



**Discovery  
Mountain**

Trek & Expedition Pvt. Ltd.

Regd. No. : 161822/073/074  
P.O. Box: 24209 | Kathmandu, Nepal  
Ph: 01-4811874, 9841816570  
sherpachiring00@gmail.com  
www. dmountaintreks.com



Here you begin your 19 days trekking in Kathmandu with visits to UNESCO World Heritage Sites before heading to the most coveted eastern region in Nepal. On your trek, you reach Tashi Gaun (Sherpa village) which is situated at 2150m.

High in the heart of the eastern Himalaya, several valleys and four over 8000 meters like MT Everest (8848.86m), Kanchanjanga (8586m), Lhotse (8516m) and Makalu (8463m). This trek follows the Barun Valley which contains some of the last remaining areas of pristine forests in Nepal. The trek passes through a wide diversity of eco systems and cultures. These peoples live in isolated villages much as they have for centuries, their livelihoods depend forest resources for animal fodder, fuel, food, housing materials, fertilizers and medicine.

The Makalu Barun National Park and Conservation Area was established in 1992 as Nepal's eighth national park. Makalu Barun is a remote wilderness and covering 2331 sq kilo meters with just two small settlements and seasonal herding in high pastures. In this area few foreign trekkers due to its relative inaccessibility, and trek to makalu base camp is an unforgettable memorie. In this area protects wildlife including the red panda, musk deer, snow leopard, Himalayan thar and pheasant (danfe).

**Fitness Level:** : 

**Group Size:** : 2 to 15 people

**Max-Altitude:** : 4870m

**Duration:** : 19 Days

**Walking Days:** : 14 Days

**Activity:** : Trek

**Best Period:** : FEV | MAR | APR | MAY | SEP | OCT | NOV | DEC



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#### **DAY 1: ARRIVAL IN KATHMANDU**

After landing at the Kathmandu airport, Discovery Mountain Trek will take you to the hotel. We then check-in at the hotel, freshen up and take a rest. In the evening you will have details briefing for your trek.

**TYPE OF ACCOMMODATION:** In Hotel

#### **DAY 2: KATHMANDU TO TUMLINGTAR THEN DRIVE TO NUM (1560M)**

The trek began flight from Kathmandu to Tumlingtar, a scenic flight. It is a small town with an airstrip. There we will find a market, government administrative offices and tea houses. From Tumlingtar we continue by jeep to Num. Num is a beautiful village which is enriched by numerous tea house.

**TYPE OF ACCOMMODATION:** In Lodge

**FLIGHT TIME:** 35 MINUTES

**DRIVE TIME:** 4 HOURS

#### **DAY 3: NUM TO SEDUWA (1530M)**

You will start your trek after your breakfast the trail descends steeply for two and a half hours to a large river named Neguwa Khola. Then crossing the suspension bridge and climbs through the forest and some traditional villages. Once you cross the Neguwa khola you are enter into the makalu Barun national park. The inhabitants of this region are mainly engaged in agriculture and the crops there are potatoes and vegetables, depending on the season.

**TYPE OF ACCOMMODATION:** In lodge

**WALKING HOUR:** 5/6H

#### **DAY 4: SEDUWA TO TASHI GAUN (2150M)**

Today you walk through large meadows and cross several streams. The trail climbs slightly but most of the trail is flat and easy through the bushes. While walking we can see villages from afar. Tashi Gaon, surrounded by a lush green forest, is a large Sherpa village. Finally, we ascend to the Sherpa village of Tashi Gaon, the last permanent settlement in the valley.

**TYPE OF ACCOMMODATION:** In lodge

**WALKING HOUR:** 4/5H

#### **DAY 5: TASHI GAUN TO KONGMA DANDA (3550M)**

Today you follow a steep climb through sparse forests along the ridge on a hill, then descend slightly to Kongma danda. A steep climb around 3 hours ends at Danda Kharka where we have our lunch. The ascent continues but steeper for the next hour and the trail stays in rhododendron forest the entire time. Khongma danda offer you quite long but spectacular views of Kanchanjanga (8586m), Kumbakarna (Janu himal).

**TYPE OF ACCOMMODATION:** In lodge

**WALKING HOUR:** 5/6H

#### **DAY 6: DAY ACCLIMATIZE AT KONGMA DANDA (3550M)**

Today you climb until tower view for your acclimatize enjoy the spectacular views. From here the magnificent views of the Makalu, Kanchanjanga, Peak 7, Chamlang, Kumbakarna and many more mountain peaks. After all you decent at Kongma danda and afternoon free day.

**TYPE OF ACCOMMODATION:** In Lodge



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#### **DAY 7: KONGMA DANDA TO DOBATE (3810M)**

After breakfast you will start your trek as you have to pass 4 passes to reach Dobate with spectacular views of Arun, Barun Valley and great himalays. First your ascent towards Konma La 3610m and then head to the Gungru la 4020m and the highest pass Shipton La 4240m then head further Keke La Pass 4095m. On our way between gungru la and shipton we will see beautiful lake (sano pokhari), an another beautiful lake called Kalo pokhari which is situated at the altitude of 3955m then you cross the keke la pass and finally reach Dobate.

**TYPE OF ACCOMMODATION: In lodge**

**WALKING HOUR: 5/6H**

#### **DAY 8: DOBATE TO YANGLA KHARKA (3550M)**

Today your trekking trail through dense forests, which are rhododendron, Pine tree, Juniper and many more. After your decent untill river you climb on the right side of the barun river till Femathang, Then cross the river by wood bridge and trek towards Yangla Kharka.

**TYPE OF ACCOMMODATION: In lodge**

**WALKING HOUR: 4/5H**

#### **DAY 9: YANGLA KHARKA TO LANGMALE (4350M) 3/4H TREK**

Today your trek on a steep trail alongside Barun river through icy glaciers moraine and ridges to reach Shershong. From here magnificent view of Mt. Makalu 8463m. After all your trek takes about an hour to the Makalu base camp.

**TYPE OF ACCOMMODATION: In lodge**

**WALKING HOUR: 3/4H**

#### **DAY 10: LANGMALE TO MAKALU BASE CAMP (4870M)**

You start your trek after your breakfast from langmale to Makalu base camp. Well you will see Peak 7, Peak 6, Chamlang himal all the way to base camp, and Makalu will appear after sersong. From here the gentle climb path around 1 hour then descend to the river and after cross the river you arrive at your long awaited destination. As you would expect, the world's fifth highest MT Makalu is massive view from here.

**TYPE OF ACCOMMODATION: In lodge**

**WALKING HOUR: 4/5H**

#### **DAY 11: DAY EXPLORE AT MAKALU BASE CAMP**

Today you explore day at view point above the Makalu Base Camp there are superb views of some of the world's highest mountains, including Mt: Everest 8848.86m, Lhotse 8516m, Mt: Makalu 8463M, Chamlang 7372m and the other mountain peaks which are in eastern Nepal. We can also walk around a little up to Barun Glacier and make a side trip to the Barun Pokhari (lake). You can also enjoy beauty of the surrounding glaciers and glacial lakes.

**TYPE OF ACCOMMODATION: In lodge**

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**DAY 12: MAKALU BASE CAMP TO YANGLA KHARKA (3550M) 6/7H TREK**

Today you are retracing your trail from makalu base camp to yangla kharka, we pass through langmale kharka, tadosa and make our descend through the Barun valley leaving behind the yak pastures and lush forests to reach Yangri Kharka.

**TYPE OF ACCOMMODATION: In lodge**

**WALKING HOUR: 6/7H**

**DAY 13: YANGLA KHARKA TO DOBATE (3810M) 4/5H TREK**

After your breakfast descend through rock falls, green forests and valleys from Yangri Kharka making your way towards Dobate. Following the river banks of Barun, we descend down the trail leaving behind the forests of rhododendrons, fir and birch to reach our stopover point for today.

**TYPE OF ACCOMMODATION: In lodge**

**WALKING HOUR: 4/5H**

**DAY 14: DOBATE TO KONGMA DANDA (2150M) 6/7H TREK**

You begin your trek with a steep climb from Dobate until KeKe-La and decent down towards kalo pokhari (lake) then climb on the Shipton-La, Gungru-La and decent towards Kongma-La then Kongma Danda.

**TYPE OF ACCOMMODATION: In lodge**

**WALKING HOUR: 5/6H**

**DAY 15: KONGMA DANDA TO SEDUWA (1530M) 5/6H TREK**

Today the day begins with retrace your way through the bushes and the tree like of rhododendron and juniper are visible again. With a deep descent to Tashi Gaun and easy trail to Seduwa.

**TYPE OF ACCOMMODATION: In lodge**

**WALKING HOUR: 5/6H**

**DAY 16: SEDUWA TO TUMLINGTAR (350M) VIA NUM 4/5H TREK AND 4H DRIVE**

Today your trail steadily descends through the partly forested terrain to the Arun River and finally make our ascend through terraced fields on the opposite valley and reach Num. From here you drive back to Tumlingtar with savoring the vista of Mt. Makalu for the last time crossing forests of rhododendron and bamboo along the ridge and picturesque village and superb view of the Himalayas.

**TYPE OF ACCOMMODATION: In lodge**

**WALKING HOUR: 4/5H**

**DRIVE TIME: 4 HOURS**

**DAY 17: FLY BACK TO KATHMANDU**

You will take morning flight to Kathmandu after our long mountain journey. After reaching Kathmandu, we can take a rest or do some souvenir shopping. There will be a farewell dinner in the evening to celebrate the successful completion of our journey.

**TYPE OF ACCOMMODATION: IN HOTEL**

**FLIGHT TIME: 35 MINUTES**



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#### **DAY 18: KATHMANDU SIGHTSEEING**

Today after breakfast we will start visit you to several of the most historical and spiritual attractions in Kathmandu which are also listed as UNESCO World Heritage sites. you visit the historic Durbar Square, the sacred Hindu temple of Pashupatinath, the famous 'Monkey Temple' (Swayambhunath) and Buddhist shrine (Bouddhanath), which is also one of the largest stupas in the world.

**TYPE OF ACCOMMODATION: IN HOTEL**

#### **DAY 19: FINAL DEPARTURE**

Our adventure in Nepal ends today. Discovery Mountain Trek drop you at airport a few hours before the scheduled flight.



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## INCLUDED IN THE COST

- Accommodation during the trek with all meals: breakfast, lunch, Dinner & Tea, Coffee
- Trek Staff costs including their salary, insurance, equipment, food and accommodation
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trekking guide
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- Discovery Mountain's down jacket to be returned after your trip completion
- Discovery Mountain's sleeping bag to be returned after your trip completion
- Energy Supplies: Dry fruits, Snickers, Mars, Bounty on your Trek
- All necessary paperwork and trekking permits (ACAP and TIMS)
- Medical kit (carried by your trekking assistant guide)
- Assistant trek guide 4 participants: 1 assistant guide
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Domestic flight from Kathmandu Tumlingtar Kathmandu
- Porter service 2 participants: 1 porter
- All government and local taxes
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## NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Hotel in Kathmandu
- Lunch and evening meals in Kathmandu
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

## ACCOMMODATIONS

We will be staying at guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

## MEALS

All meals will be provided during trekking. There will also be welcome and farewell dinners for guests in Kathmandu. While on trek, we have breakfast and dinner in the tea- houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

### **PHYSICAL CONDITION REQUIREMENT**

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

### **BEST TIME TO TRAVEL**

The best time to trek to the Makalu Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

### **GUIDE & STAFF ARRANGEMENT**

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

### **MEDICAL**

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Water purification tablets or water filter
- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

## PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

## ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

## TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

## EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

## SLEEPING

- 1 sleeping bag: -10° or -15°
- Fleece sleeping bag liner (optional)





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## FROM HEAD TO TOE

- Thick walking socks
- Warm gloves
- Hat and scarf
- A cap or sunhat
- 2-pair of thermals
- Suitable shorts
- Walking trousers
- A pair of high rise climbing boots
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

## DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

## PRACTICAL ITEMS

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 compass or GPS (optional)
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- Female hygiene products
- Wet wipes (babywipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

## TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions



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### **Booking Terms**

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

### **Cancellation Policy**

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

### **RISK & RESPONSIBILITY**

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

### **IMPORTANT NOTE**

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.



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