

Baruntse Expedition in Nepal

Mount Baruntse (7,129 m) in Nepal offers a thrilling blend of high-altitude climbing and trekking through glaciers, snow ridges, and vibrant Sherpa villages, preparing adventurers for future 8000-meter peaks. Its breathtaking views, challenging routes, and inspiring stories like Mera, the brave dog who summited make every step of the journey unforgettable.

Quick Facts

Duration:	32
Max Altitude:	7129
Best Season:	Sept - Nov & March - May
Group Size:	2 to 15
Accommodation:	Tent
Route:	Kathmandu to Kathmandu
Difficulty:	Strenuous

Trip Overview

Mount Baruntse is a 7,129-meter climbing peak at an altitude of 7,129 meters (23,389 feet), which is part of the Himalayan range near the Mount Makalu. The peak is famous for its name, which is the trekking peak due to its perfect views of the Everest, Makalu, Lhotse, and Cho Oyu.

Climbing this peak helps you learn the mountain, which will guide you in climbing the high 8000-meter peaks in the future. During the journey, you will be required to do ice climbing, glacier and snow crossing, use the ropes, walk on the ice crevasses, and face technical difficulty.

The expeditions are not only about reaching the summit, but its also about the journey which takes you through the



vibrant sherpa villages, along with the dramatic scenery of the mountains. The Expedition offers a safe, thrilling, and transformative high-altitude adventure for those ready to challenge themselves.

Key facts about Baruntse peak

- Summit altitude: 7,129m (23,389 ft)
- First ascent: 1954, by a New Zealand expedition
- Location: Makalu Barun National Park, Khumbu, Eastern Nepal
- Coordinates: 27°52'N, 86°59'E
- Typical success rate: 60-70% (higher than most 7000m peaks)
- Average expedition duration: 30-32 days
- Permit cost: approx. USD \$500 per climber (Nepal government fee)
- Best seasons: October–November (autumn) and April–May (spring)
- Base camp altitude: ~5,400m
- Highest camp (Camp II): ~6,400-6,500m
- Summit push gradient: up to 50° on the SE Ridge headwall
- Nearest airport: Tenzing-Hillary Airport, Lukla (2,860m)

Baruntse climbing routes

Like the regular mountains, Baruntse also have three climbing routes, which are the South-East Ridge Route, the West Ridge Route, and the South-East Ridge. Talking about them in detail:

South-East Ridge Route

The southeast ridge route is the most popular expeditions routes in Nepal for the Baruntse climbing, which takes you through the base camp. The route is the normal route that every climbing and trekking agencies uses it for the expeditions. The best part of this journey is that you will be walking through the glaciers, snow ridges, ice climbing, and the steep summit.

You will have a structured climbing pace which will take you from the base camp (approx. 5,400m), Camp I (around 6,000m), Camp II (around 6,400m – 6,500m), and then 50 degree summit push.

West Ridge Route

The West Ridge route is a more Challenging and Technical journey than the other two paths. As this path requires the crossing of the long glaciers traverse, steep ice slopes, narrow and exposed ridge climbing, and the technical sections requiring the strong rope skills for you.

You will often face the ice Walls, and the hard packed snow. However, if you are a experience mountaineer who is



preparing for the 8000-meter peaks such as the [annapurna expedition](#), [mount everest expedition](#), or any other peaks, then this route will be the perfect path to head towards your journey.

South-West Face

Another path which you can take to reach the Baruntse mountain summit is the south west face, which is also known as the alternate ridge route. This journey takes you to the more remote valleys and the limited accessibility with the increased objective risks.

The journey leading to the summit is difficult to approach in terms of logistics. The snow is unstable, and the area is a greater avalanche prone terrains and very limited safe camp locations.

However, if you are an experience mountaineer, have the technical skills to climb mountains, have the support from your company, and the weather is stable and clear, you might take the route.

Baruntse Expedition Route Comparison Table

Route	Difficulty	Best For	Avalanche Risk	Popularity
South-East Ridge	Moderate – Hard	First-time 7000m climbers	Low	Very High
West Ridge	Hard – Very Hard	Experienced mountaineers	Moderate	Low
South-West Face	Expert Only	Technical specialists	High	Rarely Used

High altitude mountain climbing in Nepal.

Baruntse is the ultimate high-altitude mountain in Nepal, which gives you the perfect balance of adventure, thrill, and Adrenaline which makes you perfect to get experience to [climb the 8000-meter peak](#) in future.

The trip gives you an unmatched experience of glacier travel, steep snow ridges, and a demanding summit push.

You also must adapt to thin air, freezing temperatures, and the physical demands of climbing above 7,000 meters. With the proper acclimatization and expert guidance from summit8000 you will have the perfect journey to your destinations.

Barun Valley trek

The main highlights of this travel are also about trekking to the Barun Valley, which is known for its remote terrains and hidden valleys, which is unexplored by many. It's a perfect destination to explore the wilderness and raw authentic nature experience far from the famous base camp treks such as the [Everest base camp](#), [Annapurna base camp](#), or any other trekking regions in Nepal.



The journey through Barun Valley takes you across dense rhododendron forests, high alpine meadows, glacial rivers, and dramatic mountain amphitheatres surrounded by peaks like Makalu, Chamlang, and Baruntse itself. Once you look at the Barun valley you will feel that you have arrived some were in the mountains of Switzerland.

Perfect Blend of Trekking & Climbing

The Baruntse expeditions is the perfect blend of the trekking and climbing experience. The journey leading you to the base camp of the mountains passes via the dense green Rhododendron forests, along with the beautiful scenery, rivers, and valleys.

Also, the climbing experience blends with the classic high altitude trekking routes, glacier crossings, mountaineering skills on the ice and snow, along with the true expeditions summit experience, which gives the joy of climbing and trekking and reaching the top of the Baruntse mountain at an altitude of the (7,129m/23,389ft above sea level.

Skill-Building & Rewarding Challenge

The expeditions leading to the top of the peak are also about skill building and the rewarding challenges. It's not about reaching the top its also about upgrading yourself with the mountaineering skills that requires to climb any peaks in the world.

You will learn how to use the crampons, ice axes, high altitude camp management, glacier navigation, and crevasse safety, which also test your endurance and mental strength above 7000 meters, which gives you a sense of achievement. You will also have a mild stone expedition in your mountaineering journey.

Baruntse vs other peak comparison: Cost, Season & 8000m Preparation Value

Peak	Altitude	Difficulty	Permit Cost	Best Season	8000m Prep Value	Action
Baruntse	7,129m	Hard	\$500	Oct / May	☐ Excellent	☐ View Details
Mera Peak	6,476m	Moderate	\$250	Oct / May	Good	View Details
Island Peak	6,189m	Moderate	\$250	Oct / May	Moderate	View Details
Ama Dablam	6,812m	Hard	\$400	Oct / Nov	Good	View Details
Lobuche East	6,119m	Moderate	\$250	Oct / May	Moderate	View Details

Book Your 2026/2027 Baruntse Expedition with Summit 8000



Baruntse is more than just a climb it's a defining step into the world of real Himalayan expeditions. With its perfect balance of technical challenge, altitude exposure, and expedition-style climbing, it prepares you for the ultimate goal of 8000m peaks. With Summit 8000's expert Sherpa team, premium logistics, and carefully designed itinerary, you don't just attempt the summit you build the experience, confidence, and strength to go higher. If you're serious about your mountaineering journey, 2027 is your moment to take that leap.

[Book Your Baruntse Expedition Now](#)

Baruntse Peak Climbing Historical expedition data

Year	Event	Route	Source
1954	First ascent Colin Todd & Geoff Harrow (NZ expedition led by Hillary)	South-East Ridge	Wikipedia / Himalayan Database
1980	First ascent of East Ridge Spanish expedition (Ortas, Escartín, López, Buhler)	East Ridge	Wikipedia / Himalayan Database
1995	First ascent of West Face Russian team (Pershin, Vinogradski, Habibulin, Zhilin, Ermachek)	West Face	AAC Journal / Wikipedia
2010	Becky Bellworthy (UK) becomes youngest woman to summit, age 18	SE Ridge	Wikipedia
2010	Chhewang Nima (19x Everest summiteer) died after falling through a cornice	SE Ridge	Wikipedia
2018	"Mera," a stray dog, summited Baruntse after following a trekking team	SE Ridge	Wikipedia

Meet the Hero of Baruntse: Mera, the Summit Dog

Baruntse has inspired countless climbers, but few stories are as unforgettable as Mera, the brave stray dog who conquered the 7,129-meter peak in 2018. Following a trekking team, facing freezing temperatures, steep trails, and high-altitude challenges, Mera reached the summit with courage and determination.

She's not just a dog she's a symbol of perseverance and the adventurous spirit that Baruntse instills in everyone who climbs it. Mera's journey reminds us that with bravery, focus, and determination, no peak is too high to achieve.

This is also my favorite Baruntse story because it perfectly captures the essence of what makes this mountain so special: the challenge, the adventure, and the inspiration it gives to all who attempt it. Every climber stepping on Baruntse carries a little bit of Mera's spirit with them. [Read her full story and journey.](#)

Let Mera inspire your own journey: [Book your Baruntse Expedition today!](#)

Detailed Itinerary

Day 1: Arrival in Kathmandu Valley



Namaste and welcome to Kathmandu valley the gateway to your dream destinations. One of our team mates from our company will be waiting for you at the airport with your banner name. Upon meeting you will have meet and greet session and we will drive to Thamel. Rest and relax for the day.

Accommodation: 1400

Meals: Welcome Dinner

Day 2: Preparations for the Expeditions and Sightseeing

Today will be the day when your guide will meet you and he will help you to do buy or renting the packing lists required for the Baruntse expeditions. You will get many gears and equipment shops and from them our guide will find the best shop for you. After getting your packing lists done you will get the permits as well on the same day. After completing all these things if you are left with some time we would suggest you to visit the nearby Swayambhu Nath Stupa for the city view and hiking experience.

Accommodation: 1400

Meals: B, L, & D

Day 3: Fly to Lukla (2,860m) and Trek to Chutanga

Early in the morning you will have a flight to Lukla. Yes, you heard it right the airport is not only gateway to the Everest region treks but it's also the gateway to the Baruntse, Everest, Cho Oyu and surround peak climbing. You will have 35 minutes flights above the mountain and then reach Lukla. Upon reaching the place you will start your trek to the Chutanga village. It's a peaceful campsite forests which is known for its majestic views of the surrounding peaks and then the beautiful Rhododendron forests.

Accommodation: 3100

Meals: B, L, & D

Day 4: Chutanga to Tuli Kharka via Zatrava La Pass

Today will be the most demanding trek for you as you will be crossing the Zatrava la pass at the altitude of the 4,610m (15,125ft) above sea level. The pass is known for its beautiful mountain passes and the gateway to the Hinku Valley which is in another Makalu region and it separate the Everest region with the Makalu.

Accommodation: 4600

Meals: B, L, & D

Day 5: Trek from Tuli Kharka to Kothe

Early morning trek to the Kothe a beautiful village entry to the Hinku valley. From the valley you will be crossing the dense rhododendron and bamboo forests, crossing streams and ridges. Upon reaching the Kothe you will see that it's a small settle which is made seasonally for the climbers who wants to summit the Mera peak and the Baruntse peak.

Accommodation: 3580



Meals: B, L, & D

Day 6: Trekking from Kothe to Thangnak

You will start your day from the walking to the Thangnak village which is a high-altitude village alongside the Hinku river. It is known for its alpine valley due to the high-altitude deserts and no sign of the forests. On the way you can experience the soothing sound of the Hinku river flowing in its potential along side the trail. Upon reaching your summit team will also do the health monitoring for your safety.

Accommodation: 4350

Meals: B, L, & D

Day 7: Walking from Thangnak to Khare

Start your day with the hearty breakfast in your accommodations. After the guide brief you will head towards the Khare village in the Makalu region. You will be ascending towards the Khare alongside the glacier moraines and specular mountain views. Witness the dramatic mountain views of the Mera peak, Kusum Kanguru, and the Charpate Himal.

Accommodation: 5045

Meals: B, L, & D

Day 8: Acclimatization Day at Khare

As the Khare village is located at an altitude of the 5,054m its necessary for you to acclimate properly to adapt the high-altitude thin air. For the adaption of the thin air we will have a hike to the nearby short rides from where you can witness the dramatic landscapes. As it's the rest day you will have a practice for the ice axe technique, crampons walking, fixed rope ascending and descending.

Accommodation: 5045

Meals: B, L, & D

Day 9: Khare to Khamedingma

You will walk to the Khamedingma the beautiful alpine basin in the region which is known for its fully remote wilderness before the climbing starts. From this place you will have the proper experience of the ice falls and the glacier valleys. On the way you will cross the rocky moraines and the glacier sections. Our climbing crew will establish the tented accommodations in the Khamedingma.

Accommodation: 5300

Meals: B, L, & D

Day 10: Khamedingma to Seto Pokhari

You will have a climb to the Seto Pokhari which translate as the white pond in the upper mountain regions. The Seto Pokhari is a sacred high-altitude lake and it's also known for its reflections of the Baruntse peak. The environment



here is serene and the peaceful. If you love photography then it's the perfect place for you.

Accommodation: 5035

Meals: B, L, & D

Day 11: Seto Pokhari to Baruntse Base Camp

Today will be the day for the true adventure which will excite you for your climbing journey as you will be trekking to the base of the Baruntse. The distance between the Seto Pokhari to Base camp is around 8 kilo meters which can be reached in the 6 hours. Upon reaching the base camp you will see the tented accommodations ready for you along with the kitchen tent, dinning tent, sleeping tents, and the medical supplies and backups for your safety.

Accommodation: 5300

Meals: B, L, & D

Day 12: Acclimatization & Rotation Climbs (Camp I & Camp II)

During this phase, we set up Camp I (5,700m) and Camp II (6,400m) while following a gentle climb high, sleep low rotation moving up from Base Camp, touching higher ground, and returning to rest. Along the way, you practice fixed-rope climbing, glacier travel, and crevasse rescue, with strong Sherpa support for load carrying and safety. Plenty of rest and careful weather watching keep the pace flexible, safe, and perfectly timed for the summit push.

Accommodation: 6400

Meals: B, L, & D

Day 13 to 25: Summit Push (Baruntse Summit 7,129m)

The summit push is the most exciting and rewarding phase of the expedition, carefully spread over several days to maximize safety and success. You will move steadily upward from Base Camp to Camp I, then continue to Camp II, and, if conditions require, establish an optional Camp III higher on the mountain. On summit day, you begin well before midnight, ascending steep 45–55° snow slopes and following fixed ropes along exposed ridges under a sky full of stars. Reaching the 7,129m summit of Baruntse at sunrise is a truly magical moment, with jaw-dropping views of Everest, Lhotse, Makalu, Cho Oyu, and even distant Kanchenjunga. After celebrating this once-in-a-lifetime achievement, climbers descend carefully back through the camps and return safely to Base Camp the following day, carrying unforgettable memories from the top of the Himalayas

Accommodation: 7129

Meals: B, L, & D

Day 26: Trek from Baruntse Base Camp to Kongma Dingma

After the emotional and physically demanding days on Baruntse, you will leave the base camp and begin your descent toward Kongma Dingma. The trail takes you across glacial moraines, rocky alpine landscapes, and wide open valleys where the dramatic Himalayan scenery still surrounds you. As you descend, you will feel the air becoming



slightly richer and the terrain gradually changing from harsh glacier zones to more stable trekking paths. By the time you reach Kongma Dingma, you will finally have a moment to relax and reflect on the incredible achievement of climbing a 7,000-meter Himalayan peak.

Accommodation: 4850

Meals: B, L, & D

Day 27: Trek from Kongma Dingma to Thanknak

Today you will continue trekking through the remote high-altitude landscapes of the Hinku Valley toward Thanknak. The trail passes along glacial rivers and rugged moraine fields while offering incredible views of surrounding peaks and icy ridgelines. As you walk, you will witness the raw beauty of the Himalayas where very few trekkers travel compared to the more crowded trekking regions of Nepal. Reaching Thanknak, you will settle into a quiet mountain lodge and enjoy the peaceful atmosphere of this isolated alpine settlement.

Accommodation: 4350

Meals: B, L, & D

Day 28: Trek from Thanknak to Thuli Kharka

Leaving the glacial valley behind, you will begin the gradual climb toward Thuli Kharka, crossing scenic ridges and alpine meadows along the way. The trail offers spectacular views of the surrounding mountains and deep valleys as you move closer toward the lower Khumbu region. As the altitude decreases, you will notice the return of vegetation and greener landscapes after many days in the high alpine terrain. Arriving at Thuli Kharka, you will enjoy a comfortable evening while preparing for the final trekking days of your expedition.

Accommodation: 4200

Meals: B, L, & D

Day 29: Trek from Thuli Kharka to Lukla

Your final trekking day will take you from Thuli Kharka down to Lukla, the gateway to the Everest region. The descent passes through beautiful forests, small Sherpa villages, suspension bridges, and lively mountain trails that reconnect you with civilization after weeks in remote wilderness. As you walk through these vibrant mountain communities, you will feel the contrast between expedition life and village life in the Himalayas. Upon reaching Lukla, your team will celebrate the successful completion of both the Baruntse expedition and the incredible journey through the remote valleys of eastern Nepal.

Accommodation: 2860

Meals: B, L, & D

Day 30: Fly from Lukla to Kathmandu



Early in the morning, you will take a scenic mountain flight from Lukla back to Kathmandu. During the short but breathtaking flight, you will witness the spectacular Himalayan ranges stretching across the horizon one last time. Once you land in Kathmandu, you will transfer to your hotel where you can finally enjoy a hot shower, comfortable rest, and a relaxed city atmosphere. The rest of the day is free for you to explore the vibrant streets of Kathmandu or simply celebrate your expedition success.

Accommodation: 1400

Meals: B, L, & D

Day 31: Expedition Debriefing at the Department of Tourism

Today you will visit the Department of Tourism for the official expedition debriefing process. This is an important step for all Himalayan expeditions where climbing details, summit confirmations, and expedition reports are formally submitted. It also gives you the opportunity to reflect on the journey and officially close the expedition with your team and guides. After the formalities, you will have the rest of the day free to explore Kathmandu, visit cultural sites, or shop for souvenirs.

Accommodation: 1400

Meals: Breakfast

Day 32: Final Departure

Your incredible Himalayan journey now comes to an end. Depending on your flight schedule, you will be transferred to Tribhuvan International Airport for your international departure. As you leave Nepal, you will carry unforgettable memories of the Baruntse expedition, the remote Barun Valley, and the remarkable experience of climbing above 7,000 meters in the Himalayas. The adventure may end here, but the inspiration to return to the mountains will stay with you forever.

Accommodation: 1400

Meals: Breakfast

Gears Lists

Clothing

- Base Layers
- Mid Layers
- Outer Layers
- Down Jacket
- Trekking Pants



- Shorts

Gloves

- Lightweight liner gloves
- Insulated gloves (warmth)
- Mountaineering gloves (for summit)

Hats & Headwear

- Sun hat or cap
- Warm beanie
- Balaclava or face mask
- Socks: Moisture-wicking trekking socks + thick insulated socks for high altitude
- Gaiters: For snow and glacier sections

Footwear

- Trekking Boots
- Mountaineering Boots
- Camp Shoes

Technical Climbing Gear

- Crampons (adjustable, compatible with mountaineering boots)
- Ice Axe (technical mountaineering type)
- Climbing Harness
- Carabiners and Locking Carabiners
- Ascenders / Jumar (for rope climbing if required)
- Climbing Helmet
- Prusik loops or cordelette
- Alpine rope (personal, optional)
- Snow pickets or ice screws (typically provided by expedition, check with operator)

Sleeping & Camping

- High-altitude sleeping bag (rated -20°C / -4°F or lower)
- Sleeping bag liner (optional, for extra warmth)
- Sleeping mat / insulated foam pad
- Lightweight pillow (optional)



Backpack & Bags

- Daypack (30–40L for rotations and summit push)
- Duffel bag (for Base Camp / porter transport)
- Waterproof dry bags (for clothing and electronics)

Trekking Accessories

- Trekking poles (adjustable, with snow baskets)
- Sunglasses (UV protection + glacier glasses for summit)
- Headlamp with extra batteries
- Personal first aid kit (blister care, medications)
- Water bottles and/or hydration system
- Water purification tablets or a filter
- Sunscreen and lip balm (high SPF)
- Personal toiletries and a quick-dry towel

Electronics & Communication

- Camera / GoPro (optional)
- Batteries / Power banks (cold-resistant recommended)
- Solar charger (optional)
- Satellite phone or communication device (if not provided by expedition)

Miscellaneous

- Snacks / energy bars
- Notebook and pen
- Passport, permits, and insurance documents
- Trekking permits, insurance copies
- Small sewing kit (optional)

Cost Includes

1. All the ground transportation
2. 4 nights hotel in Kathmandu.
3. Flight Kathmandu-Lukla-Kathmandu
4. All the permits required for the Expedition including garbage deposit
5. All Accommodation & meals during Trekking & expedition.
6. Climbing Sherpa Guide 1:1
7. Expedition Kitchen Staff as required



- 8.** Porters & Transportation services during Trekking and Expedition.
- 9.** Health & Heli Insurance of all staffs & porters
- 10.** Liaison Officer
- 11.** All the Equipment's and gears required for the Expedition
- 12.** Rope fixing and route preparation

Cost Excludes

- 1.** All the Personal expenses like international air fare, visa
- 2.** Personal travel insurance including high-altitude rescue and evacuation.
- 3.** Personal Climbing gears
- 4.** Extra hotel nights in Kathmandu
- 5.** Tips for Sherpa Guide, Kitchen Staffs Porters
- 6.** Any others services not mentioned in the "Cost Includes" section.

Route Map
