

KANCHENJUNGA BASE CAMP TO TUMLINGTAR- GHT



Mount Makalu as seen from near Base Camp



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HIGHLIGHTS

-) This trek follows the first section of The Great Himalaya Trail (“GHT”) from Kanchenjunga Base Camp to Tumlingtar in eastern Nepal.
-) This is an adventurous expedition passing through a remote and wild region of the Himalayas from Kanchenjunga Base Camp crossing a number of high passes such as Nango La (4,820m) and Lumba Samba La (5,159m).
-) There are superb views of Mount Kanchenjunga (8,586m) the third highest mountain in the world and fifth highest Mount Makalu (8,462m) often known as the Great Black as well as other Himalayan giants such as Jannu (7,710m), Baruntse (7,129m) and Chamlang (7,319m).
-) If you have more time then you could consider joining our Kanchenjunga Base Camp to Makalu Base Camp trek running concurrently, the group will split at Chyantang village on Day 24 of the itinerary. Our Kanchenjunga Base Camp to Makalu Base Camp trek is 42 days compared to the shorter Kanchenjunga Base Camp to Tumlingtar trek at 32 days.

REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR KANCHENJUNGA BC TO TUMLINGTAR

-) We work with Nepalese Sirdars, guides and porters who have good knowledge of this remote area having walked this trail on several previous occasions.
-) 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 Makalu region.
-) We have included five rest/ acclimatisation/ contingency days throughout the 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).
-) The Mountain Company will receive bespoke weather forecasts for the Kanchenjunga and Makalu regions from EverestWeather.com throughout the duration of this trek.
-) 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 bring along a supply of chocolate and muesli bars 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.



KANCHENJUNGA BASE CAMP TO TUMLINGTAR

Total number of days	32 days
Grade & days trekking	Strenuous, 26 trekking days
Accommodation	6 nights hotel, 25 nights camping
2019 price ex Kathmandu	£3,875 (US\$4,995 or €4,395)
2020 price ex Kathmandu	£3,875 (US\$4,995 or €4,395)
Minimum group size	6
Dates	September 22 nd to October 23 rd 2019 September 20 th to October 21 st 2020



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

-) Internal flight to/from Kathmandu and Bhadrapur /Suketar and Tumlingtar.
-) All transfers including airport collections.
-) 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 Kanchenjunga and Makalu region from EverestWeather.com throughout the duration of this trek.
-) Kanchenjunga and 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).
-) 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	£290 (US\$365 or €320)

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 90 days (US\$100).
-) 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 Kanchenjunga BC to Tumlingtar 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 26 day trek following The Great Himalaya Trail ("GHT") from Kanchenjunga Base Camp to Tumlingtar in Makalu region. Mount Kanchenjunga at an altitude of 8,586m is the third highest mountain in the world and Mount Makalu at 8,481m is the fifth highest mountain.

At the same time as this trek we are also running a longer version at 35 days visiting Makalu Base Camp as well as Kanchenjunga Base Camp. Both of these treks follow the first section of The Great Himalaya Trail ("GHT") where very few other trekking groups have completed this adventurous mountain journey.

Our itinerary starts by exploring the area around Kanchenjunga, the third highest mountain in the world, where there are views of Tent peak, Nepal peak, Cross peak and then at Base Camp Mount Kanchenjunga itself becomes visible. From Pangpema the trek returns to Ghunsa and then crosses the Nango La at 4,820m into the remote Yangma valley and to the small hamlet of Olangchungola.

From here we cross Lumba Sumba at 5,160m and walk out to Chyantang. This village is inhabited by the unique Lhomi ethnic group who follow Buddhism combined with Shamanism, there are only several villages in upper Arun valley that have Lhomis people.

At Chyantang village our group will split with the people booked onto shorter Kanchenjunga Base Camp to Tumlingtar heading out on the walk south to this airstrip whereas the Kanchenjunga Base Camp to Makalu Base Camp walkers will continue traversing westwards towards Makalu. After visiting Makalu Base Camp this group will descend the Barun Valley then cross Shipton Ia at 4,125m followed by the walk out to Tumlingtar airstrip for flight back to Kathmandu.

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.

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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. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: none).**

Day 2. In Kathmandu

A day for group briefing and to sort out trekking permits. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**

Day 3. Fly to Bhadrapur, drive to Ilam- 4 hours driving.

We take the morning flight to Bhadrapur and then drive in a private bus to Ilam where we spend the night in a hotel. **Overnight at Ilam hotel (Meals: B,L,D).**

Day 4. Drive to Taplejung/ Suketar- 5 hours driving, trek to Mitlung (921m)- 4 hours walking.

This morning we leave early and drive passing through tea and cardamom plantations. During our drive we stop at the top of a pass of which we get our first magnificent views of Mount Kanchenjunga and Mount Jannu in the far distance. We drive onto Taplejung where on arrival we meet our trekking crew. After lunch we start the trek by making a steep descent to the Tamur river to reach the village of Mitlung. Today and for the next couple of days the path is often wet, muddy and slippery so two trekking poles are definitely required. **Overnight camping (Meals: B,L,D).**

Day 5. Trek to Chirwa (1,270m)- 6 hours walking.

From camp the trail descends to the Tamur river passing several villages. This is a fertile area with a range of crops including rice, millet, potatoes and vegetables. There is a descent to a wooden bridge crossing the Thiwa Khola , then some more ups and downs before arriving at Chirwa. The village of Chirwa has a bazaar, a few lodges and some shops. We camp a short walk from the village in a large field among huge boulders. **Overnight camping (Meals: B,L,D).**

Day 6. Trek to Sekathum (1,660m)- 5 hours walking.

The trail follows the Tamur river along the valley floor and after a couple of hours we arrive to Taplechok at 1,380m where our trekking permit will be checked at the park gate. From Taplechok we cross a suspension bridge over the river to walk on the west bank along a path where cardamom can be seen growing among the



forest. Cardamon is an important cash crop especially prevalent in the middle hills of east Nepal.

We will have lunch at a lodge in Phembu (3 ½ hours) then the trail starts to ascend above Tamur river to Lelep at 1,750m. We descend to cross a suspension bridge over Tamor river to enter the more narrow Ghunsa Khola Valley and then on to our camp at Sekathum. This is a Tibetan village and it is from here you get the first views of the high Himalaya where Jannu is visible on a clear day up the Ghunsa valley. **Overnight camping (Meals: B,L,D).**

Day 7. Trek to Amjilossa (2,510m)- 6 hours walking.

We cross the suspension bridge over Ghunsa river at Sekathum camp and then follow the path through dense forest. In places the trail is steep and narrow as we walk through a dramatic gorge. We normally have lunch at one of the basic lodges in Solima. After lunch we follow a switchback trail up through trees reaching Amjilossa high above the gorge. **Overnight camping (Meals: B,L,D).**

Day 8. Trek to Gyabla (2,730m)- 5 hours walking.

From Gyabla there is a short ascent through lush bamboo, oak and rhodendron forests to cross a small ridge. We descend towards Ghunsa Khola at a place called Thyanyani (2,400m) where there are several stone shelters. The trail makes several short climbs and descents before passing a large waterfall and a final steep climb to Gyabla. **Overnight camping (Meals: B,L,D).**

Day 9. Trek to Ghunsa (3,595m)- 5 hours walking.

From Gyabla, the valley opens out and we walk along an easier path for most of the way to Phole. It will start to get cooler today as we climb above 3,000m. At the same time the vegetation changes and we will see see more rhododendrons and azaleas. Before arriving to Phole we pass through the winter village for Ghunsa in a wide plateau. At Phole village it is worth having a look at the monastery and exploring the village where at some houses you can see the ladies weaving carpets.

From Phole it takes a further 1 ½ hours to reach the larger village of Ghunsa. This is a picturesque Tibetan village with wooden houses covered in colourful prayer flags. There are several lodges and shops in the village and a small Kanchenjunga Conservation Area office along with a couple of gompas. We will camp in the



garden of one of the lodges however will use their dining room for meals.

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

Day 10. Acclimatisation day at Ghunsa (3,595m).

An acclimatisation walk will be organised today along the route to Lobsang La. This is a good option as the trail gains height to 4,000m in about 3 hours from camp and 2 hours to return to Ghunsa. This was a good walk for acclimatising purposes by following the rule “climbing high and sleeping low”. This will help your body adjust to the gain in altitude and help you adapt over the next three days as you travel up to the northside Kanchenjunga Base Camp. **Overnight camping (Meals: B,L,D).**

Day 11. Trek to Khambachen (4,050m)- 6 hours walking.

From Ghunsa the trail makes a gradual ascent through pine and rhodendron forests along the east bank of the Ghunsa Khola passing several mani walls and chortens along the way. After three hours walking we crossing a bridge over Ghunsa Khola and will have lunch in a grassy area called Rampuk Kharka (3,720m). Today as you gain altitude the mountain scenery becomes ever more spectacular and higher up before the landslide area the dramatic north face of Jannu is visible. Be careful when crossing this landslide as there is a risk of rockfall from above. The trail contours the hillside then descends to Khambachen. Khambachen is a Tibetan settlement with about a dozen houses nestled in a grassy plain with mountains all around. **Overnight camping (Meals: B,L,D).**

Day 12. Acclimatisation day in Khambachen.

We spend two nights at Khambachen in order to help your acclimatisation before moving up over 750m in altitude to Lhonak. We recommend you join a short walk organised by our guides and then spend the rest of the day resting and relaxing around camp. The walk up Nupchu Khola from Khambachen is well worth doing for the impressive views of Mount Jannu. **Overnight camping (Meals: B,L,D).**

Day 13. Trek to Lhonak (4,785m)- 4 to 5 hours walking.

From Khambachen the trail contours through azalea and rhododendron along a lateral moraine passing through a seasonal yak herder’s camp at Ramtang (4,370m). After an hour or so the trail becomes rockier and we pass under a landslide area. Like for the landslide before Khambachen it is best to keep moving at a steady pace and to keep alert for any rockfall.



We climb through open rocky fields and then cross moraines North West of the Kanchenjunga Glacier to Lhonak. The campsite at Lhonak is near several large stone huts and has incredible views of Wedge Peak (6,750m), Mera (6,344m), Nepal Peak (6,910m), Twins (7,351m) among others. You cannot see the main peak of Kanchenjunga from Lhonak so for this view tomorrow we will walk up to Pangpema. **Overnight camping (Meals: B,L,D).**

Day 14. Day trek to Pangpema at Northside Base Camp of Kanchenjunga (5,143m), return to Lhonak- 7 hours walking.

From Lhonak the trail ascends along the lateral moraine from Kanchenjunga Glacier for about two hours. After passing through several sections of loose rock and landslide area the trail climbs less steeply to reach the stone huts in a grassy area at Pangpema in a further two hours. The view of the vast north face of Kanchenjunga from Pangpema is very impressive. After having lunch while enjoying the mountain vista we start the return walk back to Lhonak taking about 3 hours. **Overnight camping (Meals: B,L,D).**

Day 15. Return to Ghunsa (3,595m)- 8 hours walking.

The walk back on the same trail back to Ghunsa village. **Overnight camping (Meals: B,L,D).**

Day 16. Rest / contingency day.

After a tough few days at altitude and a long walk from Lhonak yesterday most groups enjoy their first real rest day of the trek so far. In the morning you can do some washing and have a chance to sort out your bags as well as recharge batteries in the lodge. You can also explore the village as it is well worth visiting the school and the gompa across the bridge. **Overnight camping (Meals: B,L,D).**

Day 17. Trek to Nango La Camp (4,160m)- 6 to 7 hours walking.

Descend the main trail from Ghunsa and turn off at the junction before Phole village. Follow the trail up the side valley following the Yangma Samba khola through pine forest until reaching the camp located in a kharka (pasture).

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



Day 18. Cross Nango La pass (4,820m) and trek to Yangma Khola- 7 to 8 hours walking.

After an early morning start it takes about two to three hours depending on conditions to reach the top of the Nanga La pass. From the top one can see Lopsang Peak and also Mirgin La trail over to Kanchenjunga Southside. On the descent one enters into a valley where further down there is a stone shelter. From here to keep to the north bank of Thasa Khola and walk through a forest before entering Yangma Khola valley. The trail goes north up this valley before you cross the bridge to the camp. **Overnight camping (Meals: B,L,D).**

Day 19. Trek to River Camp (3,700m)- 7 to 8 hours walking.

From camp descend along the western bank of Yangma Khola until the confluence with Tamor Khola, then follow the northern bank of Tamor Khola up stream until Olangchun Gola. This is a prosperous village that trades with Tibet. After lunch we continue walking up Tamor Khola for further four hours to River Camp located in a grassy area at the confluence with Dingsamba Khola. **Overnight camping (Meals: B,L,D).**

Day 20. Trek to South High Camp (4,450m)- 5 hours walking.

From River Camp we walk through pine forest along the Dingsamba Khola then higher up through rhododendron bushes in a broad valley. We continue in a north westerly direction into a wide and flat floodplain and at the end of this valley we walk over a black rock band into a higher valley. We make camp here for the night before crossing Lumba Sumba pass. **Overnight camping (Meals: B,L,D).**

Day 21. Cross Lumba Sumba pass and trek to North High Camp (4,400m)- 7 to 8 hours walking.

After an early start around 6am we head west on a rocky trail quite steep in places until we gain a plateau with views of a lake and the Lumba Sumba pass to the north. It takes about four hours to gain the first pass at 5,050m and a further hour to the second pass slightly higher at 5,100m. There are tremendous views from both passes of Kanchenjunga and Jannu to the east and Makalu to the west. From Lumba Sumba pass descend into Lapsi Khola valley and after 3 ½ hours you will reach the camp in a good spot next to the river. **Overnight camping (Meals: B,L,D).**



Day 22. Trek to Thudam (3,550m)- 4 hours walking.

The view of Makalu in the morning is superb as it dominates the view to the west. We follow Lapsi Khola through rhododendrons and a forest to the Tibetan village of Thudam. We will camp in a grassy area opposite the village crossed by a bridge.

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

Day 23. Trek to Kharka (2,750m)- 7 to 8 hours walking.

Shortly after leaving Thudam we cross a recent landslide area and continue through a dense forest. Medokchheje Khola is an impressive valley with steep sides. Today the trail is narrow and overgrown in places so you should be careful to stay with the group and stay with one of the local guides. We pass several waterfalls and have to cross a number of streams on log bridges. We climb to a minor pass and then descend through bamboo until the first kharka where there is a stone shelter. It takes another 1 ¼ hour to walk onto the second kharka where we camp for the night. **Overnight camping (Meals: B,L,D).**

Day 24. Trek to Chyantang (2,190m)- 5 hours walking.

From camp the trail becomes indistinct in places as it passes through bamboo and dense forest. After climbing to another minor pass there is a long and often muddy descent to the Arun river at 1,850m. After lunch near the bridge over the Arun it is a further hour to walk to Chyantang village. **Overnight camping (Meals: B,L,D).**

Day 25 & 26. Rest/ contingency days

This is day can be used as a rest day or kept as a contingency day for later in the trek. **Overnight camping (Meals: B,L,D).**

Day 27. Trek to Namse (2,200m)- 8 hours walking.

From Chyantang the trail traverses through villages millet fields high above Arun river. After Chepuwa you descend to Arun river at 1,650m and cross a bridge then start the long ascent to the ridge at 2,800m. The trail descends through forest to Namse at 2,200m. This is a Hindu and Tamang village. **Overnight camping (Meals: B,L,D).**



Day 28. Trek to Simma (1,500m)- 8 hours walking.

We follow the trail above Arun river and then descend to valley level for lunch spot at Gola. After lunch we cross the bridge to west bank of Arun river and continue through millet fields and passing many waterfalls along the way to Simma village.

Day 29. Trek to Num (1,600m)- 5 hours walking.

We take three hours to walk to Dovan where we have lunch over the bridge and then a further two hours uphill to Num village.

Day 30. Drive to Tumlingtar.

Today we take jeeps along a rough road to Chichila and onto the busy market town of Khandbari then we continue driving along the increasingly rough road passing terraced fields to Tumlingtar. **Overnight lodge (Meals: B,L,D).**

Day 31. Fly to Kathmandu.

We take a mid-morning flight to Kathmandu and after arrival are driven to our hotel for the last night of the trip. **Overnight at Hotel Tibet or Hotel Ganjong (Meals: B).**

Day 32. 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 Kanchenjunga BC to Tumlingtar trek. It is worth pointing out all

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of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Kanchenjunga BC to Tumlingtar trek we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Kanchenjunga BC to Tumlingtar trek 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 to Kanchenjunga North Base Camp.
-) 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.
-) Road traffic or flight accident [see paragraph “Bhadrapur and Tumlingtar 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. 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 Kanchenjunga Base Camp to Tumlingtar itinerary has been designed for gradual acclimatisation to take place.

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!
-) Drinks 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 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.np/>

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/>

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.

BHADRAPUR AND TUMLINGTAR FLIGHTS

Please note that flights to and from Nepal's Short Take-Off & Landing ("STOL") mountain airstrips such as Bhadrapur and Tumlingtar 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>

A 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.



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 Kanchenjunga Base Camp to Tumlungtar 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 18kgs.** 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](#)

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

SUGGESTED READING

Please take a look at The Mountain Company's bookstore for a wide selection of books and maps to Nepal, the link is at: <http://astore.amazon.co.uk/themountainco-21>

Kanchenjunga the Untrodden Peak by Charles Evans.

The Hard Years by Joe Brown

The Kanchenjunga Adventure by Frank Smythe

Round Kanchenjunga by Douglas Freshfield

Living on the Edge: The Winter Ascent of Kanchenjunga by Cherie Bremer-Kamp

Kanchenjunga; First Ascent from the North-East Spur by Col Narinder Kumar

Kangchenjunga Himal and Kumbhakana by Jan Kielkowski

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

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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

Kanchenjunga and Makalu Base Camp High Route by Nepa Maps Scale: 1:80,000

These maps will be included in your welcome pack when you arrive in Nepal.



APPENDIX

CLOTHING AND EQUIPMENT LIST FOR KANCHENJUNGA BC TO TUMLINGTAR

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Kanchenjunga BC to Tumlingtar trek.

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 trek you are likely to experience quite warm conditions and you will experience the coldest temperatures at Lhonak at an altitude of 4,785m where overnight lows can get down to around -15°C.

Footwear:

-) Walking boots. A pair of water repellent boots with ankle support.
-) Gaiters. A pair used to keep boots dry if walking through deep snow or on wet ground.
-) Wool and liner socks.
-) Trainers/sneakers. Can be used in camp/lodge in the evenings.

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).

Handwear:

-) Fleece gloves.
-) Warm 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.

Climbing equipment:

-) Mountaineering ice axe and leash.
-) Mountaineering crampons. The best type are universal crampons that you can use with normal trekking boots such as Stubai Universals or Kahtoola KTS crampons.
-) YakTrax XTR. These are helpful for descending passes if snowy and icy conditions, for more information please take a look at: <https://www.yaktrax.com/product/xtr>
-) Helmet

Personal Equipment:

-) Sleeping bag. Maximum overnight lows in Lhonak will be around -15 Celsius.
Note: it is possible to rent a bag in Kathmandu from Shonas Rental.



-) 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 30 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing as well as micro crampons and down jacket etc 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. Or even better are fold-drybags such as from Exped.
-) Two water bottles (Nalgene wide mouth bottles are the best).
-) Pee bottle. Highly recommended as means you do not have to get up to find toilet tent at night! For men you can use an old water bottle for women take a look at SheWee at <http://www.shewee.com/>
-) Sunscreen and lipsalve with a high SPF.
-) Insect repellent.
-) 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.
-) Diamox (helps with acclimatisation).