

Makalu to Everest GHT



TRIP TYPE: Mountaineering
TRIP GRADE: Challenging
TRIP STYLE: Camping

TRIP LEADER: International Leader
GROUP SIZE: 5 - 14 people
NEXT DEPARTURE: 18 Apr 2021

This is a challenging expedition from Makalu Base Camp to Everest region via three high passes: Sherpani Pass, West Col and Amphu Laptsa

Makalu to Everest GHT trail takes you from Tumlingtar in the steamy lowlands near the Arun River over the Shipton La and into the remote and beautiful Barun river valley before arriving to Makalu Base Camp. From here we cross Sherpani Pass over to Baruntse Base Camp, then cross West Col to Panch Pokhari followed by the Amphu Laptsa into the Everest. This is a truly adventurous expedition passing through a remote and wild region of the Himalayas with superb views of Makalu, Everest, Lhotse, Chamlang and Kanchenjunga.

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

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

REASONS TO CHOOSE US

- The Mountain Company organised a successful Makalu to Everest expedition in April/ May 2011 led by Roland Hunter (also in Spring 2009 he climbed to the summit of Mount Makalu without supplemental

oxygen or Sherpa support). As a result of these trips we know the Makalu area well. Please read Trip Report from Spring 2011.

- We are Himalayan trekking specialists and we have been operating trips in Nepal for many years. Roland Hunter, owner and founder of The Mountain Company, has modified this itinerary based on his first-hand experience of the Makalu region.
- We work with some of the best mountain leaders and guides with deep knowledge and experience of the Himalaya and Karakoram. Unlike many other operators we still allocate appropriately trained international leaders for more remote and technical trips like Makalu to Everest GHT.
- Our approach to organising trips in the Himalayas has helped The Mountain Company win awards such as 2018 Gold Award as AITO Tour Operator of the Year and 2015 Bronze Award as AITO Tour Operator of the Year.
- Our itinerary has been carefully designed to ensure sufficient acclimatisation as well as including a number of spare days to maximise the chance of crossing the passes.
- Western branded tents are used for all of our camping treks in Nepal. These are high quality three person domed tents with plenty of space for two people sharing plus gear.
- The Mountain Company will receive bespoke weather forecasts for the Makalu region from EverestWeather.com and from our in house forecasting throughout the duration of this trek.
- 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 use GPS on Thuraya satellite phone to upload daily your location on to Google Maps so your friends and family can track your progress during the trek.
- We provide all porters with windproof jacket & trousers, crampons and shelter as per International Porter Protection Group (“IPPG”) guidelines.
- There will be a range of tasty meals for breakfast, lunch and supper. We give everyone in the group one chocolate or muesli bar per day (Mars, Twix, Bounty etc) and also provide Pringles and biscuits at tea time. For breakfast every morning we provide fresh coffee from our Bialetti Moka coffee machine.
- We bring a comprehensive first aid kit plus high altitude medicine, antibiotics and other medicines. There will also be a portable altitude chamber (PAC or Gamow bag).
- 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.
- Pre trip support will be given by our Operations team with first hand knowledge of Makalu to Everest GHT trek. During high season we have a TMC representative from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

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

WHAT'S NOT INCLUDED

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

ITINERARY

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

Arrive in Kathmandu

No meals

Hotel Tibet in Kathmandu

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick-up and transfer.

DAY 2: BRIEFING AND PREPARATIONS IN KATHMANDU

Breakfast

Hotel Tibet in Kathmandu

A full expedition briefing will be given in the morning then in the afternoon you can purchase last minute items in Kathmandu, pack your bags etc.

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

Fly to Tumlingtar

Drive to Num (4 hours driving)

Breakfast, Lunch and Dinner

Camping

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

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

Walking 4km (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

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

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

Walking 7.5km (4 to 5 hours)

Breakfast, Lunch and Dinner

Camping

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

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

Walking 7.5km (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

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

DAY 7: REST & ACCLIMATISATION DAY

Breakfast, Lunch and Dinner

Camping

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

DAY 8: CROSS SHIPTON LA AND TREK TO DEBOTAY (3,800M)

Walking 4km (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

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

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

Walking 7.5km (5 hours)

Breakfast, Lunch and Dinner

Camping

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

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

Walking 7.5km (4 to 5 hours)

Breakfast, Lunch and Dinner

Camping

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

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

Breakfast, Lunch and Dinner

Camping

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

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

Walking 9.5km (5 hours)

Breakfast, Lunch and Dinner

Camping

On approaching Sherson the south east ridge of Mount Makalu comes into view and as one approaches Base Camp the stunning view of its south face is revealed. We set up camp at Makalu Base Camp where we intend to stay for two nights.

DAY 13: DAY WALK AROUND MAKALU BASE CAMP (4,900M)

Breakfast, Lunch and Dinner

Camping

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

DAY 14: MOUNTAINEERING SKILLS INSTRUCTION AT MAKALU BASE CAMP (4,900M)

Breakfast, Lunch and Dinner

Camping

Today your western leader and Sherpas will organise a mountaineering skills session to show the techniques for ascending and descending a fixed rope, these are essential skills for safe crossing of the passes.

DAY 15: TREK TO SHERPANI LOW CAMP (5,200M)

Walking 3.5km (4 hours)

Breakfast, Lunch and Dinner

Camping

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

DAY 16: ACCLIMATISATION DAY AT SHERPANI LOW CAMP (5,200M)

Breakfast, Lunch and Dinner

Camping

Today is an essential acclimatisation day, for those feeling energetic we will organise a short morning walk (two to three hours) to explore the valley beyond the camp.

DAY 17: TREK TO SHERPANI HIGH CAMP (5,700M)

Walking 3km (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

From Sherpani Low Camp we continue traversing on a rocky trail to the next side valley and then follow this to Sherpani High Camp located on a rocky areas before the glacier. This is a tough day walking on loose moraine following another indistinct trail.

DAY 18: CROSS SHERPANI PASS (6,135M) AND WEST COL (6,143M), TREK TO UPPER BARUNTSE BASE CAMP (5,700M)

Walking 4.5km (8 hours+)

Breakfast, Lunch and Dinner

Camping

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

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

DAY 19: REST DAY AT UPPER BARUNTSE BASE CAMP (5,700M)

Breakfast, Lunch and Dinner

Camping

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

DAY 20: TREK TO HIGH CAMP BEFORE AMPHU LAP TSA (5,400M)

Walking 6.5km (6 hours)

Breakfast, Lunch and Dinner

Camping

The trail descends on moraine to the lower Baruntse Base Camp then continues over moraine ridges with loose rock to the highest of the Panch Pokhari lakes in the Hongu valley. We put in a High Camp near to the start of the trail up to the Amphu Laptsa pass.

DAY 21: CROSS AMPHU LAP TSA PASS (5,850M) AND TREK TO IMJA LAKE CAMP (5,100M)

Walking 6km (8 hours+)

Breakfast, Lunch and Dinner

Camping

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

DAY 22: TREK TO PANGBOCHE (3,875M)

Walking 14.5km (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

After several challenging days crossing the remote passes from Makalu we are now in the Everest region with its well-constructed trails and other trekkers staying in the impressive network of teahouse lodges.

DAY 23: TREK TO NAMCHE BAZAAR (3,445M)

Walking 11km (7 hours)

Breakfast, Lunch and Dinner

Camping

From Deboche we walk up to Tengboche monastery then make a descent to Phunki Tenga by the river, this is followed by a steep section uphill then a long traverse to Namche Bazaar.

DAY 24: TREK TO LUKLA (2,840M)

Walking 16.5km (8 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Namche we walk down the hill to Monjo village, then we carry on the descent of the Dudh Khosi valley through the villages of Phakding, Ghat and Cheplung. At Chaurikharka we start ascending the final hill of the trek to reach Lukla. On getting to the Numbur Lodge you can relax and enjoy your last evening with the Sherpa guides and wonderful porters.

DAY 25: SPARE/ CONTINGENCY DAY

Breakfast, Lunch and Dinner

Camping

DAY 26: FLY TO KATHMANDU

Fly to Kathmandu

Breakfast

Hotel Tibet in Kathmandu

If weather is fine then we will get an early morning flight back to Kathmandu. The rest of the day you are free to relax in Kathmandu or to go shopping, normally groups will meet up in the evening for a farewell meal.

DAY 27: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast, Lunch and Dinner

Hotel Tibet in Kathmandu

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

Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the

second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

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

DAY 28: FLY BACK HOME

Fly back home

Breakfast

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

DATES & PRICES

2021

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
18 Apr 2021 to 15 May 2021	International Leader	US\$5,875pp US\$5,750pp	US\$240pp / US\$425pp	5 Left to Guarantee Early Bird Discount

2022

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
17 Apr 2022 to 14 May 2022	International Leader	US\$5,875pp US\$5,750pp	US\$240pp / US\$425pp	5 Left to Guarantee Early Bird Discount

PRACTICAL INFORMATION

A Typical Day On Camping Trek

A TYPICAL DAY ON CAMPING TREK

The day starts with an early morning mug of tea brought to your tent by one of the assistant guides. Before heading over to the mess tent for breakfast you will 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 6-7pm. After supper the international 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 provided on Camping Trek

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 chapatis, 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.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Clothing and Equipment List

CLOTHING AND EQUIPMENT LIST FOR MAKALU TO EVEREST GHT

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

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

Each trekker should bring one backpack for gear 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 maximum weight allowance for back pack is 5kg.** The rest of your personal equipment packed in a duffel or kit bag will be carried by a porter. **The maximum weight allowance for your duffel bag is 20kg.** Please ensure that your bag is marked clearly on the outside for easy identification.

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

Footwear:

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

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

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

Climbing equipment:

- Mountaineering harness (with adjustable leg loops; sizing should allow for bulky, cold weather

clothing.

- 2 slings (120cm 'open' sewn slings, 8mm Dyneema recommended or similar).
- 4 lightweight screwgate carabiners
- 1 belay plate/abseil device (e.g. DMM 'Bug' or Bugette', Petzl 'Verso', Grivel 'Master Belayer' or similar) or figure of 8 type abseil device.
- 3m of 5mm cord (for prussiks).
- Jumar ascender (e.g. Petzl 'Ascension' or Grivel 'A&D').
- 5m of 8mm cord (for use with jumar).
- Crampons (general mountaineering type e.g. Grivel G12 or G10 minimum ; anti-balling plates recommended).
- Mountaineering ice axe (approx. 55 to 65cm in length)
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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>)
- Bring extra batteries.
- The lenses need to be Category 4 rated and should have side protection or wraparound design to prevent light getting through to your eyes that could cause sun blindness.

Personal Equipment:

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

Threat and risk assessment

THREAT AND RISK ASSESSMENT FOR MAKALU TO EVEREST GHT

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

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

As a part of our planning process we have performed a detailed threat and risk assessment for our Makalu to Everest GHT trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Makalu to Everest GHT we can assess the level of risk and implement control measures to reduce this happening.

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

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

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

Internal Flights

INTERNAL FLIGHTS

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](#).

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](#).

Weather and climate

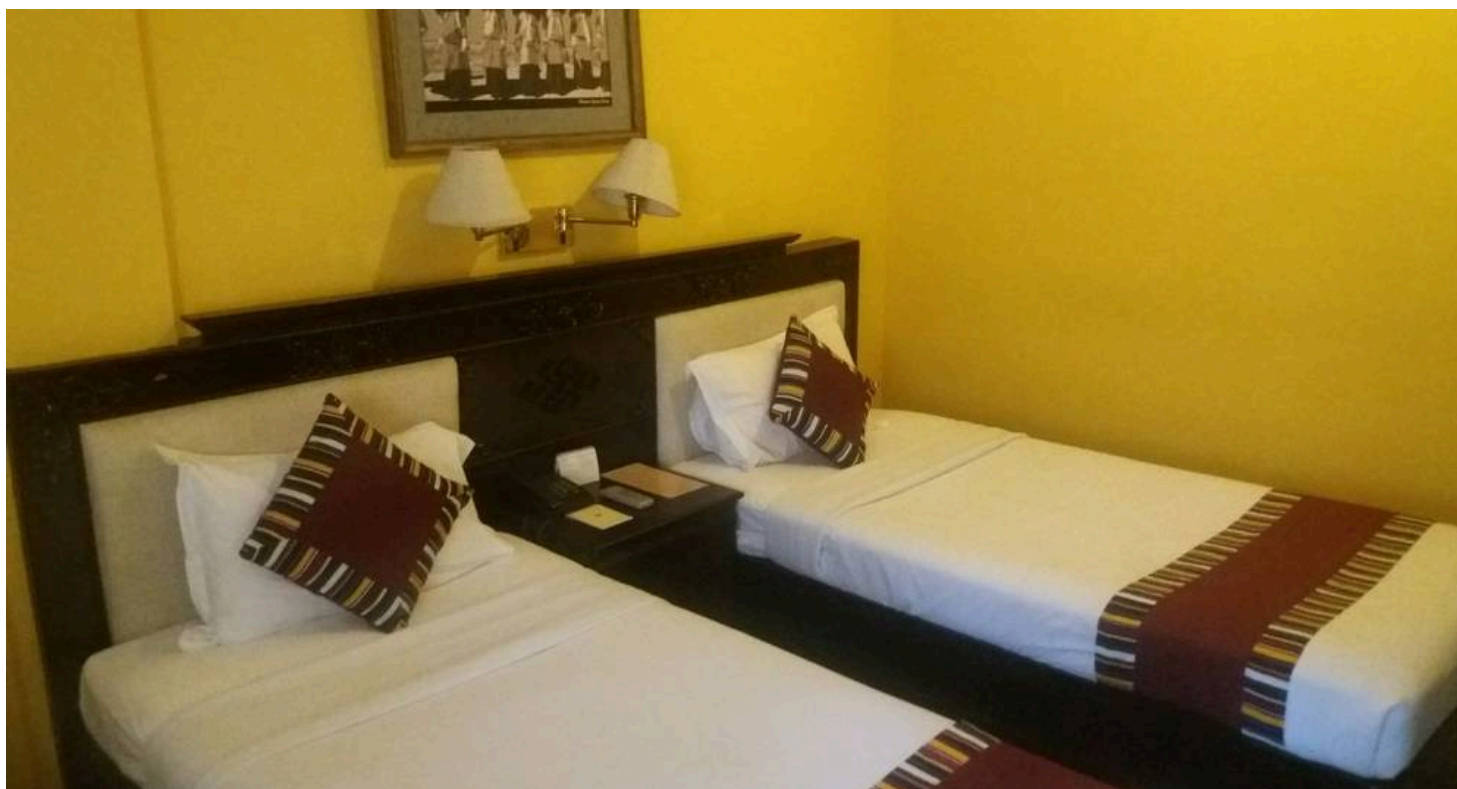
WEATHER AND CLIMATE FOR MAKALU TO EVEREST GHT

Makalu to Everest GHT 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.

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.

ACCOMMODATION

HOTEL TIBET IN KATHMANDU



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

We have used Hotel Tibet for over 15 years and our previous 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.

CAMPING IN NEPAL



We use both Mountain Hardwear Trango 3.1s and Quechua tents for our camping treks in Nepal.

Notes downloaded on: 06-07-2020

