

# Pumori Expedition



## Trip Overview

Mt. Pumori lies in the Khumbu region with the pyramid-shaped and 8km west of Mount Everest along Nepal-Tibet Border. Pumori means daughter mountain in the Sherpa language. Mount Pumori is one of the world's most popular climbing peaks and was first ascended in 1962. Mt. Pumori is a technically challenging mountain offering sections of wild exposure requiring climbers to have previous mountaineering experience and excellent physical fitness levels. Mt. Pumori Expedition is rewarded with stunning photographic views of snowy mountains including Mt. Lhotse and Mt. Everest. Climbing Pumori requires a moderate technical climb on ice and snow. The normal route for the climbing is South East Ridge. The most popular mountain for those who wish to climb 7000m peaks in the Himalayas of Nepal is Mt. Pumori (7161m).

## Trip Itinerary

- Day 1 - Arrival to Kathmandu & Transfer to the Hotel (1,400 Mtr/4592 Ft)
- Day 2 - Rest in Kathmandu, expedition briefing and Preparing
- Day 3 - Flight to Lukla and trek to Phakding (2,800 Mtr/9184 Ft)
- Day 4 - Trek to Namche Bazaar (3,440 Mtr/11283 Ft)

- Day 5 - Acclimatization at Namche Bazaar (rest day)
- Day 6 - Trek to Tyangboche Monastery (3,860 Mtr/12660Ft)
- Day 7 - Trek to Dingboche (4410 Mtr/14464 Ft)
- Day 8 - Acclimatization day in Dingboche
- Day 9 - Trek to Lobuche (4930 Mtr/16170 Ft)
- Day 10 - Trek to Pumori Base camp (5,220 Mtr/17121 Ft)
- Day 11-28 - Climbing Period [Base Camp & Mt. Pumori summit (7,145 Mtr/23435 Ft)
- Day 29 - Trek to Pangboche (3,930 Mtr/12890 Ft)
- Day 30 - Trek to Namche Bazaar
- Day 31 - Trek to Lukla
- Day 32 - Flight to Kathmandu & transfer to Hotel
- Day 33 - Leisure day in Kathmandu City
- Day 34 - Transfer to International Airport for final departure

## **Cost Includes & Excludes**

### **Includes**

- Airport pick and drop to/from Airport
- Welcome dinner in Kathmandu
- 4 Nights accommodation in Five star hotel in Kathmandu in BB basis
- Flight Fare to/from Lukla
- Lodging and Fooding all nights during the trek and climbing period.
- Airport pick and drop to/from Airport
- Welcome dinner in Kathmandu
- Group equipment for climb cooking gear, fuel, stoves, ropes, all forms of rock, ice, and snow protection, radio communications, oxygen delivery system and oxygen cylinders, medical supplies, etc.
- High altitude sherpas, porters, liason officer, and all staffs
- All permit fees and government taxes.
- Sat phone available at Base Camp, but nominal charge for use

- High altitude tents for all members and climbing Sherpas. All food and fuel for Base Camp and higher camps during expedition. Services of cook and kitchen boy at Base Camp. All kitchen tent, stores tent, dining tents, toilet tents, tables and chairs, and cooking utensils for Base Camp.
- Insurance for climbing Sherpas, cooks, Liaison Officer, and local porters. Equipment allowances and wages for climbing Sherpas, cooks, kitchen boys and Government Liaison Officer
- Base Camp single tent with mattress and pillow for each member, climbing Sherpa, BC staff and Liaison Officer.
- Solar panel at Base Camp for light and charging small electronics (eg. mobile phones, amateur digital cameras and handheld video cameras).
- Personal solar powered light at each tent per member at Base Camp.
- Transportation of food supply to Base Camp from Kathmandu (cargo to Lukla and then by porter to Base Camp).

## **Excludes**

- International airfare and Nepal Visa fee (bring accurate USD cash and two passport photographs)
- Personal gear, clothing and sleeping equipment (see gear list).
- Tips and Bonus for Staff and guide
- Insurance and Trip cancellation
- Beverages Alcoholic beverages and bottled drinks.
- Nepal entry visa Fee( can be obtained at the airport upon arrival)
- Lunch and dinner in Kathmandu.
- Personal insurance such as travel, accident, medical, emergency evacuation, and lost luggage.
- Personal solar pack for charging heavy electronics ( laptops, professional camera, batteries, etc. ).

## **Gears and equipment**

- Head Wear
  - Sun Hat
  - Warm Synthetic wool Hat
  - Head Band/buff/Face mask/balaclava

Head lamp and Spare Batteries  
Nose guard

- Eye Wear

Sun Glasses  
Glacier glasses  
Goggles

- Hand Wear

Lightweight Synthetic Gloves  
Heavyweight Synthetic Gloves  
Soft shell gloves  
Disposable Hand Warmer  
Mittens

- Body

Fleece Jacket  
Long Sleeved shirts  
Short Sleeved Shirts  
Wind Jacket  
Down Suit  
Down Jacket(Light Weight)  
Down Jacket(Heavy Weight)  
Soft shell Jacket  
Hard shell Jacket

- Down Wear

Trousers(Light Weight)  
Trousers(Heavy Weight)  
Wind Pants  
Lightweight Underwear  
Heavyweight Long underwear  
Lightweight Nylon pants  
Down Pants  
Soft shell pants  
Hard shell pants  
Insulated synthetic pants

- Foot Wear

Light weight synthetic socks  
Climbing socks  
Climbing boots  
Trekking boots/Light hiking boots  
Running Shoes  
Insulated Camp boots(for Basecamp)  
Gaiters

- Accessories

Sunscreen and Lip Balms  
Personal First Aid Kit  
Dairy and Writing Material  
Camera with spare batteries  
Pocket knife  
Sun Glass  
Personal Toilet Equipment  
Water Bottles  
Hand sanitizers  
Small Towels/Soap/Shampoo

- Climbing Gear

Down Suits  
Helmet  
Harness  
Carabiners(Regular)  
Carabiners(Locker)  
Descender  
Ascender  
Ice Axe  
Crampons  
Helmet  
Water Bottle  
Duffol Bag  
Trekking Back Pack(40 Ltr)  
Climbing Back Pack (50 Ltr)  
Sleeping Bag(-40) for higher camps  
Sleeping Bag(-20) for Basecamp  
Thermarest  
Thermos  
Trekking Poles  
Pee Bottle