

Earthbound Expeditions

Makalu, Amphu and Khumbu Everest Trek

32 days, from US$4,537 per person

Duration	Group size	Country
32 days	**15 People**	**Nepal**

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Makalu, Amphu and Khumbu Everest Trek Overview

A demanding 32-day trek from Tumlingtar to Makalu Base Camp, over Sherpani Pass, West Col and Amphu Laptsa into the Khumbu, ending at Namche and Lukla.

A Grand Journey To Makalu Trek

First climbed by the French in 1955, Makalu (27,759') is the fifth highest mountain in the world. This Makalu trek is the remote high Himalayas will be an extremely challenging one. Previous mountaineering experience is required, as you will be traveling over rugged terrain with sharp altitude gains, numerous glaciers, and high passes.

Our group will be totally self-sufficient for an extended portion of the trek. The reward for your efforts, however, will be the impressive 8000-foot granite south face of Makalu ("the great black one"), the seldom-seen backsides of Everest and Lhotse, and the five holy lakes at Panch Pokhari.

After a one-hour flight from Kathmandu, we will arrive in Tumlingtar just above the Arun River. We will follow the traditional Newari trade route along the ridge crest to Mani Bhanjyang. Ascending along numerous switchbacks and across suspension bridges, we will see Hindu and Buddhist gompas and brightly painted many walls as we make our way to Tashigaon ("luck village"), the last village on the trek to base camp.

We will walk through a lovely cloud forest and have exceptional views of Makalu and Chamlang. We will cross two passes and descend into Mumbuk (11,475') through forests of fir trees and rhododendron. We will pass through the meadow at Yangle Kharka to Merrick past waterfalls cascading for hundreds of feet on either side of the granite-walled valley.

We will be well above the tree line at this point in truly Alpine conditions and will enjoy excellent views of Peak 5 and Chamlang. Depending on how we feel, we will either make our way to Makalu Base Camp (17,000') or Hillary Base Camp (17,384') a bit farther up the glacier. Here we will take well-deserved rest days with plenty of time for exploration.

We will continue to Baruntse Base Camp, then over the West Col, which at 20,123'is the highest point of our trek. Outstanding views! We will descend to Panch Pokhari (13,284') where we will take a couple of days to rest and explore the area around the five holy lakes. After one last push over Amphu Cross (18,958') and into the Khumbu Himal, we will take a rest day in Chhukung Continuing on to Lobuche, you will have the option of a day trip to climb Kala Pattar (18,192') and /or to visit Everest base camp, where we will enjoy a rest and share a tea or coffee with team members.

As we make our way back to Lukla via the Sherpa capital Namche Bazaar (11,283'), you will hopefully have the energy to purchase a rug and carry it back to a loved one back home! We will fly from Lukla to Kathmandu, relishing the spectacular views of the Himalayas from the air. You will have enough time to explore and shopping in Kathmandu before you fly home.

Earthbound Expeditions is recommended by Lonely Planet, Trip Advisor, Newyork Times, The Guardian, and many other national and international newspapers and magazines for our good services. We provide a "Makalu, Amphu And Khumbu Everest Trek in Nepal" at the best price, it costs just $4,537. For more information on Nepal Trekking, Hiking and Travelling, feel free to get in touch with us.

Cost Includes/ Excludes

Includes

- All accommodation in 3 star hotels in cities
- All Ground transportation
- Kathmandu sightseeing with city tour guide
- Full board meal during the trekking

- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- One cultural show and dinner
- All entry fees and TIMS permit
- All Domestic Flight according to Itinerary

Itinerary

Day 1

Arrival Kathmandu, check into hotel rest day

You will be greeted on your arrival by one of our representatives at Tribhuvan International Airport, Kathmandu. Next on, you will be transported to your hotel, check into the hotel and spend some relaxing time until we meet again in the evening for the 'Makalu, Amphu, Khumbu Everest Trek' briefing. Overnight at Kathmandu.

Day 2

Kathmandu Valley Sightseeing and Trek Preparation

Today, we will have a full day sight-seeing a tour in the Kathmandu valley. You will visit some of the most significant UNESCO World Heritage Sites including a holy pilgrimage for Hindus 'Pashupatinath Temple,' the oldest Buddhist Stupa in Kathmandu Valley 'Swoyambhunath,' the biggest Buddhist temple in the world 'Boudhanath,' and lastly a Medieval Royal Palace square 'Patan Durbar Square.' After exploring these remarkable places, we get back to the hotel and prepare for the coming adventurous voyage. Overnight at Kathmandu.

Day 3

Fly to Tumlingtar and Drive to Chichira (1,840m)

Today, we fly from Kathmandu to Tumlingtar after breakfast and meet the rest of our crew members who will also be with us for the coming long trek. Then next, we drive to Chichira, a small Gurung settlement, where we rest for the night and prepare for coming adventurous voyage. Overnight at Chichira.

Day 4

Trek to Num (1,500m)

Today, we head towards Num early in the morning right after a warm breakfast in Chichira. We hike through the charming villages and lush mountain forests to get Num, placed in a ridgeline with great views of Himalayas. Overnight at Num.

Day 5

Trek to Sedua (1,540m)

After breakfast in Num, we hike on a steep descent through forests and terraced farms to reach Barun River from where we follow an equally steep ascent up the other side again after crossing the river. Eventually, we enter the gateway of Makalu Barun National Park where we need to register our permit. We camp right at the top of the village. Overnight at Seduwa.

Day 6

Trek to Tashigaon (2,070m)

Today, we ascend on the ridge surrounded by the Ipsuwa Khola on the west and Kasuwa Khola to the east. After crossing the hillside through villages and small paddy fields, we reach the exotic hamlet of Tashigaon. It rewards us with the breathtaking views of Himalayan panorama. Overnight at Tashigaon.

Day 7

Trek to Khongma (3,560m)

Today is going to be a severe day as we have to hike on a steep trail in higher elevation. We ascend through lush green forests to a stream and then onto a ridge from where the path gets even steeper and passes a Kharka village. Following a series of rough stone stairs and small lakes, we ascend to the top of the ridge. After a short walk down, we reach Khongma. Overnight at Khongma.

Day 8

Rest & Acclimatization Day

After bushed walking of days, today we take acclimatization day at Khongma. The day off will allow some must-needed rest before we trek further high to cross the Shipton La the next day. Those who wish to explore the nearby Himalayas and houses can join the hike. Overnight at Khongma Danda.

Day 9

Cross Shipton La (4,216 m) and Trek to Dobate (3,800m)

Today, we climb on a steep trail towards the Shipton La pass at the elevation of 4,216-meter crossing Lake Kalo Pokhari (3,930 m) and Keke La (4,170 m) enjoying the marvelous views of Chamlang, Peak 6 and Peak 7. We descend through the beautiful valley after we cross the Keke La pass to beautiful Dobate. Overnight at Dobate.

Day 10

Trek to Yangle Kharka (3,700m)

From Dobate, we trek through the trail of beautiful rhododendron forest which leads to the Barun River. The trek is a bit adventuresome and arduous today, so we should be cautious during the first two hours of trek. We take a pleasant walk to the altitude until we arrive at Yangle Kharka situated at the base of the valley. Overnight at Yangle Kharka.

Day 11

Trek to Langmale Kharka (4,450m)

Today, we take a moderate walk to the valley enjoying the yak pastures, lush forests and boulder fields along the way. We pass Merek as we hike further up in the higher altitude towards Langmale Kharka enjoying scenic Himalayan views. The snow coverage gets thinner as we get above the elevation of the storm. Overnight at Langmale Kharka.

Day 12

Acclimatization Day at Langmale Kharka (4,450m)

Today is another acclimatization day at Langmale Kharka. It's the highest inhabited Sherpa home on the trek where we can explore the pure Himalayan culture. We can spend the day hiking around the village to enjoy the splendid backdrops of the Himalayan ranges of Peak 3, Peak 4, Peak 5 and Chamlang. Overnight at Langmale Kharka.

Day 13

Trek to Makalu Base Camp (4,900m)

Today is the day we finally make it to one of the three major highlights of the trek, the Makalu Base Camp at an elevation of 4,900 meters. After breakfast, we make our way up to Shershong from where we can enjoy the excellent view of Mt. Makalu and eventually to Makalu Base Camp. As we make our way to the base camp, we get to immerse in the magnificent Himalayan panorama surrounding us. Overnight at Makalu Base Camp.

Day 14

Day walk around Makalu Base Camp (4,900m)

Today, we take our whole day to explore the beautiful base camp and the areas nearer to it. From the camp, we can see witness the majestic south face of Makalu and also the fantastic panorama of Everest and Lhotse. We also have an optional hike to explore the surrounding lakes and glaciers. Overnight in tented camp at base camp.

Day 15

Mountaineering skills instruction at Makalu Base Camp (4,900m)

Today, we take rest from trek but involve in more challenging task at the camp. We learn mountaineering skills instructed by the professional mountaineers' with us. You get to learn the techniques on peak climbing and efficient use of climbing gear including ice ax, climbing boots harness, crampons and correctly using of rope. We even practice mountaineering. Overnight at the camp.

Day 16

Trek to Sherpani Low Camp (5,200m)

After an amazing two days at the Makalu Base Camp, we continue the journey towards the Sherpani Low Camp today. We walk on a comfortable and easy gradual trail along the Barun glacier moraine. After clearing the twirl trail, another similar terrain path eventually leads us to Sherpani Low Camp at an altitude of 5,200 meters.

Day 17

Acclimatization Day at Sherpani Low Camp (5,200m)

Today, we again take an acclimatization day at Sherpani Low Camp before heading to further higher altitude. We hike around the camp to relish the unique views of glaciers and towering peaks. Overnight at the camp.

Day 18

Trek to Sherpani High Camp (5,700m)

Leaving the lower camp, today we head towards the high camp following a steep climb up to the rocky slopes of the Barun's west bank. Along the way, we get to enjoy the walk in great trails with amazing views of the Himalayas. We will set the camp beneath the ice cliffs at the terminus of two small glaciers in Sherpani High camp at an altitude of 5,700 meters. Overnight at the camp.

Day 19

Cross Sherpani Pass (6,135m) and West Col (6,143m), trek to Upper Baruntse Base Camp (5,700m)

Today is the arduous and the toughest day of the entire trek. We hike on an uphill and downhill trail till the path leads to the Sherpani Col High Camp at an altitude of 6,135 meters, highest on the trek. After crossing through this amazing high pass, the trail climbs up and then enters the glacier. The top of the East col is marked by beautiful prayer flags and also some of the old Korean ropes. There are many vague rocks all around this place, so we have to be more careful on this day. A short ascend on the glacier leads to Barun Tse Plateau from where we have to walk for long to get to the end of Barun Tse Plateau. This place is also marked by some flags and offers excellent views of both of the valleys. After the technical drop, we descend on a long trail to reach Barun Tse Base Camp at the height of 5,700 meters. Overnight at the camp.

Day 20

Rest day at Upper Baruntse Base Camp (5,700m)

After a long and challenging day hike through the higher altitude areas, today we take the day off at the Upper Baruntse Base camp. At this altitude, we can get the superb views of great Himalayas all around. Overnight at the camp.

Day 21

Trek to High Camp before Amphu Laptsa (5,400m)

Today, we continue the journey towards Amphu Laptsa, one of the major highlight of the trek. Walking across the broad ridges of the high and rocky glaciers, we breach beautiful Panch Pokhari 'Five Ponds' before Amphu Laptsa. We set the camp here for the night and be prepared to cross our final high Amphu Laptsa pass the very next day. Overnight at the camp.

Day 22

Cross Amphu Laptsa pass (5,850m) and trek to Imja Lake camp (5,100m)

Today is another big day of our adventurous voyage as we cross the last pass of the trek, Amphu Laptsa pass. We climb through huge sections of rocks and ices all the way up to the top. A steep drop from the top leads us into the Chukung valley. We may have to get the help of ropes and ice-ax as the trail is hazardous. We end the hike at the base camp of Imja Lake valley where we set the tent for the night. Overnight at the Camp.

Day 23

Trek to Pangboche (3,875m)

After an amazing night at the camp of one of the most beautiful valley, Imja Lake valley, we descend towards Panboche. After passing the beautiful Sherpa villages of Orsho and Shomare, we reach Pangboche where we rest for the night. The hike today rewards us with the amazing views of Island or Imja Tse peak including other stunning mountains. Overnight at Pangboche guesthouse.

Day 24

Trek to Namche Bazaar (3,445m)

From Pangboche, we walk downwards to Imja River and cross through the forest to Tengboche where we visit largest Gompa of the Sherpa community in the Khumbu region of Nepal, Tengboche Monastery. We continue to descend along rhododendron and juniper forests and follow the Dudh Koshi gorge descending through pine dense forests. Further ahead, we pass a Buddhist Shrine marking the entrance to Namche Bazaar. Overnight in Namche Bazaar.

Day 25

Trek to Lukla (2,840m)

Today, we hike for the last time in the Everest region as we trek all the way down to Lukla. We walk towards the Hillary Suspension Bridge at first and then pass through the prayer flags above the spouting Dudh Koshi river. The descending trail eventually leads us to Lukla. Overnight at Lukla.

Day 26

Spare/ Contingency day

We enjoy the last day in the Himalayas to the fullest today. We organize some plan to reflect on our adventurous voyage to the Himalayas. In the evening we have a traditional farewell night with our trekking crew and thank them for their support throughout our journey. Last overnight in the Himalayas.

Day 27

Fly to Kathmandu

Leaving the mountains behind and enjoying mesmeric Himalayan views for the last time, today we fly back to Kathmandu early in the morning. As we reach Kathmandu airport, you'll be transported to your hotel upon landing for some much-needed rest. If you feel like roaming around in the valley, we can arrange the trip for you. Overnight at the hotel in Kathmandu

Day 28

Rest Day in Kathmandu

Today is the free day for you to do whatever you want to do before you head back to your home. You can go shopping or for exploration of the city. In the evening, we go for a farewell dinner where we will have Nepali food and enjoy a cultural show. We also talk and share our experiences about the trekking and trip.

Day 29

Fly back home

Your adventurous 'Makalu, Amphu and Khumbu Everest Trek' in Nepal concludes today. With lots of gratefulness, we will drop you to the airport 2-3 hours before your flight schedule for your return flight. You will be flying back home with cherishable memories in your heart. Namaste!

Makalu, Amphu and Khumbu Everest Trek Cost and What's Included

- All accommodation in 3 star hotels in cities
- All Ground transportation
- Kathmandu sightseeing with city tour guide
- Full board meal during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- One cultural show and dinner
- All entry fees and TIMS permit
- All Domestic Flight according to Itinerary

Not included

- International Flight
- Major meals in Cities
- Monuments entrance fees
- All personal expenses such as bar bills, beverage, snacks etc.
- Airport tax
- Extra shower, battery re-charge, laundry charge etc.
- Personal clothing and gears
- Tips to guide and porter

Photos, videos and reviews of this trip: enepaltrekking.com/makalu-amphu-and-khumbu-everest-trek