khumbu Pasang Lhamu Rural Municipality trek card) are finalised and staff and equipment are cross-checked against the gear list. Afternoons are typically free for last-minute shopping in Thamel or an optional visit to

Swayambhunath or Boudhanath Stupa.

- Overnight in a hotel.

Day 3 - Fly Kathmandu to Lukla; Trek to Chutanga (2,860 m / 3,020 m)

An early, scenic 35-40 minute flight to Lukla's Tenzing-Hillary Airport, with views of Ganesh Himal, Langtang, and the Rolwaling range en route. From Lukla the route immediately breaks away from the main Everest trail, climbing gently through pine and rhododendron forest for roughly 3-4 hours to the small clearing at Chutanga.

- Overnight in a tented camp

Day 4 - Trek Chutanga to Thuli Kharka via Zatrwa La Pass (4,610 m / 4,300 m)

One of the toughest days of the approach: a steep, sustained climb of around 5-6 hours over loose scree and rocky switchbacks to the Zatrwa La Pass (4,610 m), marked by prayer flags and offering the first big panorama of Kusum Kanguru, Karyolung, and the Numbur range. An equally steep descent on the far side brings you down to Thuli Kharka for the night, a walking day of roughly 7 hours in total.

- Overnight in a tented camp.

Day 5 - Trek Thuli Kharka to Kothe (3,600 m)

A long, knee-testing descent of about 5-6 hours drop through rhododendron and birch forest into the Hinku Valley, losing over 700 m of elevation before levelling out at the scattered lodges of Kothe on the valley floor. Mera Peak becomes visible up-valley on clear afternoons.

- Overnight in a tented camp / teahouse.

Day 6 - Trek Kothe to Thangnak (4,350 m)

A gentler day, following the Hinku River upstream through juniper scrub and past mani walls for around 4-5 hours. The valley opens out and the peaks surrounding Mera and Naulekh come into clearer view as you reach Thangnak, a small seasonal settlement used by yak herders.

- Overnight in a tented camp.

Day 7 - Acclimatization day at Thangnak (4,350 m)

A full rest-and-acclimatize day. Most groups take a 2-3 hours round-trip hike up to the moraine viewpoint above Sabai Tsho lake for views over the Hinku Nup Glacier, returning to Thangnak to sleep at the same altitude - the classic 'climb high, sleep low' pattern.

- Overnight in a tented camp.

Day 8 - Trek Thangnak to Khare (5,045 m)

A shorter but higher-altitude day of around 3-4 hours, climbing alongside the lateral moraine of the Hinku Nup Glacier with Mera Peak's summit ridge dominating the skyline. Khare is the last proper settlement before Base Camp and serves as the main staging point for climbing gear hire and final preparations.

- Overnight in a tented camp / teahouse.

Day 9 - Acclimatization and climbing-gear refresher at Khare (5,045 m)

A second acclimatization day, combined with a practical refresher on crampon and ice-axe technique on the slopes above the village, run by your climbing Sherpa guides. Equipment is checked, harnesses fitted, and any last rental gear sorted before moving into higher, more committing terrain.

- Overnight in a tented camp / teahouse.

Day 10 - Trek Khare to Seto Pokhari (5,050 m)

A shorter walking day, around 3-4 hours, crossing rough moraine and glacial terrain below the Mera-Baruntse divide. Seto Pokhari ('white lake') is a remote, high-altitude camp used purely as a staging point on the approach to Baruntse Base Camp.

- Overnight in a tented camp.

Day 11 - Trek Seto Pokhari to Baruntse Base Camp (5,970 m)

A demanding 5-6 hour crossing over glaciated and rocky ground, gaining roughly 900 m to reach Baruntse Base Camp, set on a rocky moraine shelf beneath the mountain's West Col approach with sweeping views toward Chamlang and the Hunku Valley.

- Overnight in a tented camp - home for the next several weeks.

Day 12 - Rest and preparation at Base Camp; puja ceremony (5,970 m)

A full rest day to recover from the approach trek. In the afternoon or following morning, the team gathers for a traditional Buddhist puja ceremony, conducted by a lama or the climbing Sherpas, to bless the expedition, the climbing gear, and ask the mountain deities for a safe ascent - an important ritual observed before any climbing begins.

Day 13 - Climbing training and rope/ladder practice at Base Camp (5,970 m)

A dedicated training day on gentle slopes near camp, covering the core skills needed above Base Camp: use of crampons and ice axe, jumaring on fixed rope, rappelling/abseiling, and crossing aluminum ladders over crevasses. This session is tailored to the group's experience level and is repeated or extended if needed.

Day 14 - Acclimatization rotation to Camp 1 and back (6,400 m)

The first rotation onto the mountain proper: climbing fixed ropes on snow and ice slopes to Camp 1 (6,400 m), the team's first taste of the technical ground above Base Camp, before returning to Base Camp the same day or overnighing depending on conditions and pace.

Day 15 - Rest day at Base Camp (5,970 m)

A full recovery day at Base Camp after the first rotation - eating well, hydrating, and resting is as much a part of the acclimatization strategy as the climbing itself. The medical kit and oxygen supplies are also checked ahead of the next rotation.

Day 16 - Acclimatization rotation to Camp 1 and Camp 2, return to Base Camp (6,800 m)

A longer rotation pushing higher onto the mountain, climbing steeper fixed-rope sections above Camp 1 to reach Camp 2 (6,800 m) before descending all the way back to Base Camp. This is typically the highest point reached before the summit push and is a key gauge of the team's readiness.

Day 17 - Rest and recovery at Base Camp (5,970 m)

Another full rest day, allowing the body to recover from the second rotation and rebuild strength for the summit attempt. The Expedition Leader reviews the weather forecast with the Kathmandu office to begin planning the summit window.

Day 18 - Reserve days at Base Camp for acclimatization and weather (5,970 m)

Built-in buffer days at Base Camp. Depending on how the team is acclimatizing and what the weather forecast shows, these days may be used for extra rest, an additional short rotation, or simply to wait for a stable, low-wind weather window to open on the upper mountain before committing to the summit push.

Day 19 - Reserve days at Base Camp for acclimatization and weather (5,970 m)

Day 20 - Reserve days at Base Camp for acclimatization and weather (5,970 m)

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Day 22 - Climb Base Camp to Camp 1 (6,400 m)

The summit push begins. The team climbs fixed ropes over crevassed glacier and snow slopes to re-occupy Camp 1, moving more deliberately than on the acclimatization rotations, with supplementary oxygen and equipment checked and ready.

Day 23 - Climb Camp 1 to Camp 2 (6,800 m)

A steady climb on steeper snow and ice to Camp 2, the final camp before the summit attempt. The team rests, hydrates, and prepares gear - headlamps, oxygen, harnesses - for an early alpine start on summit day.

Day 24 - - Summit push: Camp 2 to Baruntse Summit, descend to Camp 2 or Camp 1 (7,129 m)

Summit day. An early departure, often well before dawn, follows the fixed line up the summit ridge to Baruntse's narrow, exposed top at 7,129 m, with an uninterrupted 360-degree panorama of Everest, Lhotse, Makalu, and Ama Dablam. Given the exposure, time on the summit is kept to roughly 20-30 minutes before beginning the long descent back to Camp 2 or, conditions permitting, all the way to Camp 1.

Day 25 - Descend to Base Camp (5,970 m)

A long descent day retracing the fixed ropes down through Camp 1 to Base Camp, where the wider team, cooking staff, and Base Camp manager welcome the summit team back for a well-earned rest and hot meal.

Day 26 - Reserve/contingency days for weather and safe summit window (5,970 m)

Additional buffer days held in reserve in case poor weather, high winds, or route conditions delay the summit push earlier in the schedule. If unused for climbing, these days extend rest and recovery time at Base Camp before beginning the trek out.

Day 27 - Reserve/contingency days for weather and safe summit window (5,970 m)

Day 28 - Reserve/contingency days for weather and safe summit window (5,970 m)

Day 29 - Reserve/contingency days for weather and safe summit window (5,970 m)

Day 30 - Trek Base Camp to Khare (5,045 m)

With the climb complete, the team packs up Base Camp and retraces the route down to Khare, a descent of roughly 900 m over 5-6 hours that feels noticeably easier with lungs now well acclimatized.

Day 31 - Trek Khare to Thuli Kharka via Zatrwa La Pass (4,300 m)

A long day back over the Zatrwa La Pass, roughly 7-8 hours in total, dropping steeply from Khare before the final climb back up and over the pass to Thuli Kharka.

Day 32 - Trek Thuli Kharka to Lukla (2,860 m)

A final, relatively easy 5-6-hour descent through forest back to Lukla, where the trek concludes with a celebratory dinner with the trekking and climbing crew.

Day 33 - Reserve day for flight delays (Lukla-Kathmandu) (2,860 m)

A buffer day held against the well-known risk of Lukla flight delays or cancellations caused by weather. If the flight departs as scheduled, this day is free to relax in Lukla.

Day 34 - Fly Lukla to Kathmandu; leisure day (1,400 m)

A short flight back to Kathmandu. The afternoon is free for a hot shower, laundry, and rest, with a celebratory farewell dinner in the evening to mark the end of the expedition with the full team.

Day 35 - Final departure from Kathmandu

Transfer to Tribhuvan International Airport for your onward flight home or extend your stay in Nepal independently.

What's included

- Experienced, government-licensed high-altitude climbing Sherpa guide (Expedition Leader)

- One trained and licensed climbing guide per client for a safe ascent (three-times Everest summiteer level experience)
- One professional leader/Sherpa assigned to the expedition group
- Chef, cook assistant, helper, and Base Camp manager for food, drinks, and camp services
- Wages, equipment, and medical/accidental insurance for all staff, the liaison officer, and expedition crew
- Mount Baruntse regular-route climbing royalty and Nepal Government climbing permit
- Makalu Barun National Park entry permit
- Trekkers' Information Management System (TIMS) permit
- Khumbu Pasang Lhamu Rural Municipality permit (trek card)
- All essentials for trekking, climbing, and camping up to Advanced Base Camp
- Four-season mountain tents with mattresses (one per client at Advanced Base Camp; shared above Base Camp)
- Dynamic and static ropes, ice screws, snow bars, rock pitons, and carabiners for route opening and safe climbing
- Generator and solar panels for lighting, battery, and mobile charging
- Emergency oxygen, masks, and regulators for clients and staff as required
- First-aid medical kits for the group and staff
- Satellite phone and walkie-talkie communication (call charges apply for members)
- Detailed trekking and climbing route maps
- Regular weather forecast updates from the Kathmandu office throughout the expedition
- Commemorative T-shirt, pashmina, and trip brochure
- Flight ticket reconfirmation and visa extension assistance
- All official service charges, government charges, taxes, and VAT

Not included

- Lunch and dinner in Kathmandu (except the farewell dinner)
- Packed food, snacks, aerated and energy drinks, mineral water, alcohol, cigarettes, chocolates, and energy bars during trekking
- Personal expenses such as laundry, tips, and other incidentals
- Personal climbing equipment and trekking gear
- Use of landlines, mobile phones, walkie-talkies, satellite phones, and internet
- Travel insurance, medical treatment, medical tests, and hospitalization
- Emergency rescue or helicopter evacuation
- International flight tickets
- Nepal tourist visa fees
- Additional staff not specified in the package
- Summit bonus for climbing Sherpa guides (minimum USD 700 per climbing member)
- Tips and gifts for Base Camp staff - chef, cook, cook assistant, and Base Camp manager (customarily around USD 150 per person)
- Any service not listed under Includes, and extra costs arising from natural disasters, landslides, political disturbances, strikes, or changes in government regulation

Available departures

- 15 Mar 2026

- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026