

# Mount Kusum Kanguru Expedition in Nepal

## Quick Facts

<b>Duration:</b>	18
<b>Max Altitude:</b>	6367
<b>Best Season:</b>	Sept - Nov & March - May
<b>Group Size:</b>	15
<b>Accommodation:</b>	4 Star/ Star Hotel, Tent and Tea House
<b>Route:</b>	Kathmandu to Kathmandu
<b>Difficulty:</b>	Challenging

## Trip Overview

Kusum Kanguru (6,367m) stands as one of the most technically demanding peaks in the Khumbu region of Nepal. Unlike many trekking peaks in the Himalayas, this mountain requires genuine alpine skill, combining steep rock, ice, and mixed terrain that sets it apart from straightforward high-altitude walks.

For experienced mountaineers seeking a serious challenge below the 8,000m threshold, it remains one of the most rewarding objectives in the country.

The approach itself is exceptional. The trail winds through the heart of Sagarmatha National Park, passing through Sherpa villages, rhododendron forests, and high ridgelines with unobstructed views of Everest, Lhotse, and Ama Dablam. By the time climbers reach Base Camp, they have already experienced a cross-section of what makes Nepal's mountain culture so distinctive.

Summit 8000 has guided expeditions across Nepal's Himalayan range for years, building the kind of operational knowledge that only comes from repeated seasons in the field. Our team understands the mountain's unpredictable weather patterns, the nuances of its three main ridgelines, and the logistical demands of keeping climbers safe and acclimatized at altitude.

Every aspect of this expedition, from permit handling in Kathmandu to high-camp rigging, is managed by professionals who have stood on these slopes before.

This is not an expedition for first-time climbers. It is, however, an ideal objective for mountaineers ready to step beyond standard trekking peaks and test their skills on a route that demands respect, preparation, and the right team beside them.



## Why Climb Kusum Kanguru Peak in Nepal?

Few peaks in Nepal offer the combination of technical challenge and raw Himalayan scenery that Kusum Kanguru delivers. At 6,367 metres, it sits outside the crowded circuit of commercial expedition routes, meaning those who attempt it experience the mountain on its own terms no fixed queues, no overcrowded base camps.

The climb draws alpinists who have grown past standard trekking summits and want something that genuinely tests their mixed-terrain ability. The rock quality, the exposed ridgelines, and the demanding approach all contribute to an ascent that builds real mountaineering character. Add to this the sweeping views of Everest, Lhotse, and Ama Dablam from the upper slopes, and the case for climbing it becomes self-evident.

Nepal also provides the cultural and logistical infrastructure that makes such an undertaking manageable, with experienced Sherpa support, well-established permit systems, and a base camp environment shaped by decades of Himalayan mountaineering tradition.

## Kusum Kanguru Height - How High is the Peak?

Kusum Kanguru reaches an elevation of 6,367 metres (20,889 feet) above sea level, placing it firmly in the category of serious high-altitude objectives without crossing into the extreme physiological demands of the 8,000m giants.

This elevation is significant for several reasons. It is high enough to require structured acclimatization, genuine cold-weather preparation, and technical climbing competence yet accessible enough that well-prepared mountaineers without 8,000m experience can attempt it. For many climbers, Kusum Kanguru represents a natural and logical progression in their Himalayan development.

The peak sits within the Khumbu region, geographically close to the world's highest mountains, which means the surrounding visual landscape punches well above the summit's own altitude.

## Distance from Kathmandu to Kusum Kanguru Peak

The journey from Kathmandu to Kusum Kanguru Base Camp covers roughly 300 kilometres by air and trail combined. Most expeditions begin with a short flight from Kathmandu's Tribhuvan International Airport to Lukla (2,860m), a journey of approximately 35 minutes that bypasses several days of road travel.

From Lukla, the trekking approach to Base Camp takes between seven and nine days, depending on the chosen route and acclimatization schedule. The trail passes through Phakding, Namche Bazaar, Phortse, and the upper Hinku Valley before reaching the mountain's base. This approach is not merely logistical it is one of the finer trekking routes in the Khumbu, rich in Sherpa culture and progressive mountain scenery.

Total time from Kathmandu to Base Camp, including the flight and trek, typically falls between eight and ten days.

## Why Climbers Choose Kusum Kanguru North Face?

The North Face of Kusum Kanguru has earned a specific reputation among technical alpinists for the quality and directness of its line. Where other routes on the mountain involve longer ridge approaches, the North Face offers a more sustained and committing ascent steep ice and mixed sections that demand confidence on varied terrain. Climbers who select this route tend to prioritize the technical experience over a straightforward summit push. The face requires sound ice axe and crampon technique, anchor building skills, and the ability to move efficiently in



exposed conditions. It is this exact character that makes it attractive to mountaineers seeking something closer to an alpine-style objective.

The North Face also provides a more isolated experience on the mountain, away from whichever route sees higher traffic in a given season, a factor that increasingly matters to serious climbers visiting the Khumbu.

## Why Do the Kusum Kanguru Expedition in Nepal with Summit 8000?

Selecting the right operator for a technical Himalayan expedition matters as much as physical preparation. Summit 8000 brings accumulated field experience from multiple seasons across Nepal's climbing regions, which translates directly into safer, better-managed expeditions on a demanding peak like Kusum Kanguru.

Our team handles every logistical layer government permits, Kathmandu arrangements, Sherpa staffing, high-camp equipment, and emergency protocols so climbers can direct their full focus toward the mountain. This operational reliability is not incidental; on a technically serious peak, the margin for logistical failure is narrow.

Beyond logistics, Summit 8000 provides route-specific guidance built on direct experience with Kusum Kanguru's conditions, seasonal patterns, and technical requirements. Climbers join an expedition that has been planned with both summit success and personal safety as equal priorities, which, on a mountain of this nature, is exactly the standard that should be expected.

## Detailed Itinerary

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### Day 1: Arrival in Kathmandu

Welcome to Nepal, we will be waiting for you at Tribhuvan International Airport, where one of our team members from Summit 8000 will greet you and transfer you to your hotel in Thamel. The rest of the day is yours to settle in, recover from travel, and soak in the vibrant energy of Kathmandu. Welcome dinner with the team in the evening.

Accommodation: 1350

Meals: Welcome Dinner

### Day 2: Preparation Day in Kathmandu

A full day dedicated to expedition groundwork. Attend the official climbing permit briefing, meet your lead guide and Sherpa team, and complete any last-minute gear purchases in Thamel's well-stocked mountaineering shops. Equipment checks and packing are completed before an early rest.

Accommodation: 1350

Meals: Breakfast

### Day 3: Fly Kathmandu to Lukla

An early morning transfer to the domestic terminal for the legendary 35-minute mountain flight to Lukla. Landing at Tenzing-Hillary Airport, one of the world's most dramatic airstrips, marks the true start of the expedition. Settle into a teahouse and rest for the trek ahead.

Accommodation: 2800



Meals: B, L, & D

**Day 4: Lukla to Chutanga**

The trail descends from Lukla before climbing steadily through pine and rhododendron forest toward Chutanga. This quieter route diverges from the busy Everest Base Camp trail, offering immediate solitude and a genuine sense of entering remote terrain. An easy opening day to warm the legs.

Accommodation: 3050

Meals: B, L, & D

**Day 5: Chutanga to Thuli Kharka via Zatrava La Pass**

The most demanding trekking day of the approach. The trail ascends sharply to the Zatrava La Pass, rewarding the effort with sweeping panoramas of Kusum Kanguru, Numbur, and the Khumbu peaks. A long descent follows into the pastoral grazing settlement of Thuli Kharka. Take the pass slowly. Altitude awareness begins here.

Accommodation: 4610

Meals: B, L, & D

**Day 6: Thuli Kharka to Kothe**

A pleasant descent through the upper Hinku Valley, following the river downstream through increasingly dramatic gorge scenery. Kothe is a small seasonal settlement that serves as a key resupply and rest point for expeditions heading deeper into the valley. Arrive early and rest.

Accommodation: 3580

Meals: B, L, & D

**Day 7: Kothe to Thangnak**

The valley narrows, and the landscape turns alpine as the trail climbs steadily alongside the Hinku Khola river. Glacial debris, hanging seracs, and high ridgelines come into full view. Thangnak is a sparse high-altitude camp with front-row views of the surrounding peaks. Hydrate well and move slowly.

Accommodation: 4350

Meals: B, L, & D

**Day 8: Acclimatization Day at Thangnak**

A rest day is non-negotiable at this elevation. Take a short hike to higher ground to stimulate acclimatization before returning to sleep low. Use the time to inspect equipment, review the climbing plan with your guide, and allow the body to adapt. This day directly influences summit performance.

Accommodation: 4350

Meals: B, L, & D

**Day 9: Thangnak to Kusum Kanguru Base Camp**

A shorter but meaningful day as the expedition moves to Base Camp beneath Kusum Kanguru's imposing flanks. The mountain reveals its true scale from here steep, technical, and commanding. Camp is established, loads are organized, and the climbing team conducts a full route assessment.

Accommodation: 4900

Meals: B, L, & D

### **Day 10: Base Camp to High Camp I**

The first genuine climbing day. The team moves through the lower glacier, navigating crevassed terrain and establishing the route toward High Camp I. Fixed ropes are set on technical sections. Progress is deliberate the focus is on positioning the team well for the higher camps ahead.

Accommodation: 5100

Meals: B, L, & D

### **Day 11: High Camp I to High Camp II**

Exposure increases significantly on this section. Steep ice and mixed ground lead to High Camp II, positioned on a narrow shelf with dramatic views in every direction. Climbing at this altitude demands efficiency and calm. Arrive, melt snow for water, eat well, and rest ahead of summit day.

Accommodation: 5600

Meals: B, L, & D

### **Day 12: Summit Day Kusum Kanguru and Descent to Base Camp**

An alpine start, typically between midnight and 2am, puts the team on the upper mountain in darkness. The final push to the summit involves the most technical terrain of the expedition, steep mixed ground requiring focused movement and precise rope management. On a clear day, the summit view encompasses Everest, Lhotse, Makalu, and Ama Dablam. Descend carefully to Base Camp and celebrate a hard-earned achievement.

Accommodation: 6367

Meals: B, L, & D

### **Day 13: Base Camp to Kothe**

Breaking camp and beginning the long walk out. The descent retraces the Hinku Valley route, and the drop in altitude brings immediate physical relief. Kothe offers a warm meal and the first true rest after summit exertion.

Accommodation: 3600

Meals: B, L, & D

### **Day 14: Kothe to Thuli Kharka**

A gradual climb back up the valley to Thuli Kharka, a familiar camp from the approach. The mood is lighter on the return, the hard work is done. Enjoy the landscape with a fresh perspective and rest for the long pass crossing ahead.



Accommodation: 3900

Meals: B, L, & D

### **Day 15: Thuli Kharka to Lukla via Zatrawa La Pass**

The longest trekking day of the expedition. The trail climbs back over the Zatrawa La before a long descent into Lukla. Start early and pace steadily. Reaching Lukla marks the end of the mountain journey a fitting final trek after three weeks in the field.

Accommodation: 4610

Meals: B, L, & D

### **Day 16: Fly Lukla to Ramechhap, Drive to Kathmandu**

An early flight from Lukla to Ramechhap airport, followed by a scenic drive back to Kathmandu through the mid-hills of Nepal. Arrive in the capital by afternoon, check into the hotel, and enjoy the simple pleasures of a hot shower and city food.

Accommodation: 1350

Meals: Farewell Dinner

### **Day 17: Free Day in Kathmandu and Farewell Dinner**

A full day at leisure to explore Thamel, visit Boudhanath Stupa or Pashupatinath Temple, or simply rest. In the evening, We will host a farewell dinner to celebrate the team's achievement and close the expedition in good spirit.

Accommodation: 1400

Meals: Breakfast

### **Day 18: Final Departure**

Transfer to Tribhuvan International Airport for your onward flight. The expedition concludes, but the memory of Kusum Kanguru's summit stays considerably longer. We hope you liked our service, and once again, we wish to welcome you to Nepal.

## **Cost Includes**

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- 1.** Airport transfers on arrival and departure
- 2.** Hotel accommodation in Kathmandu
- 3.** Welcome dinner and farewell dinner in Kathmandu
- 4.** Domestic flights: Kathmandu-Lukla and Lukla-Ramechhap
- 5.** All government-issued climbing permits and peak fees for Kusum Kanguru
- 6.** Sagarmatha National Park entry permit and TIMS card
- 7.** Experienced climbing guide and licensed Sherpa team throughout the expedition
- 8.** Teahouse accommodation and meals (breakfast, lunch, dinner) during the trek
- 9.** Base Camp tent accommodation and all meals at Base Camp, High Camp I and High Camp II
- 10.** High-camp equipment: tents, sleeping mats, cooking gear, and communal expedition supplies



- 11.** Fixed rope installation and technical rigging on the route
- 12.** Porters and yaks for load carrying to Base Camp
- 13.** Staff insurance, wages, meals, and equipment for all Summit 8000 crew
- 14.** Oxygen and a basic first aid medical kit at Base Camp
- 15.** Summit certificate issued upon successful ascent
- 16.** Ground transportation: Ramechhap to Kathmandu drive
- 17.** Pre-expedition briefing and permit formalities in Kathmandu

## **Cost Excludes**

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- 1.** International airfare to and from Kathmandu
- 2.** Nepal entry visa fees and visa processing
- 3.** Travel and medical evacuation insurance (mandatory for climbers to arrange independently)
- 4.** Personal climbing gear: boots, crampons, ice axe, harness, helmet, clothing layers
- 5.** Personal sleeping bag rated for high-altitude use
- 6.** Gear purchases during Kathmandu preparation day
- 7.** Alcoholic and bottled beverages during the trek and in Kathmandu
- 8.** Personal snacks, energy bars, and supplements
- 9.** Tips and gratuities for guides, Sherpas, and porters
- 10.** Personal communications: satellite phone, Wi-Fi, phone charging fees at teahouses
- 11.** Helicopter evacuation costs in the event of an emergency (covered by personal insurance)
- 12.** Expenses arising from flight delays, cancellations, or weather-related itinerary changes
- 13.** Additional Kathmandu hotel nights due to delayed departure flights
- 14.** Sightseeing and entrance fees for temples or attractions on the free day
- 15.** Personal laundry, phone calls, and miscellaneous hotel expenses

