



MAKALU TO EVEREST GHT



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Mountaineering
TRIP GRADE: Challenging
TRIP STYLE: Camping
NAN Based On 0 Reviews
KG Carbon Footprint

TRIP LEADER: International Leader
GROUP SIZE: 5 - 14 people
NEXT DEPARTURE: 26 Apr 2024
10 Trees Planted for each Booking

This is a mountaineering expedition from Makalu Base Camp to Everest region. We follow The Great Himalaya Trail and cross high passes: Sherpani Pass, West Col and Amphu Laptsa.

Makalu to Everest GHT is a journey through the highest mountains in the Himalayas. This follows Section 2 of The Great Himalaya Trail and is the most difficult section in Nepal. Robin Boustead mapped and walked the GHT. Along the way we have incredible views of Mount Makalu, Mount Everest, Lhotse and Chamlang. We have designed our Makalu to Everest itinerary to include time for acclimatisation to the altitude. This is a section of The Great Himalaya Trail in East Nepal.

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 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 then make the traverse from Makalu to Everest via the three ice cols. After Makalu Base Camp we cross Sherpani Pass over to Baruntse Base Camp. Followed by crossing West Col to Panch Pokhari then the Amphu Laptsa into the Everest region.

To join this group you will need mountaineering experience. You also need previous experience of trekking

at high altitude and a high level of fitness. We will climb on fixed rope over the passes and use group rope travel on the glaciers. If Sherpani pass trek trip is too challenging for you take a look at our [Makalu Base Camp itinerary](#).

REASONS TO CHOOSE US

- We are Himalayan trekking specialists having operated trips in Nepal for many years.
- We know the Makalu region well. [Roland Hunter](#) climbed to the summit of Mount Makalu in the Spring 2009. He also led our Makalu to Everest GHT expedition in Spring 2011
- We work with the best [mountain leaders](#). They have deep knowledge and experience of the Himalayas. Unlike many other operators, we use international leaders for remote trips in Nepal.
- We designed our itinerary for gradual acclimatisation to high altitudes. We have an acclimatisation day before crossing Shipton La. We also have three nights at Makalu Base Camp before the ascent to Sherpani pass.
- 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 use Mountain Hardwear Trango 3.1 tents. These are expedition-grade tents with plenty of space for two people sharing plus gear.
- We review weather forecasts for the Makalu and Everest regions 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 use GPS to upload your location daily onto Google Maps to track your progress during the trek.
- We bring a comprehensive medical aid kit. There will also be a portable altitude chamber (PAC or Gamow bag).
- We provide the porters with windproof jackets & trousers, crampons, and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We provide a range of tasty meals for breakfast, lunch, and supper. We give everyone in the group a chocolate or muesli bar per day. For breakfast, we provide fresh coffee from our Bialetti Moka coffee machine.
- 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 - and Lukla - Kathmandu. The weight allowance is 20kg for your main bag checked into the hold and 5kg for your day pack.
- Twin-share rooms at Hotel Tibet or Hotel Ambassador in Kathmandu.
- Breakfast only in Kathmandu, all meals included while on the trek.
- Twin share tents while on trek using our Mountain Hardwear Trango 3 tents. These are three-person domed tents with plenty of space for two people sharing plus gear.
- Trekking arrangements. Including permits and fees, tents, International and Sherpa guides, porters, and cooks.
- Porters to carry your main bag. The portage allowance is 20kg.
- Weather forecasts for the Makalu and Everest regions during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.
- GPS tracking on Google Maps. Your friends and family can track your progress during the trek.
- A trekking map is given to you on arrival to Kathmandu.
- UK-registered charity, Pipal Tree, will plant 10 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, Zoom or face-to-face meetings.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.

- Travel & trekking insurance.
- Nepal visa for 30 days (US\$50).
- Lunch and evening meals in Kathmandu.
- Tips. Each trekker should budget for giving tips into the group fund. This should be in the region of 21,000 Nepalese rupees (£135, US\$175 or €150).
- Personal clothing & equipment. Take a look at the kit list.
- Other items not listed in "What is included".

ITINERARY

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

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: BRIEFING AND PREPARATIONS IN KATHMANDU

Breakfast

Hotel Ambassador 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

Camping

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

Camping

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

Camping

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 until we get to Chhukung in the Everest region. 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

Camping

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

Breakfast, Lunch and Dinner

Camping

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 (4,216M) AND TREK TO DEBOTAY (3,800M)

Walking 4km (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

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

Camping

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

Camping

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

Camping

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

Camping

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 three nights. We need this time for essential acclimatisation as well as letting us explore the area. We organise mountaineering training to ensure you are ready for the technical passes.

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

Breakfast, Lunch and Dinner

Camping

Today we arrange a walk on the slopes towards the East side of Makalu Base Camp. This will help your acclimatisation following the principle of "climb high, sleep low". 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: MOUNTAINEERING SKILLS INSTRUCTION AT MAKALU BASE CAMP (4,900M)

Breakfast, Lunch and Dinner

Camping

Today your international leader and Sherpa guides will organise a mountaineering skills session. This is to help refresh the techniques required for crossing the high passes. The key skill is ascending and descending a fixed rope.

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

Walking 3.5km (4 hours)

Breakfast, Lunch and Dinner

Camping

From camp we follow the trail along the ablation valley on the West side of Barun Glacier. We continue on lateral moraine avoiding the descent onto the glacier. The glacier trail leads to Makalu Advanced Base Camp. Our trail is rocky and we traverse scree slopes marked by cairns. There are spectacular views of

Makalu's West ridge and North West ridge. We can also see Mount 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 before making the ascent of Sherpani pass. For those feeling energetic we organise a morning walk (two to three hours) to explore around the camp.

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

Walking 3km (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

From camp we continue traversing on a rocky trail into the next side valley. We follow the trail to Sherpani High Camp located on a rocky area before the glacier. This is a tough day walking on loose moraine following an 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. Dawn arrives with first light as the group starts the climb on fixed ropes up to the pass. On the way up we follow a snowy gulley then make a short traverse on a rock step before reaching the top. There is a rapel/ abseil for 40m on the other side of the pass down to the West Barun glacier. We walk for an hour across the flat glacier to reach West Col. From here we have a 200m rapel/ abseil down to Hunku Glacier. We walk for an hour or so to Upper Baruntse Base Camp.

This is a demanding day using fixed rope for ascent and descent of the passes. There are sections of rope travel on the glacier in a very remote glacial area.

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

Breakfast, Lunch and Dinner

Camping

Today we rest 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. We continue walking over moraine ridges on loose rock. We pass 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. There has been significant ice melt recently and the glacier is disappearing. Depending on conditions the trail might follow the rocky trail further to the right to top of the pass. The view from Amphu Laptsa is superb dominated by Baruntse and the West Col is visible. There are several rapels/ abseils from the pass until we get onto the rocky trail. This 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 the tough days crossing the high passes we now enjoy the easier trails in the Everest region. After our remote trek in Makalu region we meet others trekkers along the way.

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

Walking 11km (7 hours)

Breakfast, Lunch and Dinner

Camping

We follow the trail down through birch and rhododendron forest. We walk past Deboche up to Tengboche. From there we descend through forest to the bridge over the Dudh Kosi at Phunki Tengi. We climb up on a

steep trail past Tashinga then contour around the hillside to Kenjuma and on to Namche Bazaar. This is a lovely day's walk. We enjoy the descent with the hard work behind us.

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

Walking 16.5km (8 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Namche we continue our descent down the trail following the Dudh Koshi valley. At Chaurikharka we start the ascent of the final hill of the trek to reach Lukla. On arriving at Numbur Lodge we can enjoy our last evening with the guides and wonderful porters.

DAY 25: SPARE/ CONTINGENCY DAY

Breakfast, Lunch and Dinner

Camping

DAY 26: FLY TO KATHMANDU

Fly to Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

If the weather is clear in Lukla then we will get a morning flight back to Kathmandu. We will meet you at the airport and drive you back to the hotel. You can then spend the rest of the day doing what you please.

DAY 27: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast, Lunch and Dinner

Hotel Ambassador 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 28: FLY BACK HOME

Fly back home

Breakfast

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

DATES & PRICES

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON CAMPING TREK IN NEPAL

We provide a comfortable experience on our camping style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). We provide personal tents, mess tent, kitchen tent and toilet tent(s). The camp will be set up and dismantled by the trek crew. We bring along a cook and kitchen helpers to provide the meals.

The day starts with an early morning mug of tea brought to your tent by one of the trek crew. Before heading for breakfast you pack your overnight gear into your duffel bag. During breakfast the trek crew pack away the tents. The porters arrange their loads and set off on the trail 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 camp 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 spot by the side of the trail. Our cooks prepare lunch for us and the food is usually ready by the time the group arrives.

After lunch we continue the walk and on most days we arrive to camp by mid afternoon. Some of the trek crew would have gone ahead of the group to set up camp and to put up the tents. On arrival to camp you will get a hot drink and biscuits. In the evening our cook will provide a three course meal in the mess tent around 6pm.

After supper the leaders will discuss the plan for the next day. Afterwards people might stay in the mess tent chatting about the day's events or playing cards. After a tiring day most people head to their tent quite early for the night. Tomorrow is likely to be very similar as today! The only difference is that if we are crossing a high pass or climbing to a summit we leave camp earlier in the morning.

You can read more about our [Camping Treks in Nepal](#) on our Blog. This article explains the advantages of camping versus teahouse lodge treks. It also describes what the campsite set up is like and more about the food provided by our cooks.

Food provided on Camping Trek

FOOD PROVIDED ON CAMPING TREK IN NEPAL

While on a camping style trek in Nepal we provide tasty and nutritional food. We make sure there is more than enough quantity to go around as trekkers will be hungry after a long day on the trail. Over the years we have worked on increasing the variety of the menus. We have expanded the list of ingredients provided to the cooks so they have more to work with. Also in 2015 we purchased two food dehydrators with a vacuum sealing machine. We dehydrate a large number of different vegetables in Kathmandu before departure. This has transformed the quality of food especially on longer treks to remote areas.

For breakfast we provide porridge or cereal, toast or chapatis and eggs. There will be hot drinks including tea, herbal teas, hot chocolate and coffee. We provide fresh coffee from our Bialetti Moka coffee machine.

For lunch we stop at a convenient spot with water at the side of the trail. The cook and kitchen walk ahead of the group in the morning and lunch should be ready shortly after our arrival. After lunch we have time to relax before starting to walk again in the afternoon.

On arrival at camp in the afternoon you have biscuits and a hot drink such as tea or coffee. Around 6pm we serve a three course meal in the mess tent. The starter is often soup with popcorn or poppadoms. We have a range of main dishes and carbohydrates including rice, potatoes or pasta.

We cater for a variety of dietary requirements. Our meals are suitable for vegetarians. If there is a meat dish then we also provide vegetarian options as standard. 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.

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.

Kit List

KIT LIST FOR MAKALU TO EVEREST GHT

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 our Makalu to Everest GHT expedition. 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 hot conditions with temperatures up to 25 Celsius. You will experience the coldest temperatures at Sherpani High Camp at an altitude of 5,700m. We leave to cross the passes in the early morning. The temperatures could be down to around -18 Celsius. It could feel even colder when considering wind chill.

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 20kg.** 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

- Double mountaineering boots with insulated inners (i.e Plastics) eg. Scarpa Vegas High Altitude or La Sportiva Spantik. There are other suitable boots available for this trip. Please visit a reputable outdoor store for further advice on latest products available. Please note double mountaineering boots are mandatory. If you are UK based you can rent boots and other mountaineering gear from Expedition Kit Hire.
- 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. Over the years we have had several boots fall apart so you should also bring trail shoes as a backup.
- Trail shoes. Used around camp and as a replacement if your walking boots fall apart!
- Sandals. Enclosed sandals are best to protect your feet during river crossings. Required for river crossings as well as two trekking poles.
- Walking socks.
- Mountaineering socks for time spent on the mountain (eg Bridgedale summit 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).
- Soft Shell Trousers.
- 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.
- Mountaineering gloves.
- Warms mittens.
- 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.

Climbing equipment

- Climbing harness. Plus two 60cm slings, four screw gate carabiners, Figure 8 belay device and 3m of 5mm static cord for prusiks. [we have a limited number of "Harness packs" for rent. Please contact TMC office for further prices and availability].
- Jumar ascender (eg. Petzl handled ascender).
- Crampons. The best are universal crampons that you can use with trekking boots. Such as Stubai Universals or Kahtoola KTS crampons.
- Mountaineering ice axe with leash.
- Climbing helmet.

Personal equipment

- Sleeping bag. Overnight lows down to -18 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.
- Sleeping mat (eg. Thermarest). On trek we provide everyone with a foam mat. We recommend two layers for insulation and comfort. We also provide everyone with a pillow.
- Day pack. Recommended size is around 40 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing and climbing gear. 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. A porter will carry this bag. Rugged and waterproof made of a plastic material. Size 100-120 litres. Eg. Mountain Equipment 100l or Rab 120l. 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, toothbrush etc. We provide toilet paper while on trek.

Personal first aid kit

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 TO EVEREST GHT

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 to Everest 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.
- Getting lost or becoming separated from the group.
- Severe bad weather and conditions when camping.
- 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 at the start 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 TO EVEREST GHT

We have chosen the dates for optimal conditions for crossing the three ice cols over to Everest. By April and May in the Spring season the weather is warmer and the snowline is higher than March. This decreases the chance of deep snow blocking the route. We do not organise this trip in the Autumn season. The temperatures cool off in October and it is much colder than Spring. It is also common to get low pressure systems causing precipitation in eastern Nepal.

Makalu GHT trip has a wide range of temperatures. This depends on the season, altitude and time of day. In the mountains between 2,000m and 3,500m the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 25 Celsius. At higher altitudes temperatures range from about 15 Celsius to -18 Celsius.

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.

Suggested reading

SUGGESTED READING AND MAPS FOR EVEREST TREKS

Maps

Nepal Trekking Map Himalayan Maphouse Scale: 1:900,000 This map will be included in your welcome pack when you arrive in Nepal.

Mount Everest Schweizerische Stiftung fur Alpine Forschung (Swiss Foundation For Alpine Research) 1:50,000

Mount Everest National Geographic Society 1:50,000

Books

Everest- 50 years on top of the world by George Band

Above the clouds by Anatoli Boukreev

Eric Shipton- Everest and beyond by Peter Steele

Touching my father's soul by Jamling Tenzing Norgay

Into Thin Air by John Krakauer

The Ascent of Rum Doodle by WE Bowman

ACCOMMODATION

CAMPING IN NEPAL



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

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!

TRIP REPORTS

To read our Trip Reports please click on the links below to our blog:

Part one: [Makalu to Everest April/ May 2011 led by Roland Hunter](#)

Part two: [Makalu to Everest April/ May 2011 led by Roland Hunter](#)

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