

# Makalu Sherpani Col Pass Trek

## Standard Itinerary

### Makalu Sherpani Col Pass Trek Itinerary:

#### Day 01: Kathmandu

Arrive at Kathmandu airport at 1310m.

As you land at Tribhuvan International Airport, Kathmandu, you will be received by the representative staff from Himalayan Nepal Trek with a proper greeting. Then, afterward, you will be transferred to the hotel where you will learn the detailed itinerary. We can change the set itinerary as per your feasibility. Stay overnight in a hotel.

#### Day 02: Kathmandu

Sightseeing in Kathmandu Valley

This is the second day of the trek where you will work on Trek preparation and trekking permit as you are heading to the restricted area. Completing the work, you will go shopping as you might need some trekking materials which are hard to find in the rural areas. So, when you are done trekking you will return to the hotel to have some rest. Stay overnight in a hotel.

#### Day 03: Num

Flight to Tumlingtar is 45 min and the drive to Num 1505m is 3 ½ hours.

On the following day, you will drive to Tribhuvan International Airport to catch the flight to Tumlingtar 410m. During the flight, you can view the mountains and the villages from the height. Within 45 minutes you will arrive at your destination and once when you turn up to Tumlingtar you will take another drive to Num in a jeep taking 3 and a half hours. Num is positioned at an elevation of 1505m. Stay overnight in a tented camp.

#### Day 04: Sedwa

Trek to Sedwa 1530m 5-6 hours

On the following day taking an ascend from Num, you will soon leave it and head to Sedwa which is situated at an elevation of 1530m taking 5 to 6 hours of time frame. You will outlook the pastureland and imagine as if you are reading the poetry. Stay overnight in a tented camp.

## **Day 05: Tashi Gaon**

Trek to Tashigawn 2065m 4-5 hrs.

Again, taking ascend in the early morning you will move to Tashi gaon which is positioned at an elevation of 2065m. The trekking duration takes 4 to 5 hours of a short walk and you will feel comfortable on this day. Stay overnight in a tented camp.

## **Day 06: Tashi Gaon**

Rest day for acclimatization

This is the day to take some rest. It has its meaning to take on innovative environments as well as reinforce the muscles. Resting does not now understand staying motionless. Here, you will stir out from the camp and will make out the sights in a unique environment. Stay overnight in a tented camp.

## **Day 07: Khongma**

Trek to Khongma 3562m 6-7 hrs.

On the following waking up early in the morning, you will set out to trek Khongma which is positioned at an elevation of 3562m. It consumes 6 to 7 hours of the time frame in completing the trek. In comparison to the past today you have walked a bit longer. Stay overnight in a tented camp.

## **Day 08: Mumbuk**

Trek to Mumbuk 7-8 hrs.

On the next day, you will head from Khongma to Mumbuk walking more than the previous day. As you will pass Khonma La which is situated at an altitude of 3873m the nature of the Trek is adventurous. Then, slowly you will cross another pass as well called Tutu La Pass 4056m and Shipton La Pass 4220m, Mumbuk 3550m, and Keke La Pass 4152m. Stay overnight in a tented camp.

## **Day 09: Yangri Kharka**

Trek to Yangri Kharka 3610m 5-6 hrs.

On the next day, you will set up to start on the trek to Yangri Kharka which is to be found at an elevation of 3610m. The trek takes 5 to 6 hours. Previous to that you will cross the forest of Rhododendrons screening the way to Barun River and the Upper part of the valley. The pleasant amble will take us to Yangri Kharka. Stay overnight in a tented camp.

## **Day 10: Langmale Kharka**

Trek to Langmale Kharka 4100m 5-6 hrs.

On the following day, it's time to trek Langmale Kharka taking ascending with a total elevation of 4100m taking 5 to 6 hours to accomplish. From this point, you will make out to Makalu Base Camp which is greater to have some rest and have Makalu Base Camp. Stay overnight in a tented camp.

## **Day 11: Makalu Base Camp**

Trek to Makalu Base Camp 4870m 5-6 hrs.

On a primary day, you will wake up early and will go through the guide. Getting happiness from the amazing panorama of the Himalayas all through the day you will accomplish a day tour to Makalu Base Camp with an elevation of 4870m taking 5 to 6 hours. Stay overnight in a tented camp.

## **Day 12: Makalu Base Camp**

Hike to view Mountain Glacier

This is the day more like exploring Makalu Base Camp where you will hike to Excoriation aiming to view Mountain Glacier. When you get to the outlook that moment, you will not believe your eyes and at the same time feel proud of yourself. Stay overnight in a tented camp.

## **Day 13: Baruntse Base Camp**

Trek to Baruntse Base Camp 4870m 5-6 hrs.

On the following day, you will start into motion trekking at Baruntse Base Camp with an elevation of 4870m. Baruntse is one of the striking snow peak mountains which demands technicality to accomplish the trek. Thus, within 5 to 6 hours of duration, you will complete the trek. Stay overnight in a tented camp.

## **Day 14: Sherpani Col High Camp**

Trek to Sherpani Col High camp 5800m 6-7 hrs.

Heading further from Baruntse Base Camp you will set into motion to Sherpani Col High Camp situated at 5800m taking 6 to 7 hours. Trekking in Sherpani Col High Camp demands ascending skills as it will make you use ropes along with high passes. So, you should pay more attention to it. Stay overnight in a tented camp.

## **Day 15: West Col**

Trek via Sherpani Col Pass 6146m then to West Col 6143m 6-7 hrs.

Continuing the trek to Sherpani Col High camp you will head to Cherpuni Col Pass which is positioned at the soaring altitude of 6146m completing the ascent from there you will move further to West Col taking 6 to 7 hours. You might sense tired as you have to go through some technicalities. Stay overnight in a tented camp.

## **Day 16: Baruntse Base Camp**

Trek to Hunkuglacier Baruntse Base Camp 5400m 6-7 hrs.

On the following day, you will begin to trek Hunkuglacier Baruntse Base Camp approaching the latitude of 5,400 meters. The entire trek consumes 6 to 7 hours of duration and then you will rest some rest in the camp. Stay overnight in a tented camp.

## **Day 17: Aamalapcha Base Camp**

Trek to Aamalapcha Base Camp 5200m 5-6 hrs.

On the following day, you will wake up early and leave the destination to trek to Aamalapcha Base Camp. It is to be found at an elevation of 5200m taking 5 to 6 hours of duration. Trekking in Aamalapcha Base Camp will offer a good experience of mounting and descending. Stay overnight in a tented camp.

## **Day 18: Glacier Camp**

Trek via Aamalapcha Pass 5839m to Imja Glacier Camp 5222m 8-9 hrs.

Leave taking from the Base Camp you will set into motion to trek via Aamalapcha Pass which is positioned at the height of 5839m after you take an ascend. Then, from here you will move to Imja

Glacier Camp situated at 5222 meters. The trek takes 8 to 9 hours of extensive trek. Stay overnight in a tented camp.

## **Day 19: Island Base Camp**

Trek to Island Base Camp 5200m 5-6 hrs.

On the following day, you will start to trek Island Base Camp. Island Base Camp 5200m is a tremendously huge Peak and is not intended for all Peak Climbers as it is tricky to rise due to its lofty altitude. You will get to watch Glacier Lake from the Island Base Camp. Stay overnight in a tented camp.

## **Day 20: Island Base Camp**

This is the day you can use as a rest day for getting acclimatized. On this day you will take some rest and then move out strolling nearby areas which will reward you with high mountains, rivers, and beautiful villages. So, acclimatization day is essential to blend with nature and keep your potential. Stay overnight at the lodge or tented camp.

## **Day 21: Chhukung**

Ascend to Island Peak Summit 6189m and back to Base camp or Chhukung 4730m 10-11 hrs.

Ascend to Island Peak Summit with an elevation of 6,189 meters is a very important one in the itinerary as you level the peak it will prize you with Makalu 8463m, Pumori 7161m, Lhotse 8516m Lobuche 6145m and Cho Oyu 8201m. These are the most incredible views from the summit. Carrying out the trek you will go back to the Base Camp or Chhukung reaching an elevation of 4,730 meters. Stay overnight in a tented camp.

## **Day 22: Tengboche**

Trek to Tengboche 3860m 5-6 hrs.

Finishing the previous trek, you will make use of it by trekking Tengboche (3,860m) which seize 5 to 6 hours. Starting the trek from the serene Khumjung with Khumbila Peak will continue the trek to see the Tengboche monastery in the Tengboche. In addition, you will get to see the outstanding monastery and Himalayas like Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kategna, and Thamserku. Stay overnight in a lodge.

## **Day 23: Namche Bazaar**

Trek to Namche Bazaar 3440m 5-6 hrs.

On the following day, you will trek back to Monjo via Namche 3440m taking 5 to 6 hours of time frame. Arriving in Namche you will visit the local shops from where you can buy the local handicrafts crafted by the natives. You can enjoy the cultures of the Sherpa people and their daily activities staying with them. Stay overnight in a lodge.

## **Day 24: Lukla**

Trek to Lukla 6-7 hrs.

On the following day, you will start on trek Lukla 2827m from Phakding after taking breakfast. The trek will seize 5 hours. The weather of Lukla cannot forecast so more often the trekking companies include an additional day for Lukla. But if you are set out in a proper season you might be lucky to travel out on the same day. Stay overnight in a lodge.

## **Day 25: Kathmandu**

Flight to Kathmandu and farewell dinner

In the early morning, you will take a flight to Kathmandu taking 35 minutes from Lukla Airport. This will be a joyous adventurous flight. Arriving in TIA you will be picked up and then again transferred to the hotel where you can enjoy a comfortable bed. In the evening you will return to the hotel completing the short sightseeing to take part in a farewell dinner. Stay overnight in a hotel.

## **Day 26: Departure**

Departure from Kathmandu to your onward destination. Our representative will drop you at the airport for your further destination.

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## **Includes and Excludes**

### **Includes**

- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3\* star label hotel in Kathmandu on BB plan (on twin sharing basis).

- Domestic flight from Kathmandu to Tumlingtar airport guest and guide.
- Domestic flight from Lukla to Kathmandu airport guest and guide.
- Staff transportation Kathmandu/Tumlingtar /Lukla/Kathmandu.
- Fully camping service north face tent for guests, dining tent, kitchen tent, toilet tent, mattress, kitchen equipment, camping crew, etc.
- Ice Screw, Rope, Ice Axe, Screw gate, karabiners (2 locks, 2 unlock), Snow Bar.
- Peak climbing permit from Nepal Mountaineering Association (NMA).
- Climbing guide and other staff equipment.
- Twin-sharing accommodation during the trek (Tented camp).
- Experienced English-speaking local trekking and climbing guide (Trained and licensed holder by the government of Nepal) in other languages as per the participant's preference.
- Necessary Porter: Porter carries 25kg only.
- All Government local Tax Makalu and Sagarmatha national park entry permits and TIMS card).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- All Nepali staff's medical insurance during the trek.

## **Excludes**

- Lunch and dinner in Kathmandu.
  - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
  - Emergency rescue and travel Insurance (most required factor in high altitude trek).
  - Trip cancellation cost, loss, damage, and personal effects.
  - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
  - Tips and gratuities for the staff.
  - Emergency rescue and travel Insurance (most required factor in high altitude trek).
  - Trip cancellation cost, loss, damage, and personal effects.
  - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
  - Tips and gratuities for the staff.
  - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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