



PUTHACHUNCHULI EXPEDITION

Climb the most popular 7000m peak

30 Days | 7246 meter



ABOUT THIS EXPEDITION

Mount Puthahinchuli is one most popular 7000 meter peak in Nepal which is situated in western part of Nepal i.e. Dolpo region. This peak most climbed peak in its category. This peak was ascended by a British team in 1954. This peak is a rarely climbed with two distinct faces: a steep, technical ridge climb pioneered by the Japanese in the early 70s and a much easier snow climb up the northern flanks where the average angle does not exceed 35 degrees. The trip starts from Kathmandu, flies to Dolpo airport and start trek from Juphal and follows the route of Dunai, Tarakot, Musi Khola Kagkot- Yak Kharka and then will be reach Base camp of Mount Putha Hiunchuli.

Puthahiunchuli Base Camp is situated at an altitude of 4575m and from there we set up 3 camps (Camp I- 533m, Camp II-5940m, Camp III- 6475m) before attempting the summit. Experienced and expert climbing guide of Sherpa Shepherds leads you to the summit of Puthahiunchuli. Normally we put up C1 at the beginning of the glacier. From Camp-1 to Camp -, it is possible to use ski, as there are not as many crevasses.

TRIP AT GLANCE



Duration
30 Days



Destination
Nepal



Group Size
5-12 Pax



Ascent
Route
**North
Face**



Elevation
**7246
meter**



Grade
Tough

This route is quite clear, so you can set up camp on rock band. On summit day from 5,700m, they leave early in the morning about 4 A.M. And weather should be clear. Climbing route is long from camp. Only false summit can be seen from route. Base Camp 4,800m, Camp I -5,300m, Camp II -6,700m- and make Summit from camp 2.



PRICE AND DATES

SEMI SERVICE: USD 8450 P.P.*
FULL SERVICE: USD 11950 P.P.*

SPRING 2019: 15 APRIL TO 14 MAY
AUTUMN 2019: 29 SEPT TO 28 OCT
SPRING 2020: 15 APRIL TO 14 MAY
AUTUMN 2020: 29 SEPT TO 28 OCT

FEATURED GUIDE



PASANG TSIRING
SHERPA

Everest Summiteer/Climbing Leader



PHURBA SONAM

Climbing Guide

TRIP ITINERARY

Day 01: Arrival in Kathmandu

Upon our arrival at the Tribhuvan International Airport (TIA) in Kathmandu, a Sherpa Shepherds representative will greet you who will take us to the hotel. After checking in, you'll shortly brief by Sherpa Shepherds tour officer about the expeditions and other information. And he/she will collect your passport and other documents for permits. And you'll have free time to rest at hotel. Overnight at Hotel Vaishali or similar hotel .

Included Meal: No | **Altitude of Kathmandu:** 1310 meter | **Drive:** 20 min (airport to hotel)

Day 02: Kathmandu Free Day. Final preparation, briefing at Ministry for climbing permit

Today is fully free day for you. You can either visit world heritages sites of Kathmandu or you can check your climbing gears with your guide. If needed, there's time to buy extra gear from local suppliers in town. Once the gear check is complete, you can sight see for the rest of the day. Don't miss some of Kathmandu's world heritage sites (e.g. Boudhnath, Kathmandu and Patan Durbar Square). Kathmandu is a hectic city full of culture and historic sites. However the team leader needs go to Ministry of Tourism for Expedition permit procedures. Overnight at Hotel Vaishali or similar hotel

Included Meals: Breakfast

Day 03: Flight: Kathmandu-Nepalgunj (150m)

After breakfast at hotel in Kathmandu, as per the flight schedule for Nepalgunj you'll be transferred to the domestic airport for one and half hour scenic flight to Nepalgunj. Upon arrival at Nepalgunj you'll be again transferred to hotel and you'll have time in the late afternoon or evening to have a look around the town which is situated on the southern Nepal border with India. Here it is quite hot and tropical in character. Overnight at Hotel Sneha.

Included Meals: Breakfast & Dinner

Day 04: Flight: Nepalgunj-Juphal and trekt o Dunai (2150m)

After earlier morning breakfast at Nepalgunj, you'll be transferred to airport for the 45 minute flight to Juphal over the Himalayan foothills, with views of Annapurna and Dhaulagiri peaks to the north. On arriving at Juphal our trekking staffs will receive you, who have walked all the way from Nepalgunj with the camping gear and food supply taking 5-6 days. Here at Juphal a short 2-3 hrs walk from the airstrip leads to our overnight camp at Dunai village. Our first day adventure begins with an hour downhill walk through the village below the airstrip, then leading through the terraced fields to the Bheri River and the narrow gorge taking 2-3 hours to camp at Dunai. This is a much larger village or small township, with a new hospital and it is administrate headquarter of the Dolpo region. Here we have ample time for leisure walk around the village. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner | **Walking hour:** 2-3 hrs

Day 05:Trek: Dunai- Tarakot (2850m)

After breakfast at Dunai camp, your trek for today will lead through many small streams and follow the Bheri and Barbung river in a tremendous gorge with pine trees and an ingenious path built about seven meter above the river, after a good walk coming to Tarakot where colorful terraced fields greets us. Tarakot is an old fortress town built by the local people as Dzong or fort. Tarakot was a capital before Gorkha dynasty. The famed Sandul Gompa lies farther east from Tarakot and at the junction of Barbung khola and Tarup chu (river). The village stands on a hillock to the south of Bheri River at one time supervised collection of tolls for the trading caravans. Overnight camp is made by the river about 150 m below the village near the police post or we climb a steep ridge for an hour to the village on a spur, where there are chorten in a Gompa on the edge of grassy plateau, with a solitary tree. We settle camp for overnight. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner | **Walking hour:** 5-6 hrs

Day 06:Trek: Tarakot- Khani Gaon (2543m)

After pleasant breakfast at camp, you'll start trek to Khani Gaoin route following the Tarap chu river upstream, crossing by bridge and crossing the same river twice. The path leads through the farm terraces and rural villages of Sahartera and winding gradually towards a small settlement of Kola after 3-4 hrs of good morning walk. From this place descend with few ups to reach our overnight camp at Khani gaun with another 2 hrs of trek and overnight camp near by the village backyard. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner | **Walking hour:** 3-4 hrs

Day 07: Trek: Khani Gaoin- Mushi Khola (2880m)

After breakfast at camp, you'll trek to Mushi Khola. From Tarakot, first of you'll cross a bride and then you'll head to a little in the Valley Barbung Khola. After decent short there in small lodges and before crossing the bride on the left bank of the Barbung River Where Musi Khola houses were destroyed. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner | **Walking hour:** 6-7 hrs

Day 08: Trek: Mushi Khola- Kagkot (3550m)

After breakfast at camp, your today's trail continues to blank above the gorge to a very old wooden bridge, then stiff back across to join the bench with trees until the valley widens into floodplain (two houses in a pasture on the left handle). The trail is right back to the village. In the curve of the valley stops can take a spur (high water). The village is pressed against a cliff, very protected from the wind, a little above the Barbung Khola. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner |
Walking hour: 6-7 hrs

Day 09: Trek: Kagkot- Pangzi (4480m)

As always, after breakfast at camp, you'll continue our trekking. Today's trek start from by crossing the river (bridge) and reach the plateau cultivated in front of the village. Ascend the ridge of the forest with multiple felt to pastures over the last trees. And then continue along the ridge to reach the last birch. At the height of the edge notch spot a well-defined trail that crosses the entire face amount slightly grassy. And you'll reach Pangzi where we shall set up today's camp. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner |
Walking hour: 6-7 hrs

Day 10: Trek: Pangzi- German Base Camp (alt. 4650m)

Today, you will follow the rising trail heading towards the base camp which is closed off by deep and impassable ravines that can only be reached after crossing two high altitude passes. We will follow the trail that heads for the crossing of first pass at 4,160 meters. From there we will continue our trek to reach our campsite near German Base Camp at 4,650 meters. Our crew will set up the camp as soon as we reach the campsite. Resting after a long day's trek is surely worth. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner |
Walking hour: 6-7 hrs

Day 11: Trek: German Base Camp- Putha Hinchuli Base Camp (4915m)

After breakfast, you'll leave German Base Camp and will follow the trail that is a steep ascend over the second and much more challenging pass. The climbing of Putha Hiunchuli is considered much less technical, however, the ascending trail to reach the base camp is considered much more difficult.

Trekking in higher altitude can be very tiring so resting every now and then helps in restoring energy much needed for a fruitful trekking. Our base camp will be set over moraine plateau at 4,915 meters. Our crew will make necessary preparations for climbing Putha Hiunchuli. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner |
Walking hour: 6-7 hrs

Day 12-22: Putha Hiunchuli (alt. 7246m) Climbing Period

After one night stay at Putha Hinchuli Base Camp, you'll spend several days doing climbing training practices with adequate days for acclimatization. And you will follow the footsteps and instructions given by our experienced climbing experts. Overcoming several technical climbing sections and taking weather conditions into consideration we climb towards the summit of Putha Hiunchuli. Once at the top we are rewarded with breathtaking views of high valleys and peaks within Dolpo region. You will spend short quality time at the summit and descend back to base camp following the same route. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner

Day 23: Back to German Base Camp

After successful summit of Putha Hinchuli 7246 meters, you'll back to German base camp. After cleaning up the base camp, you will retrace our steps on the same trail that passes through crossing a pass to reach our campsite at German Base Camp. On your way back we will explore the beautiful landscapes of Dolpo region. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner

Day 24: Trek: German Base Camp- Kagkot

After breakfast, we shall pack pack our gears and leave our camp at the German Base Camp. We continue to retrace our steps that head back for the crossing of another pass. Our trail after crossing the pass is a pleasant walk as we descend to reach back to Kagkot for our overnight camping. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner

Day 25: Trek: Kagkot- Khani Goan

After breakfast, you'll trek to Khani Gaon. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner |
Walking hour: 5-6 hrs

Day 26: Trek: Khani Gaon- Tarakot

After breakfast, you'll trek to Tarakot. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner |
Walking hour: 3-4 hrs

Day 27: Trek: Tarakot- Dunai

After breakfast, you'll trek to Dunai. Overnight at tented camp.

Included Meals: Breakfast, Lunch & Dinner |
Walking hour: 2-3 hrs

Day 28: Flight: Juphal-Nepalgunj-Kathmandu

After earlier breakfast at Juphal, you'll take early morning 30 minutes sweeping wonderful flight to Nepalgunj over the Himalayan foothills, overlooking stunning views of the snow capped peaks. On arrival at Nepalgunj depending upon the connecting flight schedule to Kathmandu. If it's in the afternoon you will have time, you can spend some time in Nepalgunj. Then you'll connect with flight back to Kathmandu. Upon arrival at Kathmandu airport, you'll be transferred to hotel. Overnight at Hotel Vaishali or similar hotel

Included Meals: Breakfast

Day 29: Free Day in Kathmandu

Today is your last day in Nepal so prepare for departure, packing and returning gear. A massage is highly recommended to relax your tired muscles before your long haul flight home. Tour leader of the trip visits Department of Tourism for some Government formalities after the trip as De-Briefing. In the evening you'll have farewell dinner at local Nepalese restaurant with typical cultured dances. Overnight at Hotel Vaishali or similar hotel

Included Meals: Breakfast & Dinner

Day 30: Departure from Kathmandu

Before 3hrs of your flight time, you'll be transferred to the airport and then you'll fly back to home.

TRIP PRICES

Above trip cost is per person and twin sharing basis. The trip cost is for joining basis. Mini-mum participant to run this trip is 5 person. If no. of participants in this trip is less than 5 persons, Sherpa Shepherds reserves right to cancel or postpone the trip. However if you would like to continue trip even if we do not reach minimum number to run this trip, we can run this trip upon your request. But supplemental charge will be applicable.

WHAT'S INCLUDED

Semi Services

Ground Transfers:

- All airport/hotel/airport transfers as per program by private vehicles

Flights & Cargos:

- Flight fare for Kathmandu to Nepalgunj and Nepalgunj to Kathmandu with airport taxes
- Flight fare for Nepalgunj to Juphal and Juphal to Nepalgunj with airport taxes
- 40 KG personal baggage during the trek & flight
- And Domestic Cargo charges for 20 kg per person for personal baggage

Accommodation:

- 4 nights in Kathmandu at Hotel Vaishali (4*) on twin sharing basis
- 1 night in Nepalgunj at Hotel Sneha on twin sharing basis
- 25 night at tented camp during the trek and base camp on single tent

Meals:

- 4 breakfasts in Hotel in Kathmandu and 1 breakfast and dinner in Nepalgunj
- 1 farewell dinner in Kathmandu at local authentic restaurant
- 3 meals a day during the trekking (breakfast, Lunch and Dinner) for 25 nights at tented camp per above program

Permits Fees & Royalty:

- Putha Hinchuli Expedition Permit Fee
- 1 Nepal Government Liaison Officer
- National Park Fee

Supporting Staff for trekking Part:

- 1 experienced trekking cook and kitchen team
- Porters or mules for Juphal-Base Camp and Base Camp-Juphal for expedition equipments, food and cargo

Supporting Staff for Base Camp:

- 1 cook and 1 kitchen boy at Base Camp
- Equipments at Base Camp:
- Sleeping tents for every member
- Dinning Tent
- Kitchen Tent
- Toilet Tent
- Shower Tent
- Foam mattress for each member
- All required kitchen utensils
- Required tables and chairs
- Solar Lights (for lighting purpose and charging) & First Aid Kit

- **Full Services**

Ground Transfers:

- All airport/hotel/airport transfers as per program by private vehicles

Flights & Cargos:

- Flight fare for Kathmandu to Nepalgunj and Nepalgunj to Kathmandu with airport taxes
- Flight fare for Nepalgunj to Juphal and Juphal to Nepalgunj with airport taxes
- 35 KG personal baggage during the trek & flight
- And Domestic Cargo charges for 20 kg per person for personal baggage

Accommodation:

- 4 nights in Kathmandu at Hotel Vaishali (4*) on twin sharing basis
- 1 night in Nepalgunj at Hotel Sneha on twin sharing basis
- 25 night at tented camp during the trek and base camp on single tent

Meals:

- 4 breakfasts in Hotel in Kathmandu and 1 breakfast and dinner in Nepalgunj
- 1 farewell dinner in Kathmandu at local authentic restaurant
- 3 meals a day during the trekking (breakfast, Lunch and Dinner) for 25 nights at tented camp per above program

Permits Fees & Royalty:

- Putha Hinchuli Expedition Permit Fee
- 1 Nepal Government Liaison Officer
- National Park Fee

Supporting Staff for trekking Part:

- 1 experienced trekking guide
- 1 experienced trekking cook and kitchen team
- Porters or mules for Juphal-Base Camp and Base Camp-Juphal for expedition equipments, food and cargo

Supporting Staff for Base Camp:

- 1 cook and 1 kitchen boy at Base Camp
- Supporting Staff In the mountain (Above BC):
- 1 HA Sherpa for every two members

Equipments at Base Camp:

- Sleeping tents for every member
- Dinning Tent
- Kitchen Tent
- Toilet Tent
- Shower Tent
- Foam mattress for each member
- All required kitchen utensils

- Required tables and chairs
- Solar Lights (for lighting purpose and charging)
- First Aid Kit

Equipments in mountains:

- High Camp Tents (1 for C1, 2 for C2 and 2 for C3)
- High Camp Foods
- Fixed Rope-600mtr
- Main Rope-75 mtr
- Snow bars-10 pcs
- Ice Screw-10 pcs
- Rock Pictung- 5 pcs
- Snow Shovel-2 pcs
- Ice Hammer- 1 pcs
- Carabina-10 pcs
- Epi Gas-10 pcs per person
- Cofel Set- 3 set
- Gas Lamp-2 pcs
- Bas Burner-5 pcs
- Walkir-Talkies- 4 sets (2 sets for member and 1 sets for BC and 1 set for HA Sherpa)
- 1 Sateliite phone
- 1 Gamov Bag

WHAT' S NOT INCLUDED

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Emergency helicopter rescue charges
- Main meals in Kathmandu hotel (lunch and dinner)
- Tips for staff
- Additional High Altitude Climbing Sherpa if required USD 3500 per Sherpa including his all allowance, insurance and rescue services
- Sherpa Summit Bonus USD 1000 & Non Summit Bonus USD 600 Per Sherpa
- Carrying bonus in the mountain USD 1000 per sherpa
- All extra services if required (except motioned in 'The Price Include' section)

TRIP NOTES

Insurance

It is mandatory to have good travel insurance or emergency evacuation insurance which will cover evacuation by any means of transportation from high altitude. It is also highly recommended that all member have cancellation insurance in case of an accident prior to departure, or if the trip is cancelled due to unforeseen circumstances.

Fitness & Experiences

For personal safety and success, excellent physical conditions are required. Prior to the trek we suggest physical activities such as running, swimming and cycling combined with climbs to smaller peaks which includes climbs that involves travel on crampons under all sorts of conditions. Be sure you are comfortable with extreme exposure and steep drop offs for long periods of time and capable of carrying heavy pack of an average of 30lbs. include plenty of technical rock and ice climbing experiences, so you are fairly comfortable following on alpine rock route. Be acquainted with jumars, ascenders, crampons, all your gear, and knot .We will review each climber's bio on an individual basis to help develop climbers interested in attempting Puthahiunchuli.

Food

The more food you eat at altitude the better you'll perform. Considering the loss of appetite on higher altitude, Sherpa Shepherds guide will help you to choose food items that have quality and easiest to digest at higher-altitude during the trekking and accommodation in the lodges. However at base camp, our expedition cook will be set best menu. We suggest you to bring your own food if you so desire such as chocolate bars, dry foods etc. We cater to different dietary requirements and full vegetarian menus can be provided on request.

Accommodation

In Kathmandu you will stay at star deluxe hotels and while you're on trek your accommodation will be in local lodges/guest houses. At base camp, your accommodation will be in tented camps. You should therefore not expect the standards that can be achieved in luxury accommodation in the city. All accommodation is arranged on a twin sharing basis during the trekking and local lodges won't be off course as like in hotels in Kathmandu.

Emergency Rescue

In case of any high altitude sickness problems normally as a primary precaution first it is advised to come down immediately to lower altitude for some rest and in the worse condition you have to further come down either by helicopter or by land transport.

Recommended Personal Gears

1. Down suits (dangri)- 1 pc
2. Summit shoe- 1 pair
3. Walking shoe-1 pair
4. Crampon- 1 pair
5. Summit Glove- 1 pair
6. Normal gloves- 2 pairs
7. Summit Snow goggles- 1 pc
8. Glacier glasses- 1 pc
9. Ice axe- 1 pc
10. Harness- 1 pc
11. Jumer- 1 pc
12. Carabiners (normal)- 3 pcs
13. Sleeping bag (-40C)- 1 pc
14. Down filled Mattress- 1 pc
15. Summit socks- 2 pairs
16. Normal socks- 3 pairs
17. Climbing bag (40 ltr)- 1 pc
18. Helmet- 1 pc
19. Down jacket- 1 pc
20. Down trouser-1 pc
21. 8 finger /descender- 1 pc
22. Headlamp- 1 pc
23. Gore-tex jacket- 1 pc
24. Gore-tex trouser- 1 pc
25. Fleece jacket-1 pc
26. Fleece trouser- 1 pc
27. Fleece liner gloves- 3 pairs
28. Screw Gate Carabiner- 1 pc
29. Windstopper- 1 pc
30. Thermos bottle- 1pc
31. Base layer (woolen)- 2 sets
32. Water bottle normal- 1 pc

Need any expert advice?

If you would like talk to expert to discuss any aspects of climbing and other queries, please meet or talk to our experts. We can be reached by:

E-mail: info@sherpashepherds.com

Mobile: +977 9841027075 (available on Whatsapp & Viber)

Skype: live:info_813995

BOOKING TERMS

"Please kindly read these TERMS AND CONDITIONS before booking your trips. Participation in our trips indicates that you accept these terms and conditions. You must carefully read the following Terms & conditions of contract and waiver of liability details Booking Procedure. Read detail terms and conditions at <https://sherpashepherds.com/booking-conditions/>

WHY SHERPA SHEPHERDS?

Sherpa Shepherds has wealth of experiences in the mountains and the team of world renowned climbers who have set records of climbing including at Guinness Book of World Records. We offer unique and specialized peak climbing/expeditions in the Himalayas by using our extensive knowledge, experience and climbing skills.

1. **Trend Setter of Smart Mountaineering:**

We are the leader and initiator of 'Smart Mountaineering' in Nepal and we have synchronized the latest technologies and our wealth of experiences to ensure safe and quality mountaineering in the Himalaya. Sherpa Shepherds is one and only expedition operator in Nepal which adopts smart mountaineering while we are leading our clients to the top of the mountains.

2. **Initiator of Responsible Adventure:**

We are the trendsetter of 'Responsible Adventure' in Nepalese tourism industry. Sherpa Shepherds have launched mountaineering for social cause for the first time ever in Nepal. Through this responsible adventure/mountaineering, Sherpa Shepherds has been able to bring visually impaired person to Mount Everest, First Tamang and First Gurung female to Mount Everest, oldest person to Mount Everest, physically disabled person to Mount Everest, climbed Mount Everest to raise voice against human trafficking and gender inequality, climbed to alert about Global Warming, Women Empowerment and many more.

3. **The Company Run by Sherpa Climbers:**

Believe or not, Sherpas were always leader in the Himalayas. While we talk about mountaineering or climbing of giant 8000 meter peaks, we never miss Sherpa. Sherpa people or Sherpa climber have historic achievement in mountaineering sector.

Mountaineering started in 1953 with Tenzing Norgay Sherpa and Sherpa became the leader in any expeditions in the Himalaya. The fact is Sherpa people are born, grown up in the mountains. That's why Sherpa people do not face any problem of high altitude sickness.

5. **Team of World Record Holding Climbers:**

We are the team of 'World Record Holding Climbers' renowned and recognized by Guinness Book of World Records'. Most of the owners and climbers of Sherpa Shepherds are world record holders in mountaineering.



**SHERPA
SHEPHERDS**

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