

NAMAS

ADVENTURE



PUTHA HIUNCHULI 7246M

PUTHA HIUNCHULI Expedition (7246M) | 33-35 Days

Type: Expedition (All inclusive) International flight not included

* **Express Itinerary** - 26/27 days can be arranged. Extra heli charter charges apply *

Alpine grading / Difficulty : 5D

Price: \$12500 P/P (USD)

Groups: 4 - 10 max

Please inquire about prices in your local currency. We accept payment in £/€/AUD

Best season for Expedition: April - May (Spring) - October - November (Autumn)

OVERVIEW

Putha Hiunchuli 7246M (Dhaulagiri VII) is one of the seven thousand meter mountain expeditions that can be climbed in the Autumn season without unreasonable avalanche hazards, fewer crevasse hazards, remote mountain climbing experiences with few climbing teams in any given year. Putha Hiunchuli is the last 7000M peak marks the end of the snow-capped mountain in the Dhaulagiri Himalayan section. As this is the extension of **Dhaulagiri 8167M/26795FT** (7th highest) the main mountain can be seen and towards the east follows Annapurna South and Ganesh Himal. This mountaineering adventure is specifically for those climbers who prefer a remote and beautiful secluded trekking route and a remote mountain in the Himalayan Range of Nepal far-far away from well-known destinations such as the Everest or Annapurna region.

Mount Putha Hiunchuli (7246M/23772FT) is the westernmost peak of the Dhaulagiri range. The route is technically easy but the distances between each camp are long. For the best possible chance of summiting **Putha Hiunchuli 7246M (23,773ft) mountain**, we will look to take advantage of the autumn climbing window, which boasts of good weather that follows the end of the monsoon towards mid-November. We will finish our expedition before the cold winter winds start to pick up around the last two weeks in November. Our expedition strategy follows the easier (mountain easy) snow climb up the **northern flanks**, where the average angle does not **exceed 35 degrees** on the majority of the climbing. This climb is a fantastic mountaineering objective, giving you the opportunity to climb a big Himalayan mountaineering experience to prepare climbers for 8000M peak mountaineering expeditions or simply enjoy a high altitude climbing adventure. This is one of the few 7000M peaks that is **suitable for ski or snowboarding adventures**. However, it is not for a beginner or intermediate skiers. You have to be at your best level and be competent with your ski skills.

History: It was first climbed in 1954 by J. O. M. Roberts and Ang Nyima Sherpa.

Expedition Highlights

- Putha Hiunchuli 7246M/23773FT
- Northern Flaks, Camp 1,2 and 3 strategy
- 10 - 12 days in Putha Hiunchuli Base camp and higher alpine camping
- 1:2 Guide/Client ratio throughout the expedition
- Far West Nepal destination. Extremely remote, secluded, and pristinely beautiful **DOLPO region**.

SKILLS REQUIRED

You will need exceptional physical fitness and climbing skills. Clients should be able to take care of themselves during climbing days. Eating well, staying hydrated from the start of the expedition, making sure your gears are in check and functional during the climb should be your second nature. Your Sherpa expedition leader will guide and motivate you throughout but a lot of the effort lies within you and your ability to climb.

- **Rock climbing indoors and outdoors** - (i) learn the basics of wearing harness and helmets (ii) tying figure 8 knot and stopper knot (iii) basics of using belaying device correctly (iv) Use ascending and descending devices (iv) basics of using ropes , start/end when climbing (v) learning knowledge of moving while using the gears and being checking the safety features simultaneously.

The more experience you have on rock climbing, taking on tougher routes in different types of rock, the better it is for you to get familiar with climbing style and adjusting during the expeditions.

- **Abseiling.** This is the simplest yet the one of the most important skills to master. Some multi - pitch abseiling knowledge/experience are also required
- **Climbing on different terrains.** Slab rocks, vertical rocks. Scrambling on steep terrains.
- **Use of Crampons and Ice axe.** Winter ice climbing or mountaineering courses are recommended. You should be able to kick step and balance with ice axe on icy slopes to ascend on vertical climb. Ice arrest skills to save your self incase of slips or fall, being comfortable while descending and abseiling with crampons in all types of terrains.
- Previous high altitude climbing experience of several 3000M - 6000M (at least one) or 7000M+

ITINERARY

Day 1 - 2: Kathmandu Arrival - Equipment check day

Day 3: Flight to Nepalgunj

Day 4: Flight to Jhupak and trek to Dunai (2230M/7316ft) 3 - 4 hours

Day 5: Dunai to Tarakot(2680M/8793ft) 6 - 7 hours

Day 6: Tarakot to Musikhola (2800M/986ft) 6 - 7 hours

Day 7: Musikhola to Kagkot (3295M/10810ft) 5 - 6 hours

Day 08: Kagkot to Yak Kharka (3960M/12992ft.) 6 - 7 hours

Day 09: Yak Kharka to Putha Phedi (4430//m/14534ft.) 6 - 7 hours

Day 10: Putha Phedi to Putha Hiunchuli Base camp (4800M/15748ft.) 6 - 7 hours

Day 11: Rest and Base Camp setup and preparation day.

Day 12: Puja Ceremony day

Day 13: Acclimatisation climb to camp 1 and return to Base camp

Day 14: Rest day

Day 15: Climb to Camp 1 (5350M) 4 - 6 hours

Day 16: Climb to Camp 2 (6100M) and return to BC

Day 17: Rest day

Day 18: Climb to Camp 1 (5350M)

Day 19: Climb to Camp 2 (6100M)

Day 20: Climb to Camp 3

Day 21: Summit push day and return to Camp 2

Day 22: Return to BC

Day 23 - 25: Contingency day

Day 26: Pack up

Day 27: Putha BC to Kagkot - 8 hours

Day 29: Kagkot - Lhashicap 6 - 7 hours

Day 30: Lhashicap to Dunai

Day 31: Dunai to Jhupal

Day 32: Fly from Jhupal to Nepalgunj and connecting flight to Kathmandu

Day 33: Departure

Why choose Namas Adventure team. (More on about us)

- Client safety is our primary focus and is implemented in all decision we make on our expeditions.
- We assemble best Sherpa, co-ordination and guiding team on all our expeditions.
- Use of highest quality gears and equipments on all treks and expeditions. (i.e. Tents, ropes, climbing gears, base camp essentials)
- Best experienced team to help you achieve your one of the greatest adventure.
- Creating a fun memorable experience and target successful summit on all our expeditions.

Namaste - " Our soul recognises your soul "

At Namas, core mission is to invoke sense of adventure, exploration and inspire human spirit through outdoor adventure activities.

Our Moto - Live Your Story

Namas Adventure is a premier adventure activity service provider specialising in hand picked adventure activities with trekking, motocross and expeditions to the peaks. We aim to provide the best adventure tours around the globe. What makes us different is also our commitment to responsible, ethical and sustainable tourism.

Our central aim is to help you attain your personal adventure/expeditions goals while experiencing the best of our planet, its unique cultures and environments. We aim to offer the highest quality adventure tours and expeditions at a great value while focusing on our primary goals: safety, success, and recreation. We hire only the best leaders and we don't cut corners on costs. Our adventures and expeditions strive to set the highest standards. We prioritize the wellbeing and safety of our teams, being responsible to the environments we operate in, respecting culture, contributing to local economies by employing regional partners and paying them higher than the industry standard or influencing higher pay when we feel the market has underpaid the working staffs and working in a self-sufficient and self-reliant way. We promote a sustainable/responsible approach to adventure travel by connecting people to the natural world and giving back to local communities. **(More on our about us website page)**



BASE CAMP



CAMP 2



CAMP 2

ALPINE GRADING

1 or F: Easy These routes involve easy glacier travel and may require some rock scrambling. Except for the glacier sections, you can often climb rope less.

2 or PD: a little difficult. These routes involve some technical climbing sections and glaciers of higher difficulty. There may also be some short sections of steep terrain. They are good introductory climbs for beginners.

3 or AD : Fairly hard. These are physically demanding routes for experienced alpine climbers. They usually have steep and exposed climbing sections or snow/ice slopes over 50°. The descents are long and more complicated, and most of the route requires to be roped.

4 or D: Difficult. These routes involve sustained rock climbing, ice climbing or snow travel. They are considered a significant undertaking and demand a huge commitment.

5 or TD: Very difficult. Highly technical climbs that involve long distances, remote locations, and hard multi-pitch climbing sections. Besides, there are often other hazards like bad weather (extreme cold, strong winds) or poor protection on the routes.

6 or ED: Extremely difficult. These are extreme climbs (the most difficult in the world, actually!) with continuous difficulties. They take several days to be completed.

FITNESS GRADING

A - Fitness level to be able to enjoy multi day walks of 6-7 hours per day. Should be able to carry 5-8kg of weight during the activity days.

B - Good level of cardio-vascular fitness and strength fitness needed. Can train by running or cycling 30+ min 3/4 times a week combined with some gym session of endurance or lower body straightening. Should be able to carry 10kgs during the activity day.

C - High level of fitness level required both in strengthening and endurance fitness level. Should be able to carry 8 -12 kgs of load. Training or gym sessions are required to attain this level of fitness. Previous experience of multi-day hill walking is essential.

D - Exceptional level of all round fitness will be required to cope with the exceptionally strenuous nature of these expeditions. Experience is required to be able to take on tours of this physical grading.

E - Exceptional level of all round fitness coupled with ability to cope and resist in highest of the altitude. A resistance to extreme weather conditions over extended periods of time. Heavy loads over multiple days may need to be carried. Previous experience is highly crucial in order to prepare your body endure the high level of mental and physical toughness from both altitude and terrains.

Expedition Fitness

When it comes to expedition the more fitter you are and more stronger the better your chances of successfully climbing to the summit and most of all enjoying the expedition. The grading system gives you an indication of the level required for each expedition both technically and physically. It is very important that you train and build your level of fitness depending on your choice of expedition and whilst on expedition if your fitness is deemed to be inadequate our leaders would ask you to remain at camp. Please discuss with our guiding leaders on how you feel and weather you can actually make that push during all climbing/expedition, as we take your and staff safety seriously and would not want any unchecked incidents or miss out on your successful summit bid.

Adventure Travel – Accuracy of Itinerary

It is on our best interest to operate our expeditions as printed in the itinerary but due to unseen circumstances it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. We would ask for your patience in this case as a lot of these can be out of our hands and we will best decide to plan alternatives.

Our assigned leader is responsible for the overall safety of the whole team during the expedition and will encourage the use of safe climbing practises during the expedition. They will ensure that every opportunity is taken to fulfil the objectives described in the trip's outline itinerary, but have the freedom to modify any plans subject to weather, delays or unforeseen circumstances which are deemed to be out of the control of Namas Adventure. The leader will maintain a good team spirit and attempt to keep morale high for the whole group. Wherever possible the leader will keep the Namas Adventure office informed of team progress and any emergency situations that may arise.



NEPAL MOUNTAINEERING ASSOCIATION

Namas Expedition leaders are experienced members of Nepal mountaineering associations. Local guides possess the detailed local knowledge we need to achieve our goals and support our teams. They do not guide in the same way as UIAGM/IMFGA Alpine Guides, but work in the more traditional sense as route finders and assistants to our expedition leader. We encourage our groups to work as teams, helping to support and trust each other throughout the duration of the expedition.

Included

- IMFGA/NMA certified Guide leader
- **\$500 Individual tip pool.** * *Tip pool will be fairly distributed among all Namas staff members. (Guides, porters, drivers, hotel security and staffs). Guest may personally hand in extra tips to our guides and porters)*
- Namas Branded merchandise (Down Jacket, Cap, Buff)
- 1:2 Sherpa/Sardar ratio. (1:1 Sherpa can be arranged, extra charges apply)
- **40 kgs total weight** (*Extra additional weight, clients will need to hire an additional porter. Estimated \$1000 USD for 25 days*)
- Arrival hotel in Kathmandu
- All trekking permits (Dolpo Region trek and climbing Permit)
- All internal-local transportation to and from the trekking trail head
- Breakfast, Lunch and Dinner on trek days.
- Lodge accommodation during the trek
- Full porter support to / from Base Camp
- Fooding and camp lodging arrangements at Base Camp on a full board basis (this includes 3 course meals, services of cook crew, camping equipment, kitchen tent, dining tent, toilet tent, shower tent, kitchen items etc)
- Single tent for individual use at Base Camp
- Solar charging at Base Camp (Comms will be given the first priority)
- Snacks and goodies for rest days including olives, dry meats, pate, crackers and cheeses, chocolate bars, ground coffee, nuts. Whole bunch of super foods. Hydration/electrolyte tables.
- Tents, pots and pans for use on the mountain
- Food and fuel above Ama Dablam Base Camp. Minimum choices from Camp I to Camp III.
- Namas staff stationed at Camp 1 who will be melting ice and providing hot water for you when you camp there
- Training day with technical skills. This is not a course day and you should already be well familiar with abseiling and basic climbing techniques
- Ropes, climbing gear required for equipping the mountain, ice screws, snow stakes etc
- Expedition 1st aid kit including antibiotics and medicines for use at altitude
- Insurance for Base Camp crew
- Insurance for the Climbing Sherpa
- Insurance for porters
- Radio comms team at Base camp
- Frequent update on expeditions
- Porters throughout the expeditions
- Arrival pick up and departure
- Welcome or farewell Dinner

Not Included

- Visas and travel insurance
- Entertainment and food (Kathmandu)
- Bottled drinks and beverages
- Evacuation (will be done in your account)
- Single supplement Charges
- Laundry, Phone services, Personal expenditure transactions
- Optional trips
- Tea breaks, chocolates or other snacks and any meals beside breakfast, lunch and dinner.
- Delay and cancellation because of natural phenomenon
- International flights to Kathmandu

Tips for our guides and porters.

Most of our guest gives tips during the end of the trek. Your booking payment already consist a tip pool of \$500. Your guide leader will fairly distribute the tips among your drivers, assistant guides and porters. Guest also donates trekking equipments like jackets, trek poles, gloves or hats to porters which is greatly appreciated. Guest can also buy our porters dinner, during the final day of the trek for all their hard work and for making their trek possible.

+ Additional Summit Tips of \$500 P/P

Insurance

All our clients are required to have adequate insurance for their trip programs. When conducting research for insurance options, please look into the details of the policies covering the right requirements. Unexpected life events occur. Your travel plans might change due to illness while you are abroad or because of a family emergency even before you leave home. Our recommendation is that you protect your investment and welfare against these unexpected circumstances so you and your loved ones can prepare for your upcoming adventure with more peace of mind.

- **Cancellation or curtailment**
- **Helicopter rescue**
- **Repatriation**
- **The altitude that you are expected to attain**
- **Grade and Altitude of trek/climb/expedition**
- **Medical cover**

Namas Adventure X Global Rescue

Who Is Global Rescue?

Travel Protection, **Namas Adventure** partners with **Global Rescue** to offer the world's leading travel protection services. Medical and security emergencies happen. When they do, we rely on Global Rescue to provide our clients with medical, security, travel risk, and crisis response services. Without a membership, an emergency evacuation could cost over \$100,000. More than one million members trust Global Rescue to get them home safely when the unexpected happens. We highly recommend our clients enroll with Global Rescue. (*Insurance link - Click here*)

IMG Signature Travel Insurance

IMG Signature travel insurance is the perfect add-on to a Global Rescue membership, providing coverage against a variety of unforeseen expenses while you're traveling, giving you the added comfort of knowing the value of your trip is protected in case you need it.

[TRAVEL INSURANCE LINK](#)

Namas Adventure is a Global Rescue Safe Travel Partner.

Namas Adventure is committed to excellence in every aspect of your trip experience, especially when it comes to safety.

That's why we are a **Global Rescue Safe Travel Partner.**

Global Rescue is an industry leader, providing medical and security advisory and evacuation services to travelers around the world. Global Rescue offers field rescue from the point of your injury or illness. With operations centers staffed 24/7/365 by experienced personnel, when you call Global Rescue you speak to a real person on the first call to get you the help you need.

Purchase a Global Rescue membership for your next adventure and travel with peace of mind. Single trip, annual and family options are available – just ask us to learn more. [[Click here](#)]

Few other insurance provider which we recommend.

UK based clients

True Traveller: www.truetraveller.com Treks upto 4500M (Check Ultimate pack with Nepal trekking Box)

Austrian Alpine Club (UK) www.aacuk.org.uk (Expedition's mostly)

Snowcard: www.snowcard.co.uk

World Nomads: <https://www.worldnomads.co.uk/>

Dogtag: www.dogtag.co.uk

For non-UK based clients:

Ripcord: <http://www.ripcordrescuetravelinsurance.com/>

Travelex Ins. Services: www.travelexinsurance.com

True Traveller: www.truetraveller.com (Check Extreme pack or Ultimate pack with Nepal trekking Box)

Austrian Alpine Club (UK): www.aacuk.org.uk

These are some of the insurance companies that we trust but you are free to choose the one you have been using or trust during your travel. Please forward the details of your Insurance as soon as you have it: we need the insurance company's name, their 24 hour emergency telephone number and your insurance policy number – namas@namasadventure.com

Please be touch for your next high altitude expedition goal - namas@namasadventure.com



MANASLU EXPEDITION 8163M - 35 DAYS



REMOTE CAMPING TREKKING DESTINATIONS



BARUNTSE EXPEDITION 7129 M - 32 DAYS



TILICHO EXPEDITION 7134M - 32/34 DAYS



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