

# Mount Pumori Expedition in Nepal

## Quick Facts

<b>Duration:</b>	34
<b>Max Altitude:</b>	7161
<b>Best Season:</b>	Sept - Nov & March - May
<b>Group Size:</b>	25
<b>Accommodation:</b>	4 Star/ Star Hotel, Tent and Tea House
<b>Route:</b>	Kathmandu to Kathmandu
<b>Difficulty:</b>	Challenging

## Trip Overview

Pumori, known as the “Daughter of Everest,” is a stunning 7,161m peak in Nepal’s Khumbu region, offering breathtaking views of Everest, Lhotse, and Nuptse. This expedition is perfect for experienced climbers seeking a challenging yet rewarding Himalayan adventure.

The popular West Face Route takes you through base and advanced camps before a thrilling summit push. With technical ice and snow slopes, Pumori promises an unforgettable mountaineering experience. Its close proximity to Everest makes it both scenic and iconic for high-altitude adventurers.

You can expect a well-planned expedition that balances adventure, safety, and acclimatization. The journey begins with trekking through traditional Sherpa villages, offering cultural experiences alongside the majestic Himalayan scenery.

With expert guides, base camp support, and detailed preparation, Pumori expeditions are designed to maximize your chance of a successful summit while keeping the climb safe and enjoyable. From the serene landscapes to the adrenaline-filled summit push, every moment on Pumori is an opportunity to connect with the mountains and test your mountaineering skills to the fullest.

## What is Pumori Peak Expedition?



The Pumori Peak expedition is an exhilarating Himalayan climbing adventure that takes you to the summit of a 7,161-meter peak in Nepal's Khumbu region. Designed for seasoned climbers, it combines trekking through scenic Sherpa villages, navigating technical snow and ice slopes, and summiting a mountain with unmatched panoramic views of Everest, Lhotse, and Nuptse.

More than just a climb, it's an experience that tests your endurance, hones your mountaineering skills, and rewards you with memories of the pristine Himalayan wilderness.

## What Route is Used for Pumori Peak Climbing?

For Pumori peak climbing climbers usually follow the West Face Route, the safest and most established path to the summit. The journey begins at Lukla, trekking through Namche Bazaar and Tengboche to reach Pumori Base Camp.

From there, climbers move to Advanced Base Camp, acclimatize, and gradually ascend via fixed ropes through technical ice and snow slopes. This route balances safety and adventure, offering stunning views while challenging your climbing skills at every step.

## Why is Pumori Called the “Daughter of Everest”?

Pumori earned its affectionate nickname, the “Daughter of Everest,” because of its proximity and resemblance to the world's highest peak. First named by Swiss climber Hermann Buhl, the word “Pumori” translates to “Young Female Mountain”, reflecting both its elegance and slightly smaller stature compared to Everest. Standing gracefully beside Everest, it is a beacon for climbers seeking a Himalayan experience that is majestic yet intimate.

## Why Shall You Choose Summit 8000 for Your Pumori Expeditions?

Choosing Summit 8000 Expeditions means entrusting your Himalayan adventure to a team of experienced guides and mountaineering professionals who prioritize safety, comfort, and success. From meticulously planned logistics and base camp support to personalized guidance on technical climbs, we ensure every step of your Pumori expedition is smooth and memorable.

With Summit 8000, you gain not only expert leadership but also a supportive, inspiring environment that turns a challenging climb into a lifetime achievement. Your dream of summiting Pumori becomes a reality with confidence, care, and Himalayan expertise.

## Detailed Itinerary

### Day 1: Arrival in Kathmandu & Transfer to Hotel

Upon arrival at Tribhuvan International Airport, Kathmandu, you will be welcomed by our team and transferred to your hotel. This day is for settling in, resting after your flight, and adjusting to the altitude. You can enjoy the comforts of your hotel and soak in the vibrant culture of Nepal's capital. Breakfast will be provided at the hotel, and the evening is free to prepare for the adventure ahead.



Accommodation: 1400

Meals: Welcome Dinner

### **Day 2: Rest in Kathmandu, Expedition Briefing & Preparation**

Today is dedicated to acclimatization and preparation for the expedition. You will attend a detailed briefing on Pumori Peak climbing, including safety protocols, gear checks, and route planning. This is also the perfect opportunity to finalize any last-minute equipment or supplies. Spend the rest of the day relaxing and enjoying the city's atmosphere. Dinner will be served at the hotel.

Accommodation: 1400

Meals: Breakfast

### **Day 3: Fly from Kathmandu to Lukla & Trek to Phakding**

After an early breakfast, take a scenic flight to Lukla, the gateway to the Everest region. From Lukla, begin your trek along the Dudh Koshi River to Phakding, passing small villages and suspension bridges. The trail is dotted with traditional teahouses and prayer flags, providing a gentle introduction to Himalayan trekking. Overnight stay will be in a lodge with a warm meal to recover from the day's journey.

Accommodation: 2800

Meals: B, L, & D

### **Day 4: Trek from Phakding to Namche Bazaar**

The trek today gradually ascends through pine forests, Mani walls, and villages with local Sherpa culture. Cross famous suspension bridges and enjoy panoramic views of the mountains as you approach Namche Bazaar, the bustling Sherpa capital. This is an ideal spot to acclimatize and experience local markets, cafes, and trekking culture. Overnight will be at a comfortable lodge with breakfast, lunch, and dinner provided.

Accommodation: 3440

Meals: B, L, & D

### **Day 5: Acclimatization at Namche Bazaar (Rest Day)**

Spend a rest day at Namche Bazaar to acclimatize to the higher altitude. You can explore the town, visit the Sherpa Culture Museum, or take a short hike to nearby viewpoints for stunning views of Everest and Ama Dablam. Gentle walks and light activity help your body adjust before ascending further. Meals will be provided at the lodge throughout the day.

Accommodation: 3440

Meals: B, L, & D

### **Day 6: Trek from Namche Bazaar to Tyangboche Monastery**

The trek today offers spectacular views of Ama Dablam and the surrounding peaks. You will pass through forests of rhododendron and reach Tyangboche Monastery, one of the most revered monasteries in the Khumbu region. The



area provides a serene environment and a great vantage point for photography. Overnight stay will be in a lodge with full board.

Accommodation: 3860

Meals: B, L, & D

#### **Day 7: Trek from Tyangboche to Dingboche**

Ascending further, you trek through open valleys and moraine landscapes to reach Dingboche, a high-altitude village nestled among towering peaks. The trail offers panoramic mountain vistas and opportunities to see yak caravans. Overnight stay will be in a lodge, allowing for proper rest and acclimatization before higher altitude trekking.

Accommodation: 4243

Meals: B, L, & D

#### **Day 8: Trek from Dingboche to Lobuche**

Today, the terrain becomes more rugged as you trek past glacial valleys and moraine hills to Lobuche, a small settlement used as a base for high-altitude climbs. The dramatic views of the surrounding peaks make this stretch both challenging and rewarding. Staying in a lodge here allows for gradual acclimatization before reaching the base camp.

Accommodation: 4930

Meals: B, L, & D

#### **Day 9: Trek from Lobuche to Gorak Shep**

The trail ascends gently through rocky terrain and glacial streams to Gorak Shep, the last settlement before Everest Base Camp. This area is famous for its panoramic views of Pumori, Kala Patthar, and surrounding Himalayan giants. The altitude here requires careful acclimatization and hydration. Overnight stay will be in a lodge, preparing for the approach to Pumori Base Camp.

Accommodation: 5140

Meals: B, L, & D

#### **Day 10: Trek from Gorak Shep to Pumori Base Camp**

From Gorak Shep, you begin the trek to Pumori Base Camp, entering a remote and rugged Himalayan landscape. The trail crosses moraines, ice fields, and dramatic ridges, providing an early taste of the challenges ahead. Setting up at base camp, you will prepare for the technical climb with your team. Overnight stay will be in tents with meals provided by the expedition team.

Accommodation: 5220

Meals: B, L, & D

#### **Day 11 to 28: Climbing Period (Base Camp - Pumori Summit 7,145m - Base Camp)**



These days are dedicated to the Pumori peak climbing expedition, involving acclimatization rotations, establishing higher camps, and summit attempts. Climbers will navigate technical ice and snow slopes, fixed ropes, and challenging ridges under expert guidance. Each day balances climbing, rest, and safety to ensure successful acclimatization and summit preparation. Meals and overnight stays will be at base camp or higher camps in tents provided by the expedition.

Accommodation: 7145

Meals: B, L, & D

### **Day 29: Trek from Base Camp to Pangboche**

After a successful climb, you descend to Pangboche, retracing your steps through high-altitude trails. The descent allows you to enjoy the changing scenery while recovering from the climb. Overnight stay will be in a lodge with full board.

Accommodation: 3930

Meals: B, L, & D

### **Day 30: Trek from Pangboche to Namche Bazaar**

Continue descending through rhododendron forests and small villages to Namche Bazaar, where you can celebrate the completion of your summit climb. Overnight stay will be in a lodge, enjoying hot meals and comfort.

Accommodation: 3440

Meals: B, L, & D

### **Day 31: Trek from Namche Bazaar to Lukla**

The trail gradually descends through picturesque villages and river valleys to Lukla, completing the trekking section of the expedition. This day is a mix of reflection and celebration as you approach the starting point of your journey. Overnight stay will be in a lodge.

Accommodation: 2860

Meals: B, L, & D

### **Day 32: Fly from Lukla to Kathmandu & Transfer to Hotel**

Take a scenic flight back to Kathmandu, enjoying aerial views of the Himalayas and the Everest region. Upon arrival, you will be transferred to your hotel for rest and relaxation. This is a perfect day to recover from trekking and enjoy the comforts of the city. Breakfast will be provided at the hotel.

Accommodation: 1400

Meals: 1400

### **Day 33: Leisure Day in Kathmandu City**



Spend a free day exploring Kathmandu at your own pace. You can visit Boudhanath Stupa, Pashupatinath Temple, or shop for souvenirs at Thamel. This day allows for cultural immersion and relaxation after your long expedition. Overnight stay will be at the hotel with breakfast provided.

Accommodation: 1400

Meals: Breakfast

### **Day 34: Transfer to International Airport for Departure**

On the final day, you will be transferred to Tribhuvan International Airport for your departure flight. This marks the end of your unforgettable Pumori expedition, leaving you with lifelong memories of the Himalayas.

## **Gears Lists**

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### **Head & Sun Protection**

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- Warm expedition beanie / wool hat
- Balaclava or thermal face mask
- Buff or neck gaiter
- UV protection glacier sunglasses (Category 4)
- Ski goggles (for summit push and storms)
- Sun hat or trekking cap
- High SPF sunscreen (50+)
- SPF lip balm
- Headlamp with extra batteries



## Upper Body Layers

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- Moisture-wicking base layer tops (2-3)
- Mid-weight fleece jacket
- Heavy fleece or softshell jacket
- Lightweight insulated jacket
- Expedition down jacket (-30°C rated)
- Waterproof & windproof hardshell jacket (Gore-Tex recommended)
- Down vest (optional but useful)

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## Lower Body Layers

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- Thermal base layer pants (2 pairs)
- Trekking pants
- Softshell climbing pants
- Waterproof / windproof hardshell pants
- Expedition down pants (for high camps & summit push)

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## Footwear & Accessories

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- High altitude mountaineering boots (8000m double boots)
- Camp / trekking shoes
- Gaiters
- Heavy expedition socks (4-5 pairs)
- Liner socks
- Inner gloves / liner gloves
- Insulated climbing gloves
- Expedition mittens (for summit day)

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## Climbing & Technical Equipment

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- Climbing helmet
- Ice axe (technical mountaineering)
- Crampons (compatible with boots)
- Climbing harness
- Carabiners (locking & non-locking)
- Ascender / Jumars
- Belay device / rappel device
- Prusik loops



- Safety sling / personal anchor system
- Trekking poles

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## Sleeping Gear

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- Expedition sleeping bag (-30°C to -40°C)
- Sleeping bag liner
- Inflatable or foam sleeping mat

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## Personal & Medical Kits

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- Personal first aid kit
- High altitude medications (Diamox if prescribed)
- Pain relievers and blister care
- Personal prescription medicines
- Hand sanitizer and wet wipes
- Personal toiletries
- Quick-dry towel



## Travel Documents

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- Passport (valid for at least 6 months)
- Nepal visa
- Travel insurance (high altitude climbing coverage)
- Expedition permits
- Passport size photos
- Copies of important documents

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## Miscellaneous

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- Duffel bag (expedition gear bag)
- Daypack (40–50L)
- Water bottles / thermos
- Hydration bladder
- Energy bars / snacks
- Power bank / solar charger
- Camera / phone
- Notebook or journal
- Lightweight towel



- Garbage bags / dry bags

## Cost Includes

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- 1.** All necessary Pumori Peak climbing permits and liaison officer fees were issued by the Nepal Mountaineering Association (NMA).
- 2.** Airport pick-up and drop-off in Kathmandu, and round-trip flights from Kathmandu to Lukla.
- 3.** Hotel stay in Kathmandu (on a twin-sharing basis) with breakfast, and full board at lodges and tents during trekking and climbing periods.
- 4.** Experienced Sherpa guides, base camp support staff, and technical climbing assistance throughout the expedition.
- 5.** Tents at base and higher camps, climbing ropes, fixed ropes, kitchen facilities at base camp, and cooking staff.
- 6.** High-altitude medical kit, oxygen for emergencies, and detailed safety protocols during climbing.
- 7.** Detailed expedition plan including acclimatization schedules, daily trekking guidance, and route preparation.
- 8.** Visits to Sherpa villages, monasteries, and viewpoints along the trek to enrich your Himalayan adventure.

## Cost Excludes

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- 1.** Airfare to and from Kathmandu, Nepal.
- 2.** Comprehensive travel insurance including emergency evacuation and high-altitude coverage.
- 3.** Items such as boots, down jackets, harnesses, crampons, helmets, sleeping bags, and personal climbing equipment.
- 4.** Tips for guides, porters, and expedition staff.
- 5.** Nepal tourist visa fees upon arrival.
- 6.** Any sightseeing, city tours, or cultural activities not included in the standard itinerary.
- 7.** Snacks, drinks, laundry, phone bills, and other personal purchases during the trek.

