

MAKALU BASE CAMP, NEPAL



Makalu as seen from near Base Camp



HIGHLIGHTS

- The trail takes you from the steamy lowlands of Tumlingtar near the Arun River through one of the least frequented areas of Nepal via Shipton La (4,216m) to Makalu Base Camp.
- There are superb views of the fifth highest mountain in the world Mt. Makalu at 8,462m often known as “Great Black One” and also Chamlang at 7,319m.
- Our itinerary has been planned by Roland Hunter who climbed to the summit of Mt Makalu in May 2009, as a result we know this area very well and also the logistic challenges involved in trekking to Makalu Base Camp.
- There is sufficient time for acclimatisation to the altitude and time for exploration walks around Makalu Base Camp.

REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR DHAULAGIRI CIRCUIT

- Our itinerary has been carefully designed to ensure sufficient acclimatisation as well as including spare days to maximise your chance of reaching Makalu Base Camp.
- Mountain Hardwear Trango 3.1 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 bring a satellite phone for logistical, safety and personal use.



- We provide each porter with windproof jacket & trousers, walking boots and shelter as per IPPG Guidelines.
- There will be a range of tasty meals for breakfast, lunch and supper. We also bring along a supply of chocolate bars, Pringles, biscuit and nuts.
- We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.
- Pre trip support will be given by Roland via email, phone or face to face meetings. In the past members have arranged to meet up prior to the trek.



MAKALU BASE CAMP

Total number of days	24 days
Grade & days trekking	Strenuous, 20 trekking days
Accommodation	3 nights hotel, 20 nights camping
2010 price ex Kathmandu	£1,550
Minimum group size	4
Dates	April 2 nd to 25 th 2010 October 8 th to 31 st 2010



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Internal flight to/from Kathmandu and Tumlingtar.
- All transfers including airport collections.
- Twin share room at Hotel Tibet in Kathmandu.
- Breakfast only at Hotel Tibet in Kathmandu, all meals included while on trek.
- Twin share tents while on trek using our three person Mountain Hardwear Trango 3.1s.
- All trekking arrangements including permits and fees, tents, TMC guide, porters and cook.
- Complimentary Makalu trekking map.
- Financial protection insurance with International Passenger Protection.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement	£60
Single tent supplement	£95

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 (London from £515).
- Travel & trekking insurance.
- Nepal visa for 30 days at US\$40 (approx £25).



- Kathmandu airport departure tax (1,695 Nepalese rupees, approx £14).
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips (guidance on amounts included in Nepal pre departure information).
- Other items not listed in "What is included".

YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Company are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers. A certificate detailing this cover will be given to each passenger as evidence of cover.



PARTICIPATION STATEMENT

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. Lack of acclimatisation to high altitudes could also be a risk factor. Our itineraries allow optimum time for acclimatising although it is possible that some individuals might be slow acclimatisers.

The majority of our trips visit remote areas where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, 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.

INTRODUCTION

A challenging trek to the Base Camp of Mt Makalu the world's fifth highest mountain including crossing of Shipton La

Our itinerary has been planned to allow for sufficient acclimatisation to the altitude and to maximise our time around Makalu Base Camp. The trail takes you from the humid lowlands near Tumlingtar on the Arun River through one of the least frequented areas of Nepal to Makalu Base Camp. The trek passes a large diversity of ecosystems and cultures, on lower sections of the trek there are Rai villages and at higher altitudes Sherpa villages.

We cross Shipton La at 4,216m into the remote and beautiful Barun river valley before arriving at Makalu Base Camp. Along the trail there are superb views of the south face of Makalu as well as Everest, Lhotse, Chamlang and Kanchenjunga. Makalu Barun National Park was established in 1992 as Nepal's eighth national park covering 2,330 sq km. This area is a remote wilderness containing some of the last remaining areas of pristine forests and alpine meadows in Nepal. The area receives few foreign trekkers due to its relative inaccessibility.



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 and join the tour at the hotel.

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. A full expedition briefing will be given in the afternoon.

Day 2. Fly to Tumlingtar and trek to Khandbari (1,020m)- 3 to 4 hours walking.

After the flight to Tumlingtar, we start the trek walking through bamboo and pipal trees to the busy market town of Khandbari home to Chhetris, Newars, Tamangs and a few Sherpas.

Day 3. Trek to Chichila (1,840m)- 5 to 6 hours walking.

The trail today goes uphill through terraced fields to Manebhanjyang and then further up through forest. We will probably have lunch at Bhotebas and then continue to a pass at 1,900m where we might get our first views of Makalu. We contour for an hour or so before reaching our camp at the small village of Chichila.

Day 4. Trek to Num (1,500m)- 5 to 6 hours walking.

Leaving Chichila we walk through rhododendron forests and bamboo. For the rest of the day we follow the ridge with views of Makalu. After lunch we reach the small Sherpa village of Mure and then descend to Num for our overnight camp.

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

Today we descend through the dense jungle of the Arun Valley to 650m where we cross a large suspension bridge over the Arun river. We have a steep climb on the other side up to the village of Sedua.

Day 6. Trek to Tashigaon (2,070m)- 4 to 5 hours walking.

We continue climbing out of the valley, through dense forests of rhododendron, birch and bamboo and more terraced fields to the Sherpa village of Tashigaon.



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

There is a steady climb through forest, and after a while, it starts to open out with more rhododendrons. We camp further along the ridge to Khongma where there is a teahouse lodge with tent terraces.

Day 8. Rest & acclimatisation day.

A rest day for acclimatising before crossing the Shipton La tomorrow.

Day 9. Trek to Debotay (3,650m) via Shipton La (4,216m)- 6 to 7 hours walking.

Today we cross the Shipton La at 4,216m where there are superb views of Chamlang and Makalu. Near the pass we walk through heathland and lakes before dropping down into the forest near our camp at Debotay.

Day 10. Trek to Yangle Kharka (3,600m)- 4 to 5 hours walking.

After leaving Yangle Kharka the trail traverses along the steep sides of the Barun Valley. Our camp is near a yak herders hut at Yangle Kharka.

Day 11. Trek to Merek (4,100m)- 4 to 5 hours walking.

After crossing the Barun River on a rickety bridge we then climb steeply to Ripock Kharka. As we head towards the lower Barun Glacier we get views of Pyramid Peak and Chamlang.

Day 12. Trek to Mera (4,500m)- 2 to 3 hours walking.

Today is a shorter day in order to have time to acclimatise to the altitude and the walk up to Makalu Base Camp tomorrow.

Day 13. Trek to Makalu Base Camp (5,000m).

Makalu Base Camp is located in a grassy area with a view of the south face of Makalu. We have the rest of the day to explore around the area.

Day 14. Exploration day on Barun glacier.

Today we go for a day walk to explore the Barun Glacier and towards Advanced Base Camp at the foot of the Chago Glacier.

Day 15. Trek to Yangle Kharka.

Day 16. Trek to Debotay.



Day 17. Trek to Khongma.

Day 18. Trek to Sedua.

Day 19. Trek to Num.

Day 20. Trek to Chichila.

Day 21. Trek to Tumlingtar.

Day 22. Fly to Kathmandu.

Day 23. Sightseeing in Kathmandu.

Today we explore Kathmandu with a good local guide, the day is flexible depending on what you would like to see but the most popular places generally are:

- Pashupatinath is a Hindu temple with burning ghats on the banks of the Bagmati river.
- Swayambhunath, also known as the monkey temple, is climbed by a long set of steps and has great views of Kathmandu.
- Boudhanath stupa has many traditional gompas hung with strings of multi coloured prayer flags, it attracts many Sherpas and Tibetans for the circumambulations of the stupa (koras).
- Durbar square, which is one of the old capitals of the Kathmandu valley, has a blend of Hindu and Buddhist temples.

Day 24. Fly back home.

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



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 work closely with the International Porter Protection Group (www.ippg.net) who we support as a Camp 1 sponsor- we abide by their 5 guidelines for porter protection.

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

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.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.



Telephone and fax: 0207 4980953 / International callers: +44 207498 0953

Skype ID: Rolandh1 / Email: info@themountaincompany.co.uk / www.themountaincompany.co.uk

Postal address: Flat 3, 190 Cedars Rd, Clapham, London SW40PP, UK

