



Swiss Hope Sherpa
Chant da Farrer 124
7482 Bergün
www.swisshopesharpa.ch

Expedition 2024 Baruntse

(Meals included, F=breakfast, M=lunch, A=dinner)

Day 1 Departure for Nepal

Scheduled flight to Kathmandu.

Total flight time Zurich-Kathmandu 10 to 11 hours. These are two part flights and one change in Doha.

Day 2 Arrival in Kathmandu

We are met by Pasang at the airport and he takes us to our hotel near the Boudhanath Stupa. After a short time to rest, we have a briefing with Pasang. Then we have time to explore everything and arrive.

Overnight stay at the hotel in Kathmandu (1300 metres). (A)

Day 3 Kathmandu

Today we spend a whole day immersed in the hustle and bustle of Kathmandu. We let ourselves drift and buy a few things for our trek in Thamel. In the evening we pack our bags. We may have some children's clothes for Chheskam with us.

Overnight stay in a hotel in Kathmandu (1300 metres). (A)

Day 4 Jeep-drive to Bung

We set off early in the morning. We are picked up at the hotel at 03:00 after breakfast. This is followed by a spectacular jeep journey through a beautiful landscape. Depending on traffic, the journey can take 16 hours. Of course, breaks are included.

Overnight stay in a lodge in Bung (1869 metres). Jeep 16 hours (F,M,A)

Day 5 Jeep-drive to Chheskam

Early in the morning we drive to Chheskam by jeep. Depending on how the road is, this journey takes about 5 hours. After lunch there is a welcome programme at the school.

Overnight stay in Chheskam (1900 metres) Jeep approx. 5 hours (F,M,A)

Day 6 Chheskam

Today we stay the whole day in Chheskam. We immerse ourselves in village life. And of course we visit the construction site of our water project.

Overnight stay in Chheskam (1900 metres) (F,M,A)

Day 7 First stage

We leave Chheskam full of impressions and set off slowly. This is followed by a short, steep 4-5 hour ascent to Chaurikharka.

Overnight stay in lodge in Chaurikharka (2800 metres) Trekking 4-5 hours (F,M,A)



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Day 8 soon 4000 Meter

After breakfast and saying goodbye, we set off on our hike. Our pace becomes more deliberate, slower. Our lungfuls deepen. The surroundings are beautiful. There are no tea houses on the way, but our crew conjures up a marvellous picnic. Then we walk a little further and soon reach our destination for the day.

Overnight stay in lodge in Cholemo Kharka (3600 metres) Trekking 4-5 hours (F,M,A)

Day 9 Strenuous pass / valley of the 5 lakes

This morning we leave the tree line behind us and approach a wilder landscape where the Sherpas only herd their animals in the summer months. Today is a short but quite strenuous day with steep climbs and several ridges to cross. We climb up stone steps to the first crevasse at 4,300 metres and then on to the second crevasse at 4,470 metres. On a clear day, we have a breathtaking view of Kanchenjunga and its pointed neighbour Jannu far to the east in India. From the second crevasse, we descend to the beautiful sacred lakes at Panch Pokhari. Khola Kharka lies just beyond the lakes.

Overnight stay in lodge in Khola Kharka (4000 metres) Trekking 6-7 hours (F,M,A)

Day 10 valley of the 5 lakes

There are no lodges on the way today, so we have a long morning and a late lunch, so take some snacks and plenty of water with you. From Khola Kharka, it's a 30-minute steep uphill walk to some prayer flags. Just around the corner, we have a great view of Numbur, Pike Peak and the Lamjura Pass. The route goes around the hillside and then descends very steeply to the Mojang Khola. We cross the river and descend even further to the Hinku Khola. A hilly trail leads us to a bridge over the roaring Hinku Khola and into the village of Kote. We have a late lunch at the lodge and in the afternoon we have time to wash up or explore the village.

Overnight stay in lodge in Kote (4000 metres) Trekking 5-6 hours (F,M,A)

Day 11 Long valley

A wonderful walk today along the Hinku Kola. The trail follows the river on a rocky path that crosses several landslide areas. Shortly after leaving Kote, we can see the three peaks of Mera. As we ascend, the Kyashar peak appears, followed by Kusum Kanguru and the East peak. We reach Tangnag for a late lunch. We stay in Tangnag for the next two nights (4,300 metres). We are now in a deep valley created by the high walls of Kyashar Peak, Kusum Kanguru and East Peak.

Overnight stay in lodge in Tangnag (4300 metres) Trekking 5-6 hours (F,M,A)

Day 12 Rest day / acclimatisation

We spend the day getting used to the altitude. There will be a walk to the top of a ridge south of Tangnag this morning. We go up about 5,000 metres and should have great views of Kusum Kanguru, Kyeshar and the eastern peaks and Mera La. We return to camp for lunch and do some rope exercises in the afternoon.

Overnight in lodge in Tangnag (4300 metres) Trekking 4-5 hours (F,M,A)



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Day 13 4900 Meter

A short day with about three to four hours of climbing after Dig Kharka to Khare, the Mera Peak Base Camp at 4,900 metres. The trail climbs steeply from Tangnag to some prayer flags overlooking the glacier cascading down from Kyeshar peak. The trail becomes easier as we climb up the valley via Dig Kharka, and then there is a final steep climb to the lodges at Khare. We have lunch in Khare and a free afternoon. From Khare we have a great view of Mera, Charpati Himal, Kyeshar Peak and other Himalayan giants.

Overnight in lodge in Khare (4900 metres) Trekking 3-4 hours (F,M,A)

Day 14 Acclimatise and try out crampons

We will have an acclimatisation day in Khare and there will be an opportunity to ascend to the glacier towards Mera La where we will practice our ice axe, crampon and rope techniques and use Jumar. Please note that equipment checks and all training sessions before the ascent are compulsory.

Overnight in lodge in Khare (4900 metres) Exercises 3-4 hours (F,M,A)

Day 15 High Camp 5800 Meter

This is followed by a steep and tough climb over the Mera La to High Camp. The trail climbs steeply out of Khare on a rocky path with great views of the Mera Peak summits. Further uphill the trail becomes steeper and there may well be snow and we will need crampons and helmets as we climb the very steep rocky gorge onto the glacier. Once on the glacier, the gradient eases slightly and we follow the glacier up to High Camp. From High Camp you can see five of the eight highest mountains on earth, stretching from Kanchenjunga in the east via Makalu, Lhotse and Everest to Cho Oyu in the west. This afternoon we prepare our clothes for tomorrow. After sunset (watch out for the last orange glow on the summit of Makalu), we retire to the warmth of our sleeping bags to get some rest before tomorrow's summit attempt.

Overnight stay in tent High-Camp (5800 metres) Trekking strenuous 6 hours (F,M,A)

Day 16 Mera Peak

An extremely long day with a very early (and usually very cold) start at 2am or earlier. We will set off in teams. You will need to carry your ice axe and crampons as we climb the wide, open glacier. The terrain here is not very steep, but due to the altitude the going is very slow and it can be very cold and windy. As dawn breaks, the path climbs steeply to the east of the left-hand ridge before turning right on easier ground to approach the summit. As we approach the summit, we rest while the Sherpas attach a safety rope at the end of the final section of the summit ascent. The last 50 metres to the summit are the steepest part of the climb. Once at the top, the view from the sun over Kanchenjunga in the east, past Makalu to the feathered Everest Himal in the centre and Cho Oyu in the west is worthwhile. Then we climb back to High Camp where we will rest. Then we descend below 5000 metres to Kogme Dingma.

Overnight in tent at Kogme Dingma (4800 metres) Trekking 12-14 hours (F,M,A)



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Day 17 Short Day

After such a strenuous day as yesterday, we are glad to only have a short walk today. We hike uphill towards Setho Pokhari.

Overnight stay in a tent in Setho Pokari (5000 metres) Trekking 4-5 hours (F,M,A)

Day 18 Grandiose ice and glacier world

Today's stage takes us through a magnificent world of ice and glaciers. We are impressed by the remoteness and the high mountain landscape of the Hunku Valley.

Overnight stay in a tent at Baruntse Base Camp (5400 metres) Trekking 4-5 hours (F,M,A)

Day 19-27 Ascent time

We now have 8 days to climb the mountain. Time to explore and secure the ascent route and set up the camp chain. Two high camps are set up on the way to the summit. They are located at 6,143 metres on the West Col and at 6,650 metres at the start of the South Ridge. The subsequent south ridge is steep, exposed and overgrown in places. Longer sections of the route can reach a gradient of 40°, individual short steep sections even steeper. All challenging passages must be secured with fixed ropes. Weather permitting, an unforgettable panoramic view of Makalu (8,485m), Chamlang (7,321m) and Mount Everest (8,848m) awaits you at the summit.

Overnight stay in a tent (F,M,A)

Day 28 Amphu Labsta Base Camp

We are still in a magnificent glacier world. Tomorrow we have the challenging pass ahead of us. That's why we have a shorter stage again.

Overnight stay in tent Amphu Labsta Base Camp (5500 metres) Trekking 4-5 hours (F,M,A)

Day 29 Amphu Labsta

Today we start early. Our guide shows us the way through the various steep climbs up to the Amphu Lapcha Pass. We are glad of the fixed ropes laid at the most difficult points. After a few hours of effort, we reach the top of the pass, exhausted but happy. From up here we have a breathtaking view. Then we descend again on fixed ropes. Only when we reach the bottom do we realise that the most technically difficult part of our trek is behind us. Overjoyed, we climb past the Imja Tsho lake and the well-known and much-travelled 6000-metre Island Peak.

Overnight stay at the lodge in Chhukung (4740 metres) Trekking 6-7 hours (F,M,A)

Day 30 Rest day or continue

Today we either enjoy a whole day of rest or we climb the 5550 metre high Chhukung Ri, which is anyone's choice depending on where you are. The view from the summit is marvellous.

Overnight stay at the lodge in Chhukung (4740 metres) Trekking 3-4 hours (F,M,A)



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Day 31 **Monastery Tengboche**

Today we reach the "Everest Highway" again. This means that we may well encounter more people now. But we are not deterred and enjoy the wonderful view of the Ama Dablam all the way to Tengboche. The monastery dates back to the 17th century and was rebuilt after the earthquake. Overnight stay in a lodge in Tengboche (3850 metres) Trekking 5-6 hours (F,M,A)

Day 32 **To the main town of the Sherpas in Namche Bazar**

On leaving Tengboche, the route first descends steeply to the river. Then it's the same old story, up again. But the route is so beautiful that you don't even notice it. We have lunch in Khyangjuma. Then it's only another 1 ½ hours to Namche. Overnight stay in lodge in Namche (3440 metres) Trekking 2-3 hours. (F,M,A)

Day 33 **forwards to Lukla**

Today we have our last stage ahead of us. Through the beautiful Khumbu to Lukla. This section is full of Buddhist symbols and signs. Here we will not only see many hikers, but also mules. Crossing becomes a test of patience in places. We leave the Sagarmatha National Park, which is a UNESCO World Heritage Site. Agriculture will change again and we will see more flora and fauna. Overnight stay in a lodge in Lukla (2840 metres) Trekking 5-6 hours (F,M,A)

Day 34 **Lukla**

Today we are staying in Lukla. We are invited to Pasang's home. He wants to show us his family and his house. Then we visit our scholarship children. In the evening, we meet the guide and the porters from the other group again and celebrate in style. Now the tips and clothes are distributed. We have made it and are happy. Overnight stay in a lodge in Lukla (2840 metres) (F,M,A)

Day 35 **an alpine fligh**

Weather permitting, our flight to Kathmandu will take place today. From the spectacular Lukla airport, we return to the capital. A 30-minute flight through the breathtaking Kathmandu Valley. On arrival, we are taken back to the hotel, where we enjoy a warm shower. A bag of clean clothes is waiting for us. And also a city that wants to be explored. Overnight stay at the hotel in Kathmandu (1400 metres) (F)

Day 36+37 **Kathmandu**

Over the next few days, we have plenty of time to explore the city, go shopping or just chill out. Everyone what they want and how they want it. Overnight stay in a hotel in Kathmandu (1400 metres) (F)

Day 38 **Journey home**



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Included in the price

- Jeep ride Kathmandu - Phablu
- Flight Lukla - Kathmandu
- Airport taxes and fuel surcharge
- All overland travel and transfers
- 3 nights in a hotel in a double room in Kathmandu
- All overnight stays in lodge and tent during the trek
- Full board during the whole trip, in Kathmandu only breakfast
- Mineral water, tea, coffee during meals (other drinks not included)
- Entrance fees for sightseeing according to the programme
- Trekking permits and summit permit
- Comfortable sleeping tents, dining, cooking and toilet tents, folding tables and chairs, cooking utensils and crockery
- Map of Nepal

exclusive

- Visa for Nepal approx. CHF 70
- Tip CHF 300.- per person
- Lunch and dinner in Kathmandu
- extra night in Kathmandu (3 nights included)

Safety equipment from Pasang

- Extensive emergency first-aid kit
- Pulse oximeter for measuring oxygen in the blood
- Oxygen bottle
- Mobile altitude pressure chamber
- Satellite telephone

Price per person approx. CHF 10'000.- / Plus flight ZRH - KTM - ZRH approx. CHF 1'400.-

(The more participants, the lower the price. Flight prices may also change)



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Packing list

Our equipment list is based on our experience.
You are responsible for your own personal equipment.

red=MUST / black=SOLL

Leisurewear

- ☐ for arrival and departure (can be kept in the accommodation if necessary)
- ☐ Clothing for your stay and overnight stay (hut, lodge, tent)

Clothing Layer - 1 - Underwear:

- ☐ Sports underwear possibly additional change set
- ☐ Long functional underwear, possibly with additional change set
- ☐ Functional socks long possibly additional change set
- ☐ T-shirt possibly additional change of shirt
- ☐ Long-sleeved shirt/long-sleeved shirt possibly additional change of shirts

Clothing layer - 2 - warming layer:

- ☐ Functional jumper
- ☐ Functional waistcoat short sleeve
- ☐ Softshell/Primaloft jacket
- ☐ Alpine touring/mountain trousers

Clothing layer - 3 - Wind and weather protection:

- ☐ Hardshell jacket, wind- and waterproof
- ☐ Hard shell trousers, wind and waterproof
- ☐ Insulated jacket (Primaloft)
- ☐ Warming/insulating trousers (Primaloft)
- ☐ Down jacket 300-350g filling incl. compression bag
- ☐ Down trousers 250g-300g filling incl. compression bag
- ☐ Down overall (alternative to down jacket and trousers)

We would like to point out that your clothing should be as functional as possible, i.e. quick-drying clothing, e.g. merino wool for underwear (layer 1) and the warming layer (layer 2), as well as wind and waterproof garments for outerwear (layer 3)

Gloves:

- ☐ Glove liners
- ☐ Overglove, wind- and waterproof
- ☐ Fist/down gloves with extreme insulation
- ☐ Heat pads to insert into the gloves

Face and head:

- ☐ Sunglasses protection class 2-3
- ☐ Sunglasses protection class 4 (glacier-compatible)
- ☐ Ski and snow goggles protection class 4 (glacier-compatible)
- ☐ Tubular scarf
- ☐ Balaclava/face mask
- ☐ Wool hat
- ☐ Warm windstopper cap
- ☐ Sun protection for the head (cap, scarf or sun hat)
- ☐ Mountaineering helmet*



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Shoes:

- ☐ Footwear for accommodation and overnight stays (e.g. Crocs/hut shoes)
- ☐ Mountain/hiking boots cat.B (for bad paths and stones, easy trekking tours, snowshoeing)
- ☐ **Mountain boots 8000 model cat.D**
- ☐ Down boots to put on
- ☐ **Crampons with anti-balling plate adapted to your mountain boots (incl. crampon bag) ***
- ☐ Heating soles or heating pads
- ☐ Gaiters adapted to trousers and boots

Mountain equipment: (provided by us)

- ☐ Ice axe (incl. transport protection)*
- ☐ High tour/lightweight harness*
- ☐ Ascender left/right with handle (large opening)*
- ☐ Webbing sling 120cm sewn, 2x*
- ☐ Abseil eighth (no tuber)*
- ☐ Ice screw 17cm, 2x*
- ☐ Carabiner with screwgate (HMS), 2x*
- ☐ Carabiner normal, 3x*
- ☐ Prusik cord Ø 6mm, 100cm*
- ☐ Prusik cord Ø 6mm, 200cm*
- ☐ Prusik cord Ø 6mm, 400cm*
- ☐ Telescopic poles*
- ☐ Avalanche probe*
- ☐ LVS (avalanche transceiver) incl. new batteries*

Camping equipment: (partly provided by us)

- ☐ Sleeping bag -15° to -20° C outside temperature (base camp) incl. compression bag
- ☐ Sleeping bag -20° to -30° C outside temperature (high camp) incl. compression bag
- ☐ Inflatable sleeping/insulating mat
- ☐ Inflatable seat cushion
- ☐ **Plastic drinking bottle, min. 1 litre, with thermal cover if necessary**
- ☐ **Thermos flask, min. 1 litre**
- ☐ Eating utensils (food bowl/foldable plate, drinking cup, spoon/fork/knife combination)
- ☐ Foldable urine bottle, wide neck

Backpack:

- ☐ Backpack 45-60 litres incl. rain cover (trekking tours, expeditions)

Luggage

- ☐ Travel bag/duffle bag 120 litres incl. luggage lock
- ☐ Depot bag incl. luggage lock

Hygiene articles:

- ☐ Wash kit incl. microfibre towel
- ☐ Toilet paper
- ☐ Wet wipes
- ☐ Tampons or sanitary towels
- ☐ Handkerchiefs
- ☐ Sun cream & lip protection
- ☐ Hand sanitiser



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Indispensable material that should not be missing on any tour:

- ☐ Headlamp incl. spare batteries or rechargeable batteries
- ☐ Emergency first-aid kit incl. rescue blanket
- ☐ Pocket knife/multitool
- ☐ Bivy sack serves as an outer shell around your sleeping bag. It protects against moisture, dirt, cooling and can save lives in an emergency
- ☐ Lighter/flint

Personal matters:

- ☐ Important personal medication
- ☐ Identity card
- ☐ EC/credit cards
- ☐ Proof of insurance (foreign health and mountain cost insurance)
- ☐ Smartphone with power bank
- ☐ Energy bar
- ☐ Blister plasters
- ☐ Earplugs

Further recommendations:

- ☐ Cash in local currency
- ☐ Sports watch with alarm function
- ☐ Topographical maps of the area (analogue or digital)
- ☐ Travel detergent (biodegradable)
- ☐ Various packing bags for dirty laundry and for waterproof packing

Many things can be bought in Kathmandu.