

**THE
MOUNTAIN
COMPANY**

MAKALU BASE CAMP TO EVEREST- GHT



Mount Makalu as seen from near Base Camp



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HIGHLIGHTS

- This trek follows the crux section of The Great Himalaya Trail (“GHT”) with dramatic scenery as you cross through the highest mountains of the Himalaya.
- This is a truly adventurous expedition passing through a remote and wild region of the Himalayas from Makalu Base Camp over three high passes (Sherpani, West Col & Amphu Lapsa) into the Everest region. This trek is known as one of the most difficult and challenging in the Nepal Himalaya.
- The trail takes you from the lowlands at Tumlingtar near the Arun River through one of the least frequented trekking regions of Nepal via Shipton La (4,216m) to Makalu Base Camp.
- There are superb views of the fifth highest mountain in the world Mount Makalu at 8,462m often known as the Great Black as well as other Himalayan giants such as Baruntse (7,129m) and Chamlang (7,319m).
- If you think that our Makalu to Everest trek is going to be too challenging for you then take a look at our Makalu Base Camp itinerary (returning to Tumlingtar).
- We would be happy to arrange an extension if you would like to visit Everest Base Camp, this would take an extra three to four days.

REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR MAKALU BC TO EVEREST.

- The Mountain Company organised a successful Makalu to Everest expedition in April/ May 2011 led by Roland Hunter (also in Spring 2009 he climbed to the summit of Mount Makalu without supplemental oxygen or Sherpa support) and in April/ May 2016. As a result of these trips we know the Makalu area well. Please click on links below to read Trip Reports from Spring 2011:

<http://themountaincompany.blogspot.com/2011/05/part-one-trip-report-for-great-himalaya.html>

<http://themountaincompany.blogspot.com/2011/05/part-two-trip-report-for-great-himalaya.html>

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- Our itinerary has been designed to include sufficient time for acclimatisation to the altitude in order to maximise your chances of completing the traverse into the Everest (Khumbu) region.
- The Mountain Company will receive bespoke weather forecasts for the Makalu and Everest regions from EverestWeather.com throughout the duration of this trek.
- The Mountain Company is an accredited trek operator in the Great Himalaya Trail (GHT) Alliance, this is a group of organisations and individuals who voluntarily adopt their Codes of Conduct.
- Western branded tents are used for all of our camping treks in Nepal. These are three person domed tents with plenty of space for two people sharing plus gear.
- We send a Thuraya satellite phone on all of our treks in Nepal. It is essential for your guide to have reliable communications with us for logistics, planning and group safety.
- We also send GPS locator called SPOT Adventures so your friends and family can track your progress during the trek.
- We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines. There will also be a portable altitude chamber (PAC or Gamow bag) as well as Poisk bottled oxygen, regulator and mask for emergency use.
- We provide all porters with windproof jacket & trousers, crampons and shelter as per International Porter Protection Group (“IPPG”) guidelines. This is a very tough trek for porters and it is essential that they are well looked after.
- There will be a range of tasty meals for breakfast, lunch and supper. We bring along a supply of chocolate bars (Twix, Mars etc) with enough so everyone will get one bar for each trek day. For breakfast every morning we provide fresh coffee from our Bialetti Moka coffee machine.
- Pre-trip support will be given by Roland via email, phone or face to face meetings, please get in touch if you have any questions or require further information on this trek.

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TESTIMONIALS

“I thought your Makalu to Everest was a magnificent trip, superbly organized, and that Roland you did a first class job as leader. I was so full of admiration at your setting off to fix ropes and inspect routes as soon as we had tottered into camp and were ready to relax! The careful attention to acclimatization was admirable, and was vindicated (getting everyone over those high passes was a considerable achievement - I've been on several trips where people have been turned back at significantly lower altitudes). Your thinking about the best timing for the trip seems to have been justified as well. The crew were, I think, the best I have ever trekked with.”

Martin Plackett, Makalu to Everest in Spring 2011

“Brilliant trip, I have a definite longing to come back to Nepal again it has certainly wet my appetite to do more. The views were stupendous on the big days crossing the passes as well as stunning scenery around Makalu and also in the Solo Khumbu, this will live with me forever. Personally, I think the Makalu to Everest expedition was a lot harder than Mera Peak expedition I did with you in 2007 because this one was longer, with more days at altitude and more technical. I agree that the porters/sherpas were exceptional, none of us could have made it without them.” **Paul Carroll, Makalu to Everest in Spring 2011**

“I just wanted to thank you again for the support, and your advice, knowledge & enthusiasm. In terms of the feedback on the trip I cannot fault it I can only say how fortunate Roy & everyone were to find you when they did the Mera Peak Trip. I would not hesitate to recommend you & your company to anyone.” **Mike Lister, Makalu to Everest in Spring 2011**

“For our recent Makalu to Everest expedition we think the overall organization has been very good and the Nepali staff did a very impressive good job. We appreciated once again, as during the Dhaulagiri trek, your personal effort in taking care of all aspects of the organisation and of any possible problem of the participants. Your mountaineering experience and competence is of course a value in a trek like this.



The level of comfort during the trek was always very high, more than expected in so hard a trek that includes mountaineering sections. In both treks your technical support before departure has been effective too. We appreciated your quick and very clear answers to all our questions. We really would recommend The Mountain Company to anyone interested in Makalu to Everest trek and in other treks in Himalaya.” **Enrico and Alessandra (Italy), Makalu to Everest in Spring 2011**



MAKALU BASE CAMP TO EVEREST

| | |
|-------------------------|--|
| Total number of days | 28 days |
| Grade & days trekking | Challenging, 22 trekking days |
| Accommodation | 3 nights hotel, 24 nights camping |
| 2020 price ex Kathmandu | £4,695 (US\$5,975 or €5,295) |
| 2021 price ex Kathmandu | £4,695 (US\$5,975 or €5,295) |
| Minimum group size | 6 |
| Maximum group size | 12 |
| Dates | April 19 th to May 16 th 2020 April 18 th to May 15 th 2021 |



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Internal flight to/from Kathmandu and Tumulintar/ Lukla including baggage allowance of 20kg for your main bag checked into the hold and 5kg for day pack carried with you inside the aircraft.
- All transfers including airport collections.
- One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- Twin share room at Hotel Tibet or Hotel Ambassador in Kathmandu.
- Breakfast only in Kathmandu, all meals included while on trek.
- Twin share tents while on trek using our Western branded tents. These are three person domed tents with plenty of space for two people sharing plus gear.
- All trekking arrangements including permits and fees, tents, Western and Sherpa leaders, porters and cook.
- Bespoke weather forecasts for Makalu and Everest regions from EverestWeather.com throughout the duration of this trek.
- Thuraya satellite phone for organising logistics and medical evacuations, it can also be also used for personal calls at extra cost.
- We use GPS on Thuraya satellite phone to upload daily your location onto Google Maps so your friends and family can track your progress during the trek.
- Makalu trekking map given to you on arrival to Kathmandu.
- Rubberised luggage tags posted to you before departure.
- Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).

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- Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive “Nepal Pre Trip Information” notes.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

| | |
|------------------------|------------------------|
| Single room supplement | £190 (US\$240 or €210) |
| Single tent supplement | £325 (US\$425 or €365) |

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days (US\$40).
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips (guidance on amounts included in our “Nepal Pre Trip Information” notes).
- Other items not listed in “What is included”.



PARTICIPANT SELECTION

The Mountain Company carefully selects and screens potential participants applying to join our groups to ensure the trip is an appropriate objective for you. We have a number of pre-trip questions asking information about your outdoor experience, training, experience, medical conditions and fitness. To access the pre-trip questions please send in your application by clicking on the **“Apply now” button** on the trek webpage. After review of your replies we might contact you by telephone or email for further information to aid our selection process.

Please ensure you have done your own research about Makalu to Everest GHT trek by reading our pre trip documents (Trip Dossier, Trip Grading and Trip Reports published on TMC blog) to ensure you have a realistic idea of what to expect. Every trip organised by The Mountain Company has been graded based on four factors: daily walking times, altitude, terrain and remoteness.

INTRODUCTION

This is a challenging expedition from Makalu Base Camp to Everest region via three high passes: Sherpani Pass, West Col and Amphu Laptsa. The trail takes you from Tumlingtar in the steamy lowlands near the Arun River over the Shipton La and into the remote and beautiful Barun river valley before arriving to Makalu Base Camp. From here we cross Sherpani Pass over to Baruntse Base Camp, then cross West Col to Panch Pokhari followed by the Amphu Laptsa into the Everest.

This is a truly adventurous expedition passing through a remote and wild region of the Himalayas with superb views of Makalu, Everest, Lhotse, Chamlang and Kanchenjunga.

Our itinerary has been designed to include sufficient time for acclimatisation to the altitude in order to maximise your chances of completing the traverse into the Everest. There are logistical challenges in organising an expedition to such a remote area of the Himalaya and this is only possible by bringing a strong and experienced Sherpa team.



Previous mountaineering experience is required to safely complete this journey, you will climb on fixed rope over the passes and group rope travel on the glaciers. If you think that our Makalu to Everest trek will be too challenging then take a look at our Makalu Base Camp itinerary (returning to Tumlingtar).

DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.

Day 1. Arrive Kathmandu.

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick-up and transfer. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: none).**

Day 2. Briefing and preparations in Kathmandu

A full expedition briefing will be given in the morning then in the afternoon you can purchase last minute items in Kathmandu, pack your bags etc. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**

Day 3. Fly to Tumlingtar and drive to Num (1,500m)- 4 to 5 hours driving.

The flight to Tumlingtar takes about 45 minutes, on arrival we will have lunch at a local lodge then we take jeeps along a rough road to the busy market town of Khandbari then we continue driving along the increasingly rough road passing terraced fields and then further up through forest to the village of Chichila located at the top of a ridge. From here the jeep track follows the ridge where on a clear day there are further fine views of Makalu and Chamlang. After reaching the small Sherpa village of Mure and we then descend to the village of Num. Num is set on a promontory above the Arun river with good views over the valley towards Sedua village. **Overnight lodge (Meals: B,L,D).**

Day 4. Trek to Sedua (1,540m)- 5 to 6 hours walking.

From Num we descend steeply through terraced fields and jungle to the Arun river at an altitude of 650m. We cross the suspension bridge over the fast flowing Arun

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river and then have a steep climb up to the village of Sedua. The entry checkpoint for Makalu-Barun National Park is in this village. **Overnight lodge (Meals: B,L,D).**

Day 5. Trek to Tashigaon (2,070m)- 4 to 5 hours walking.

We continue climbing out of the valley through rhododendron and bamboo then start traversing through terraced rice fields to Manigaon village. From here the trail contours through forest and farmland to reach the school at the entrance to Tashigaon village. Our camp is in the higher part of the village next to several teahouse lodges. Tashigaon is the last village until we get to Chhukung in the Everest as there are no permanent settlements in Barun valley. **Overnight lodge (Meals: B,L,D).**

Day 6. Trek to Khongma (3,560m)- 6 to 7 hours walking.

From Tashigaon there is a steady climb through forest, and after a while, it starts to open out with more rhododendrons until we reach a few huts at Chipla. We camp further along the ridge to Khongma where there is a teahouse lodge with tent terraces. **Overnight lodge (Meals: B,L,D).**

Day 7. Rest & acclimatisation day at Khongma (3,560m).

After a rapid ascent of 1,400m yesterday it is essential to take a rest day to help your acclimatisation before crossing Shipton La (4,216m) tomorrow. We will organise an optional morning walk along Khongma Danda (ridge) towards Shipton La, this is useful to help the acclimatisation process by “climbing high and sleeping low”. There is a superb view from Khongma looking eastwards towards Kanchenjunga. **Overnight lodge (Meals: B,L,D).**

Day 8. Trek to Debotay (3,800m) via Shipton La (4,125m)- 6 to 7 hours walking.

From Khongma the trail climbs steeply along switchbacks with superb views of Makalu and Chamlang and also over to Kanchenjunga in the east. We continue walking along a stone staircase through rhododendrons before reaching Shipton La (4,216m) followed by a descent to Kalo Pokhari lake. We make a climb to Keke La (4,150m) after this final pass we walk down through a beautiful valley Debotay where there is a basic lodge cleared among the rhododendron forest. **Overnight lodge (Meals: B,L,D).**

Day 9. Trek to Yangle Kharka (3,700m)- 5 hours walking.

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After leaving Debotay the trail traverses along the steep sides of the Barun Valley and crosses a number of landslide areas. On either side of the river there are huge rock walls towering overhead and views of Peak 6 and 7 down the valley. Further along the valley widens and near Yangle Kharka there is a large flat grassy area with a basic teahouse where we camp for the night. **Overnight lodge (Meals: B,L,D).**

Day 10. Trek to Langmale Kharka (4,450m)- 4 to 5 hours walking.

Today we pass a number of yak pastures (kharkas) and herder huts with a number of different names and varying altitudes depending on which map or guidebook you read. As we are now approaching high altitude we limit our rate of ascent to ensure your body has necessary time to acclimatise. We camp at the grazing area called Langmale Kharka where there is a new lodge and terraces cleared for camping. **Overnight lodge (Meals: B,L,D).**

Day 11. Acclimatisation day at Langmale Kharka (4,450m).

Today we have a shorter day to help our acclimatisation before walking up to Makalu Base Camp tomorrow. There are superb views of the Himalayan mountains throughout the day so take your time and enjoy the walk you will see Peak 3, 4, and 5 as well as Chamlang. **Overnight lodge (Meals: B,L,D).**

Day 12. Trek to Makalu Base Camp (4,900m)- 4 to 5 hours walking.

On approaching Sherson the south east ridge of Mount Makalu comes into view and as one approaches Base Camp the stunning view of its south face is revealed. We set up camp at Makalu Base Camp where we intend to stay for two nights. **Overnight lodge (Meals: B,L,D).**

Day 13. Day walk near Makalu Base Camp (4,900m).

We will arrange an optional walk on the slopes on east side of Makalu Base Camp, this is well worth doing not only to help your acclimatisation but also for the good views of Everest, Lhotse and of course Makalu. The walk will take about 5 hours return and reaches an altitude of 5,300m. **Overnight camping (Meals: B,L,D).**

Day 14. Mountaineering skills instruction at Makalu Base Camp (4,900m).

Today your western leader and Sherpas will organise a mountaineering skills session to show the techniques for ascending and descending a fixed rope, these



are essential skills for safe crossing of the passes. **Overnight camping (Meals: B,L,D).**

Day 15. Trek to Sherpani Low Camp (5,200m)- 4 to 5 hours walking.

From Makalu Base Camp the trail follows the ablation valley on the west side of Barun Glacier and then continues on lateral moraine however avoids descending onto the glacier like the trail to Makalu Advanced Base Camp. Further along the trail is rocky and traverse scree slopes marked by cairns. During the walk there are spectacular views of Makalu's West ridge and foreshortened North West ridge as well as Everest and Lhotse at the head of the valley. **Overnight camping (Meals: B,L,D).**

Day 16. Acclimatisation day at Sherpani Low Camp (5,200m).

Today is an essential acclimatisation day, for those feeling energetic we will organise a short morning walk (two to three hours) to explore the valley beyond the camp. **Overnight camping (Meals: B,L,D).**

Day 17. Trek to Sherpani High Camp (5,700m)- 6 to 7 hours walking.

From Sherpani Low Camp we continue traversing on a rocky trail to the next side valley and then follow this to Sherpani High Camp located on a rocky areas before the glacier. This is a tough day walking on loose moraine following another indistinct trail. **Overnight camping (Meals: B,L,D).**

Day 18. Cross Sherpani Pass (6,135m) and West Col (6,143m), trek to Upper Baruntse Base Camp (5,700m).

After an early start around 1am we walk up the glacier to Sherpani Pass with dawn arriving as the group starts the climb on fixed ropes. On the way up we follow a snowy gulley then a short traverse on a rock step before reaching the top of the pass. There is a rapel/ abseil for 40m on the other side of the pass down to the West Barun glacier, from here there is an hour walk to reach the top of the West Col where there is a 200m rapel/ abseil down to Hunku Glacier followed by an hour or so walk to Upper Baruntse Base Camp.

This is a very demanding day using fixed rope for ascent and descent as well as sections of rope travel on the glacier in a very remote glacial area, the exact daily schedule will be decided by your leader and Sherpas depending on conditions and



weather as well as how the group and crew are faring with the expedition.

Overnight camping (Meals: B,L,D).

Day 19. Rest day at Upper Baruntse Base Camp (5,700m).

After the long day yesterday crossing Sherpani Pass and West Col the group and crew will need a rest day before continuing towards the Amphu Laptsa pass.

Overnight camping (Meals: B,L,D).

Day 20. Trek to High Camp before Amphu Laptsa (5,500m)- 6 hours walking.

The trail descends on moraine to the lower Baruntse Base Camp then continues over moraine ridges with loose rock to the highest of the Panch Pokhari lakes in the Hongu valley. We put in a High Camp near to the start of the trail up to the Amphu Laptsa pass. **Overnight camping (Meals: B,L,D).**

Day 21. Cross Amphu Laptsa at 5,850m trek to Imja Lake camp (5,100m)- 7 to 9 hours.

After a morning start around 4am we follow the rocky trail from camp towards Amphu Laptsa pass, after an hour or so we climb a 10m ice step to access the glacier and then follow this to the top of the pass. The view from Amphu Laptsa is superb dominated by Baruntse and the West Col is clearly visible. There are several rapels/ abseils from the pass until we get onto the rocky trail that leads towards our camp located next Imja lake. **Overnight camping (Meals: B,L,D).**

Day 22. Trek to Pangboche (3,875m)- 6 to 7 hours walking.

After several challenging days crossing the remote passes from Makalu we are now in Everest with its well-constructed trails and other trekkers staying in the impressive network of teahouse lodges. **Overnight camping (Meals: B,L,D).**

Day 23. Trek to Namche Bazaar (3,445m)- 7 hours walking.

From Deboche we walk up to Tengboche monastery then make a descent to Phunki Tenga by the river, this is followed by a steep section uphill then a long traverse to Namche Bazaar. **Overnight camping (Meals: B,L,D).**

Day 24. Trek to Lukla (2,840m).

From Namche we walk down the hill to Monjo village, then we carry on the descent of the Dudh Khosi valley through the villages of Phakding, Ghat and Cheplung. At

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Chaurikharka we start ascending the final hill of the trek to reach Lukla. On getting to the Numbur Lodge you can relax and enjoy your last evening with the Sherpa guides and wonderful porters. **Overnight teahouse lodge (Meals: B,L,D).**

Day 25. Spare/ contingency day.

Day 26. Fly to Kathmandu.

If weather is fine then we will get an early morning flight back to Kathmandu. The rest of the day you are free to relax in Kathmandu or to go shopping, normally groups will meet up in the evening for a farewell meal. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**

Day 27. Sightseeing in Kathmandu.

This is a one day guided sightseeing tour of the Kathmandu Valley visiting three out of the seven World Heritage Sites. You will start off by visiting Patan Durbar Square then drive to the Buddhist stupa at Boudhanath followed by the last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

In the Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**

Day 28. Fly back home.

Transfer from hotel to Kathmandu airport for your flight back home.



YOUR COMPLETE FINANCIAL PROTECTION

The Mountain Trekking Company Ltd (trading as The Mountain Company) is a fully licensed and bonded tour operator. For flight inclusive packages sold to UK residents these will be covered by our Air Travel Organisers Licence (our ATOL number is 10921). For packages that do not include flights and for packages sold to customers outside of the UK your financial protection is covered by our membership of Association of Bonded Travel Organisers' Trust ("ABTOT"). Our ABTOT membership number is 5365.



Our membership of these organisations means that you can book with us in complete confidence that all monies paid to us for trips are protected.

THREAT AND RISK ASSESSMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. The ability to work in team is an important aspect of all of our trips.

As a part of our planning process we have performed a detailed threat and risk assessment for our Makalu to Everest GHT trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of

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adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Makalu to Everest GHT we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Makalu to Everest GHT is available to clients on request. For your information we have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE and HAPE.
- Getting lost or becoming separated from group eg. crossing high passes in whiteout.
- Severe bad weather and conditions when camping.
- Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke).
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rock fall and landslides eg walking in Barun Valley.
- Snow and ice avalanches eg crossing high passes.
- Lightning strike.
- Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
- Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.

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- Road traffic or flight accident [*see paragraph “Tumlingtar and Lukla flight” for further information about STOL flights*].
- Contaminated food and/ or water.

This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

THE ASSOCIATION OF INDEPENDENT TOUR OPERATORS (“AITO”)

The Mountain Company is a member of the Association of Independent Tour Operators (AITO) and we have agreed to abide by the terms of the AITO Quality Charter.

AITO is the Association for independent and specialist holiday companies. Our member companies, usually owner-managed, strive to create overseas holidays with high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating. For more information please take a look at <http://www.aito.com/>





ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience. We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

In 2017 the Association of Independent Tour Operators (AITO) launched Project PROTECT in recognition of the important role that destinations play in the future of the travel industry. The aim of this project is to encourage sustainable tourism and to nurture the destinations for tomorrow's travellers. The PROTECT acronym stands for People / Resources / Outreach / Tourism / Environment / Conservation / Tomorrow.

This project is led by Professor Xavier Font of the University of Surrey and each AITO member has to publish an annual pledge and report back at the end of the year on how they got along. To see The Mountain Company's Project PROTECT pledges for 2018 and 2017, please take a look at our [Sustainable Tourism page on AITO website](#).



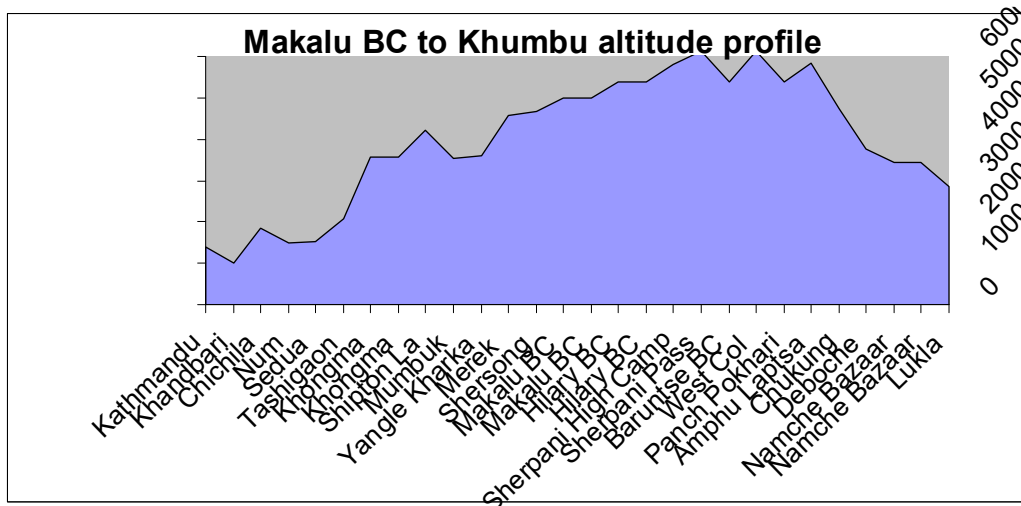
We work closely with the International Porter Protection Group and abide by their five guidelines for porter protection, their website is at www.ippg.net. We also have partnered with Kathmandu Environmental Education Project in Nepal, their website is at www.keepnepal.org



PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Makalu Base Camp to Everest itinerary has been designed for gradual acclimatisation to take place, take a look at the altitude profile for the itinerary below:



There are ways of helping the acclimatisation process, as described below:

- Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!
- Drink lots of water: it is easier for your body to acclimatise when hydrated so drink water and avoid coffee, tea and alcohol.
- Consider taking diamox (acetazolamide): before using this drug we recommend consulting a doctor and thoroughly researching the pros and cons.

Please remember even the fittest and healthiest person can develop one of the altitude illnesses: AMS (acute mountain sickness), HACE (high altitude cerebral edema) and/ or HAPE (high altitude pulmonary edema). The symptoms of these

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illnesses are listed below, if any of these occur when you are on trek please immediately tell your guide.

Symptoms of AMS:

- Tiredness
- Dizziness
- Nausea or if severe, vomiting
- Poor sleep

Symptoms of HACE:

- Usually preceded by AMS
- Like “Severe AMS” also with severe headache unresponsive to painkillers; confusion and physical clumsiness (ataxia).

Symptoms of HAPE:

- Fluid in the lungs: cough, tiredness, breathlessness out of proportion to exercise especially at rest and worse when lying flat.
- Often symptoms start later (at night or after 24 to 48 hours at new altitude).
- Often occurs without AMS (often no headache)
- But you can have AMS and HACE too.

If you have symptoms of altitude illness (AMS, HACE or HAPE) you must not ascend in altitude. If you have HACE or HAPE you must descend to nearest health post (if available) or seek medical help.

If you have only mild symptoms of AMS you should rest, drink fluids, try to eat, keep warm. If symptoms go away then you can go up. If symptoms get worse you have to descend in altitude escorted by one of our guides (someone with altitude illness must never descend alone).

For further information we suggest you take a look at the following websites:



High Altitude medicine website:

<http://www.high-altitude-medicine.com>

Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £3 (US\$5) per minute and £2 (US\$3) to send and receive SMS text.

ACCOMMODATION IN KATHMANDU

For our Makalu trek we use several hotels in Kathmandu depending on availability. They are as follows:

Hotel Tibet is located in Lazimpat next to the Radisson. Hotel Tibet is our usual hotel for our standard trips in Nepal as our clients enjoy staying at this property due to its good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor and the roof terrace with the Yeti Bar overlooking the city. For more information on Hotel Tibet please take a look at their website <http://www.hotel-tibet.com/>

Hotel Ambassador is located in Lazimpat not far from Hotel Tibet and Manaslu. This hotel was rebuilt and opened in Spring 2017 with well-appointed rooms including both King size and twin beds, complimentary wifi, tea & coffee, iron & board, combined bath & shower. The rooms are a good size at 30m² and are well decorated with original art. The rooms have air conditioning and are sound proofed for quiet nights rest. For more information on Hotel Ambassador please take a look at their website: <http://www.ambassadornepal.com/>

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There are store rooms at all of these hotels where you can leave luggage not required while on trek. There is also a security safe at these hotels for storage of valuables.

TUMLINGTAR AND LUKLA FLIGHT

Please note that flights to and from Nepal's Short Take-Off & Landing ("STOL") mountain airstrips such as Tumlingtar and Lukla are dependent on the weather. Delays often happen if there is poor visibility or high winds.

If you have to wait in Kathmandu at the beginning of the trip due to delays in flying into a STOL mountain airstrip the cost for your overnight accommodation in Kathmandu is not included so you will have to pay extra for this.

In all of our itineraries visiting areas with STOL mountain airstrips region we include one extra day in Kathmandu at the end of the trip in case of delays flying back. If you are delayed longer than this our office in Kathmandu can help reschedule your international flights however there is likely to be a fee charged by the airline for this. You will also have to pay for all of your additional costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

British Foreign & Commonwealth Office ("FCO") travel advice to Nepal states that "STOL airstrips in Nepal are among the most remote and difficult to land on in the world and are a challenge for even the most technically proficient pilots and well-maintained aircraft." For their latest advice please take a look at their Safety & Security section under Air Travel, link at: <https://www.gov.uk/foreign-travel-advice/nepal/safety-and-security>

There have been a number of recent air accidents in Nepal and in December 2013 The European Union banned all airlines based in Nepal from flying in the 28-nation bloc under the latest changes to a list of unsafe carriers. For more information on Nepal's air safety profile take a look at Aviation Safety Network, link at: <http://aviation-safety.net/database/country/country.php?id=9N>



TYPICAL DAY ON TREK

The day starts with an early morning mug of tea brought to your tent by one of the cook's helpers. Before heading over to the mess tent for breakfast it is best to pack your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning.

After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid-afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 7pm. After supper the leader will discuss the plan for the next day with the group. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.

After Makalu Base Camp we plan to go lightweight in terms of group trekking equipment, we will not have a mess tent with table instead deliver meals to personal tents. The reason for doing this is due to the challenging nature of crossing the high passes especially for the porters, by going lightweight their loads will be more manageable and far safer for them.

FOOD

In Kathmandu there is a wide range of excellent restaurants to try out, some of the more popular ones are: K Too Steak House, Everest Steak House, Rumdoodles, Fire and Ice, La Dolce Vita, Mike's Breakfast and New Orleans. Breakfast is provided each morning by the hotel.

While on the trek, the cook will provide good quality food in sufficient quantities. For breakfast you are likely to get porridge or cereal, toast or chapattis, omelettes and a range of hot drinks. For our camping treks in Nepal we provide fresh coffee



from our Bialetti Moka coffee machine. On arrival to camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

CLIMATE

The traditional trekking season in Nepal is late September to May, with October and November generally recognised as having the best weather. Spring is also a popular time of year with warmer weather and the advantage of seeing spring flowers and rhododendrons in bloom.

This trek will have a wide range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool, normally around 5°C, and during the day temperatures sometimes rise to 25°C. At higher altitudes temperatures range from about 15°C to -18°C.

CLOTHING AND EQUIPMENT

A list of clothing and equipment for Makalu Base Camp to Everest GHT has been included in the Appendix below. It is worth pointing out that you will need a sleeping bag for this trip.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire and Expedition Kit Hire rent out high quality items at competitive prices which would save you the expense of buying.

The links to their websites are at <http://www.trekhireuk.com/> and <http://www.expeditionkithire.co.uk>

Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.



The rest of your personal equipment packed in a duffel bag or backpack will be carried by a porter. **The maximum weight allowance is 20kgs.** Please ensure that your bag is marked clearly on the outside for easy identification.

VISA REQUIREMENTS

All foreigners require a visa for entry into Nepal. It is your responsibility to obtain the entry visa. You can get from a Nepalese embassy overseas or on arrival in Nepal. Most people will obtain their visa on arrival to Kathmandu airport.

You will need one passport photo and the following fees dependent:

15 days USD\$25 or equivalent convertible currency

30 days USD\$40 or equivalent convertible currency

90 days USD\$100 or equivalent convertible currency

VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Nepal. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit including high altitude medicine, antibiotics and other medicines. Please get in contact with us if you would like to see the list of medicines contained in our medical kits.

INTERNATIONAL FLIGHTS

The Mountain Company does not book international flights for our holidays. Instead all package prices are Land Only with services starting from arrival to the destination country.

If you would like help arranging flights then we suggest you contact our partner travel agent, StudentUniverse (ATOL registered) a specialist division of the Flight Centre Travel Group ---> [Get an online quote](#)

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INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

Please carefully check your insurers' Terms and Conditions in particular you should make sure the following is covered: 1) Activity (i.e touring, trekking or mountaineering) 2) Maximum altitude reached on trek 3) Helicopter evacuation in an emergency.

It is important for you to understand that ultimately the burden of any expense incurred in evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay any costs incurred in respect of any evacuation or for medical treatment. You should be fully aware of the implications involved in arranging your own travel insurance and understand the limitations and exclusions of your policy.

You should be aware that under certain circumstances, The Mountain Company leader (or our local agent, if no western leader) might instigate rescue proceedings via helicopter (or any other means necessary) in situations of medical emergency without first contacting your insurance company for their approval.

The Mountain Company has arranged travel and trekking insurance for European Union residents with the specialist insurance broker **Campbell Irvine**. Their insurance policy will cover you for most of the trips in our portfolio. However if your trek is classified or graded by The Mountain Company as "**Strenuous**" or "**Challenging**" then you must make sure you select this option when obtaining an online quote for your insurance. Campbell Irvine will not provide insurance cover for any trips classified as "**Mountaineering**".

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE



To apply for an online quote through [Campbell Irvine's Direct Travel Insurance](#) website. Should you have any questions regarding the terms and conditions of cover please contact Campbell Irvine on 0207 938 1734 or email info@campbellirvine.com

We have [listed on TMC website a comprehensive list of specialist adventure travel insurers](#) that our trekkers from UK, EU and Internationally based have used in the past. Please carefully check their Terms & Conditions prior to purchase. These companies are not necessarily recommended by us so it is your responsibility to ensure you have appropriate coverage.

CULTURAL CONSIDERATIONS

For those of you who are visiting Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:

- The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.
- There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but they should not go nude. Women should try and be as modest as possible in these situations.
- Hindus are concerned about the ritual pollution of food when it is touched by someone outside their caste or religion. Therefore, do not touch any cooked foods on display and when drinking from a container used by others avoid touching your lips to it. Do not eat food with your left hand and make sure you only give or receive food with your right hand.
- Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything. If you enter a Nepali house follow the example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.
- You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.

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- When visiting a monastery or gumpa it is customary to give a donation for its upkeep.

SUGGESTED READING

Makalu In Simple Harmony by Hermann and Dietlinde Warth

The Highest Peak yet conquered by an entire team by J Franco

No Place for Men by Peter Mulgrew

Nothing ventured nothing gained by Edmund Hilary

Altitude and acclimatisation information and advice

Going higher Oxygen, man and mountains by Charles Houston, MD

The High Altitude Medicine Handbook by Pollard and Murdoch

Medicine for mountaineering by James Wilkerson, MD

MAPS

Makalu Base Camp High Route by Nepa Maps Scale: 1:80,000 **This map will be included in your welcome pack when you arrive in Nepal.**



APPENDIX

CLOTHING AND EQUIPMENT LIST FOR MAKALU TO EVEREST GHT

For the safety of everyone in the group and to help ensure a successful expedition, you are required to have the following items in our clothing and equipment list tailored for Makalu to Everest GHT expedition. Your gear will be checked by the group leader in Kathmandu prior to departure.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. During the first couple of days on in Makalu region you will experience warm with temperatures around 20 to 25°C. You will experience the coldest temperatures at Sherpani High Camp and for early morning crossing of Sherpani and West Col passes where overnight lows could be down to around -18°C (even lower when considering wind chill too).

Footwear:

- Double mountaineering boots with insulated inners (i.e Plastics) eg. Scarpa Vegas High Altitude or La Sportiva Spantik, there are other suitable boots available please visit a reputable outdoor store for further advice on latest products available. Please note double mountaineering boots are mandatory for Makalu to Everest GHT.

If you are UK based you can rent boots and other mountaineering gear from <http://www.expeditionkithire.co.uk>

- Three season walking boots. A pair of water repellent boots with ankle support for the trek.
- Gaiters. A pair used to keep boots dry if walking through deep snow or on wet ground.
- Wool and liner socks.
- Trail shoes or trainers. Can be used around camp.

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Climbing equipment:

- Mountaineering harness (with adjustable leg loops; sizing should allow for bulky, cold weather clothing).
- 2 slings (120cm 'open' sewn slings, 8mm Dyneema recommended or similar).
- 4 lightweight screwgate carabiners
- 1 belay plate/abseil device (e.g. DMM 'Bug' or 'Bugette', Petzl 'Verso', Grivel 'Master Belay' or similar) or figure of 8 type abseil device.
- 3m of 5mm cord (for prussiks).
- Jumar ascender (e.g. Petzl 'Ascension' or Grivel 'A&D').
- 2.5m of 8mm cord (for use with jumar).
- Crampons (general mountaineering type e.g. Grivel G12 or G10 minimum ; anti-balling plates recommended).
- Mountaineering ice axe (approx. 55 to 65cm in length)
- Helmet.

Clothing:

- Waterproof jacket and trousers (goretex or similar).
- Trekking trousers.
- Long sleeve shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece pants.
- Medium weight down jacket (eg. Nuptse jacket by The North Face).

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**Handwear:**

- Fleece gloves.
- Warms mittens and/or gloves.

Headwear:

- Wool or fleece hat.
- Sun hat.
- Bandana or face mask (eg. Buff Headwear check out <http://www.buffwear.com>)
- Headtorch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated and should have side protection or wraparound design to prevent light getting through to your eyes that could cause sun blindness.

Personal Equipment:

- Sleeping bag. Temperature rated to at least -18 Celsius.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty and helps by adding extra insulation to keep you warm at night.
- Sleeping mat (eg. Thermarest). On trek we provide everyone with one foam mat however we recommend two layers for maximum insulation and comfort.
- Daypack. Recommended size is 40 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing as well as crampons, ice axe and down jacket for days crossing the high passes. It is also a good idea to bring a rain cover to keep the contents dry.
- Stuff sacks for keeping your gear dry and organised. Best are waterproof with roll top eg Exped we suggest you store your sleeping bag, down jacket and clothes in waterproof stuff sacs.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.

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- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Favourite snack food (note: each day one chocolate bar (eg Twix or Mars) is provided by us .
- Books, ipod and cards etc.
- Trekking poles (Black Diamond with “Flick Lock” are best).
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer (optional).

Travelling:

- Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Malaria prophylactic tablets.
- Blister treatment (Compeed patches are the best).
- Rehydration powder eg Dioralyte.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Throat lozenges.

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- Diamox (helps with acclimatisation).