

# FROM MAKALU TO EVEREST, ACROSS THE THREE PASSES

*One of the most committed treks of Nepal : from Makalu to Everest on a high altitude itinerary, surrounded by the most impressive summits of the planet.*

Our agency offers you an exceptional itinerary : the great crossing between Makalu and Everest, the most demanding part of the famous Great Himalayan Trail. A difficult trek reserved to experienced trekkers, ready for a true high mountain expedition!

We will start this trek in the tropical forest of the Makalu-Barun natural parc, kept wild and preserved from tourism. We climb up the path leading us to the Makalu base camp, giant glacier peaking at 8485m high. It is the moment to take some height and to adventure ourselves on a out of the ordinary itinerary! We ascend slopes of the first high-pass, the East pass (Sherpani pass), at 6135m. We then go on to the next pass, the West pass, waiting for us at 6145m, after crossing the Baruntse glacier (7152m). We are now immersed in the glacier impasse of the Hinku valley, between Ama Dablam and Baruntse. The final obstacle is named Amphu Labsta (5845m), the exit gate to the Everest valley, the end of this wonderful Himalayan journey!

 Region	Great ascent
 Activity	Alpinism Expedition
 Duration	25 days
 Group	4 to 10 people
 Code	ATVMER
 Price	From €6,595
 Level	3/5
 Comfort	3/5
 Language(s)	French / English

## ITINERARY

### Day 1 PARIS - KATMANDU

International flight from Paris to Katmandu

*Accommodation : Airplane*

### Day 2 KATMANDU



Arrival to Katmandu. We are welcomed at the airport by our guide, and driven to our hotel in the city center. Free time for lunch and afternoon to relax and finish our preparation for the trek. Little immersion in the town of the famous temples with pagoda-style roofs. Welcome diner with our guide and night in the hotel.

*Accommodation : Hotel*

### Day 3 KATMANDOU - TUMLINGTAR - NUM (1560 m)

After breakfast, we'll leave the hotel to join the airport. We take an interior flight to Tumlingtar, in the East region of Nepal. A long road journey is then necessary to reach the starting point of the trek, near Num, from where our itinerary will start tomorrow morning.

*Positive difference in altitude : around 700m | Negative difference in altitude : around 60m | Altitude Max : 3540m | Accommodation : Camp*

### Day 4 NUM - SEDUWA (1500 m)



This morning is our departure to our trek between Makalu and Everest ! As it is protection the Arun valley as well as majestic peaks such as Makalu, Baruntse, Mera Peak or even Chamlang, the Makalu-Barun National parc is considered as the extension of the Sagarmatha National parc, itself listed as UNESCO World Heritage. Seduwa, the entry gate of this parc, is the first step of our trek, in which we'll cross rice, corn, barley and buckwheat terrasses cultures.

*Positive difference in altitude : 890m | Negative difference in altitude : 950m | Accommodation : Lodge*

### Day 5 SEDUWA - TASHIGAON (2100 m)



We pursue our trek by climbing up the valley, between bamboos and rhododendrons. From rice terraces to the jungle, we roam the path on the mountainside and cross Manigaon. A gradual slope will take us to Tashigaon, the last permanent village... We'll camp near the village.

*Positive difference in altitude : 650m | Negative difference in altitude : 50m | Accommodation : Camp*

📍 Day 6 **TASHIGAON - KONGMA DANDA (3500 m)**

Today is a walking day a little bit more intense than the day before : to join the ridge of Kongma Danda at 3500m high, we have to climb up 1400m ! We trek through rhododendrons, jungle and bamboo forest, and pass a few rivers before reaching the ridge of Kongma where we'll spend the night.

*Positive difference in altitude : 1400m | Accommodation : Camp*

📍 Day 7 **KONGMA DANDA - SHIPTON'S PASS (4125 m) - DOBATO (3650 m)**



We pass Kongma La, pass located near the village of the same name, before walking along the ridge leading to Shipton's Pass, named after the alpinist Eric Shipton, the first explorer of this itinerary. He was on a quest to access Everest in 1951... With its 4125m high, this pass is called the Tutu La in nepali. We'll descend to a pretty lake, the Kalo Pokhari, before crossing a third pass, the Keke La (4170m). We then descend in the Barun valley to camp in the hamlet of Dobato, at 3650m high.

*Positive difference in altitude : 875m | Negative difference in altitude : 715m | Accommodation : Camp*

📍 Day 8 **DOBATO - YANGRI KHARKA (3700 m)**

Today, we'll climb back up to the Barun valley, going pass a few mountain slides. The pathway is getting closer to the river, coming from the Barun glacier, that we'll join at the level of Yangri (or Yangle) Kharka, our campsite for tonight. This campsite is ideally located, in the heart of a grassy plain with an incredible view of the surrounding mountains.

*Positive difference in altitude : 350m | Negative difference in altitude : 300m | Accommodation : Camp*

📍 Day 9 **YANGRI KHARKA - LANGMALE KHARKA (4410 m)**



We pursue climbing up into the valley. The first part of the day will take place on a pleasant pathway bordering a river, in the middle of yaks pastures, before climbing towards Langmale Kharka. We'll evolve from now on in a high mountain environment.

Our campsite for the night is in a beautiful decor, surrounded by summits peaking over 6000m !

*Positive difference in altitude : 760m | Negative difference in altitude : 50m | Accommodation : Camp*

📍 Day 10 **LANGMALE KHARKA - CAMP DE BASE DU MAKALU (4870 m)**

We start our day by a nice and easy walk towards the famous Makalu base camp. We follow the path roaming in an alluvial valley whilst enjoying the panorama of the immense South side of Makalu and surrounding peaks : Baruntse, Lhotse and Everest !

*Positive difference in altitude : 460m | Accommodation : Camp*

📍 Day 11 **ACCLIMATIZATION DAY AT MAKALU BASE CAMP**



Acclimatization day to be ideally prepare for the following days, which will be more technical. We review mountaineering essentials, necessary to walk on snow and glacier.

*Positive difference in altitude : around 1100m | Negative difference in altitude : around 1650m | Altitude Max : 6476m | Accommodation : Camp*

📍 Day 12 **MAKALU BASE CAMP - SWISS BASE CAMP (5150 m)**



Today, we join the Swiss Base Camp to get closer to the first pass to cross : the East pass (or the neighbour Sherpani pass). Following the Barun glacier located under the Makalu, we pass on rocks and climb up the moraines which are facing the West pillar of Makalu. From there, the 8000m high don't seem too far away...

*Positive difference in altitude : 330m | Negative difference in altitude : 50m | Accommodation : Camp*

📍 Day 13 **SWISS BASE CAMP - EAST COL BASE CAMP (5700 M)**



After a resting day, we pursue our trail on a rocky and steep path leading us to the opposite valley. We'll take advantage of a relative flat terrain before the last climb taking us to the East Col base camp. The campsite is located on the rocky zone just before the glacier.

*Positive difference in altitude : 550m | Accommodation : Camp*

📍 Day 14 **EAST COL BASE CAMP - EAST COL (6180 M) - WEST COL (6150 m)- BARUNTSE HIGH CAMP (5800 m)**



With a long walking day ahead of us, we leave the campsite in the middle of the night to pass the glacier and cross the East Col. At the beginning of the ascent, ropes are fixed to the walls to help us climb up. We follow a snowy ravine before crossing the rocky passage. When we reach the top, the view is worth every effort : we are at the peaking point of this trek, at 6180m high, in an exceptional Himalayan environment !

We descend the West side of the Barun glacier, and then join the summit of the second pass, the West Col, at 6150m. We now descend towards the end of the Hinku valley, an immense glacial cirque closed of by massive snowy peaks, of which the Ama Dablam (6812m). We'll walk until we reach the

Baruntse base camp, where we'll spend the night and rest our weary feet.

*Positive difference in altitude : 550m | Negative difference in altitude : 450m | Accommodation : Camp*

#### 📍 Day 15 **SPARE DAY**

Safety day to provide for contingencies. This day can be shifted in the program depending on the need. The guide can decide to use it in case of bad weather, as a resting day, or as another acclimatization day.

*Accommodation : Camp*

#### 📍 Day 16 **BARUNTSE HIGH CAMP - AMPHU LAPSTA BASE CAMP (5527 m)**



We join the Amphu Lapsa base camp, and enjoy the view on the Chamlang peak (7321m), giant mountain with snowy hillsides which watches the glacial lakes of the Honku valley : the Panch Pokhari. After crossing this remote and wild valley, we arrive at the base camp.

*Positive difference in altitude : 150m | Negative difference in altitude : 450m | Accommodation : Camp*

#### 📍 Day 17 **AMPHU LAPSTA B.C. - AMPHU LAPSTA LA (5848 M) - CHHUKUNG (4730 M)**



The crossing of Amphu Lapsa pass starts by a gentle ascent similar to mountaineering. The slope is steep up to the top, but the reward is huge : we will enjoy a superb panorama on the Khumbu summits during the whole day. We then descend to Chhukung to relax for the rest of the day.

*Positive difference in altitude : 350m | Negative difference in altitude : 1120m | Accommodation : Camp*

#### 📍 Day 18 **SPARE DAY**

Safety day in case we are late on our itinerary.

*Accommodation : Camp*

#### 📍 Day 19 **CHHUKUNG - TENGBOCHE (3860 m)**



We leave Chhukung and follow the Imja Khola valley until we reach the village of Pangboche, going through Dingboche, Orsho and Syomare. After stepping over the river, the pathway climbs up on the mountain hillside and leads us to Tengboche, famous for its Buddhist monastery.

Positive difference in altitude : 70m | Negative difference in altitude : 940m | Accommodation : Lodge

📍 Day 20 **TENGBOCHE - NAMCHE BAZAAR (3930 M)**



Early in the morning, we go to the Tengboche monastery to assist to the prayer session. Then, we start walking on a descent going through rhododendrons forests to finally join the Dudh Koshi shores. We climb back up to the sherpa capital of Khumbu, Namche Bazaar.

Positive difference in altitude : 70m | Negative difference in altitude : 940m | Accommodation : Lodge

📍 Day 21 **NAMCHE BAZAAR - LUKLA (2840 M)**

Today is a nice walking day on the pathway back to Lukla. We descend in the Dudh Kosi valley and cross a few villages before the last ascent to Lukla.

Positive difference in altitude : 610m | Negative difference in altitude : 1020m | Accommodation : Lodge

📍 Day 22 **LUKLA - KATMANDU**

Early in the morning, we hop on a 40m flight back to Katmandu. We have spare time in the afternoon and for diner.

NB : in case of bad weather, the flight from Lukla to Katmandu will be delayed to the next day.

Accommodation : Hotel

📍 Day 23 **KATMANDU VALLEY**



Today is a free day in the nepalese capital. From the hotel, it is possible to visit on foot the touristic neighborhood of Thamel, the old town, as well as the Durbar Square, and the historic monuments listed in the World Heritage. The historic sites in the Katmandu valley are also accessible by taxi. [Lunch and diner at your own charge]

NB : This day can be used as a spare day in case of cancellation of the flight from Lukla to Katmandu the day before (airplanes do not take off is the weather is bad). For those who have chosen to the option "Visit the Katmandu valley", fees will be refunded.

- Option "Visit the Katmandu valley" (to pay when registering) : we offer you a guided visit of the main sites in the Katmandu valley : Bhaktapur, Pashupatinath and Boddnath. In case of cancellation of the Kulka-Katmandu flight, fees will be refunded.

Accommodation : Hotel

📍 Day 24 **KATMANDU - PARIS**



Last free day in Katmandu. You can finalize your souvenirs purchases or take advantage of that spare time to continue to visit the capital and its surroundings. For those who have a night flight, we'll say goodbye to each other after an incredible trip together, and you will be transferred to the Katmandu airport and hop on your flight back to France. Night in the hotel for those who leave the next day, and transfer to the airport in the morning.

Accommodation : Hotel

📍 Day 25 **PARIS**

Arrival in Paris

## DATES & PRICES

### *Departures for French-speaking groups:*

No departure for now

### *International departures:*

No departure for now

Trip code: ATVMER

### *Included*

- International flights
- A french high mountain guide's supervision during the whole trip
- Services from a local team during the trek
- Transports (on the ground and by airplane)
- The detailed excursions planned for the trip
- Accommodations as mentioned in the itinerary
- The collective camping equipment
- Full-board, except for "free" meals as mentioned in the itinerary
- Safety equipments necessary to the trip : first aid kit, satellite phone
- A 24/7 access to a medical service in altitude (in case of emergency only)

### *Not included*

- Visa fees
- Insurance/assistance
- Registration fees : 18 euros per person
- Transfers to the airport in case of different flights
- Drinks and mineral water during the trip, even during meals
- Meals mentioned as "free" in the program (plan a budget around 10 euros per meal)
- Showers in the lodges (around 2 to 4€)
- Tips
- Entrances in the cultural sites of Kathmandu (optional sightseeing, 20/30 euros per person)

### *Terms and conditions*

#### *Booking conditions*

Booking a trip with Montagne Expedition implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### *Invoice procedure*

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Montagne Expedition reserves the right to cancel your booking, free of charge, if this deadline is not respected.

#### *Cancellation policy*

If for any reason you have to cancel your trip, Montagne Expedition requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained



Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date Altai Canarias receive your cancellation or modification request in writing**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### **Changes to travel contract**

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Montagne Expedition may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### **Pricing**

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Montagne Expedition reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### **Contract transfer**

If you are unable to travel for any reason with Montagne Expedition, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### **Insurance**

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We strongly recommend that you take out personal travel insurance for your trip with Montagne Expedition as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

## PRACTICAL INFO

### Staff

The tour is supervised by a mountain guide who has been chosen for his field experience, his specific knowledge of one geographical area and the culture attached, as well as his passion for the region.

### Food

#### Meals

Three meals per day, as varied as possible, will be served to you. Certain long days of walking, you will also have an energetic snack (cereal bar and/or dried fruits). The food in the nepalese mountains is not so much varied. Available ingredients in the mountains are : pasta, chinese noodles, potatoes, vegetables (carrots, cabbage), rice, lentil soup. However, meat is very rare in the nepalese region, but we will have a few meals with curry chicken. Nepalese people are mainly vegetarian.

Tin can (sardines, tuna, sausages) will complete our meals. When it will be very hot, in low altitude, vegetables can be modified into a refreshing salad.

- Breakfast : eggs, toasts, Tibetan bread, pancakes + butter/jam/honey
- Lunch : a main course (fried rice or noodles, potatoes)
- Diner : soup, main course, and fruits.
- Snack : biscuits and tea

#### Drinks

During your trip, drinks and mineral water are at your own charge. For steps in camps, boiled water is at your disposal every day to fill up your water bottles during the trek.

For steps in lodges, you can fill up your thermos with water but it is mandatory to treat it with purifying tablets (micropur) or to buy mineral water directly in the lodge. Avoid as much as possible plastic bottles that you have to recycle.

Tea and coffee are available at every meal during the trek.

### Accommodation

- In Kathmandu, comfortable hotel located near the city center. Twin or double rooms with air condition and private bathrooms (with hot water).
- Lodges during the trek in inhabited zones (Khumbu) : nepalese houses. Most of the time, we find twin rooms (2 individual beds per room). In certain altitude lodges, there are only dormitories with 3 to 6 beds. Rooms aren't heated, sanitaries are collective and hot showers (when there is one) aren't free (around 2€ per person).
- Camp in the isolated valley of Hinku : expedition 3 place tents for two people (type Mountain Hardware Trango 3) with foam mattresses (6cm) A "mess" tent (collective space for meals) with tables and chairs is installed every night as well as a kitchen (when necessary) and a toilet tent. Hot water is regularly at your disposal. NB : For less than 4 people groups, the "mess" tent is useless : it is preferable to get warm in small refuges.

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Here is a list of the accommodations that we usually book for this trip\* :

In Kathmandu :

- **Tibet Hotel** : international standard hotel located in a small enclave of the calm area of the embassies, near Thamel, the touristic city center. The interior is richly decorated with paintings and Buddhist sculptures in a relaxing Tibetan ambiance. Rooms are comfortable and clean, with bathrooms and balconies. A restaurant offers quality local and international dishes with the possibility to eat on a flowery exterior terrace. A bar is at your disposal on the roof of the hotel as well as a meditation room and a renowned spa and massage salon (<http://hotel-tibet.com.np>)
- **Manaslu Hotel** : located at 50m from the Tibet Hotel, the Manaslu Hotel offers the same features of comfort and services. With a traditional architecture, the hotel has been brilliantly renovated in the respect of the traditional decors, witness of the rich nepalese cultural heritage. A large garden bordered by a bar offers a warm and friendly space. (<https://hotelmanaslu.com>)

\*Accommodations are given on an indicative basis and can change according to the availability.

### Transportation

## 1. International transport

- In Nepal, we will use the regular flights between Paris and Kathmandu with Qatar Airways and Oman Air, companies with whom we buy a stock of places (allotments) from Paris on certain dates, in order to guarantee as long as possible the best prices and the best flight schedule. Depending on availabilities when registering, we can also offer you to fly with other companies. A direct flight to Kathmandu doesn't exist : every company has a stop over (in Doha with Qatar Airways and in Mascate with Oman Air).

We prefer night flights when possible : on a Saturday departure, the arrival is on Sunday. Departures from certain province towns are possible : transfer to Paris, either with national flights or TGV (SNCF ticket included in the flight price).

## 2. Transfers in the country

- Terrestrial transfers in private minibus
- Domestic flights Kathmandu-Phaplu and Lukla-Kathmandu

In accordance with our information and transparency duty towards our travellers, we inform you that the European Commission has registered the 5th of December 2013 every airlines from Nepal on the list of air transporters forbidden in the European Union. This prohibition is theoretic as no nepalese company flies to Europe.

## Tips

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Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

## Supplied equipment

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- Safety mountain equipment : satellite phone, first aid kit...
- Collective camping equipment

## Vital equipment

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- Telescopic poles
- Sleeping bag (-20°)
- Survival blanket
- Toilet bag (prefer natural products and biodegradable)
- Fast drying towel
- Water bottle (minimum 2L)
- Sunglasses, category 4, type glacier
- Headlamp and extra batteries
- Toilet paper (biodegradable)

## Specific equipment required for the ascents :

- Isolating and waterproof trekking shoes, adapted to cold temperatures
- Crampons adapted to your shoes
- Alpinism helmet
- Harness
- Ice axe, ideally adapted to walking on glaciers (make sure to protect it to avoid damaging your belongings during transport)
- A descender
- Two screw carabiners
- One simple carabiner
- A self-locking ascent handle (type Jumar)
- A small rope (8mm, 1,5 to 2m long)
- Belt ring (2m diameter)

Nb : it is possible to rent your equipment in the mountain shops of Kathmandu (between 20 and 40 USD per item). Except for the ice axe, the helmet and the crampons, we advise to avoid renting your equipment there as it is often obsolescent.

## Material

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Plan to bring a walking equipment adapted to varied temperatures (30° in low altitude, -20° possible over 5000m !)

- Hat or cap
- Warm bonnet
- Scarf
- T-shirt in synthetic material
- Thermic underclothes for the nights and days in high altitude
- Polar jacket
- Jacket adapted to trekking in high mountain : windbreaker, waterproof and breathable
- Warm and thick jacket for the night
- Walking shorts and trousers
- Alpinism over pants
- Walking shoes adapted to high mountain, comfortable, robust and that fit crampons
- Light walking shoes
- Sandals for the evenings or to cross possible rivers
- Hiking socks
- Warm gloves (+ 1 extra pair in case of loss)

NB: Don't hesitate to donate your old hiking equipment to your guide. Our local agency will then distribute them to our carriers, in addition to the working equipment that we will provide to them.

## Luggage

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- A big bag (front opening or backpack). Important : an 80L Montagne Expedition bag type "duffel bag" will be provided to you at your arrival in Kathmandu. It will be given to the carriers which will carry your belongings at every step of the trek. Ideally, do not overcome 12kg of belongings per person, in order to avoid overcharging the carriers. the rest of your luggage will stay at the hotel in Kathmandu and will be collected at your return.
- 25/40L backpack for the day, in which you will put your belongings for the day (jacket and additional layers, headlamp, pharmacy, food, etc.). Important : nepalese mountain flights (Pokhara-Jomsom, Kathmandu-Lukla..) have strict requirements on luggage. They are always weighed when registering. Also, on our trips, the allowed weights is 15kg per person all included (checked-in bagage + cabin bagage), 20kg for the travellers that have an ascent of a "trekking peak" over 6000m high. Please, do not overcome the mentioned limit. The additional kilos will be invoiced there.

## Medicine

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Your guide has a pharmacy of first urgency.

Plan with your doctor your personal pharmacy:

- Personal medicine
- Pain reliever (preferably paracetamol)
- Double skin
- Elastoplast
- Local disinfectant
- Anti-inflammatory
- Antispasmodic
- Anti-diarrheal
- Anti-vomiting
- Intestinal antiseptic
- Eyewash
- Light sleeping pills
- Earplugs
- Broad spectrum antibiotic
- Vitamins C

Non-exhaustive list.