



## Makalu Expedition

<b>Trip code</b>	
<b>Package name</b>	Makalu Expedition
<b>Duration</b>	39
<b>Max. elevation</b>	8461 m
<b>Level</b>	ADVANCE
<b>Transportation</b>	Domestic flight (Kathmandu - Tumlingtar - Kathmandu).
<b>Accommodation</b>	3***Hotel in Kathmandu, Lodge + Camping twin sharing bed basis during the trek and Expedition session.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Tumlingtar - Num Bazar - Seduwa - Tashi Gaun - Kongma Danda - Dobate - Yangli Kharka - Langmale - Makalu Base Camp - ( Climbing period - 20 days ) - Makalu Base camp - Yangli Kharka - Dobate - Kongma Danda - Siduwa - Num Bazar - Tumlingtar - Kathmandu .
<b>Cost</b>	USD 16,400 per person

## Highlights

- Majestic Mount Makalu: Experience the awe-inspiring beauty of Mount Makalu, the fifth highest mountain in the world, standing tall at 8,485 meters (27,838 feet). Summiting Makalu is a remarkable achievement for mountaineers.
- Remote and Pristine Wilderness: Explore the remote and stunning Makalu Barun National Park, known for its pristine landscapes, diverse flora and fauna, and untouched natural beauty. The region offers a sense of wilderness and tranquility that is unique to this area.
- Challenging and Technical Climb: Test your mountaineering skills and mental resilience as you navigate through glaciated terrain, cross crevasses, and scale steep slopes. The climb demands technical proficiency, endurance, and the ability to handle challenging conditions.
- Breathtaking Views: Enjoy breathtaking panoramic views of the surrounding Himalayan peaks, including Everest, Lhotse, and Kanchenjunga. From the summit of Makalu, the stunning vistas

reward climbers with a sense of awe and grandeur.

- Cultural Encounters: Interact with local Sherpa and Rai communities along the trekking route, gaining insights into their unique cultures, traditions, and way of life. Experience warm hospitality and immerse yourself in the local customs.
- Rich Biodiversity: Explore the diverse flora and fauna of the Makalu Barun National Park, which is home to various endangered species. Observe rare wildlife, such as the red panda, snow leopard, Himalayan black bear, and a wide array of bird species.
- Pristine Alpine Environment: Trek through lush rhododendron forests, alpine meadows, and picturesque valleys. The pristine environment offers opportunities for nature enthusiasts to appreciate the beauty of the Himalayan ecosystem.
- High-Altitude Challenge: Challenge yourself both physically and mentally as you climb to high altitudes and push your limits. The Makalu Expedition provides an opportunity for personal growth, self-discovery, and a deep connection with nature.
- Expedition Team Bonding: Forge strong bonds with fellow climbers, Sherpa guides, and support staff during the expedition. The shared experience of facing challenges and achieving goals creates a sense of camaraderie and lifelong friendships.
- Sense of Accomplishment: Summitting Mount Makalu is a remarkable accomplishment that signifies perseverance, determination, and the fulfillment of a mountaineering dream. It leaves climbers with a profound sense of achievement and memories to cherish for a lifetime.

## Overview

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The Makalu Expedition takes mountaineers on a challenging and exhilarating journey to the fifth highest mountain in the world, Mount Makalu. Standing tall at an elevation of 8,485 meters (27,838 feet), Makalu is located in the remote and stunning Makalu Barun National Park in eastern Nepal. This detailed description provides insights into what it takes to embark on this extraordinary mountaineering adventure.

The journey to the Makalu Expedition begins with a scenic flight from Kathmandu to Tumlingtar, followed by a drive to the village of Num. From Num, the trekking route follows rugged trails, crossing through lush forests, picturesque villages, and steep ridges. The trail gradually gains altitude, providing breathtaking views of the surrounding Himalayan peaks.

As the trek continues, climbers pass through beautiful rhododendron and pine forests, cross rivers, and traverse alpine meadows. The trekking route offers glimpses of the diverse flora and fauna of the Makalu Barun National Park, which is known for its rich biodiversity.

Reaching the Makalu Base Camp (4,800 meters/15,748 feet) is a significant milestone. The base camp serves as the starting point for the expedition. Here, climbers set up their camps, acclimatize to the high altitude, and make necessary preparations for the ascent.

The climbing route to the summit of Makalu varies depending on the expedition operator and the conditions of the mountain. The ascent involves navigating through glaciated terrain, crossing crevasses, and scaling steep slopes. Climbers must possess advanced mountaineering skills, including the use of technical equipment such as crampons, ice axes, ropes, and harnesses.

Establishing high camps is an integral part of the expedition. Camps are typically set up at strategic locations, such as Camp 1 (6,100 meters/20,013 feet), Camp 2 (6,800 meters/22,310 feet), and Camp 3 (7,400 meters/24,280 feet). Climbers gradually move higher, acclimatize at each camp, and make necessary rotations to improve their chances of summit success.

The final summit push is a challenging and demanding endeavor. Climbers face extreme weather conditions, icy slopes, and technical sections. The summit of Makalu rewards climbers with awe-inspiring views of the surrounding Himalayan peaks, including Everest, Lhotse, and Kanchenjunga, offering a sense of accomplishment and a connection with the world's highest mountains.

Descending from the summit and returning to the base camp marks the completion of the Makalu Expedition. The return journey follows a similar route, allowing climbers to reflect on their achievements and immerse themselves in the natural beauty of the Makalu Barun National Park.

The Makalu Expedition is a demanding adventure that requires meticulous planning, experienced guides, and a high level of physical fitness. Climbers are advised to choose reputable expedition operators with extensive knowledge of the region and a strong safety record. Proper acclimatization, technical climbing skills, and comprehensive equipment preparation are crucial for a successful and safe expedition.

## **Trip Itinerary**

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### **Day 1 : Arrival in Kathmandu, transfer to hotel, and trip briefing.**

Arrive in Kathmandu, the capital city of Nepal. Meet your trekking guide at the airport and transfer to your hotel. Spend the day exploring the vibrant streets of Kathmandu and preparing for the trek. Overnight stay in Kathmandu.

### **Day 2 : Obtain necessary permits and arrange logistics for the expedition and City tour**

Today, we will spend the day sightseeing in Kathmandu Valley with our guide. We will visit Pashupatinath, which is regarded as the holiest Hindu temple in Nepal and where pilgrims worship Lord Shiva (situated on the banks of the holy Bagmati River), Bouddhanath, a Buddhist temple known as 'Little Tibet' and then on to Swayambhunath known as the Monkey Temple. From Swayambhunath we drive to Kathmandu's famous Durbar Square, a UNESCO World Heritage-listed site, and located in front of the old royal palace. Upon arriving back at your hotel you may have time to do some last-minute shopping around Thamel – the tourist hub of Kathmandu.

### **Day 3 : Fly from Kathmandu to Tumlingtar (460 meters/1,509 feet), drive to Num (1,560 meters/5,118 feet).**

This day after having breakfast, we take a 50 minutes flight to Tumlingtar in eastern region, the starting point of our trek through Arun valley and landing on a steep mountain runway brings the

village of Tumlingtar. When we are in aircraft we can enjoy the panoramic sights of great Himalayas of Nepal including Mt. Everest (8,848m), Mt. Makalu (8,463m), Mt. Cho Oyu (8153m), Mt. Lhotse (8,501m) and Mt. Lhotse Shar (8,393m), Kanchenjunga, Gaurishanker, Ganesh, Langtang etc., terraced land field, hills, forests, beautiful traditional villages. Lowering down from the plane, we will take 4 hours of drive through gravel road and cross Chichila to reach Num where we will stay overnight.

#### **Day 4 : Trek from Num to Seduwa (1,530 meters/5,020 feet). - 4 hrs walk**

Today we continue along the trail descending steeply from Num village through the fields of Lumbang, the trail drops very steeply through a jungle to a suspension bridge over the Arun River (660 m). From the bridge we climb steeply to a primitive tea shop. Often quite hot – the forest on the valleys offer a bit of shade. Moving along the rocky path and tiny terraces planted with corn and barley, we make a long, steep, rough climb to Seduwa (1460m). This is where Makalu Barun National Park begins and where we register our permits.

#### **Day 5 : Trek from Seduwa to Tashigaon (2,100 meters/6,890 feet). - 5 hrs walk**

Leaving Seduwa, we will make a gradual climb high above the Kasuwa Khola to Gyang (1770m). It is a gentle walk through terraced fields and forested areas to Hindrungma village, and on to Rupisa. En route, we cross meadows and several streams, pass by small paddy fields and then climb to the Sherpa village of Tashi Gaon, the last permanent settlement in the valley. . Once there, we are surrounded by breathtaking Himalayan panorama. Overnight in Tashi Gaon.

#### **Day 6 : Trek from Tashigaon to Khongma (3,560 meters/11,680 feet). - 6 hrs walk**

This is the last village up to the Makalu and after this village the walk is refreshing for an hour and a half in the beautiful shade of the rhododendron and oaks forest, after leaving the dense forest coming to a summer pastures with traces of temporary made shepherd huts. From here onwards to Khongma ridge is strenuous uphill climb, as the tree lines declines for the bushes of rhododendron and juniper. We'll stay here and can be seen scenic mountain ranges.

#### **Day 7 : Trek from Khongma to Dobate (3,550 meters/11,647 feet). - 5 hours walk**

After the superb mountains view and the surrounding landscapes and snow capped peaks, our trek follows a gradual trail with few ups and down as we pass through the Thulo Pokhari (big pond) and Sano Pokhari (small pond). In the heavy snow, the path from here can be quite misleading and it will be arduous to find the trail sometime and further walk cross the pass of Shiptom-la at 4,075m. We onwards our journey, it is all downhill back to vegetation, a small clearing place for camping in the middle of the woods of pines, hemlock, birch and rhododendrons to reach at Dobate for the overnight.

#### **Day 8 : Trek from Dobate to Yangri Kharka (3,610 meters/11,845 feet). - 5 hrs walk**

The trail today is bit adventurous and strenuous. The trail continues though the forests and steeply (extremely steep) drops down to the river for the first hour. The trail now continuously undulates in

through a very bad section. Most of this section goes through an eroded trail and boulders and makes a very uncomfortable walk. After an hour or so the trail finally starts to get better. Once on a better trail, it takes an hour to get to Femtang (a single lodge here). After Femtang, it takes one and half hours of easy walk to get to Yangle Kharka. It is big meadow with lodges on the rather side of Barun River that the trek had followed throughout the day. The Barun River through the trail adds more dimensions to the trail with its spectacular views of Mt. Tutse (Peak 6) 6739 m, Peak 7 (6185 m).

### **Day 9 : Trek from Yangri Kharka to Langmale Kharka (4,410 meters/14,468 feet). - 4 hrs walk**

After having breakfast, we have to moving upwards to Varun valley with beautiful pasture place. It takes about 5-6 hours from starting point. Langmale the place where some tea houses are build and running from local people of Makalu region. Background mountains and beautiful landscape downward it looks like heaven on earth.

### **Day 10 : Trek from Langmale Kharka to Makalu Base Camp (4,800 meters/15,748 feet). - 5 hrs walk**

From Langmale, we continue to more isolated area towards the higher camp, which is less than three hour trek above Langmale, at the snout of the Barun glacier, near its glacial pond. On arriving at the camp afternoon free for short hike above this camp, a climb on the moraine ridge, for more spectacular views of Mt.Makalu, and of the usual hidden east sides of Lhotse and Everest, which looms above the Barun glacier to the North West. We will spend rest of the afternoon at leisure and preparing for the next big adventure. Some of the porters will set off back with equipment which we do not need to take with us making the load as light as possible to overcome the traverse over Sherpani Col and beyond.

### **Day 11 : Day 11-30: Climbing period - establish and acclimatize at various camps**

Climbing period - establish and acclimatize at various camps, following the expedition operator's itinerary and weather conditions.

Camps typically include Camp 1 (6,000 meters/19,685 feet), Camp 2 (6,800 meters/22,310 feet), and Camp 3 (7,400 meters/24,280 feet).

Climbing rotations and acclimatization hikes to progressively higher camps.

Final summit push involves climbing from Camp 3 to the summit of Makalu (8,485 meters/27,838 feet).

### **Day 31 : Day 31-36: Trek back to Tumlingtar, following the same trail.**

After completing our expedition and leave Makalu Base Camp. Then continuing the walk following the same route, you cross minor passes , ascending and descending before arriving at till Num Bazar. Then we take reserve jeep to get Tumlingtar.

### **Day 37 : Fly from Tumlingtar to Kathmandu, transfer to hotel. - 45 min**

You have an early morning meal as you have to catch the flight from Tumlingtar to Kathmandu. The flight has approximately 45 minute air time, so enjoy the view while it lasts.

After landing at the runway, you will be taken to your hotel, where you can rest and call it the end, or you can visit the local market.

### **Day 38 : Free day in Kathmandu for rest, relaxation, and celebration.**

You have not entirely toured around Kathmandu valley in earlier days, so this day is your leisure day. You will visit this town's remaining UNESCO heritage sites, i.e., Bhaktapur Durbar Square and Patan Durbar Square.

During the evenings, you can look around the local markets and buy souvenirs for your friends and families. Enjoy your last day in Nepal.

### **Day 39 : Departure from Kathmandu.**

After an incredible time in the mountains, you now return to your home country today. The officials will drive you to the airport according to your scheduled time.

## **Inclusions**

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### **What is included?**

Airport pick up drop by private vehicles and Transfer to Hotel.

Kathmandu / Tumlingtar / Kathmandu airfare both for expedition members and staff all.

4 nights hotel (3-stars) in Kathmandu, B/B plan

25 kg weight per Sherpa climber is allowed for expedition

Necessary Sherpa porters or mules for carrying equipment & loads

Twin sharing accommodation in available lodge/teahouse while trekking

3 times meals per day, (Breakfast, Lunch, and dinner) teas & coffees in trekking & during the camping period.

Common climbing gears like necessary rope, ice bars, ice screws, etc

Twin sharing tent of North face brand or similar for Base Camp

Experienced and government licensed trekking and climbing Sherpa guide during the trekking and climbing period.

All food and fuel for base camp and higher camps during the climbing period.

Paper works, Peak permit fees, Route fees, Makalu Barun National Park fees, and Expedition Royalty fees

Kitchen, Dining, Store tent, mattress and all camping facilities needed in Base Camp.

The experienced and professional Sherpa staff at Base Camp: Base camp manager, cook, kitchen Boy.

Government liaisons officer and his salary & accomodation

Equipment medical & life, allowance, wages, life, medical & rescue insurance for all Nepali members.

Emergency oxygen bottle, mask & regulator at ABC (Use and pay)

Provision of 4L-Poix with 2 Oxygen bottles for each member and 1 Oxygen bottle for Sherpa + Masks and Regulators

Provision of 1 High Altitude Sherpa for assistance

Garbage disposal and managemant fee.

Immediate Rescue co-ordination (covered by your personal travel insurance)

Generator or solar panel for charging & lighting in Makalu Base camp

Satellite phone on pay call basis (1 min: \$4).

Walkie - talkie per member and climbing Guide as required for communication.

Welcome Dinner at typical Nepali Restaurant in Kathmandu.

## **What isn't included?**

International flight fare, taxes, and visas (visa charge USD 40 and 4 passport photographs for the visa).

Lunch and dinner in Kathmandu.

Your Personal trekking & climbing equipment

Excess baggage transport

All expenses of personal nature like Wifi, Hot Shower, bar bills, laundry, telephone, etc.

Travel insurance for accident, medical, emergency evacuation & lost baggage.

Tips for Base Camp Staff and Climbing guide.

Summit Bonus for sherpa

Applicable permit fee & custom fee for satellite phone, filming camera, communications - equipment (if brought)

Expenses that are not mentioned in the included section.

## **Complimentary**