

Pumori

REGION	Khumbu · Everest region
DURATION	34 days
MAX ALTITUDE	7,161 m
GRADE	Expedition · AD+
SEASON	Apr-May · Sep-Oct
FROM	from \$11,500

Overview

Everest's elegant neighbour above Base Camp

Standing directly above Everest Base Camp, Pumori is a striking, committing 7,000 m expedition on snow and ice, with an unrivalled view straight down the Khumbu icefall to Everest, Lhotse and Nuptse.

Pumori (7,161 m) is one of Nepal's classic 7000m objectives, climbed from a base camp in the Everest region with a careful acclimatisation plan and a strong local climbing crew.

We run it as a fully guided expedition - fixed lines on the technical ground, experienced Sherpa support and generous summit windows - so you can focus on the climb itself.

Highlights

- Towers over Everest Base Camp
- Serious snow & ice route
- Unmatched Everest views
- A true expedition step-up

Itinerary

Day 1 - Arrive & brief

Gear check, permits and final prep before flying out.

Day 2 - Trek to base camp

Walk in through the Khumbu approach to base camp.

Day 3 - Acclimatisation rotations

Carry loads and sleep high to prepare for the summit.

Day 4 - Summit push

Move to high camp and climb Pumori on the first clear window.

Day 5 - Descend & return

Strike base camp, trek out and fly back.

What's included

- All climbing & national-park permits
- Lead climbing guide + Sherpa crew
- Base camp & high-camp tents and meals
- Group climbing hardware & fixed ropes
- All ground transport & domestic flights
- 5% funds village schools & health posts

Not included

- International flights to/from Nepal
- Travel & high-altitude insurance
- Personal trekking & climbing gear
- Nepal entry visa fees
- Tips for guides and porters
- Personal expenses (drinks, wifi, laundry)

Available departures

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