

Nun peak India

| 7,135m



360 
EXPEDITIONS

www.360-expeditions.com

Nun peak

India | | 7,135m



As an exotic high altitude climbing experience the 7,000-metre Himalayan giant of Nun (7,135m) is hard to beat. This towering peak and its satellites, Kun (7,077m), White Needle (6,660m) and Pinnacle Peak (6,930m), form an enormous cirque of glittering icy summits above the Suru River on the border of Ladakh and Zaskar. For exceptional mountain grandeur this rugged and forbidding landscape is without equal and Nun is the classic expedition found in adventure books.

This genuine off-the-beaten track expedition along the stark Indus River and the ancient Silk Highway is not only a great introduction to high-altitude climbing, it also gives us a chance to intimately experience ancient Buddhist culture, remote monasteries, delicious local cuisine, colourful festivals and historic townships.

Whilst little visited, this mountain is easily accessible by a scenic mountain road and we enjoy a short walk to its basecamp, making it summitable in only a relatively short 3-week period.

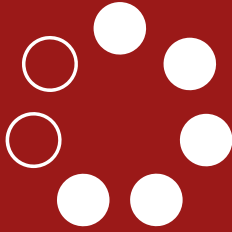
The main aim of the expedition is to attempt the higher and slightly more technical Nun (7,135m) and then, time permitting attempt the lower and easier Kun (7,070m).

The climbing period in the region extends through June–August when most of the rest of the Himalaya remains inaccessible due to the monsoon, making this expedition a perfect option for a distinctly different holiday experience.

Nun peak

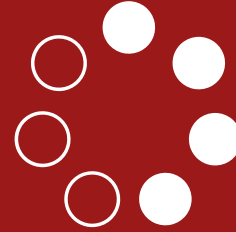
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Physical – P5

Superlative fitness is called for. Regular, long and intense physical training is required for preparation. Expect long days on the hill of 10-15 hours in testing weather conditions (especially summit day) carrying up to 15-20kg in weight, and/or pulling a pulk with exceptional weight.



Technical – T4

A good grounding in Alpine climbing is ideal. Knowledge of basic knots and ropework with a background in Scottish Winter II or Alpine PD. Competence in use of crampons and self arrest techniques is preferable. All still will be re-taught and practiced in situ.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : Depart UK

Today we depart the UK, usually from London Heathrow.

DAY 2 : Arrive Delhi

Arrive in Delhi. We'll be transferred from the airport to our comfortable hotel accommodation in the city.

Once we're settled in, we'll go with our 360 guide to the Indian Mountaineering Federation for a briefing and to obtain our climbing permits, before returning to our hotel for the night.

(D)

DAY 3 : Arrive Leh 3,350m

The spectacular early morning connection flight over the Himalaya takes us to one of the highest airports in the world at 3,350m.

After lunch we will have a comprehensive pre-expedition briefing and will have a thorough kit check. Leh will be our last chance before the expedition commences to obtain any kit we might still need.

Then we are free to relax and begin acclimatising to the altitude at 3,500m. Leh is a colourful mountain town full of bazaars and is our home for the next couple of days.

(B/L/D)

DAY 4 : Leh

We stay in Leh in order to begin acclimatising. You are welcome to join us on a very leisurely sightseeing tour to three of the major gompas (monasteries) in the area. We first drive to Shey, a former Royal Palace of the Ladakh kings, inside is a small temple containing a 350 year old copper and gold statue of Buddha. Next stop is Tikse, perched prominently on top of a hill, its red and white buildings are visible for miles. It's a recently built temple containing a magnificent image of the future Buddha. The final stop is Stakna, a small, friendly monastery high above the Indus River.

(B/L/D)

DAY 5 : Leh

In the morning, you're welcome to join us to climb the 540 steps to Shanti Stupa, a peace pagoda built by a Japanese monk in the 80s. Standing on the top of a mountain it provides beautiful views of the town and surrounding mountains. From here, we can continue to Sankar Monastery, one of the few monasteries built on a flat ground. The monastery is relatively new and home to about 30 monks.

In the late afternoon, it's nice to walk to Tsemo temple to enjoy the panoramic view of the town in the afternoon light.

(B/L/D)

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DAY 6 : Leh to Lamayuru Monastery and Kargil 2,676m

Much of our time today will be spent driving to Kargil.

We'll stop en-route in Lamayuru where there is spectacular landscape that has been compared to our moon's surface. We'll also spend some time visiting Lamayuru Monastery. Belonging to the Drikung Kagyu sect, it is one of the largest and oldest monasteries in Ladakh, dating back to the 10th century. The monastery houses a rich collection of artefacts and wall paintings.

(B/L/D)

DAY 7 : Kargil to Tangol 3,700m

From Kargil, we will drive alongside the Suru River to reach Tangol passing some beautiful villages spread across the vast serene Suru Valley.

We will see Kun and Nun for the first time today and will meet our porter team, sorting and distributing equipment in the evening.

(B/L/D)

DAY 8 : Tangol to Base Camp (4,600m)

After a good early morning breakfast, we will begin the hike to Nun Base Camp. Our porter team will arrive very early morning, so expect some early morning noise.

It is a beautiful climb up on grassy meadows with the climb getting steeper and steeper. Once up we are it's a gradual walk amongst wildflowers and then on loose rocks on glacial moraine. We will have to cross the snout of the glacier and climb a steep tricky part before getting to Base Camp which is located next to a stream and amongst rock boulders. This will be our home for the next few days.

(B/L/D)

DAY 9 : Rest day at Base Camp (4,600m)

We'll spend the day around Base Camp, exploring the area, chilling out and heading on short acclimatisation walks.

We'll also spend some time preparing our personal & group equipment and our food for the climb.

(B/L/D)

DAY 10 : Base Camp to crampon point (5,100m) - sleep at Base Camp

Today we climb 500 meters to the bottom of the glacier and perhaps carry a few bits of our high-altitude equipment (to lighten our loads for the future). Above us rises the immense glacial wall of the Nun glacier which during our ascent of Nun Peak we'll have to ascend and descend several times. Our climb to crampon point is straightforward but spectacular. Our Base Camp seems minute from the various viewpoints we stop at along the way, and we get a real sense of perspective about what is in store for us for the following week. Eager anticipation for what is ahead of us starts to redline!

DAY 11 : Acclimatisation and practice climb to Camp 1 (5,400m)

Today we climb back up to crampon point and ascend the mighty glacial head wall leading to Camp 1. Your guide and Sherpa team are there to instruct you on the use of ice tools and jumar equipment. We might be rolling up our sleeves and carrying a load to Camp 1 but at the same time you'll be refining your skills.

We'll cache some kit and return to Base Camp for the night.

(B/L/D)

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DAY 12 : Climb to Camp 1 (5,400m)

Today we will use all our finely polished skills to ascend to Camp 1. We are now on the way to the summit. Our Base Camp staff and exceptional chef are a thing of the past. From the second you leave Base Camp your teammates, Guide and Sherpa crew will be a self-sufficient climbing team.

(B/L/D)

DAY 13 : Rest day at Camp 1 (5,400m)

(B/L/D)

DAY 14 : Carry and cache climbing equipment at Camp 2 (5,400m)

We'll have scoped out the route to Camp 2. It's just across the glacier from us but today we'll start carrying our own high altitude climbing equipment and perhaps a few items of team equipment to the mighty rock wall under which Camp 2 is situated. The most awesome thing about today (and there really is no other way to describe this) is that today we'll get up close and personal with Nun Peak. From Camp 1 it looks like a distant and beautiful pyramid, from Camp 2 the mountain soars from the glacier like a monumental icy giant. Things just got real!

(B/L/D)

DAY 15 : Move to Camp 2

Chilling out, eating, sleeping at the spectacularly located Camp 2.

(B/L/D)

DAY 16 : Move to Camp 3 (6,300m)

Today is one of the toughest days on this itinerary. We leave Camp 2 early and make our way up to the mighty 800-meter high (50 degree) head wall separating these two camps. The sun rise is invariably going to provide us with an awesome distraction, make sure you have your camera handy. Today you'll have to roll up your sleeves once again and jumar a lot of fixed line. But despite the hard work the views are continuously going to enthrall. Opening up all around us are the distant peaks of the mystical Srinagar and Ladakh, as a climbing day today sure is hard to beat.

(B/L/D)

DAY 17 : Rest day at Camp 3

Chilling out and preparing mind and bodies for the summit push.

(B/L/D)

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ITINERARY

DAY 18 : First summit day (7,135m) - return to Camp 2 (5,400m)

The summit is 700 meters above us, not to far when compared to Kilimanjaro or our popular 6,000-meter peak summit days, but nothing is taken for granted when climbing above 7,000 meters. Plus, the distance we need to cover to reach the summit of Nun peak is quite long. We depart around midnight carrying only the essential survival equipment to reach the summit and come back safely.

On our ascent we initially climb the short but steep head wall above Camp 3 to gain the broad west ridge. From here we climb several 40-degree icy steps to reach the first of two rock bands below the summit. An easy snow ramp leads its way through both the rock bands and we follow this to the final summit ridge. We now at 7,000 meters. We follow the ridge to its highest point. The summit! The views are nothing short of mind blowing. To the west the distinct summits of the Karakoram are clearly visible to the east several 7,000 meter + peaks breach the horizon. We hope to reach the summit as the sun rises which adds exponentially to the spectacle surrounding you. When it comes to memorable experiences, today is surely one that will be hard to beat! We descend after we've had our fill of summit success and our camera's have cooled down from taking thousands of images. Our aim is to descend to Camp 2 where we'll have left several tents to provide us with a temporary shelter and where we'll have cached enough food to provide us with what is sure to be an incredibly tasting meal.

(B/L/D)

DAY 19 : Second summit day - return to Camp 2

A contingency day

(B/L/D)

DAY 19 or 20 : Descend from Camp 2 to Base Camp

(B/L/D)

DAY 20 or 21 : Base Camp to Tangol and drive to Leh 3,350m

We'll follow in our footsteps from a few weeks ago, descending a steep tricky section, through the snout of the glacier, across glacial moraine and wild flower and grassy meadows before descending steeply down and down to Tangol. It's here we'll say goodbye to our porter team.

We'll then start the big journey back to Leh, it'll take around 10 hours. It may take some acclimatising returning to civilisation again!

(B/L/D)

DAY 21 : Leh

We'll spend the day resting in Leh, reflecting on our journey and celebrating our achievements of the last few weeks.

(B/L/D)

ITINERARY

DAY 22 : **Leh to Delhi**

We have an early start from Leh to catch our flight back to Delhi. All flights from Leh arrive either mid-morning or early afternoon into Delhi as, flying later in the day, there is always the risk of storms over the mountain.

Flights from Delhi back to the UK generally depart late evening or early morning which means we'll have a bit of a long layover (somewhere between 9-12 hours depending on which flights we secure).

There are a few options:

As there is no left luggage store at the airport it may be worth booking a room at a local hotel and leaving your big bag for the day. There are lots of hotels around the airport ranging in price and luxury (check booking.com).

The airport is well-served by public transport (the metro is great and goes directly to the airport) so you could take a trip into town and see some of the sights – there are also lots of companies offering sightseeing tours from the airport.

Just make sure that whatever you do, you are back at the airport with your bags ready to check in for your flight back to the UK!

(B)

DAY 23 : **Depart Delhi / Arrive UK**

Today's timings are dependent on your international flights.

If 360 are securing your flights, you will generally be departing Delhi in the early hours of the morning and arriving back to the UK today.

This will be dictated by flight routes, times and costs and if you tick "flights included", then 360 team will do their utmost to find the most appropriate flights, giving you the best options. Please do let the office team know at the time of booking if you have a preference, and we will always do our best to accommodate.

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KIT LIST

Bags & Packs

Duffel bag 120ltr-140ltr

One or two large duffel bags of 120L or more (some climbers manage with one, others need two) to transport your kit out to India and then up to Nun basecamp. Suitcases and wheeled bags are NOT suitable.

Expedition rucksack

Approximately 70-80L to take your kit from basecamp to higher camps, carrying up to 15kg. Make sure it has a waterproof cover.

Daysack

For flights and road transfers. You can use your expedition rucksack instead if you do not want to take this pack. Some do, some don't, it's a personal choice.

Drybags

Roll top bags that keep fresh clothing and other important items alongside your passports and electronics dry in the event of a total downpour that could seep into your kitbag. Good for quarantining old socks! Please note that India has now banned plastic bags. In any case, we would always advise buying reusable and sustainable nylon roll top bags for keeping your kit dry.

Small kit bag or light bag

This is for any kit you intend to leave at the hotel and could even simply be a heavy duty plastic bag if necessary, as you will be taking it home with you. Do note that India have banned the sale of single-use plastic bags so if you have something reusable this would be preferable.

Padlocks x 2

For use on your kit bag during travel and on the expedition, plus any bag you may leave at the hotel.

Sleeping Gear

5 Season sleeping bag x 1 or 2

A 5-season bag with a comfort rating to -25°C is essential. Down is lighter, though more expensive than synthetic. Remember that ratings may vary between manufacturers. Depending on your preference you will need either 1 or 2 sleeping bags: Some climbers prefer to have a lighter sleeping bag for basecamp use only and a heavier (warmer) sleeping bag for the higher camps, which they leave up in the high camps. Other climbers prefer to use 1 sleeping for the entire expedition and move this up and down the mountain between rotations and summit push.

Sleeping mat x 1 or 2

We would recommend a full length self-inflating mat, eg. Thermarest, rather than a 3/4 length mat. You will need either 1 or 2 sleeping mats, as per sleeping bag explanation

KIT LIST

Sleeping bag liner

Silk is best for keeping the bag clean and you a little warmer

Headwear

Warm headgear x 2

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

Sunglasses

Category 4 wrap around style is highly recommended. These sunglasses allow for the highest available protection against harmful UV light found at altitude and from glare from snow and sand surfaces. Worth spending money on good UV filters. Julbo is our preferred supplier

Ski goggles

Category 3 for days when it may be snowing and very windy. Very useful on summit day

Sunblock

We'd advise factor 50 – but otherwise buy the highest SPF you can find, as UV intensifies with altitude. Ensure you have enough for the full expedition, plus smaller tubes for pockets whilst climbing.

Buff/Scarf

Essential for protection from the sun and dust

Lip salve

Sun cream generally does not work on your lips and they are very susceptible to burning without proper protection, so it's important to also have high SPF lipsalve. We would recommend bringing a few, you will need plenty of SPF!

Upper Body

Base layer x 3

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion

Mid layer x 2

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

Long sleeved T- shirt

The sun can be extremely intense – we would recommend a collared, long sleeved shirt or t-shirt, for protection on the hotter days.

KIT LIST

Soft Shell (optional)

Optional - These should be windproof (not all are) and insulative. They are mostly made of soft polyester and sometimes resemble a neoprene finish which makes them very mobile and comfortable to wear. While offering a degree of weather repellence, they are not waterproof

Light insulated jacket

A lighter jacket such as a Primaloft or lightweight down which can be worn at lower to mid altitudes is a great addition to your kit offering greater flexibility with layering

Gilet (optional)

Optional - A great low volume additional layer to keep your core warm, whether down, primaloft or fleece

Waterproof top

A good Goretex Hardshell jacket with sealed seams provides effective defence against wind and rain as your outermost layer. This should be big enough to fit over your other layers

Down jacket

These provide the best insulation and are worth every penny. They will keep you warm down to around -25C with a couple of layers underneath, the higher the 'loft' the better. Our guides usually wear a lighter down or Primaloft jacket under their down jackets for greater layering on summit day

Warm gloves

Consider a light polartec pair or better still liner gloves for lower altitudes and evenings, and a thicker pair like ski gloves for higher altitudes that can be worn in combination with liners

High altitude down mitts

Worn over liners for summit days on all 6,000m plus expeditions. Mitts provide more warmth than finger gloves. For extreme cold down or prima loft fill is recommended

Waterproof mitts

A great addition to fit over your down mitts high up or gloves lower down for an added windproof or waterproof layer, especially as down ceases to work when it gets wet and takes a long time to dry. Synthetic fill dries much more quickly

Lower Body

Trekking trousers x 2

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts. Also used for city and basecamp.

Midweight trousers

These tend to be polyester stretch and fleece lined. Used in combination with long johns / thermal layer on the climbing phase of the expedition. Some have build in gaiters.

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KIT LIST

Waterproof overtrousers

Along with the waterproof jacket, these are an essential piece of kit to keep you dry / windproof. They should also be Goretex and hardshell.

Long Johns x 2 or 3

Thermal insulation for the lower body

Underwear

Merino or wicking material, not cotton. How many pairs you take is entirely up to you

Feet

High altitude boots

Essential on all our high altitude expeditions, as they are the only way to avoid frostbite. Commonly known as 'plastics', these boots are double or triple layered to offer the best insulation and the warmest feet up high. Either La Sportiva G2 SMs, Scarpa Phantom 8000s, La Sportiva Spantik or more specialised 8,000m boots such as Olympus Mons are suitable. Make sure that your boots fit with 2 pairs of socks for added warmth, with room to wiggle your toes. Avoid trying to break in the boots by training in them, they will break you! Wear them around the house instead, to get used to the weight and feel.

Approach boots /shoes

For the trek in / town / base camp you will need well-worn in shoes or boots – it's a personal preference, some trekkers prefer a 4-season waterproof boots, with mid to high ankle support, while some go for a sturdier trekking/approach shoe.

Trekking socks x 3 or 4

Single layer or wearing 2 pairs is a personal choice and lighter weight merino wool is a good option

High altitude socks x 3

These are especially thick to provide maximum insulation. Bring three pairs, keep one pair clean for summit day, and wear with a thinner inner

High altitude inner socks x 2

Lighter weight inner socks, Merino wool is advisable

Spare laces

Just in case

Gaiters

To protect the tops of your footwear from harsh conditions and to provide some added insulation

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KIT LIST

Technical Equipment

Climbing helmet

A plastic helmet is more suitable rather than the expanded foam helmets available. Make sure you try it on in a shop with a woolly/fleece hat underneath

Crampons

12 point mountaineering crampons with anti-balling plates that fit your specific boots (not ice climbing crampons)

Ice axe

A walking ice axe between 55cm and 65cm. Go to an outdoor shop and try different ones for weight and size so that you get one that feels good to you

Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

Mountaineering harness

We recommend Petzl harnesses

Carabiners & prussik loops

Pear Shape HMS Locking Carabiners. Quantity: 3
120cm lengths of 6mm diameter cord. Quantity: 2

Sling (80cm -100cm) x 2

Jumars x 2

Left or right handed depending on your

Descending devices

Figure of eight descender.

Hydration

Water bottle and insulated bottle cover

3L equivalent – a good combination is a Platypus/Camelbak plus 2 x 1L Nalgene bottles. Platypus for use before the water starts to freeze at higher camps. Insulated water bottle covers will come in handy at higher camps to help prevent the water from freezing, and neoprene covers for your Camelbak/bladder tubes will help too.

Water purification

Although generally all water is boiled, some prefer to double up and add purification tabs as well. They're always good to have in your bag. If you're using tablets, it's worth taking neutraliser or using Silver Chloride as it has little taste.

Small thermal flask

May be nice on summit night when it's cold

Pee bottle (+ optional Shewee for the girls!)

A good idea if you are storm bound at higher camps. A 1ltr Nalgene bottle is a good option but do make sure you label it as your pee bottle!!

KIT LIST

Toiletries

Travel towel

Travel towels from the likes of Lifesystems are perfect

Wet wipes

Preferably biodegradable, these are great for washing when modern shower facilities become a thing of the past

Alcohol gel

A must have for good camp hygiene

Toilet paper

Provided on the mountain but a spare in your daysack may be useful if you need to hide behind a rock between camps

Nappy sacks or dog poo bags

Only needed to bag your toilet paper if you are caught short in between camps and for keeping your rubbish tidy in your tent

Insect repellent

For early stages and once back down

Wash kit

Keep it simple on the mountain. Essentials are toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

Medications

Personal medication

Keep this in your daysack

Personal first aid kit

The 360 med kits are designed to be used in emergencies and akin to an A&E rather than a pharmacy on Expeditions so please come prepared with useful meds for yourself such as painkillers (Ibuprofen if you can take it and a Paracetamol) plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use.

Miscellaneous

Head torch

We recommend Petzl head torches. Bring spare batteries.

Camera

Bring plenty of spare batteries and memory cards. The mountain is very dusty, so some sort of camera protective bag is advisable

Penknife (optional)

Sewing kit (optional)

Hand warmers x 2 or 3 pairs

For summit day

KIT LIST

Snacks

You will be fed very well and given snacks each day however we advise bringing a small selection as a little bit of comfort. For summit night it's always good to have a few extra chunky bars for that extra boost. Energy gels and protein bars are not suitable

Documentation

Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

Copy of passport

Just in case

Visa

A visa can be obtained from the Indian Embassy in London or using the e-visa website. Non UK residents should check with their local Indian Embassy.

Passport photos x 4 x 4

We will need these to obtain your climbing and trekking permits.

Dental check up

We recommend you have a dental check-up before your trip. New fillings can be an issue at altitude if there is an air pocket left in the gap

Money

We recommend you take around US \$200 – \$250 with you on to the mountain, in small denominations, to tip the local team. Plus, about \$200 for any extras along the way, satellite phone calls etc. You may wish to bring extra for additional spending such as beers or souvenirs and to cover meals not included in the expedition price.

Travel insurance

Bring a copy of your own travel insurance details along with relevant contact numbers. We recommend looking into deals offered by the BMC or Austrian Alpine Club or similar insurers. Team members should take out private insurance that covers against cancellation due to medical or personal reasons and it is important that the insurance contains coverage for medical evacuations by helicopter or other means. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip, which must include medical evacuation and coverage up to the maximum altitude of this expedition. Please contact the 360 Expeditions office if you have any queries about insurance for this trip.

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FAQ'S

General

Why did 360 choose to run an expedition to Nun?

We have been running expeditions in Ladakh to both Stok Kangri and Kang Yatse for nearly a decade. We have formed a strong, congenial working relationship with our local teams and have enjoyed excellent success every time we have been to this region. We decided to expand our horizons and run an expedition to Nun (7,135m) in conjunction with our 360 Unchartered program.

Why should I choose 360 Expeditions for this 7,000m expedition?

One of many reasons to choose our expedition company lies in the experience and competence of the team joining and managing the expedition on the mountain with you. Your Expedition Leaders are professionals and want to ensure that you get the best possible chance of topping out. Plus, you will have continual support right from the word go from a seamless, professional and hugely dedicated office crew, which means that you can concentrate on the climb without distraction and loss of time. Our entire 360 team work hard to make sure that you reach the summit.

When comparing expedition companies it is important to look beyond the price and consider the inclusions. We offer a Nun expedition package which contains many more than the expected inclusions and there are no hidden costs. We don't compromise on the quality of our service by skimping on added luxuries which enhance the expedition experience.

As standard, we provide experienced and qualified western guides, a dedicated world-class Sherpa and Ladakhi team, seamless logistical management both in country and prior to departure, small group sizes, modern climbing equipment and safe client to guide ratios. Beyond this, it is the host of additional inclusions and services, such as our unique individualised ascent strategy, which makes this expedition truly a life-changing experience.

An expedition to Nun (7,135m) in the Ladakh region of India entails a substantial financial and time commitment for the climber. Due to the mountain's remoteness and high-altitude, careful planning and execution is needed to successfully and safely reach its summit.

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FAQ'S

Is it safe to travel to Ladakh?

The short answer to this question is yes. Although the region has had its share of political tension, in recent years the British Foreign, Commonwealth & Development Office relaxed its advice for travellers. Our local Ladakhi and predominantly Tibetan crew are some of the friendliest most hospitable mountain people in the world who strongly encourage local tourism to flourish. The mountain itself is situated well away from areas where political tension might occur.

Guides

Who will make up the guiding team and what is the client-guide ratio?

Due to the varied mountain and logistical conditions found on 7,000-metre mountains, and the isolation of the peaks themselves, a professional and highly technically-skilled guide team is essential. Each team will have no fewer than two Nepali Sherpa in addition to several fully qualified and experienced Ladakhi mountain guides. The Sherpas accompanying our teams are from those that form the elite, world renowned for their ability, endurance and technical skill.

In total this expedition is extremely well supported with 3 guides for 4 clients, 4 guides for 5-8 clients and 5 guides for 10 clients.

This ratio excludes the overall 360 Expeditions leader.

How many climbers are on this expedition?

We try to limit the expedition team to 6 to 8 climbers. The only exception to this is if the team are an organised climbing club or a group of friends who wish to climb together.

Who is the overall expedition leader?

[Rolfe Oostru \(UIML\)](#) will be leading this expedition.

Rolfe has been leading expeditions globally for more than 30 years. He has led expeditions to five of the 8,000m peaks: **Manaslu** (summit) in 2013; **Mount Everest** in 2007 (North Col), 2015, 2016 (summit) and 2019; **Lhotse** (no summit) in 2016; **Gasherbrum 2** in 2022 (summit) as well as achieving back-to-back summits in 24 hours on **Cho Oyu** in 2016 and in 2018.

He has led five unsupported expeditions to technically difficult 7,000m peaks and has guided more than seventy expeditions to 6,000m peaks (including Great Trango Tower, Ama Dablam and the Andes). He has also completed the Bass version of the Seven Summits numerous times.

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FAQ'S

Do we need a liaison officer for this expedition?

A liaison officer appointed by the Indian Mountaineering Federation is obligatory and will accompany the expedition. India operates a very formal and traditional system for climbing and Nun has to be booked and the peak fee paid well in advance.

360 Expeditions has a confirmed booking for the peak for our 2023 departure.

The Climb

Do you have a Western Leader on this expedition?

We are proud of our 360 leader teams, both western and local. They both work hard in different roles and in combination increase the value of your experience immeasurably. Costs could be cut by employing a local leader only but, we feel that including a western leader is vital for your success.

The training and medical qualifications needed to become a trek guide is much more vigorous and comprehensive in the west than in India. Your western leader knows our comprehensive medical kit inside out and can advise and help you according to the latest updated western protocol should a medical problem occur. Should you wish to discuss a medical or personal problem with someone who understands the nuances of your own language than you will find them there for you. They see your travel experience through your eyes. They equally are tourists and very empathetic to your concerns because your concerns are theirs.

Furthermore, they are with you for the entire itinerary, from the second you arrive at the airport, for all city tours, meals and every step of the trek. They will become your source of friendship, guidance and professional decision making and since working in the Indian Himalaya is equally exciting for them, they will

Nun peak

India | | 7,135m

FAQ'S

Why choose 360 Expeditions for this 7,000m expedition?

One of many reasons to choose our expedition company lies in the experience and competency of the team joining and managing the expedition on the mountain with you. Your Expedition Leaders are professionals and want to ensure that you get the best possible chance of topping out. Plus, you will have continual support right from the word go from a seamless, professional and hugely dedicated office crew, which means that you can concentrate on the climb without distraction and loss of time. Our entire 360 team work hard to make sure that you reach the summit.

When comparing expedition companies it is important to look beyond the price and consider the inclusions. We offer a Nun expedition package which contains many more than the expected inclusions and there are no hidden costs. We don't compromise on the quality of our service by skimping on added luxuries which enhance the expedition experience.

We, of course, ascertain that each of our climbers has the adequate experience to join this expedition, but the strength of our Nun expedition lies primarily in our exceptional knowledge and understanding of the region as well as our close working relationship with our local support teams.

As standard, we provide experienced and qualified western guides, a dedicated world-class Sherpa and Ladakhi team, seamless logistical management both in country and prior to departure, small group sizes, modern climbing equipment and safe client to guide ratios. Beyond this, it is the host of additional inclusions and services, such as our unique individualised ascent strategy, which makes this

Is there a Base camp manager?

We employ the services of a professional Base camp Manager whose sole purpose is to assure the seamless running of the camp facilities and the logistics on the mountain. He does not participate in the ascent but is on 24-hour standby via VHS radio to facilitate the safe running of the expedition, throughout the ascent period. He is in daily communication with the offices in Leh and Europe to source weather forecasting, pass on messages and to update on the progress of the expedition.

Nun peak

India | | 7,135m

FAQ'S

What does a typical climbing day look like?

The day starts between 5am and 6am, with you and your tent mate making a tea or coffee whilst still in your sleeping bag. As you get up you'll need to pack all your sleeping and climbing gear into your rucksack, before cooking your breakfast on the gas stoves provided. We aim to leave camp before the sun gets too hot and climbing conditions become uncomfortable.

On the way to the next camp we will stop regularly to enjoy the scenery, take photos, chat to the high-altitude porters and keep hydrated. A quick lunch is usually in a safe spot where we can admire the view. Lunch on the climb generally comprises of snacks rather than a three-course meal!

There are usually another few hour's climbing before you arrive at the next camp mid to late afternoon. This leaves an hour or so to explore around the camp and to get sufficient ice or snow to melt into water for both dinner and the next day's climb. Although it rapidly gets chilly in the evenings it is usually warm enough to sit around the camps chatting about the day whilst dinner is cooking and a cup of tea is prepared.

What experience should I have before I attempt this climb?

You will need to be thoroughly familiar with all the necessary skills needed to climb a mountain of this magnitude. A basic requirement to join the expedition is appropriate time spent on high altitude mountains such as Aconcagua, Mera Peak or Island Peak as well as alpine routes such as Mont Blanc or Pico de Aneto. Alpine climbing techniques should NOT be learned for the first time on the mountain.

You should be technically competent to Scottish grade 2/3, French AD, with previous high altitude experience up to 6000m or over. Summit success will require a high level of aerobic and mountain fitness.

Although Nun is a relatively straightforward climb, ascending over 7000m is extremely demanding both physically and mentally. The ascent of Nun presents minor technical difficulty but does involve some long days which can prove to be extremely tiring.

We have rated this expedition as P5, T4 for level of fitness and technical competency needed. Please check our expedition grading chart and recommended training regime.

Nun peak

India | | 7,135m

FAQ'S

How fit do I need to be for this expedition?

To climb Nun it helps to be as fit as possible. Having a good level of fitness will allow you to enjoy the expedition far more and increase your chances of reaching the summit. Hopefully, by the time you book, you will have a good understanding of your level of fitness and how you cope with altitude and the discomforts of an expedition of this nature as a whole.

This expedition is gruelling and will be physically demanding. We have rated it as P5, T4 for level of fitness and technical competency needed. Please check our fitness chart and recommended training regime.

Several excellent training plans can also be found online to prepare you. We also recommend the thorough advice offered by [UpHill Athlete](#).

There are fixed lines on the route. How challenging are the technical sections of the ascent?

The overall technicality of this ascent is a **PD + or AD** – on the [alpine grading system](#). The grade gives a relative indication of the technical, mental and physical level required to succeed on a route that is in good condition. The grade offers indications as to the difficulties that will be encountered on the climb but the actual conditions of the terrain and weather, as well as the mental and physical state of the climbers also play a key role in determining how hard it might feel.

The route on Nun Peak is graded PD+ which is harder than an F route because it has a glacier to negotiate (some crevasses as on Mera Peak) and has a short section of basic scrambling on rock and a basic knowledge of ice climbing equipment is necessary (using crampons, ice-axes). Overall, the route is easy to follow and protected with a fixed line where necessary. The snow and ice slopes are of moderate inclination (between 35 and 50°) with the steeper sections being short and always protected by fixed line. Some abseiling might be necessary on the way down. In short, the route is very achievable by people who have climbed mountains like Mont Blanc and Mera peak levels of difficulty.

Nun peak

India | | 7,135m

FAQ'S

What can I do between now and the trip to prepare for technical aspects of the expedition?

Training and preparation is key – time in the mountains, practicing with equipment including crampons and ice axe, and maintaining a strong level of fitness to withstand a longer expedition. We only invite climbers who have previous expedition experience to join us on this expedition to ensure each individual is ready and more than capable of the demands of the trip.

To help brush up your technical skills required for this expedition (if needed) we will go over the basic skills such as jumaring, glacier travel and abseiling whilst at basecamp.

We also run [expedition skills courses](#) over the winter months which cover every essential skill and a whole lot more!

Chat to us if this peak is something you are looking to achieve and we can create a plan of action.

Training

Any tips on how a climber can maximize their chances of success?

The 360 Expedition training programs have been devised to be expedition specific. Use these as a guide, but also feel free to contact us for individual advice on how to incorporate the best fitness program with your own lifestyle. High altitude mountaineering is about slack days of low activity followed by long days where every grain of stamina you have is called upon and every ounce of determination you possess is necessary to reach your goal.

The essential idea in order to prepare for a mountain such as Nun, is to increase the intensity of the exercise you do by small increments over 8-12 months before you leave for the expedition. Concentrate on cardiovascular workouts during the initial weeks by taking short runs when time allows and try to spend at least 2 weekends a month going on long duration walks (longer than 8 hrs) carrying a rucksack of around 15kg and aiming for 800-1000 meters of ascent. As you get stronger, increase this rate of exercise and the duration by walking every weekend and running 5km every second day, for example.

Since this is a mountaineering expedition, we further encourage you to increase your climbing efficiency and use of climbing equipment (crampons, ice-axes) by undertaking winter walks / climbs in the Scottish Highlands, Pyrenees or Alps. This will increase your body's ability to cope with the extra demands of these activities and also allows you to get familiar with the equipment you will be using on the mountain.

A focused regime will not only prepare your

Nun peak

India | | 7,135m

FAQ'S

The Weather

What is the best season to climb / which dates will have the most chance for success?

This expedition runs during the most stable weather period in this region. It is generally dry in Ladakh in the summer months between June to August, but fierce storms do occur even in the summer months. The weather should be pleasant during the day on the trek in, with cooler evenings and nights. The higher you are on the mountain the colder it will be. Weather in the high mountains is always unpredictable and you should be prepared for sudden changes.

How cold can it get?

The coldest night time temperature at camp 3 might get as low as -25°C with windchill. You will not be climbing in these low temperatures but will remain inside your sleeping bag inside your tent.

Food and Water

What is the food like on the mountain?

Food on the trek is excellent and designed to stimulate your appetite and keep you going, despite frequent altitude-induced loss of appetite. The meals on the mountain are freshly cooked and nutritious, as well as varied. Local ingredients are used, and if you have any dietary requirements do let us know beforehand and the local team will do their best to cater to your needs. Alongside well-balanced meals (with the aim to give you carbohydrate-loaded meals to give you plenty of energy for the trek), tea and coffee, as well as drinking water, will be provided with the meals and in camp.

You can expect the trek menu to consist of the following, or similar:

Breakfast: Paratha (local breads), jam, honey, porridge and cooked eggs.

Lunch: crackers, cheese, sardines, biscuits.

Afternoon tea: popcorn, biscuits, pakora, samosa, French fries.

Dinner: Soup, rice, daal, vegetables (potato, cabbage, peas, cauliflower, carrot, etc), chapatis and salad. Fresh meat, usually chicken, will only be available towards the start and end of the trek. At other times tinned meat is used.

Dessert: custard, jelly and tinned fruit.

Snacks of sweets, chocolate bars and nuts will also be available, but you can of course bring any of your favourite snacks with you to top these up. Choose high-energy goodies to give you a boost on those longer days!

Nun peak

India | | 7,135m

FAQ'S

I have food allergies, can these be catered for?

Absolutely, please inform the office of any allergies or intolerances and we will ensure that the local teams have all the information, and they are taken into account on the trek.

Where does the drinking water come from?

Filtered, bottled water is provided in the towns on your first and last days. During the trek, drinking water is sourced from streams or springs, and this glacier water, though fresh, is additionally purified by boiling and by treating the water with purification chemicals.

How often is fresh water available for replenishing during the day?

Drinking water is available at the campsites and so before leaving each morning you'll have the opportunity to refill your bottles and bladders. There are also opportunities to replenish at stops en route during walking days at suitable streams or glacier flows. Your expedition leader will, in consultation with the local guide, determine if the water you source will need treating or boiling. We would advise having sufficient water bottles/camelbaks to carry 3 litres of water.

Accommodation

What hotels do we stay at in Delhi and Leh?

We stay at safe, centrally-located hotels. Our choice of hotels offer comfortable rooms, classy on-site restaurants and quiet areas just a stones throw away from the bustle of both the city centres and many of the cultural sites which feature on any visitor's list of things to see. We'll arrange visits to some of these cultural highlights when in each town.

Is all my accommodation included in the price?

All accommodation is included in the price of the expedition as per the itinerary.

Can I request single occupancy?

All accommodation is based on double occupancy. If you are traveling solo we will pair you with another traveler. 360 Expeditions always tries to pair travelers in shared accommodations with the same gender, age and background. If the situation occurs where this is not possible we will contact you and offer the opportunity to book single accommodation. If you prefer single accommodation, we will do our best to arrange it, although there are some situations where it may not be possible.

FAQ'S

What is the cost for single occupancy?

A single supplement for the hotel nights is £370, and for the tents it's £145 so if you'd like a single supplement for the full expeditions, it's £515.

What if I arrive early or depart late? Can you arrange extra nights' lodging? Is there a single room option for this expedition?

We are happy to make any arrangements scheduled outside of the trek dates: these may include personalised tours, extra hotel rooms, private airport pick-ups or arranging private rooms. Please indicate that your requirements on your application form and we will contact you for the relevant arrangements.

Will I have to share a tent on this expedition?

It will be necessary to share a tent with one of your team members at all stages of this expedition. The primary reason for this is that most altitude related symptoms manifest themselves at night (further information is included below under 'Health and Safety'), therefore having a tent buddy to keep an eye on you is hugely reassuring.

How does tent sharing work and how big are the tents?

Tent share is always organised according to same sex and where possible age groups, but chat to us if you have any concerns. Obviously if climbing this mountain with a friend or partner then you will be able to share tents and if you're a group we'll ask you to make your own arrangements. If you have joined the team by yourself then it is highly likely that you will be sharing a tent with your pre-assigned room buddy unless prior arrangements have been made.

We use high quality 3 man tents to be shared between 2 people to provide extra space for your comfort.

Will the camp be freshly set up or will we be staying at existing camps on the way up?

Your local ground crew will be setting up your tents for you along the way, on both the trek and the climb. On some occasions they would love to see you give them some help to speed up this process, particularly in bad weather or in case we have a late arrival into camp.

Will my kit be safe at base camp when I climb?

Yes, your kit is safe in your tent but we do advise you bring locks for your kit bags when flying, which can be used on your bags in your tents to be doubly sure.

Nun peak

India | | 7,135m

FAQ'S

Health and Safety

What is the risk in climbing this peak?

The very nature of climbing a 7,000m peak is risky. Although there are risks associated with climbing any mountain, whether it is Kilimanjaro, Mont Blanc or Aconcagua, the risks on a 7,000m peak are considerably greater, primarily due to extreme altitude and weather conditions. Physical, mental and technical preparation will go a long way towards a safe ascent. Furthermore, our Western guide and local support crew are trained in the use of medical oxygen, Gamow bags and specialised wilderness first aid – and they carry the necessary equipment and medicine throughout. We also carry satellite phones and radios to ensure proper communications with the outside world and between camps. In fact, we are often the first port of call when other teams have an emergency on the mountain!

We are going to be quite remote on this expedition and will be climbing above 7000m, what emergency communication and equipment will there be?

We will provide a satellite phone for basecamp for emergency use and, whilst on the mountain we will use radios.

Each guide (Rolfe and the local guides) will have a radio on them, and we will have a few extras within the team!

There will be a Gamow bag and oxygen for the mountain.

Am I likely to get altitude sickness on this expedition?

The likelihood of getting altitude related problems are dramatically reduced on this expedition due to our carefully designed acclimatisation strategy. We have years of experience in dealing with altitude and its related problems and have devised an ascent strategy which caters for a broad spectrum of individual altitude adaptation. Still, it is important to understand there are different types of altitude sickness and that, at times, altitude related problems can happen and we must be able to recognise the symptoms if they occur.

The most common of this is high altitude sickness – AMS (Acute Mountain Sickness). Symptoms for this can include headaches, nausea and vomiting. This sounds quite dramatic but generally these can also be attributed to the process your body naturally goes through to adjust to the higher altitudes and the reduced partial pressure of the atmosphere. For some people the acclimatisation process takes a little longer than others.

For our guides this is all part and parcel of ascending a 7,000m peak and, although we assess each client's personal situation carefully, we also further consider the compounding effects of dehydration brought on by excessive vomiting and loss of appetite.

FAQ'S

What can I do to help prevent AMS?

In most cases AMS can be avoided by the following: drink plenty of water, walk slowly, stay warm and eat well – and listen and talk to your guides.

We recommend that you familiarise yourself with the various effects that altitude can cause. During your pre-climb briefing, we will describe altitude sickness to you in detail, and advise you how to cope with it.

The most important thing is not to fear it, but to respect it and to know how to deal with it and more importantly tell your guides how you feel. Our guides have seen every condition that the mountain produces, and they will always know how to deal with problems.

Is there a risk of getting HACE (High Altitude Cerebral Edema) and HAPE (High Altitude Pulmonary Edema) on the mountain?

The severe forms of altitude sickness, HACE and HAPE, are extremely unlikely to occur on this expedition. However, our Leaders and Guide team are fully trained in recognition of the onset of these problems and will deal with them at the first sign of their development.

Should I bring Diamox on the expedition with me?

We recommend you come armed with a course of Diamox on this expedition, though we do not recommend that take you these as a prophylactic during the trek or climb. We view Diamox as a treatment drug rather than a preventative medicine. Most adventure medics give similar advice, however we do appreciate this can be confusing, as many GPs (who aren't necessarily mountaineers) do suggest taking it as a prophylactic.

Here at 360 we pride ourselves on designing all our itineraries with acclimatisation front and centre and this expedition has been carefully designed to allow for your body to adjust to the altitude gradually, safely and comfortably. However, if you find that you are still having problems adjusting to the altitude (see our FAQ on Altitude Sickness) then your expedition leader or medic will recommend the correct course of action regarding taking Diamox.

FAQ'S

Should I take Diamox?

It is far preferable to take Diamox if and when needed during the course of the expedition. If you are already taking it and then start having altitude related problems you are left with few options but to descend to a more comfortable altitude which sadly often means that the summit is not attainable.

Furthermore, Diamox is a diuretic, meaning you will have to drink a lot of fluid to prevent dehydration. Of course, the upshot of this is you'll have to pee more which means you'll probably be having to get up more in the night and take cover behind rocks during the day. Another quite common side-effect is that it can cause your extremities to "buzz and tingle" including your fingers, toes and lips which can feel quite unsettling. Other side-effects can include dizziness and light headedness with loss of appetite, nausea, vomiting and diarrhoea. Although all these side-effects are manageable when you have symptoms of altitude sickness, we personally believe it is counter-intuitive to take it unless necessary.

Of course, it is totally up to you, this is just our recommendation and we're not doctors. If you do decide to take Diamox on the advice of your doctor then please do let your leader know in situ so they are aware of this. We also suggest you take the drug for a couple of days a few weeks before travelling so you can experience the symptoms before taking them during the trek.

What happens if there is a problem on the mountain?

All our leaders are in communication with each other by phone and radio. (VHS and/or Motorola.) In the majority of emergency rescue cases, the problems can be attributed to slow acclimatisation or altitude and, if so, the solution is an immediate descent to lower altitudes. Our 360 local crew is very experienced in dealing with any problems that may arise and our leaders have the highest standard of wilderness first aid qualifications and can handle emergencies to the highest level of competency.

What medical equipment do you take on the expedition?

All our Guides, Expedition Leaders and High-Altitude guides have attained the highest qualifications and training available in their respective countries to not only deal with emergencies but also to maintain a healthy expedition from day one. For this expedition we will be bringing comprehensively supplied medical kits, emergency oxygen and Gamow bags. On the mountain our Expedition Leaders carry sufficient medical equipment to deal with localised first aid scenarios and at basecamp we have sufficient supplies to deal with longer lasting medical problems such as antibiotics to treat infections.

FAQ'S

You advocate taking a small first aid kit, what should it have in it?

We advocate a self-help principle on this expedition for minor medical problems. If you have a blister developing, for example, then please stop, take off your boot and treat it before it becomes a problem.

We would recommend your own first aid kit should contain:

Diamox, or other high-altitude drug, enough for the duration of the expedition; a basic blister kit, plasters, antiseptic, sun protection, your own personal medication (your luggage might not get to camp before you and so you may not be able to take your medicine according to the regime you are used to), basic pain relief (paracetamol/aspirin/ibuprofen), and a personal course of antibiotics for stomach and chest infections – two different types are preferable, as back up. Generally, the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

Having said that, your 360 expedition leader and/or a member of the local crew does carry a very comprehensive first aid kit which contains a wide range of supplies, and they are fully trained to use whatever is needed for any emergency that may arise. We advise keeping this in mind when packing your own first aid supplies and keeping your own first aid kit as compact and light as possible.

What happens if I need to leave the expedition early?

If a climber needs to leave early for any reason, medical or personal, the Expedition Leader and guide team will deal with the matter with utmost competency and discretion.

Further arrangements will be made with the assistance of our 360 teams in Islamabad and Europe to arrange every detail of the journey back off the mountain.

Additional costs (transport, hotels, flights etc.) are likely to be incurred by the climber, but our 360 team will be able to assist in every detail of your departure.

What vaccinations do I need?

The standard vaccinations that are generally recommended for travel to the Indian subcontinent are Hepatitis A, Typhoid, Diphtheria, Tetanus and Polio. Some people consider a rabies jab to be important.

However, we recommend that you consult your doctor or nearest travel clinic for the most recent advice.

<https://www.fitfortravel.nhs.uk/destinations/asia-east/india>

Nun peak

India | | 7,135m

FAQ'S

What happens to toilet waste on the mountain?

The Indian mountaineering federation is responsible for sanitation of campsites, plus they collect a fee from all groups to keep the area clean.

Do you have any recommendations of insurance providers for this kind of trip?

Yes, there are a few who will provide you excellent cover:

BMC

Austrian Alpine Club with the addition of a Knox's bolt

Global Rescue

Kit

What gear will I need?

Please review the kit list for this expedition. While all items are required there may be times when some of the items on the gear list may not be used (such as warm weather or changing conditions). The lists are created by the guides to so that climbers are prepared to summit in any conditions. The equipment list will also advise our recommended brands to consider using, based on our experience. Give the 360 office a call if you have any questions!

Is there a kit check?

Your guides will check your equipment whilst in Leh and will advise as to what is suitable or not. A quick trip to the local gear shops may be needed to buy or rent any last essential items.

FAQ'S

What clothing should I wear at the start of the expedition?

Our leaders usually start the trek wearing long, lightweight trekking trousers and wicking (non-cotton) shirts. Long trousers are recommended to act as sun protection but shorts can be worn on the initial few days and for the walk to base camp as the temperature can be warm. You will need to apply sun protection frequently. Sunglasses are worn for most of the trek into base camp as well as sun hats. The prevailing conditions on the trek and at base camp will dictate what you wear.

If it is cold when you leave the camp in the morning for the trek to base camp or when setting off for higher camps then wear your base layer plus soft shell.

As things warm up take advantage of the zipper system which most trekking clothing has to adjust to your own preferred temperature. If you get too warm, take a layer off. Waterproofs should be to hand, especially during the acclimatisation phase of the expedition. This region creates its own weather system and it is not unusual to be caught out in an afternoon snowstorm low down on the mountain. Waterproofs should be Gortex material or similar and be carried with you at all times below advanced base camp.

What do your guides wear on summit day?

On summit day it gets cold and temperatures of -25°C are not unusual.

Typically, our guides wear 2 sets of base layers (long johns), a fleece mid layer (top and bottom) and a thin down jacket on the torso. Over the top of this they wear a down jacket. In windy conditions a Gortex shell could be considered.

On their hands they'll wear a thin layer of fleece or silk gloves over which a thicker set of gloves are worn. Over the top of these two layers a large set of mittens (down recommended) are worn. Hand warmers inside the mittens are also advised. Their heads are covered by a thermal "beanie" hat or a thick balaclava and the hood of their down jackets.

On their feet the guides wear one pair of thin inner socks and one pair of thick. Foot warmers are recommended.

On summit day your guides will also wear snow goggles.

Over the top of your clothing you will also wear a climbing harness and you will be attached to a rope for high passes/summit day.

FAQ'S

What is the best type of footwear to use for the various phases on this expedition?

There are two distinct types of footwear on this expedition.

1. Approach boots /shoes: for the trek in / town / basecamp you will need well-worn in shoes or boots – it's a personal preference, some trekkers prefer a 4-season waterproof boots, with mid to high ankle support, while some go for a sturdier trekking/approach shoe.

2. Double boots are essential for climbing 7,000m peaks. You will only be using your double boots for the entire mountain phase on this expedition. These boots should have a soft insulating inner bootie and a hard-plastic exterior outer boot with a high insulated exterior gaiter covering both. Either La Sportiva G2 SMs, Scarpa Phantom 8000s, La Sportiva Spantik or specialized 8,000m boots are such as Olympus Monts are suitable.

Temperatures high on the mountain are usually well below -20°C and only double boots can withstand such conditions. Ensure that you have tried the boots on before you leave home and that you can wear a thin and a thick pair of socks in them and still be able to freely move your toes.

Crampons are worn for the majority of the time you spend above base camp and for the actual summit day itself. Your crampons should preferably be of the easy "heel clip" variety (rather than the strap systems which can be fiddly). It is not necessary to use specialist technical climbing crampons, standard 12 point all round crampons such as those from Grivel will do the job very well.

Are down jackets necessary?

They are essential and are worth their weight in gold on summit day. A 4-season down jacket is necessary for the climbing phase of this expedition. We recommend a down jacket with at least 800 grams of down fill.

How much weight will I be carrying on the climb?

The weight of your pack will usually not exceed 15 kg. We carefully scrutinise every item carried on "carry days" between camps and encourage a minimalist approach.

Our high-altitude guides will be moving camping, kitchen and group equipment between camps.

During the climb you will only be carrying your own sleeping equipment, clothing, down equipment and personal climbing equipment. Some climbers may carry more or less as per their strength and fitness.

FAQ'S

What type of rucksack should I use for this expedition?

A rucksack is worn by the climber at all times during both the trek in phase to base camp and on the mountain itself above base camp. A good all-round size to accommodate both phases of this expedition is around **70L+** capacity. An enormous array of rucksack types and models exist on the market today. It is worth considering expedition specific rucksacks rather than travel rucksacks. Expedition rucksacks tend to have fewer frills and are of more durable construction and are lighter in weight.

It is important that your rucksack has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs so that the strongest muscles do most of the carrying and that the shoulder straps are sufficiently padded for extra comfort. Another handy feature would be a compartment in which to fit a Camelbak or water bladder.

A rucksack this size is recommended as on the climb you will need to carry the above items plus your own sleeping bag, down clothing, sleeping mat and personal climbing equipment to the higher camps and on the descent.

For the climb your porters will carry tents, fixed rope, group cooking equipment, fuel and their own climbing and survival equipment.

What should I carry inside my daysack?

Depending on the day, the content of your rucksack for the trekking phase (including acclimatisation walks from basecamp) should include: a fleece or light down jacket (for when taking breaks or weather changes) a full set (top and bottom) of waterproofs, sufficient water for the day, snacks, camera equipment, personal medication, mini first aid kit, sun hat, sun-cream, sun glasses, a warm hat and gloves and a head torch. Your day-to-day rucksack will weigh no more than 4-6 kg. For the trek the rest of your gear can go in your kit bag and/or larger rucksack to be carried by the porters.

For the mountain phase the basic content of the rucksack is rearranged to be compatible with the demands of the day. It will include additional items such as sleeping bags, down clothing and personal climbing equipment which are to be carried between camps both on the ascent and descent. By this stage your rucksack will weigh around the 10-15kg mark.

Your rucksack can be filled to the brim with extra stuff (socks, down jackets etc.) before checking in at the airport to save weight and space in your hold luggage.

Our main expedition luggage will be carried to base camp by porters / guides and mules.

FAQ'S

What do the porters carry? What is the correct porter weight?

High-altitude guides carry around 20-25kg of team equipment and their own equipment.

Can we get porters to help carry personal loads if we need them?

Yes. Low-altitude porters on the trek and high-altitude porters for the climb can carry your equipment should it be to your advantage to summit this mountain. If you wish to have a private high-altitude porter you need to inform us well in advance as they may not be available at the last moment.

How warm does my sleeping bag need to be?

Sleeping bags should be rated from -20 to -40°C. From the first camp upwards, it is not unusual to experience frosty nights and a good night's sleep is important to giving you the best chance to climb this mountain. And ensure you get a sleeping bag that has this temperature rating at this comfort zone rather than as its extreme zone.

Our guides take sleeping bags rated to well below -20°C to ensure that they are warm at night. A 4-season sleeping bag can be enhanced by using an inner silk or fleece bag (or similar). It is important to remember that down sleeping bags work by your own body heating the down that's inside the bag. Once you have warmed up the bag, the down will retain the heat and ensure that you sleep at a temperature that's your own body temperature. For best results, wear as little as possible when inside your sleeping bag. Our guides will often only wear a set of thermals in their bag. It is important for the bag to trap the heat and by wearing multiple layers of clothing your clothing will trap this heat and your bag will not function properly.

FAQ'S

Is it possible to rent equipment before I go?

The cost of equipment, particularly at this level, can be a major deterrent for people coming onto trips in the first place. However, we advocate the use of personal equipment whenever possible. This is particularly important for the use of boots and high-altitude clothing. Alternatively, things you don't currently have can be hired cost effectively from our partners at [Outdoor Hire](#) or sourced cheaply through our reliable contacts in Leh, though do be aware that only limited sizes may be available.

What clothing is suitable for when we come back from the mountain?

Ladakh is a very conservative region of India. Your guide will likely dress in light cotton long sleeve shirts and trousers during the city and trek phase of this expedition to observe local traditions.

Travel

Where do I meet my guides?

Your guide will meet you at the airport. Look for someone wearing a 360 logo!

What is the best air route to my destination?

Detailed flight information will be sent to you upon registration. We are ATOL licensed and ensure the most direct route with a reputable airline. 360 Expeditions carefully consider weight restrictions imposed by various airlines for a 7,000m peak expedition such as Nun.

On some occasions, climbers prefer to take responsibility for their own flights. If this is the case then we are more than willing to assist you with every detail of the journey to India. We will, for example, be able to advise you of the weight restrictions imposed by various airlines and recommend quality airlines.

Booking your own air travel allows you to have the flexibility to use frequent flyer miles as well as manage your luggage weight. Please let us know when booking if you wish to make your own travel arrangements to and from Delhi and Leh or if you wish to travel on different dates.

FAQ'S

Insurance

Do I need special insurance for this expedition?

You must carry individual travel insurance to take part in the expedition. We cannot take you on the mountain without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip to include, at a minimum, medical evacuation and coverage up to the maximum altitude of this trip.

Your insurance details are requested on the booking form, however this can be arranged at a later date, though we would always suggest having cancellation insurance in place at the time of booking. 360 Expeditions will be requesting your insurance details 8 weeks before your departure if we have not received them prior to this.

Entry into Country

Are there any entry or visa requirements?

A visa can be obtained from the Indian Embassy in London or using the e-visa [website](#).

Non UK residents should check with their local Indian Embassy.

Finance

When is the money due for this expedition? What kind of payment do you accept?

Generally deposits are due when you book as we need in turn to book the international flights well in advance. The full amount should be paid four months prior to departure. However having said that, our aim is to get you to the top of this mountain and we understand that personal financial situations can vary. Please contact our friendly office crew to discuss a suitable payment plan should you find raising the funds to be difficult. We have been in your shoes after all and go by the motto of where there's a will there's a way!

What is your cancellation policy? What is your refund policy?

Please read 360 Expeditions [terms and conditions](#) carefully before you depart.

Along with your travel insurance for the expedition, we highly recommend trip cancellation insurance. Due to the nature and heavy costs of government and operator permits, 360 Expeditions must adhere to a stringent refund policy.

FAQ'S

How much do we tip our local crew?

Our local crew work extremely hard to ensure that your expedition runs well. While tipping is not compulsory, once someone sees the hard work the crew provides, tipping will seem the least one can do to say thank you. As a general rule we suggest around \$250 per client for the entire local crew, which will be shared amongst them.

It is also normal to tip each of the porters on the way in/out to basecamp (usually USD5 per porter for their services) – you might not have the same porters going in as on your return.

Tipping the 360 Guide is at your own discretion.

Am I correct in think we only need to take US Dollars with us?

The local currency is the Indian rupee but the rates to the dollar can be unstable and, in the past, have fluctuated widely. American dollars are readily recognised and are easily converted to the local currency. Upon arrival there will always be a bureau de change at the airport and generally these provide a better rate of exchange than your hotel.

For most situations when buying gifts or small goods such as drinks or snacks the use of small denomination US dollars is not a problem, but getting change for a \$20USD bill when buying a \$1 USD drink may be a challenge.

Larger bills are good for tipping your local crew at the end of the expedition and a sufficient amount should be carried with you.

Your 360 leader will advise you in the pre-expedition brief as to what is the correct amount to take on the trip with you.

FAQ'S

What additional spending money will we need?

The amount of money you will need depends on how many presents you wish to buy or if you want to purchase soft drinks or snacks on the trek or in town. As a basic rule of thumb, US \$100-\$200 should be more than adequate for any expedition spending. India is a relatively cheap place and, when indulging in the local custom of haggling, goods can be bought for excellent value for money. Your 360 leader will be happy to point out the relative bargains, suitable prices and where to get the best value for money. The only other cash you'll need to consider taking with you on this expedition is the local crew tips.

If there are less than 6 climbers, what will the supplement be?

The price is variable depending upon the number of climbers.

Our advertised price is based on 6 although we can run the trip with 4. If we do this there will be an additional supplement to pay of £500.

Communication and electronics

Can I contact the other climbers joining the expedition? How about the leader?

You can always call our offices and one of the leaders will contact you as soon as they get off the hill. For this expedition we will be holding a pre-expedition meeting in plenty of time before the expedition is due to take place. This is to aid you with any questions you may have and to meet your team members. We feel it is important that you have already struck up a friendship with your team before leaving rather than setting off from the airport as total strangers.

What is phone coverage like?

Reliable phone coverage only exists in towns and on the road trip.

Will there be phone signal during the trek / climb?

You will be able to get a local sim card with 4G coverage in Delhi or Leh, but there is no 4G reception at basecamp, or higher up on the mountain.

FAQ'S

Who is your point of contact? How can my family follow my progress?

Your 360 Leader will be sending regular updates to the 360 offices to allow your family and friends to track your progress on social media. The best place to reach a loved one is through our main 360 office, and we will do our best to pass these messages on to the team. We do try to keep in daily communication with the 360 Leader on the mountain to allow communication between the outside world and to keep our team updated with important developments occurring at home.

Are there facilities for charging electronics on the mountain?

There are solar charging facilities at basecamp, and we would also advise bringing your own personal power banks. We recommend [PowerTraveller](#).

What is the local language?

Ladaki is the official language of Ladakh, but English is widely spoken.

What is the local time?

GMT+5hr30.

Nun peak

India | | 7,135m



Nun peak

India | | 7,135m

TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS



"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.