

# MAKALU BASE CAMP



**COUNTRIES VISITED:** **NEPAL**

**TRIP TYPE:** Trekking  
**TRIP GRADE:** Demanding  
**TRIP STYLE:** Tea House  
**5 Based On 7 Reviews**  
**KG Carbon Footprint**

**TRIP LEADER:** Local Leader  
**GROUP SIZE:** 2 - 10 people  
**NEXT DEPARTURE:** 21 Oct 2024  
**8 Trees Planted for each Booking**

This is a remote trek to the Base Camp of the world's fifth highest mountain, Mount Makalu. We see traditional villages, diverse plants and forests and have superb Himalayan views.

Makalu Base Camp is a journey to one of the highest mountains in the Himalayas. The area receives few foreign trekkers due to its relative inaccessibility. We trek through the Makalu Barun National Park. This is a wilderness area containing pristine forests and alpine meadows. Along the way, we have incredible views of Makalu, Everest, Lhotse, and Chamlang.

For more information on Makalu take a look at our Blog article: [Why is there a surprisingly low number of trekkers in the Makalu region of Nepal?](#)

We have designed our Makalu Shipton La trek itinerary to include time for acclimatisation to the altitude. We start by flying to Tumlingtar airstrip near the Arun River. After landing at the airstrip in Tumlingtar we drive by jeeps along a rough road to the village of Num. We cross over the Shipton La and into the remote and beautiful Barun river valley. We stay at Makalu Base Camp for two nights and have one full day to explore the area and to enjoy the mountain views.

If you have mountaineering experience take a look at [Makalu to Everest GHT](#). This expedition crosses the technical passes into the Everest region.

## REASONS TO CHOOSE US

- We know the Makalu region well. [Roland Hunter](#) climbed to the summit of Mount Makalu in the Spring of 2009. He also led our Makalu to Everest GHT expedition in the Spring of 2011.
- The gradual ascent profile worked well for acclimatisation with our past groups.
- We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food.
- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We review weather forecasts for the Makalu region throughout this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning, and group safety.
- We provide the porters with windproof jackets & trousers and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We bring a comprehensive medical aid kit.
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

## WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Internal flights. The flights are Kathmandu - Tumlingtar - Kathmandu. The weight allowance is 15kg for your main bag checked into the hold and 5kg for your day pack.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share room at Hotel Ambassador in Kathmandu.
- Dormitory room with common bathroom while on the trek. We also send along a tent as a backup in case you prefer to sleep outside or if the rooms at the lodge are full.
- All meals are included while on the trek. Breakfast only in Kathmandu. In total for Makalu Base Camp, we provide 20 Breakfasts, 16 Lunches, and 16 Dinners. The meals at the teahouse lodges cost in the region of **£375 (US\$475)** per person. You can select your dishes from the menu at the lodge. The trek meals are breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.
- Trekking arrangements. Including permits and fees, tents, Nepalese guide(s), and porter(s). We provide one trekking guide for a group size of two people. We provide two guides for a group size of three people and three guides for a group size of six people plus.
- Porters to carry your main bag. The portering allowance is 15kg.
- Weather forecasts for the Makalu region during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be used for personal calls at extra cost.
- A trekking map is given to you on arrival to Kathmandu.
- UK-registered charity, Pipal Tree, will plant 8 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK (ATOL) and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, or face-to-face meetings.

## WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.

- Nepal visa for 30 days at US\$50 (approx £40).
- Lunch and evening meals in Kathmandu.
- For personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 11,500 Nepalese rupees (approx. £75 or US\$90).
- Other items not listed in "What is included".

## ITINERARY

### DAY 1: ARRIVE IN KATHMANDU (1,400M)

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Arrive in Kathmandu

No meals

Hotel Ambassador in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. The Himalayan peaks are only a short distance north of the capital of Nepal as seen from the plane. After customs, you will pass into the passenger pick-up area outside the building. You will see a Mountain Company signboard. Our representative will be waiting to welcome you to Nepal. After transferring to your hotel we will give you a full trek briefing. The rest of the day will be yours to explore Kathmandu and to make final preparations for the trek. You will hear the Nepalese word for hello 'Namaste', you will never forget that word after this holiday.

### DAY 2: SIGHTSEEING IN KATHMANDU

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Sightseeing in Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

This morning we will give the trek briefing and check your gear. We will collect your passports from you so that we can apply for the trekking permits.

After the briefing, we arrange a guided sightseeing tour of the Kathmandu Valley. We visit three out of the seven World Heritage Sites. You start off by visiting Patan Durbar Square. Afterward, you drive to the Buddhist stupa at Boudhanath. The last stop of the day is 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 in the valley, are Kathmandu, Patan, and Bhaktapur. Each place has great artistic and architectural traditions. Kathmandu is the capital and the largest city in the country. Patan, the second largest separated from Kathmandu by the Bagmati river. Bhaktapur, the third largest, is towards the eastern end of the valley. Its relative isolation is reflected in its slower pace and more medieval atmosphere. In Kathmandu, there is a bustle of activity, especially in the bazaars and markets. While the city has expanded over the last 10 years it is still possible to see traditional buildings and temples.

### DAY 3: FLY TO TUMLINGTAR (285M) AND DRIVE TO NUM (1,500M)

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Fly to Tumlingtar (1 hour)

Drive to Num (4 hours driving)

Breakfast, Lunch and Dinner

Teahouse lodge

The flight to Tumlingtar takes about 45 minutes. On arrival we have lunch at a local lodge then we start the drive in jeeps along a rough road to Num. We pass by the busy market town of Khandbari. We continue the drive road passing through terraced fields. Further up we drive through a forest to the village of Chichila located at the top of a ridge. On a clear day, there are further fine views of Makalu and Chamlang. From here the jeep track follows the ridge through the Sherpa hamlet of Mure. We then descend to Num. This village is set on a promontory above the Arun river. There are good views over the valley towards Sedua village.

**Important note:** there is a safety risk to consider when flying on airlines in Nepal. For information about the aviation risk in Nepal read the relevant sections "Threat and Risk Assessment" and "Internal flights in Nepal". Please get in touch with us if you would like to discuss this further.

#### **DAY 4: TREK TO SEDUWA (1,540M)**

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Walking 4km (5 to 6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Num, we descend on a steep trail through terraced fields and jungle to the Arun river at an altitude of 650m. We cross the suspension bridge over the fast-flowing Arun river. Afterward, we have a steep climb up to the village of Seduwa. The entry checkpoint for Makalu-Barun National Park is in this village.

#### **DAY 5: TREK TO TASHIGAON (2,070M)**

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Walking 7.5km (4 to 5 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We follow the trail out of the valley through rhododendron and bamboo. We then start traversing through terraced rice fields to Manigaon village. From here the trail contours through forest and farmland to Tashigaon village. Our camp is in the higher part of the village next to several teahouse lodges. Tashigaon is the last village as there are only seasonal settlements and lodges in Barun valley.

#### **DAY 6: TREK TO KHONGMA (3,560M)**

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Walking 7.5km (6 to 7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Tashigaon there is a steady climb through a forest with bamboo. We reach the huts at Chipla and above here we walk through rhododendron forests. We camp further along the ridge at Khongma where

there is a teahouse lodge with tent terraces.

## **DAY 7: REST & ACCLIMATISATION DAY AT KHONGMA (3,560M)**

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Breakfast, Lunch and Dinner

Teahouse lodge

After an ascent of 1,400m yesterday we take a rest day to help our acclimatisation. This is essential as tomorrow we will cross Shipton La at an altitude of 4,216m. Today we have a morning walk along Khongma Danda (ridge) towards Shipton La. This is useful to help the acclimatisation process by following "climb high and sleep low". There is a superb view from Khongma looking East towards Kanchenjunga.

## **DAY 8: CROSS SHIPTON LA (4,125M) TO DEBOTAY (3,800M)**

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Walking 4km (6 to 7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Khongma we climb on a switchback trail through rhododendrons. We climb along the ridge to Shipton La at an altitude of 4,216m. We descend to Kalo Pokhari lake and then make another climb to Keke La at an altitude of 4,150m. From there we descend down to the lodge at Debotay where we camp for the night.

## **DAY 9: TREK TO YANGLE KHARKA (3,700M)**

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Walking 7.5km (5 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Debotay we descend on a steep trail through blue pine forest. We walk along the steep sides of the Barun Valley and cross several landslide areas. On either side of the valley there are immense rock walls towering overhead. There are views of Peak 6 and 7. Further along the valley widens and we cross a bridge over to Yangle Kharka. We camp in a grassy area next to a basic tea house lodge.

## **DAY 10: TREK TO LANGMALE KHARKA (4,450M)**

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Walking 7.5km (4 to 5 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today we pass several yak pastures (kharkas) and herder huts. These have different names and altitudes depending on the map or guidebook. We camp at Langmale Kharka where there is a lodge and terraces



cleared for camping. As we are now over 4,000m we need to take time for our body to adapt and acclimatise to high altitude.

### **DAY 11: ACCLIMATISATION DAY AT LANGMALE KHARKA (4,450M)**

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Breakfast, Lunch and Dinner

Teahouse lodge

Today we go for a day walk from Langmale Kharka. This will help our acclimatisation before walking up to Makalu Base Camp tomorrow. We walk up the grassy slopes above the lodge and can ascend over 800m. There are superb views of the Himalayan mountains throughout the day so take your time to enjoy the walk. The views of Peak 3, 4, and 5 are stunning as well as Chamlang.

### **DAY 12: TREK TO MAKALU BASE CAMP (4,900M)**

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Walking 9.5km (5 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We follow the Barun valley up to Sherson. The impressive South-East ridge of Mount Makalu comes into view. As we approach Base Camp we see the immense south face of the mountain. We camp at Makalu Base Camp where we stay for two nights. We have this time to let us explore the area.

### **DAY 13: DAY WALK NEAR MAKALU BASE CAMP (4,900M)**

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Day walk from Makalu Base Camp

Breakfast, Lunch and Dinner

Teahouse lodge

Today we arrange a walk on the slopes towards the East side of Makalu Base Camp. Higher up above camp there are views of Mount Everest, Lhotse and of course Makalu. The walk will take about 5 hours return and reaches an altitude of 5,300m.

### **DAY 14: TREK TO YANGLE KHARKA (3,700M)**

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Walking 15km (7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We descend down the same trail to Yangle Kharka.

### **DAY 15: TREK TO DEBOTAY (3,800M)**

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Walking 7.5km (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We follow the same trail back to Debotay.

### **DAY 16: CROSS SHIPTON LA (4,125M) AND TREK TO DANDA KHARKA (2,600M)**

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Walking 13km (7 to 8 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Debotay we climb to Keke La (4,150m). We descend to Kalo Pokhari Lake followed by another climb Shipton La at an altitude of 4,216m. On a clear day, there are superb views to the North of Makalu and Chamlang. We descend on a switchback trail through rhododendrons to Khongma. From there we descend steeply for a further two hours through rhododendron forest until we reach the lodge at Danda Kharka where we camp for the night.

### **DAY 17: TREK TO SEDUWA (1,540M)**

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Walking 15km (7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We descend on the same trail from Khongma down to Tashigaon and then down to Seduwa village.

### **DAY 18: DRIVE TO TUMLINGTAR (285M)**

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Walking 4km (2 1/2 hours)

Drive to Tumlingtar (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today we walk for about 2 1/2 hours then take jeeps along a rough road to the busy market town of Khandbari. We continue driving through terraced fields to Tumlingtar.

## DAY 19: FLY TO KATHMANDU

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Fly to Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

We take the flight from Tumlingtar back to Kathmandu.

## DAY 20: DAY IN KATHMANDU

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Breakfast

Hotel Ambassador in Kathmandu

Today is a free day to relax in Kathmandu after the trek. You can do some independent sightseeing around the city. You can enjoy spending time at restaurants and cafes. The reason for having an extra day as a buffer is in case of any delays or cancellations flying back from Tumlingtar. This helps to minimise the risk of missing your international flight back home.

## DAY 21: FLY BACK HOME

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Fly home

Breakfast

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

## DATES & PRICES

### 2024

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
21 Oct 2024 to 10 Nov 2024	Local Leader	US\$3,095pp	US\$240pp / NA	1 Left to Guarantee

### 2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
20 Apr 2025 to 10 May 2025	Local Leader	US\$3,150pp	US\$240pp / NA	2 Left to Guarantee
04 May 2025 to 24 May 2025	Local Leader	US\$3,150pp	US\$240pp / NA	2 Left to Guarantee



Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
05 Oct 2025 to 19 Oct 2025	Local Leader	US\$3,150pp	US\$240pp / NA	2 Left to Guarantee
19 Oct 2025 to 08 Nov 2025	Local Leader	US\$3,150pp	US\$240pp / NA	2 Left to Guarantee

## 2026

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
19 Apr 2026 to 09 May 2026	Local Leader	US\$3,195pp	US\$250pp / NA	2 Left to Guarantee
03 May 2026 to 23 May 2026	Local Leader	US\$3,195pp	US\$250pp / NA	2 Left to Guarantee
04 Oct 2026 to 18 Oct 2026	Local Leader	US\$3,195pp	US\$250pp / NA	2 Left to Guarantee
18 Oct 2026 to 07 Nov 2026	Local Leader	US\$3,195pp	US\$250pp / NA	2 Left to Guarantee

## PRACTICAL INFORMATION

A Typical Day On Trek

### TYPICAL DAY ON A TEAHOUSE TREK IN NEPAL

We provide a comfortable experience on our teahouse lodge-style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). The lodges provide your meals in a communal dining room. You will sleep in private rooms with a shared bathroom. There is a range of standards and service in teahouse lodges depending on location. i.e. lodges at higher altitudes and places with fewer trekkers tend to have more basic facilities.

The day starts with getting up in your room shared with another trekker in our group. Before heading for breakfast you pack your overnight gear into your main bag (this could be a duffel, kit bag, or rucksack). You would have given your breakfast orders to the guide to pass onto the kitchen last night. At the designated time the group will assemble in the dining room to eat breakfast. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast plus two cups of hot drinks such as tea, coffee, or lemon ginger honey.

While the group is having breakfast the porters arrange their loads and set off in the cool of the morning. After breakfast, between 7am and 8am, we start walking. The pace of the trek is moderate as there is plenty of time in the itinerary to reach the lodge for tonight. Enjoy the scenery, take photos, and explore the local villages. Lunch will be around midday at a teahouse lodge by the side of the trail. This includes one dish such as fried rice, dal bhat, momos, or pasta plus two cups of hot drinks.

After lunch, we continue the walk and on most days we arrive at the lodge around mid-afternoon. On arrival, you will get a hot drink and biscuits. For dinner, you get a two-course dinner (soup and main meal). The menus are quite standard with a range of dishes such as dal bhat, momos, and the famous Sherpa stew. Dal bhat is a Nepalese dish of rice and lentils with vegetable curry. It is also possible to order spaghetti and pasta; pizzas; vegetable burgers and chips and fried rice. We also provide up to two cups of hot drinks per meal.

After supper, the leaders will discuss the plan for the next day. Afterward, people might stay in the dining room chatting about the day's events or playing cards. After a tiring day, most people head to their rooms quite early for the night. Tomorrow is likely to be very similar to today!

You can read more about [Teahouse Trekking in Nepal](#) on our Blog. This article explains the facilities available at a teahouse lodge. It also describes the advantages and disadvantages of camping-style treks. Plus the amount to budget for extra costs. We also touch upon what to pack for a teahouse trek, safety, and security plus responsible use of the lodge.

## Meal Plan

### MEAL PLAN

We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food. However, some people will pay for extra treats along the way such as to get cake and a coffee at the bakeries and cafes!

If you are comparing our prices with other operators you should be careful to compare apples with apples. These days many operators do not include meals in their packages when staying at the teahouse lodges. The food at the lodges is expensive and will cost an average of £25 (US\$35) per person per day. If you are paying for the meals directly to the lodges you would need to carry a lot of cash including the tip money too. Having this amount of money with you will be a security risk and for peace of mind, it is better to pay for the meals to us when booking the trip. Also, it will be difficult to know in advance how much cash to bring with you on the trek (there are no ATMs when on trek). Furthermore, in practice, it will be complicated and time-consuming for you and the guides to work out individual bills after checking out each day from the lodge.

With our meal plan, you can select your dishes from the menu at the lodge. In our package, we include the cost of your breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.

We cater to a variety of dietary requirements. There are always meals that are suitable for vegetarians. During booking, we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

## Kit List

### KIT LIST FOR MAKALU BASE CAMP TREK

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Makalu Base Camp and Shipton La trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek you will experience warm conditions with temperatures up to 20 Celsius. You experience the coldest temperatures in Makalu Bae Camp at an altitude of 4,900m. Overnight lows here will be down to around -15 Celsius.

You should bring a rucsac or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

## Footwear

- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek.
- Trail shoes. Used around the lodge.
- Walking socks.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.

## Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardware Mesa V2 or The North Face Paramount Peak).
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium weight down jacket.

## Head and Gloves

- Fleece gloves.
- Warm mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

## For crossing the pass

- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- [Kahtoola Microspikes](#) or [YakTrax Summits](#). These are for your security when descending passes with snowy or icy conditions. They fit onto your walking boots.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.

## Personal equipment

- Sleeping bag. Overnight lows down to -15 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Day pack. Recommended size is around 30 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at SheWee.

- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

## Travelling

- Duffel bag for your personal gear on the trek. Will be carried by a porter. Rugged and waterproof made of a plastic material. Size 80-100 litres. Eg. Mountain Equipment or Rab. 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 with soap, travel towel, toilet paper, toothbrush etc.

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

## Threat and risk assessment

### RISK ASSESSMENT FOR MAKALU BASE CAMP

You should be aware trekking in a developing country involves a risk of personal injury or death. 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 and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Makalu Base Camp trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. 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.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia, or heat stroke). Please note during the months of April and October it will be very hot and humid in the early days of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.

- Road traffic accidents.
- Flight accidents. Read paragraph "Internal flight".
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

## Internal Flights

### **INTERNAL FLIGHTS IN NEPAL**

Flights from Nepal's Short Take-Off & Landing ("STOL") airstrips are dependent on weather. Delays often happen if there is poor visibility or high winds. For our itineraries with flights to or from STOL, we include one extra day in Kathmandu at the end of the trip. This is in case of delays flying back. If the delays are longer we will help reschedule your international flights. There is likely to be a fee charged by the airline for this. You also have to pay for costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

You should read the Foreign, Commonwealth, and Development Office ("FCDO") travel advice for Nepal. For their latest advice take a look at their [Safety & Security section under Air Travel](#). There have been some recent air accidents in Nepal. The European Union has banned Nepalese airlines from flying to Europe. For more information on Nepal's air safety profile take a look at [Aviation Safety Network](#).

## Weather and conditions

### **WEATHER AND CONDITIONS FOR MAKALU BASE CAMP TREK**

Makalu Base Camp and Shipton La trek has a wide range of temperatures. This depends on the season, altitude and time of day. Below 3,000m the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 20 Celsius. At higher altitudes temperatures range from about 15 Celsius to -15 Celsius.

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

We have chosen the dates for optimal conditions to cross Shipton La pass. By April and May in the Spring season the weather is warmer and the snowline is higher than March. This decreases the chance of snow blocking the pass. In the Autumn season we organise the trek during October also because the weather is warmer. Later into November the temperatures cool off and there is a higher chance of snow at 5,000m altitude.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the differences between the trekking regions of Nepal.



## ACCOMMODATION

### TEAHOUSE LODGE IN NEPAL



While on a teahouse lodge trek in Nepal, there are twin share rooms with common bathroom and a heated communal dining room. We will provide all meals at the lodges and include breakfast, lunch, afternoon tea, and biscuits plus a two-course dinner (soup and main meal) plus up to two cups of hot drinks per meal. We regularly inspect and select the best lodges in each location.



## HOTEL AMBASSADOR IN KATHMANDU



We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

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## TRIP REVIEWS

### REVIEW BY TIM ON 10/06/2024

Makalu Base Camp Trek with the Mountain Company. We had a wonderful holiday. The planning pre-trip was friendly and straightforward, our travel and accommodation was arranged very efficiently and was readily adapted to changing circumstances. The trek itself was a joy, with the kindness and experience of our group leader - Galden - and his team a stand-out strength of the trip. ...

### REVIEW BY POD51 ON 24/05/2024

Amazing adventure. A beautiful remote teahouse trek to Makalu Basecamp. Stunning mountain views, lovely forests in the Braun Valley ... plus cultural scenes in the villages of Seduwa and Tashigoan. Excellent knowledge and experience of Himalayan trekking, superb planning and communication. Plus excellent support throughout. ...

### REVIEW BY DAVE ON 26/05/2024

Excellent trek to Makalu Base Camp. Extremely well-organised trek with great leaders/porters/management, I would very much recommend Makalu BC for its remoteness and the fact that there are very few other trekkers, making a real wilderness experience. The Mountain Company was excellent from start to finish. Roland's advice on the choice of trek was invaluable and a great deal of useful detailed information was provided pre-departure. Organisation in Nepal was flawless and all TMC team

members were professional and inspired confidence. ...

**Notes downloaded on:** 14-10-2024

