

Baruntse and Mera Peak Expedition Information Pack

Contents	Page		Page
Why Choose Earth's Edge	1	Training Day and Training Weekend	10
Description and Detailed Itinerary	2	Weather Contingencies	10
Summit Day Policy	8	Earth's Edge Safety Standards	10
Expedition Costs	8	Special Offers	11
Flights	8	Book Your Consultation	12
Inclusions and Exclusions	9	Expedition FAQ	12
Spending Money and Tipping	10		

Why Choose Earth's Edge

Our mission is to support you in exploring our incredible world and experiencing life-changing adventures in the safest way possible. We are passionate about protecting the planet and improving the lives of those we meet along the way.

- We are a **100% Irish-owned small business**. Our founder, James McManus, is passionate about climbing mountains, and his extensive experience is an invaluable source of support for our office team in our day-to-day operations.
- We're the only company to have a **dedicated expedition doctor** on every high-altitude trek, providing you with peace of mind knowing you're in safe hands from start to finish.
- This expedition will be led by Earth's Edge founder and well-known mountaineer **James McManus**.
- We keep **group sizes small** to minimise our environmental impact and foster a strong group dynamic. Whether you're traveling solo or with friends or family, our small group sizes provide the perfect opportunity to bond over shared experiences and create lasting friendships.
- We run a **pre-departure training day and weekend** prior to each Baruntse and Mera Peak expedition. The weekend includes a detailed expedition brief, two training hikes and expert advice from an experienced mountain guide. It's also a great opportunity to meet your fellow adventurers!
- We're here to **support you every step of the way**. Our friendly office team is available to answer any questions you have by phone, e-mail or video consultations. Each team member participates in an expedition every year, ensuring they can share up-to-date advice and insights drawn from their own first-hand experiences.

- Booking an Earth's Edge expedition entitles you to a discount from our **equipment partners** at [Great Outdoors](#) to ensure that you get the best gear for your expedition.
- **Responsible travel** is at the core of what we do at Earth's Edge. As a [Certified B Corp](#) company, we are committed to using our business as a force for good; to support our communities both locally and worldwide as well as creating more environmental awareness.

We have a number of environmental programmes and community projects, including;

- A [yearly scholarship](#) that gives porters the opportunity to become guides on Kilimanjaro.
- We plant 8 trees in Nepal for every person who travels with us in partnership with [Eden: People + Planet](#)
- Our clients in Nepal help to remove waste from Sagarmatha National Park through the [Carry Me Back Program](#).
- We collect [clothing and gear donations](#) for our amazing porters on Kilimanjaro.
- We are striving to increase the number of [female staff](#) across our expeditions.

To read more about our sustainability practises please visit our [responsible travel page](#).

[Back to Top](#)

Description & Detailed Itinerary

At 7,129m, **Baruntse** is a striking and seldom-climbed peak set deep among the glaciers of the eastern Himalayas. Surrounded by the Imja, Barun, and Hunku glacier systems, it offers a truly remote, **high-altitude challenge** with sustained snow and ice slopes, requiring fixed rope work, crampons, and ice axe skills.

To optimise acclimatisation and readiness, we first summit **Mera Peak (6,476m)**—Nepal's highest trekking peak. While less technical, Mera is physically demanding and provides essential altitude experience. From its summit, climbers are treated to sweeping views of **Everest, Lhotse, Makalu, Cho Oyu, and Kangchenjunga**.

Our 30-day itinerary begins with a flight into Lukla and follows a quieter, more immersive route south into the **Hinku Valley**, passing through traditional Sherpa villages. Avoiding the Zatrwa La Pass, we gain altitude gradually over 13 days, with two rest days built in to ensure optimal acclimatisation.

After summiting Mera, we continue into wilder terrain en route to **Baruntse Base Camp**. Here, climbers put their new altitude conditioning and technical skills to the test on steeper, more exposed ground.

Together, **Mera and Baruntse form a powerful two-peak progression**—ideal for mountaineers aiming to deepen their Himalayan experience and step confidently towards 7,000m and beyond.

Day 1: Arrive in Kathmandu.

Arrive in Kathmandu (KTM). On arrival, explore Kathmandu or relax in the hotel. There will be a full expedition briefing in the afternoon. Overnight hotel.

Day 2: Transfer to Ramechhap 5 hrs; Fly Ramechhap to Lukla, 35 minutes; Trek Lukla to Poyan, 3 hrs.

Early morning transfer to Ramechhap, where we board the exciting flight to Lukla. The journey on the 14-seater plane offers breathtaking views of the surrounding mountains. From Lukla, we head in the opposite direction to those going up the Everest trail, through thick forest in a southerly direction. We handrail the Dudh Kosi river flowing fast 1,000m below us in a deep canyon. We descend 600m to our lunch spot at the Handi Khola River and then ascend 600m to reach Poyan village. Overnight tea house. Altitude 2,730m.

Day 3: Trek Poyan to Panggom, 8 hrs.

We start with a gentle downhill which is followed by an hour long ascent to reach a shoulder which offers stunning views of the surrounding landscape. From the shoulder we have a long descent on a rough trail to reach Kharte for lunch. From Kharte we descend for another short while and then ascend for three hours to reach Panggom. A visit to the monastery, which is perched high above the village, is on the cards for anyone who still has power in their legs! Overnight tea house. Altitude 2,846m.

Day 4: Panggom to Najingdingma, 8 hrs.

We start the day with an hour-long ascent to reach the Narkung La pass (3,180m), which offers our first views of Mera Peak if the weather is clear. From the pass, we descend 1,100m over three hours to reach the Hinku Hola river for lunch. After crossing the river on a suspension bridge, we climb for three hours to reach our tea house in Najingdingma. Overnight tea house. Altitude 2,600m.

Day 5: Najingdingma to Chalemkarka, 6 hrs.

The trail starts out flat as we pass through the meadows in Najingdingma. Soon, we ascend a steep path to reach the tree covered ridge line above the village. Once on the ridge, we follow it all the way to Chalemkharka. Despite the 1,000 metres in elevation gain, it is not a very tough day and the views from the ridge of the surrounding landscape are fantastic. Overnight tea house. Altitude 3,600m.

Day 6: Chalemkharka to Kholakharka via the Kongke Luchho La pass (4,450m), 7 hrs.

We spend most of the day climbing to the Kongke Luchho La Pass, which takes five to six hours. The trail is both steep and gentle at different stages, but the underfoot conditions are good. The views from the pass, including Kangchenjunga (8,586m), Makalu (8,485m,) and Cho Oyu (8,188m) - the world's 3rd, 5th & 6th highest mountains - are incredible. After the pass, we descend for one hour to reach the tea house in Kholakharka. Altitude 4,200m.

Day 7: Acclimatisation Day in Kholarkharka.

After a relaxed start to the day, we set out on an acclimatisation hike, climbing to higher ground near the village. We return to the tea house for a hot lunch, with the afternoon free to relax and explore at your own pace. Overnight tea house. Altitude 4,200m.

Day 8: Kholarkharka to Khote, 6 hrs.

From Kholarkharka we ascend for almost an hour, climbing out of a stunning natural bowl. From there, we descend all the way to the Hinku Khola river. Once we reach the river, it takes us just over an hour to reach our tea house in Khare. Altitude 3,582m.

Day 9: Khote to Tangnan, 5 hrs.

We enjoy an easier day today as we follow the Hinku Khola river to Tangnag. Although we ascend 700 metres, the terrain is very gradual and we enjoy great views of Mera Peak. We stop to visit the Lungsumba Gompa, a 200 year old Buddhist monastery. From there we continue on to Tangnag, a summer grazing area with some basic shops and lodges. Overnight tea house. Altitude 4,279m.

Day 10: Acclimatisation Day in Tangnan.

Following a slow and easy start to the day, we embark on an acclimatisation walk, gaining elevation on nearby trails overlooking the village. Afterward, we make our way back to the tea house to enjoy a hot lunch. The remainder of the afternoon is yours to unwind or wander through the local area at your leisure. Overnight stay at the tea house. Altitude 4,279m.

Day 11: Trek Tangnan to Khare, 3 hrs.

From Tangnag, we follow the trail over a large lateral moraine which offers stunning views of the surrounding peaks. We get good views of the route on the glacier between base camp and high camp, which heightens the excitement about the days ahead! The last 45 minutes up to Khare are quite steep, but a warm tea house and bucket showers await us! Overnight tea house. Altitude 4,900m.

Day 12: Acclimatisation Day in Khare.

After a very relaxed morning, we go for an acclimatisation hike along a ridge above Khare, ascending 300 meters in roughly 90 minutes. We return for lunch and then spend the afternoon relaxing and packing for the upper mountain. Overnight tea house. Altitude 4,900m.

Day 13: Trek Kare to High Camp, 8 hrs.

The trek to Mera Peak Base Camp (5,200m) is over mixed terrain, with a couple of sections through old rockfall. The camp is located on a huge rock band beside the Mera glacier. From Base Camp, we walk for 5 minutes to reach the glacier and put on crampons. In the first hour there are two steeper sections and after that it's a gradual pull all the way to high camp.

On a clear day the views of the higher Himalaya are second to none. High camp on Mera Peak is perched precariously on the edge of a cliff, with great views of Chamlang (7,321m) and Kangchenjunga (8,586m) in the distance. Overnight camp. Altitude 5,800m.

Day 14: Summit Mera Peak, 6,476m, descend to Kongma Dingma, 14-16 hrs.

We rise early and begin the ascent on the glacier in darkness. The terrain is not that steep, but never relents all the way to the summit. As the sun comes up, the giant peaks come into view behind us. None of the terrain can be described as technical. Although we do cross a couple of crevasses, they are very obvious and easy to navigate. The last 50 meters to reach the summit are a little steeper. Depending on conditions, it's either fine to walk up or sometimes there is a fixed line we can use. The views from the summit, including Everest, Lhotse, Cho Oyu, Makalu and Kangchenjunga, are simply majestic. After taking as much time as the weather allows, we descend back through high camp for a quick snack and then on to the tea house in Kongma Dingma for the night. At this lower elevation a good night's sleep is much more achievable. Overnight tea house. Altitude 4,850m.

Day 15: Trek Kongma Dingma to Seto Pokhari, 6 hrs.

After yesterday's big push, today is shorter but still demanding. From Kongma Dingma, we ascend gradually through the high yak pastures of the Hinku Valley. We will traverse open alpine meadows and rugged moraine fields, accompanied by the glacial flow of the Hongu River. The trail winds northward, offering views of towering peaks like Chamlang (7,319m), Baruntse (7,129m), and the distant silhouettes of Everest and Lhotse. Along the way, you'll encounter a series of glacial lakes, including the serene Seto Pokhari ("White Lake") and the cluster known as Panch Pokhari ("Five Lakes). Overnight tea house. Altitude 5,035m.

Day 16: Trek Seto Pokhari to Baruntse Base Camp, 6 hrs.

From Seto Pokhari, we continue ascending through alpine meadows and into a stark, high-altitude landscape. As the terrain grows more barren with elevation, the trail rewards us with dramatic views of surrounding peaks, including Peak 41 (6,649m) and Hunku Peak (6,727m). Overnight camping. Altitude 5,400m.

Day 17: Baruntse Base Camp Rest and Acclimatisation Day.

Today we are honoured to take part in a traditional Sherpa prayer ceremony - the Puja - seeking blessings for the journey ahead. The rest of the day is spent resting and relaxing at base camp. Overnight camp. Altitude 5,400m.

Day 18: Climb Base Camp to Camp 1, 6hrs.

From Base Camp, we begin by crossing a broken glacial moraine and gradually ascend onto the Baruntse Glacier. The route winds through a heavily crevassed section, requiring roped glacier travel, with occasional fixed lines or ladders to cross wider crevasses. As we gain elevation, the terrain steepens into sustained 40°-50° snow and ice slopes leading toward the West Col. This section demands solid crampon technique and use of fixed ropes for both ascent and protection. Upon reaching the West Col, the views open dramatically across the Hongu Valley and toward Makalu. Just beyond the col, Camp 1 (6,100 m) is established on a compacted snow platform nestled against the slope, offering little shelter but crucial altitude gain. Overnight camp. Altitude 6,100 m.

Day 19: Climb Camp 1 to Camp 2, 6 hours.

From Camp 1, we ascend a steep 50°–60° snow/ice face to reach the East Col (6,200 m). This challenging section often requires front-point crampon technique, fixed rope ascenders, and careful footwork. After gaining the col, we follow a narrow snow ridge with potential cornices on either side. We may encounter patches of blue ice and high winds, which will require constant attention to our footing and balance. Beyond the ridge, we traverse beneath the summit pyramid toward the upper glacier plateau. The terrain here is heavily crevassed and we will use ropes again. Camp 2 is typically set at a sheltered spot on the upper glacier, below the summit headwall. Overnight camp. Altitude 6,550m.

Day 20: Summit Baruntse, 7,129m, descend to Camp 1, 16 - 18 hrs.

We leave Camp 2 in the early hours and follow a snow ramp or ridge up toward the summit pyramid. The route varies based on conditions, but typically involves traversing beneath seracs and ascending 40°–55° snow and ice slopes on the southeast face. After the steep initial climb, we reach the summit ridge, which is narrow and exposed. In good conditions, the ridge is relatively straightforward, though wind and cornices can present challenges. The last few hundred meters demand steady, careful progress through thin air and biting cold. Standing at the summit, we enjoy panoramic views of Everest, Lhotse, Makalu, Ama Dablam, and the Hinku Valley - a spectacular reward for the effort.

Our descent retraces the ascent route, requiring careful down-climbing using figure-8 or rappel devices on fixed ropes. Fatigue and altitude make this section mentally and physically taxing. We'll take a short break to hydrate and rest at Camp 2 before continuing down through crevassed terrain and downclimbing the steep East Col face to Camp 1. Overnight camp. Altitude 6,126m.

Day 21: Spare Summit Day

Spare summit day in case of adverse weather.

Day 22: Trek Camp 1 to Base Camp, 5 hrs.

We begin our descent with a careful downclimb from Camp 1, retracing our route over the Baruntse Glacier. The route takes us through a complex section of crevasses and seracs, where we remain roped up and use fixed ropes on the steeper sections. As we lose altitude, the terrain gradually eases, and eventually transitions to rocky moraine and snow-covered scree closer to Base Camp. Care is still needed, especially with tired legs and the risk of post-holing. At Base Camp we regroup, rest, and rehydrate as we prepare for the next phase of the expedition. Overnight camp. Altitude 5,400m.

Day 23: Trek to Amphu Labtsa Pass Base Camp, 5hrs.

Leaving Baruntse Base Camp, we ascend through alpine meadows before navigating some glacial moraines, with the terrain becoming increasingly barren around us. Along the way, the path offers us stunning views of surrounding peaks, including Peak 41 (6,649m) and Hunku Peak

(6,727m). The route culminates at Amphu Labtsa Base Camp, serving as the staging ground for tomorrow's challenging Amphu Labtsa Pass (5,845 m). Overnight camp. Altitude 5,650m.

Day 24: Amphu Labtsa Pass Base Camp to Dobao via Amphu Labtsa Pass, 12hrs.

Departing Base Camp, we ascend steeply over glaciated terrain, including serac cliffs and crevassed ice fields. We will need our mountaineering equipment again! The climb culminates at the Amphu Labtsa Pass, a narrow saddle offering panoramic views of peaks like Lhotse Shar, Island Peak, and the Imja Glacier. The descent from the pass is equally technical, involving abseiling and fixed rope sections over steep ice and rock faces. Once in the Imja Valley, we continue through alpine meadows and glacial moraines, eventually reaching the village of Chhukung. From there, we descend further through the Khumbu region's diverse landscapes, including rhododendron forests and Sherpa settlements on our way to Dobato. Overnight tea house. Altitude 3,750m.

Day 25: Trek Dobato to Pangboche, 6 hrs.

From Dobato, we follow the trail traversing alpine shrublands and pine forests, with intermittent views of Ama Dablam, Lhotse, and other towering peaks. We'll pass through Upper Dingboche, eventually descending toward the more populated Imja Khola Valley. Approaching Pangboche, the trail becomes more defined, joining well-used trekking routes from Everest Base Camp and Dingboche. The landscape shifts from raw alpine to more hospitable terrain, dotted with prayer flags, chortens, and mani walls. Overnight tea house. Altitude 3,930m.

Day 26: Trek Pangboche to Namche Bazaar, 7 hrs.

From Pangboche, we descend steadily through pine and rhododendron forests, passing the picturesque village of Debuche. Soon after, we cross a suspension bridge over the Imja Khola before ascending briefly to Tengboche (3,860 m), with a quick stop at the monastery (the largest in the Khumbu). From Tengboche, the trail drops steeply through forests to Phunki Tenga, where we cross another bridge and begin the final significant climb of the day: an hour-long ascent to Kyangjuma (3,600 m). From there, a gentle undulating path leads to Namche Bazaar, the vibrant trading hub of the Khumbu. Overnight tea house. Altitude 3,440m.

Day 27: Trek Namche Bazaar to Lukla, 8 hrs.

Departing Namche, our day begins with a steep descent on stone steps leading down to the Dudh Kosi River, where we cross the famous Hillary bridge - one of the most iconic spots on the trek. After passing through Phakding, the trail undulates gently before a final uphill push to Lukla. We say goodbye to our support team in Lukla and enjoy our last dinner on the trail. Overnight tea house. Altitude 2,860m.

Day 28: Lukla to Ramechhap, transfer to Kathmandu.

We fly back to Ramechhap in the morning and transfer back to Kathmandu where we check into our hotel. Overnight hotel.

Day 29: Free day Kathmandu.

Enjoy some free time for resting at the hotel or exploring the surrounding area. In the evening, we enjoy a celebratory meal in one of Kathmandu's best restaurants.

Day 30: Depart Kathmandu.

Enjoy your last bit of relaxing or do some more exploring in Kathmandu before heading to the airport.

[Back to Top](#)

Summit Day Policy

Our goal on this expedition is for the entire group to reach the summit and return safely. Due to the difficulty of the summit day on these mountains, and the importance of maintaining a good guide to client ratio, it is essential we attempt the summit with a strong team. Any clients who are deemed by our expedition leader as not fit enough to reach and return from the summit safely, will not be allowed to attempt the summit. This ensures we have a strong team for summit and that those clients who are fit enough are given the best opportunity to attempt it.

[Back to Top](#)

Expedition Costs

Total Cost : €9,499

- A **deposit** of EUR/USD/GBP 399 is taken at the time of booking to secure your spot.
- A **part payment** of EUR/USD/GBP 1,000 is due six months prior to departure.
- The **final balance** can be paid in installments, but is due 90 days prior to departure.

For up to date prices in GBP and USD based on today's exchange rate, please visit our website.

[Back to Top](#)

Flights

Please consult us before booking your flights to ensure you arrive in time for the expedition briefing on the first day. It's essential you do not miss this meeting.

[Back to Top](#)

Expedition Costs Include:

- Internal flights in Nepal
- Training Weekend
- Training Day
- Experienced expedition leader
- Dedicated expedition doctor
- Earth's Edge team of guides and a full support team

- All accommodation based on twin sharing in hotels in Kathmandu, in tea houses on the trail and camping at higher altitudes
- All meals and drinking water (except in Kathmandu and Ramechhap (where needed) where accommodation is on a B&B basis)
- A celebratory dinner at the end of the expedition
- Permits for Mera Peak and Baruntse
- All group gear consisting of a fully stocked med kit including an oxygen tank
- An Earth's Edge buff for all participants

Expedition Costs Exclude:

- International Flights
- Training weekend accommodation and food
- Personal travel insurance
- Medical vaccinations
- Tourist visa
- Personal equipment
- Tips
- Expenses of a personal nature like laundry, phone calls, alcohol, WiFi or showers in the tea houses and excess baggage charges.
- Any costs arising out of unforeseen circumstances which affect the itinerary such as bad weather, landslides, road conditions and any other circumstances beyond our control

[Back to Top](#)

Spending Money & Tipping

Spending Money

We recommend that you put aside **USD/EUR1900** in spending money for this trip. We recommend that you exchange a small amount of EUR (or GBP/USD) into the local currency, Nepalese Rupees, either at the airport or in Kathmandu, for purchasing small items like snacks on the trail. There are ATMs available in Kathmandu where you can withdraw cash using a credit/debit card.

At the time of writing, EU passport holders are able to obtain a tourist visa upon arrival in Nepal. The visa fee is approximately **USD50** payable in cash. This is included in the amount recommended above.

Whilst on the trail, wifi and hot showers are available in some tea houses at a cost of approx USD/EUR 5 each.

Tipping

Our recommended **tip amount is USD/EUR300** per person. Please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip evenly among all of our Earth's Edge team in Nepal.

The recommended **summit bonus is USD/EUR1200**. The recommended spending amount above includes the tips.

[Back to Top](#)

Training Day and Training Weekend

We hold training weekends prior to all expeditions where you'll have the chance to meet your fellow adventurers! This weekend will be led by James McManus and will include a comprehensive expedition briefing, two training hikes, and invaluable advice covering everything from equipment to weather conditions!

In addition, a training day covering the skills necessary for the expedition will take place on Saturday the 21st March for the Baruntse team. Not only are these events educational, but they're also enjoyable, set against the breathtaking backdrop of Glendalough, Co. Wicklow. Please note that food and accommodation for the weekends are not included.

[Back to Top](#)

Flights to Lukla & Weather Contingencies:

In the event that your group's flights to or from Lukla are cancelled due to inclement weather, additional spending money will be required. The domestic airline will aim to get us on the next available flight when weather conditions are favourable, either later the same day or on one of the following days. While we visit this region when the weather is most favourable, it's essential to note that adverse weather conditions can occur during the trekking season.

In some cases, the **weather may be too poor for planes to fly but helicopters can often operate**, as they can fly in less favourable conditions. Should the need arise, the cost of helicopter hire must be covered by you as changes due to weather are outside the control of Earth's Edge and as per our [booking conditions](#), we don't cover costs associated with changes outside our control (Force Majeure). The estimated cost of helicopter hire is in the range of €300 - €600 per person per flight, but this is subject to variation. Please ensure you have **access to sufficient additional finances** for potential weather-related disruptions during your trek.

[Back to Top](#)

Safety Standards

At Earth's Edge, your safety is our top priority. Each expedition is led by an experienced leader supported by a qualified doctor with a keen interest in adventure travel and expedition medicine.

Our expeditions are further supported by our dedicated Earth's Edge team of Sherpa guides and porters, all selected for their skills, experience, and excellent references.

Our teams are familiar with the locations of local medical facilities and hospitals in each destination. While our doctor carries a comprehensive medical kit, we ask all participants to bring a basic first aid kit as outlined in the equipment list. Always follow the guidance of your expedition leader to ensure a safe and enjoyable experience.

We recommend participants research local laws and customs before travelling to Nepal. Up-to-date travel advice is available on the [DFA website](#).

On expeditions, the most common cause of illness is gastroenteritis (Delhi Belly), often caused by poor personal hygiene. The good news is that it is easily avoided by practising the following:

- Always **wash your hands** and apply **hand sanitiser** after going to the toilet and before touching food.
- Always **use drinking water** to brush your teeth and avoid ingesting water while showering or washing your face.
- Maintain a **healthy diet** and consider taking **multivitamins and probiotics** for one month before and during the expedition to help your body adjust to changes in your diet and keep you healthy throughout the expedition.
- **Drinking water** is provided by Earth's Edge on each day of the trek, this water is boiled and cooled. You may also wish to bring your own water treatment tablets. If you wish to change the flavour of the water it is recommended to use electrolyte tablets/sachets or add a concentrated flavour drink.

To read more about our safety standards please visit our [safety page](#).

[Back to Top](#)

Special Offers

- **Return Customer Offer** - If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.
- **Refer a Friend Offer** - If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.
- **Group Discounts** - If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.
- **Couples Offer** - If you are booking with a friend or partner please visit our [couples offer](#) page for details on what discount you are entitled to.

[Back to Top](#)

Book Your Consultation

You can now schedule a free trip consultation with a member of the Earth's Edge team! We're happy to talk you through the itinerary, preparation and training, equipment, and anything else you'd like to know. Book your [consultation here](#).

[Back to Top](#)

Expedition FAQ

Do you have a question that wasn't answered in this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

[Back to Top](#)