



**Discovery
Mountain**

Trek & Expedition Pvt. Ltd.

Regd. No. : 161822/073/074
P.O. Box: 24209 | Kathmandu, Nepal
Ph: 01-4811874, 9841816570
shepachiring00@gmail.com
www.dmountaintreks.com



Makalu Sherpini col is one of the most adventurous trek pass in Nepal, the strength to face the high Himalayan environments and a strong concentration of mind. The climb from Makalu Base Camp via Tashi Gaon all the way up the Arun River can be considered the highlight of this trek.

The main things that for Makalu base camp sherpani col trek is to reach in Makalu base camp. Because the Makalu base camp offer massif views of Mt. Makalu (8463m) which is fifth highest mountain in the world, peak 6, peak 7 and Neha peak are the surrounding. And the three highest passes in the Himalayas are Sherpini Col (6180m), West Col (6144m) and Ama Laptsha pass (5780m). The three pass affor you breathtaking views of five over 8000 meter, are Mt: Everest 8848.86M, Kanchenjunga 8586m, Ihotse 8516m, Makalu 8485m, Cho Oyu 8188m, and also Baruntse 7129m, Ama Dablam 6812m, Thamserku 6608m, Nuptse 7861m, chamlang himal 7319m.

Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	6180m
Duration:	:	22 Days
Walking Days:	:	19 Days
Activity:	:	Trek & Pass
Best Period:	:	FEV MAR APR MAY SEP OCT NOV DEC



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DAY 1: ARRIVAL IN KATHMANDU (1365M)

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- NUM (1560M) 35M FLIGHT 3/4H DRIVE

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 houses and telephone service.

TYPE OF ACCOMMODATION: In Lodge

DAY 3: NUM TO SEDUWA (1530M) 5/6H TREK

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 entering 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

DAY 4: SEDUWA - TASHI GAUN (2150M) 4/5H TREK

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

DAY 5: TASHI GAUN TO KONGMA DANDA (3550M) 5/6H TREK

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. Kongma danda offers you quite long but spectacular views of Kanchanjanga (8586m), Kumbakarna (Janu himal).

TYPE OF ACCOMMODATION: In Lodge

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 descend at Kongma danda and afternoon free day.

TYPE OF ACCOMMODATION: In Lodge



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DAY 7: KONGMA DANDA TO DOBATE (3810M) 4/5H TREK

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

DAY 8: DOBATE TO YANGLA KHARKA (3550M) 5/6H TREK

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

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

You start your trek along the lush Himalayan forests and cross a couple of wooden bridges over small streams to reach Merek. Chasing the mesmerizing view of the Himalayas, we continue our trek walking on moraines and pass small Himalayan villages to reach Langmale Kharka.

TYPE OF ACCOMMODATION: In Lodge

DAY 10: LANGMALE TO MAKALU BASE CAMP (4870M) 4/5H 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 In Lodge

DAY 11: DAY ACCLIMATIZE AT MAKALU BASE CAMP

Today you explore day at Makalu Base Cam with panoramic views of MT: Makalu, MT: Everest 8848.86m, Lhotse 8516m, 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

DAY 12: MAKALU BASE CAMP - SWISS CAMP (5150M) 3/4H TREK

Today a long walk following the Barun Glacier through Hillary Camp to the Swiss Base Camp. You are exploring spectacular south and west face of the makalu during your ascent right through barun river. The Swiss Base Camp is located in the middle of the moraine from where you admireing great views of himalayas.

TYPE OF ACCOMMODATION: In Tent



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DAY 13: SWISS CAMP TO SHERPINI COL BASE CAMP (5410M) 3/4H TREK

Today you start your trek after your breakfast, and you walk a long day to reach at Baruntse base camp. Your aim to reach point of view above the camp which admire magnificent view of MT: Everest, Lhotse, Lhotse shar and Baruntse.

TYPE OF ACCOMMODATION: In Tent

DAY 14: SHERPINI COL BASE CAMP - BARUNTSE BASE CAMP (5400M) 7/8H TREK

Today you enter an area of high passes to enter the Hunku a mountain a place of massive moraines glacial lakes and spectacular peaks. Crossing Sherpani col pass 6180m and west pass 6143m. Here you should pass through fixe rope on sherpini col and west col sections. Although these are the most demanding days of our trek, we are deep in the Himalayas and the massive scale of the mountains around us is an impressive sight. Cho Oyu, Lhotse, Lhotse shar and many more mountain peaks. The path is mostly in a rock but between sherpini col and west col.

TYPE OF ACCOMMODATION: In Tent

DAY 15: BARUNTSE BASE CAMP TO AMA LAPTSHA BASE CAMP (5310M) 5/6H TREK

The trail contours through the desolate land with views of Everest and Lhotse Mountains. 6hrs of trek will take us to Amphu Labtsa Base Camp. Amphu Labsa Pass connects Hongu Valley with Imja Valley. We will stay overnight at Amphulabsa Base Camp.

TYPE OF ACCOMMODATION: In Tent

DAY 16: AMA LAPTSHA BASE CAMP TO CHUKUNG (4730M) 7/8H TREK

Passage of the famous and difficult Amphu Laptsa Pass Spectacular and impressive climb of this glacier terraces. Delicate descent of the cervix. The first 300m of the descent is very steep with a mandatory abseiling. Then descent towards the Lhotse Sharon glacier join the path then continue downhill to Chhukung.

TYPE OF ACCOMMODATION: In a Lodge

DAY 17: CHUKUNG TO TENGBOCHE (3860M) 5/6H TREK

Today your walk will be a much easier as we descend to the lower altitudes. Following the same route back through the wide valley of Khumbu Khola, we pass through the beautiful Sherpa villages, Dingboche, Shomare Pangboche and Tengboche.

TYPE OF ACCOMMODATION: In a Lodge

DAY 18: TENGBOCHE TO NAMCHE (3440M) 4/5H TREK

We continue through the hillside blanketed by rhododendron and juniper trees. After crossing the bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through the pine forests before reaching Sansa. We keep a lookout for wildlife such as mountain goats, snow leopards, colorful pheasants, etc. while passing through the forest. After passing a chorten, we reach the army camp at Namche Bazaar.

TYPE OF ACCOMMODATION: In a Lodge



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DAY 19: NAMCHE TO LUKLA (2840M) 7/8H TREK

The trail descends steeply downward so we need to walk cautiously as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level and natural. After our arrival in Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks.

TYPE OF ACCOMMODATION: In Lodge

DAY 20: FLY BACK TO KATHMANDU

We catch an early 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

DAY 21: 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. At noon, we get our equipment checked by our climbing leader.

TYPE OF ACCOMMODATION: In Hotel

DAY 22: 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 Tumlimgtar
- Domestic flight from Lukla - Kathmandu
- Porter service 2 participants: 1 porter
- All government and local taxes

NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- 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 Guides 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.

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)

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



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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.

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.

Booking Terms

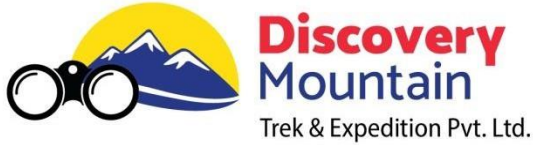
Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required 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.



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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