



## Mt. Pumori



### Introduction

Mount Pumori is an attractive mountain that lies in upper Khumbu region of Nepal-Tibet border in the Mahalangur section of the Himalayas. The name Pumori is derived from Sherpa language that literally means 'Unmarried young Daughter'. Which is also known as Everest's little daughter lies just eight kilometres west of Mount Everest. Climbers often use Mount Pumori to build confidence and gain technical skills. Before attempting to climb Everest or other 8000m peaks. On 1962 Gerhard Lenser has made the first successful ascent to the summit of Mount Pumori. He was a member of the German-Swiss Expedition team. Climbers sometimes refer to Pumori as "Everest's Daughter". Mallory also called it Clare Peak, after his daughter. Later in 1996, Czech nationals namely Leopold Sulovsky and Michalec Zeduak opened a new route south-west ridge. Which is considered even more difficult than the normal route used by Lenser. Climbing South-West route of Mt. Pumori includes technically difficult sections, ascend of icy slopes ranging from 40-60 degree slopes at higher camps. Xtreme Climbers climbing Sherpa guide will set fixed ropes up this wall of ice. And a final push to the summit passing over crevices and then up over the cliff face to reach the summit top. As per the record by the government of Nepal and the Department of Tourism the summit is recorded at the coordinates of: 28°00'53"N, longitude and 86°49'41"E latitude.

Xtreme Climbers follows the standard route on the Southeast ridge, a grade 3 snow and ice climb that requires a good understanding of alpine climbing techniques. Above the base camp at 5,300m/17,388ft. we set up 2 to 3 camps. Climb through the glaciers and knife-edged ridge of hill side for about 3-4 hours and reach Camp 1 at 5,700m/18,701ft. From camp 1, we climb the face with 45-60 degrees slope and pass through a snow wall to reach camp 2 at 6,200m/20,341ft.

From camp 2, climb through ice walls and crevasses to reach camp 3 at 6,500m/21,325ft. Passing through crevasses, climb up to Pumori cliff and then to the summit. This peak is suitable for those climbers who are looking for demanding 7000m climbing. Climbing South-West route will give you required technical climbing.

## Facts

- Altitude: 7161m<
- Duration: 29 days
- Grade: Peu difficile (PD++)
- Group: 2 - 15
- Country: Nepal
- Best Season: Spring (April, May) and autumn (October, November)
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: 3\*\*\* to 5\*\*\*\*\* as request
- Transportation: Car, Flight, Tourist bus
- Meals Includes: B/B plan in Kathmandu & B,L,D in during trekking and climbing

## Highlights

- Explore the high valleys and experience the authentic Sherpa culture and tradition.
- Summit Mt Pumori 7,161m/23,494ft.
- Stunning views of Mt. Everest 8,848m, Mt. Lhotse 8,516m, Mt. Cho Oyu 8,201m, Mt. Makalu 8,481m, Nuptse 7,868m. and other surrounding high peaks.

## Itinerary

- 
- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
  - **Day 2** : Fly to Lukla ; Trek to Phakding (2652m/8698ft) 3 hrs walking. Meal includes:Breakfast/Lunch/Dinner
  - **Day 3** : Trek to Namche Bazaar (3440m/11283 ft) 6 hours walking. Meal includes:Breakfast/Lunch/Dinner
  - **Day 4** : Namche Acclimatization & Rest Day (3440m/11283 ft), 3 hours of acclimatization Hike. Meal includes:Breakfast/Lunch/Dinner
  - **Day 5** : Trek to Tengboche or Deboche (3870m/12700ft), 5 hours walk. Meal includes:Breakfast/Lunch/Dinner
  - **Day 6** : Trek to Dingboche (4410m/14465ft), 5 hours of walking. Meal includes:Breakfast/Lunch/Dinner
  - **Day 7** : Dingboche Rest Day, (4410m/14465ft) 2/3 hours of acclimatization Hike. Meal includes:Breakfast/Lunch/Dinner
  - **Day 8** : Trek to Lobuche (4910m/16107ft) 6 hours of walking. Meal includes:Breakfast/Lunch/Dinner
  - **Day 9** : Trek to Gorak Shep (5160m/17093ft) then to Everest Base Camp (5364m) and back to Gorak Shep 5/6 hours. Meal includes:Breakfast/Lunch/Dinner
  - **Day 10** : Morning Hike to Kala Patthar [5545m/18187ft] & Trek to Pumori Base Camp [5,200m/17056ft]. Tented Camp 5-6 hrs. Meal includes:Breakfast/Lunch/Dinner
  - **Day 11 - 25** : Summit Mt. Pumori [7161m/23488ft] and back to Base Camp. Tented Camp. Meal includes:Breakfast/Lunch/Dinner
  - **Day 26** : Trek from Pumori Base Camp to Phortse. 6-7 hrs. Meal includes:Breakfast/Lunch/Dinner
  - **Day 27** : Trek to Monjo 2825m 5 hours of walking. Meal includes:Breakfast/Lunch/Dinner
  - **Day 28** : Monjo to Lukla: Takes about 4 hours to reach Lukla and overnight at Lukla guest house. Meal includes:Breakfast/Lunch/Dinner.
  - **Day 29** : Fly to Kathmandu (1350m/4428 ft), 35 minute flight. Meal includes:Breakfast/Dinner.
  - **Day 30** : Departure day from Kathmandu (12,64m)

**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

Xtreme Climbers offers Full Board Service for our entire range of flagship mountaineering expeditions to all 7000m peaks. Full Board service means that we will provide a Trekking service, base camp service and high camp service executed by your Sherpa climbing guide. All of our full board clients will have a personal Sherpa climbing guide

exclusively dedicated to the client for the duration of the climb. Our climbing Sherpa guide team will establish and secure climbing route in collaboration with other climbing teams participating on the route. Establish all high camps with camping equipment, provisions, oxygen and prepare high altitude food for the client. Full board also indistinguishable client on the route while ensuring their safety and well being. We move at the client's preferred pace and ensure total commitment to the client in case of emergency with the clients safety and wellbeing being the overriding priority. High camp service for the Full Board Service will consist of all of the equipment necessary to fix the route, all camping equipment, fuel and food for high camps

- Arrival and departure transfer services to and from both domestic and international flight as per itinerary.
- Assistance at the International airport by Xtreme Climbers while arriving and departing in Kathmandu.
- 4 Nights \*\*\*\*Hotels accommodation in Kathmandu on B/B basis.
- Experienced and government licensed high altitude trekking guide during the trekking and climbing period.
- Schedule flight tickets for Kathmandu-Lukla-Kathmandu sector to all climbing member, Sherpa guide, liaison officer and kitchen staff.
- All trekking and mountaineering equipments like: kitchen tent, stores tent, dining tents, toilet tents, tables, chairs and cooking utensils for advance base camp and camp two.
- Common climbing equipment (necessary fixed and main rope, ice bars, ice screws, snow bar etc)
- Services of chef and kitchen assistant at Advanced Base camp.
- 3 meals a day (Breakfast, lunch and dinner with tea/coffee) available in tea house/hotel/lodge during the trekking.
- 3 fresh meals a day (Breakfast, lunch and dinner) will be serve at base camp, and camp two.
- All food and fuel for Base Camp and higher camps during expedition for both members and crews.
- 40kg baggage allowance per person during the trekking period which will be carried by porters.
- Daily Weather Report Services from Seattle based
- Trekking Permit (Barun Valley national Park Entry)
- TIMS card (Trekking Information Management System).
- Expedition royalty and climbing permit of Nepal government to climb Mt. Pumori (7,161m).
- Nepalese government royalty and fees.
- One experienced, trained, government licensed, and at list 2 Time summiteer climbing/expedition Sherpa guide per client.
- All wages, equipment, medical and accidental Insurances for all involved staffs in trekking and expedition.
- Equipment allowances and wages for climbing Sherpa's, cooks, kitchen boys.
- Equipment allowances and wages for government liaison officer.
- First Aid medical kits for the guest and the staffs.
- Thuraya Satellite phone carry in the guide for communication and available for members with the cost of US\$ 4 per minute call.
- Radio Walki Talki
- Appropriate food for high altitude and oxygen supply at base camp and above as required.
- Required fixed and dynamic rope during climbing period.
- Heater will be provided at base camp for heating the dining room.
- Emergency oxygen, mask and regulator provided on requirement of guest with appropriate charge
- Each expedition member will have an individual tent available in the ABC.
- Solar panel for light and battery charger.
- High quality VE-25 North Face tents for camp I, II and III.
- Required necessary Climbing Sherpa's Guide tents, food during climbing
- Required necessary Climbing Sherpa's Guide tents, food during climbing
- Insurance and wages of Xtreme Climbers supporting crew, Climbing Sherpa, Cook, Kitchen staff and Porters.
- Helicopter rescue insurance for high altitude climbing Sherpa guide, cook and staff.
- Free assistance service for Cargo clearance and Duties.
- Fresh cooked food and kitchen will be provided at Advance Base camp.
- Trekking and Climbing map of the Mount Baruntse.
- EPI Cooking gas, stove will be provided about base camp for cooking food, boiling water.
- Generator will be providing for back- up of lighting power and charging electronic tools.
- Transportation of food supply to Base Camp from Kathmandu (Cargo to Lukla and then by porter to base camp)
- Our service charge and government taxes levied in Nepal.
- Complete pre-departure information
- Flight ticket reconfirmation
- visa extension procedure services (if necessary)
- Farewell dinner in a typical Nepali restaurant with domestic culture show in Kathmandu.

## Base Camp Service Includes

In Base Camp: Xtreme Climbers provides very professional, helpful and friendly service from Kathmandu to the ABC as well as during the climb. Our objective is to provide a good quality, helpful, safe, friendly, stress free and comprehensive service to maximize your summit opportunity. In the base camp our chefs and helpers will prepare and serve three delicious, freshly cooked and plentiful meals a day. We will also ensure that hot and cold drinks are available 24 hrs a day. In the base camp we provide spacious expedition quality personal tents for all our clients both with full board or base-camp service only. In base camp we also provide dining tent, kitchen tent, toilet facilities and portable shower facilities and tent accommodation for our staff. In base camp we provide access to communication including satellite telephone and internet access, solar panels to charge your batteries and UHF/VHF handheld radios on the mountain to maintain communications between ABC and high camps. Our camp manager as well as guides and climbing Sherpa's have an extensive experience on multiple Everest climbs. They will ensure cooperation with other companies and organize base camp operations. In base camp our guides will work with other teams to ensure contribution from all operators for tasks such as route fixing and to ensure the safety of climbers from ABC to the summit.

- Arrival and departure transfer services to and from both domestic and international flights as per itinerary.
- Assistance at the international airport by Xtreme Climbers while arriving and departing from Kathmandu.
- 4 Nights Yak and Yeti or similar hotel accommodation in Kathmandu on B&B basis.
- Experienced and government licensed high altitude trekking guide during the trekking and climbing period.
- Schedule flight tickets for Kathmandu-Lukla-Kathmandu to all the climbing members, Sherpa guide, liaison officer and kitchen staff.
- All trekking and mountaineering equipments such as: Kitchen tent, storage tent, dining tent, toilet tents, tables, chairs, and cooking utensils for advance base camp and camp two.
- Services of chef and kitchen assistant at Base Camp and chef at Camp 2.
- 3 meals a day, breakfast, lunch and dinner with Tea/coffee available in the tea house/hotel/lodge during the trekking.
- 3 fresh meals a day: Breakfast, lunch and dinner will be served at base camp, and camp two.
- 30.kg baggage allowance per person during trekking to base camp this will be carried by porter at Mt. Baruntse.
- Trekking permit (Barun Valley National Park entry fee).
- TIMS card (Trekking Information Management System).
- Expedition royalty and climbing permit of Nepal government to climb Mt. Pumori (7,161m)
- Nepalese government royalty and fees.
- All wages, equipment, medical and accident insurances for all involved staff in trekking and climbing period.
- Equipment allowances and wages for chefs and kitchen assistants.
- Equipment allowances and wages for government liaisons officer.
- First aid medical kits for the group.
- Thuraya SAT phone carried by guide for communication. Available to clients with the cost of \$4USD per minute call.
- Radio Walki Talki
- Heater will be provided at base camp for warming the dining room.
- Emergency oxygen, mask and regulator provided at the request of the client with appropriate charges.
- Each expedition member will have an individual tent available in the ABC.
- Solar panels for light and battery charger.
- Helicopter rescue insurance for high altitude Kitchen staff.
- Free assistance service for cargo clearance and duties.
- Fresh cooked food and kitchen will be provided at base camp.
- Trekking and climbing map of Mount Baruntse.
- Generator will be providing for backup lighting power and charging electronic devices.
- Transportation of food supply from Kathmandu to base camp (Cargo to Lukla and then by porter/yaks to base camp).
- Our service charge and government taxes levied in Nepal.
- Complete pre-departure information.
- Flight ticket reconfirmation.
- Farewell dinner in a typical Nepali restaurant with domestic culture show in Kathmandu.

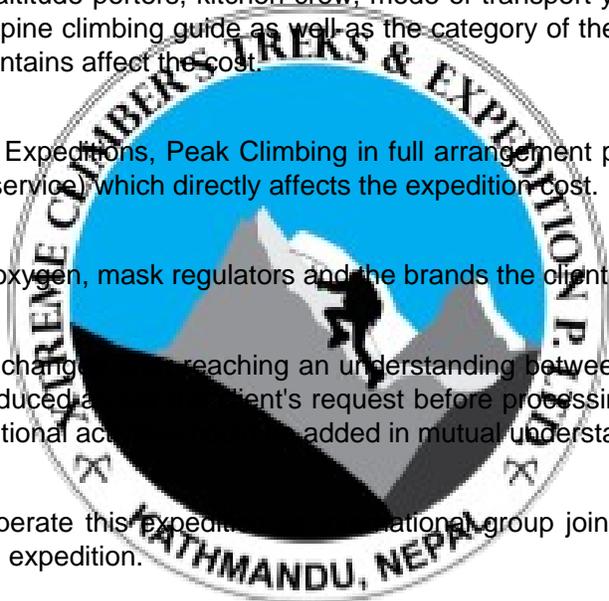
## Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

### Why we dont't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed by reaching an understanding between the agency and the client. Other activities could be added or reduced as per client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?



Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [CONTACT US](#) or login to [CONTACT US](#) for any information about your selected package.

### Cost Excludes

#### Full Board Service Excludes

Xtreme Climbers offers Full Board Service for our entire range of flagship mountaineering expeditions to all 7000m peaks. Full Board service means that we will provide a Trekking service, base camp service and high camp service executed by your Sherpa climbing guide. All of our full board clients will have a personal Sherpa climbing guide exclusively dedicated to the client for the duration of the climb. Our climbing Sherpa guide team will establish and secure

climbing route in collaboration with other climbing teams participating on the route. Establish all high camps with camping equipment, provisions, oxygen and prepare high altitude food for the client. Full board also indistinguishable client on the route while ensuring their safety and well being. We move at the client's preferred pace and ensure total commitment to the client in case of emergency with the clients safety and wellbeing being the overriding priority. High camp service for the Full Board Service will consist of all of the equipment necessary to fix the route, all camping equipment, fuel and food for high camps

- Lunch and dinner during your stay in Kathmandu (except for the farewell dinner).
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking.
- Items of personal nature, laundry expenses, tips.
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in government regulations, etc.
- Extra transportation then display in itinerary program.
- Any additional staff other than specified.
- Rescue, repatriation, medicines, medical tests and hospitalization expenses.
- Medical insurance and emergency rescue evacuation if required.
- Travel insurance and helicopter rescue.
- Filming permit (if special camera).
- Personal climbing gear.
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone and internet expenses
- Clothing, packing items or bags, personal medical kit, camera/video fees or trekking gears
- Nepal custom duty for import of expedition goods.
- Summit bonus for climbing Sherpa Guides as per mountaineering association rules. Minimum US\$800.00 per climbing Sherpa guide.
- Tips and gifts for base camp and high altitude trekking and climbing staff.
- Airfare of international flights.
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Any extra services or products or offers or activities which are not mentioned in the itinerary.
- Any other item not included in "COST INCLUDES" section.

