

MAKALU BASE CAMP



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking
TRIP GRADE: Demanding
TRIP STYLE: Tea House
NAN Based On 0 Reviews
KG Carbon Footprint

TRIP LEADER: Local Leader
GROUP SIZE: 2 - 10 people
NEXT DEPARTURE: 02 Oct 2022
32 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 Spring 2009. He also led our Makalu to Everest GHT expedition in Spring 2011.
- The gradual ascent profile worked well for acclimatisation with our past groups.
- 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 pay for private weather forecasts from EverestWeather.com. We also use in house forecasting throughout the duration of 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 Nepalese cultural guide and private vehicle.
- Twin share room at Hotel Tibet in Kathmandu.
- Dormitory room with common bathroom while on trek. We also send along a tent as a back-up in case you prefer to sleep outside or if the rooms at the lodge are full.
- Breakfast only in Kathmandu, all meals included while on trek. Trek meals include breakfast, lunch, afternoon tea and biscuits plus two course dinner. This is soup and the main meal. Two hot drinks included per meal.
- Trekking arrangements. Including permits and fees, tents, Nepalese guides and porters. 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 group size of six people plus.
- Porterage. The allowance for your main bag is 15kg.
- Weather forecasts from EverestWeather.com.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.
- Trekking map given to you on arrival to Kathmandu.
- Rubberised luggage tag posted to you before departure.
- Full financial protection. 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\$40 (approx £25).
- 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".

ITINERARY

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

Arrive in Kathmandu

No meals

Hotel Tibet 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: BRIEFING AND PREPARATIONS IN KATHMANDU

Breakfast

Hotel Tibet in Kathmandu

This morning your leader 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. The rest of the day is free to explore Kathmandu and to pack your bags. You can leave a bag at the hotel with items not needed on trek.

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

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 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.

DAY 4: TREK TO SEDUA (1,540M)

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. Afterwards we have a steep climb up to the village of Sedua. The entry checkpoint for Makalu-Barun National Park is in this village.

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

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)

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)

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)

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)

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)

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)

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)

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)

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)

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)

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) TO TASHIGAON (2,070M)

Walking 12km (8 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We cross over Shipton La to Khongma and then descend the trail to Tashigaon.

DAY 17: TREK TO NUM (1,500M)

Walking 11.5km (8 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We descend on the same trail to cross Arun river and ascend steeply to Num.

DAY 18: DRIVE TO TUMLINGTAR (285M)

Drive to Tumlingtar (4 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today we take jeeps along a rough road to Chichila. Further down we pass the busy market town of Khandbari. We continue driving through terraced fields to Tumlingtar.

DAY 19: FLY TO KATHMANDU

Fly to Kathmandu

Breakfast

Hotel Tibet in Kathmandu

We take the flight from Tumlingtar back to Kathmandu.

DAY 20: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast

Hotel Tibet in Kathmandu

This is a one day 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. Afterwards you drive to the Buddhist stupa at Boudhanath. The last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns in the valley, 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 Bagmati river. Bhaktapur, the third largest, is towards the eastern end of the valley. Its relative isolation 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 21: FLY BACK HOME

Fly home

Breakfast

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

DATES & PRICES

2022

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
02 Oct 2022 to 22 Oct 2022	Local Leader	US\$2,995pp	US\$240pp / NA	2 Left to Guarantee

2023

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
23 Apr 2023 to 13 May 2023	Local Leader	US\$3,095pp	US\$240pp / NA	Guaranteed
30 Sep 2023 to 20 Oct 2023	Local Leader	US\$3,095pp	US\$240pp / NA	Guaranteed

2024

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
21 Apr 2024 to 11 May 2024	Local Leader	US\$3,095pp	US\$240pp / NA	2 Left to Guarantee
06 Oct 2024 to 20 Oct 2024	Local Leader	US\$3,095pp	US\$240pp / 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 in standard and service in teahouse lodges depending on location. i.e. lodges at higher altitude 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 duffel bag. 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. The menu has a range of items to choose from such as porridge, cereals, chapattis, and a choice of egg dishes. There is also the choice of tea or coffee plus other hot drinks like the popular ginger, lemon honey drink.

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. There will be plenty of time to 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.

After lunch, we continue the walk and on most days we arrive at the lodge by 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. Afterwards, 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!

We cater for 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.

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.

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 rucksack 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 Hardwear 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.
- Rock fall 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 or 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 to 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

HOTEL TIBET IN KATHMANDU



Hotel Tibet is in Lazimpat next to the Radisson. This is our usual hotel for our standard trips in Nepal.

We have used Hotel Tibet for over 15 years and our clients have enjoyed staying at this property. It has a good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor. On the fifth floor there is a roof terrace with the Yeti Bar overlooking the city.

TEAHOUSE LODGE IN NEPAL



While on trek at a teahouse lodge 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 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.

Notes downloaded on: 12-08-2022

