

# MAKALU I

## EXPEDITION 2023

40 DAYS REGULAR PROGRAM

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Start Date: 10th April 2023

Group Size: 2 to 12 pax

US\$ 15,999  
per person / tax inclusive

*Thamserku*  
expedition  
[www.thamserkuexpedition.com](http://www.thamserkuexpedition.com)



# THE HIGHLIGHTS



Trekking for a few days will definitely be a warm-up for your mountain climbing. You will also enjoy the beauty of the Nature.

Benefits of logistic arrangement at base camp and rotation to Camp I, II and III.

Accommodation in Luxury Resort during your stay in Kathmandu. Gokarna Forest Resort which once used to be a hunting ground for the Royal Family of Nepal.

Moving closer to the Mountains every day. You will feel as if you are magnifying the Mountains the more you trek into the Mountains.

Get a chance to participate in the cultural activities of the Sherpa Community.

Spectacular 360 degree view of high Mountains including Mt. Everest from the top of the summit.





## THE OVERVIEW

Mount Makalu was first attempted by the American Expedition led by Riley Keegan in 1954 in the Spring Season. They attempted the southeast ridge but were turned back from 7,100 meters due to a constant barrage of storms. In 1955, May 15, Mount Makalu was first summited by Lionel Terray and Jean Couzy of a French expedition led by Jean Franco.

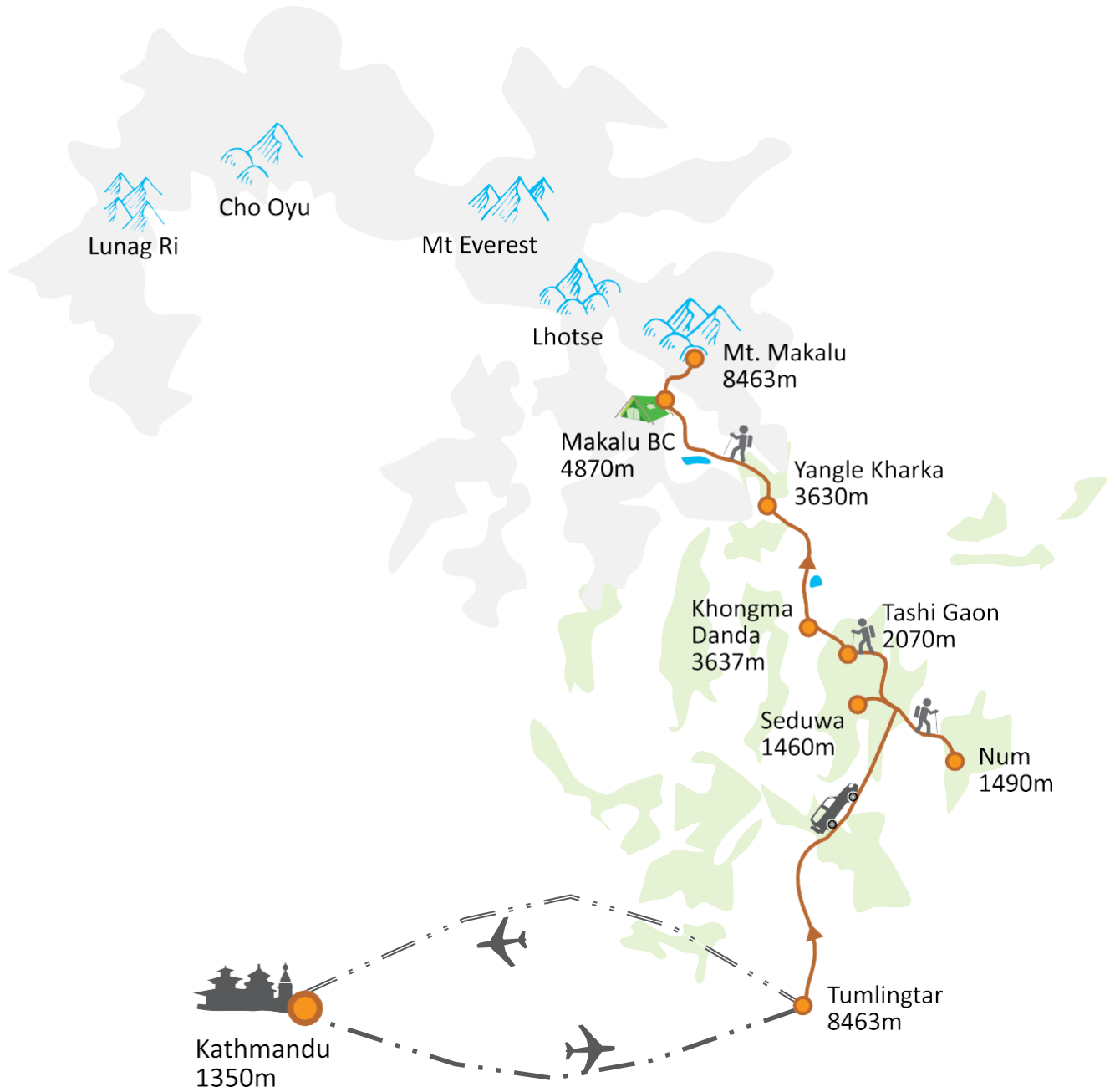
Mount Makalu (8,463m), is the fifth highest mountain in the world. Makalu is an isolated peak located 22 kilometers East of Mount Everest. The four sharp ridges of the Mountains make it look spectacular. Simultaneously, it is extremely tough to climb. Once we are prepared for the Expedition, we will then fly to

Tumlingtar and we will begin our tea-house trek towards Makalu. We will establish our base camp at 4700m before making our way to Advance camp at 5500m, camp I at 6500m, camp II at 7300m, camp III at 7900m. Finally we will head towards the Makalu Summit 8463m. We admit that no amount of finely tuned organization will guarantee you the summit of Mount Makalu. However we do believe that our experience, combined with your enthusiasm, determination and good team spirit will provide you with the best possible chance of standing on top of the summit. We also strive to conduct a safe, successful and enjoyable experience, and will do everything possible to achieve each of these goals.

## MAKALU I (8463M) EXPEDITION 2023

### 40 DAYS REGULAR PROGRAM

Day	Program	Accommodation	Meals
1	Arrival Kathmandu (1400m)	Gokarna F. Resort	BB
2	Hotel in Kathmandu	Gokarna F. Resort	BB
3	Fly Ktm-Tumlingtar Drive to Num (1490m)	Lodge	BLD
4	Trek Num to Seduwa (1460m)	Lodge	BLD
5	Trek Seduwa to Tashi Gaon (2070m)	Lodge	BLD
6	Trek Tashi Gaon to Khongma Danda (3637m)	Lodge	BLD
7	Trek Khongma to Dabato (3860m)	Lodge	BLD
8	Trek Dabato to Yangle Kharka (3630m)	Camp	BLD
9	Rest Day	Camp	BLD
10	Trek Yangle Kharka to Hillary BC (4800m)	Camp	BLD
11	Trek Hillary BC to Makalu BC (4870m)	Camp	BLD
12	Trek Makalu BC to Advance BC (5250m)	Camp	BLD
13-33	Climbing Period - 21 Days	Climbing Period	BLD
34	Makalu BC (4870m)	Camp	BLD
35	Trek to Yangle Kharka (3630m)	Camp	BLD
36	Trek Yangle Kharka to Tashi Gaon (2070m)	Lodge	BLD
37	Trek Tashi Gaon to Num drive to Tumlingtar (399m)	Lodge	BLD
38	Fly Tumlingtar to Kathmandu (1400m)	Gokarna F. Resort	BB
39	Hotel in Kathmandu	Gokarna F. Resort	BB
40	Final Departure		



# DETAILED ITINERARY

## Day 01: Arrival at Kathmandu (1400m)

Our representative will meet you at the Tribhuvan International Airport where you will then be taken to Gokarna Forest Resort for some rest and relaxation.

## Day 02: Preparation for Expedition in Kathmandu

We will reserve today to prepare our equipment, attend a briefing session, and finalize documentation needed for the expedition. Gokarna Forest Resort

## Day 03: Fly Kathmandu to Tumlingtar and then Drive to Num (1490m)

We will catch an early 35 minutes long morning flight to Tumlingtar from the Tribhuvan International Airport. We will then drive to Num which should last about 3.5 hours if the road conditions are good. We will pass by Chicula (1900m) where you will present your trekking permit with the help of your guides. You will have pleasant views of bamboo and sal forests as you make your way to Num. Be ready to hit some delays on the road if the roads are muddy or if a vehicle stalls in front of you, all part of the adventure!. Night at a lodge in Num.

## Day 04: Trek from Num to Seduwa (1460m)

We will walk 5-6 hours to Seduwa today by first descending down to the Arun River and climbing uphill to the village of Seduwa. Interestingly, you will have an 800m descent and an 800m ascent today! You will walk through cardamom fields on your way down to Arun River. After crossing the river via a suspension bridge, you will make your way up to Seduwa walking alongside bamboo forests and charming villages. You will pass by the Makalu-Barun National Park checkpoint where your guide will present your permits for entrance into the national park. Seduwa is a busy village with small shops, lodges, and a school! You will spend the night here.

## Day 05: Trek from Seduwa to Tashi Gaon (2100m)

Today, a pleasant ascent of about 5-6 hours takes you to Tashi Gaon. You will get a myriad of classic trekking experiences from passing through idyllic villages, to walking alongside mani walls and bamboo and rhododendron forests today. You will be crossing several streams in the forests on log bridges as you hear drongos, cuckoos, and barbets calling from trees. The final leg of the journey is a climb up to Tashi Gaon where you will rest for the night and have a plate of well-deserved dal bhat!

## Day 06: Trek from Tashi Gaon to Khongma Danda (3637m)

After yesterday's pleasant hike, today you will have a bit of ascension to do! For birdwatchers out there, today will be a good day to bring out your binoculars as you will see warblers, sparrow hawks, and flycatchers in the dense rhododendron and magnolia forests. You will also begin to get views of snow-capped mountains in the east. After climbing up stone steps for 7 hours, you reach Khongma Danda where you may be able to see some snow. We rest here for the night in a cozy and warm lodge.

## Day 07: Trek from Khongma to Dabato (3860m)

The itinerary for today is loaded with mountain passes! A journey of 6-8 hours, we pass through four high passes: Khongma La (3890m), Sano Pokhari Danda (4105m), Shipton La (4200m), and Keke La (4170m). The tough ascent will be worth it as you will get stunning panoramic views of Makalu, Chamlang, and Kanchenjunga. You will also pass by Kalo Pokhari at 4080 meters which is visited by Hindu pilgrims during the Janai Purnima festival. Finally, after Keke La, there is a short descent of 45 minutes to reach Dobato where you will spend the night, with the memories of four passes completed in a day!

While there will be a few tea shops on the trail, we will make sure you will have enough food and water for the journey today as there are no lodges on the trail.



#### Day 08: Trek from Dabato to Yangle Kharka (3630m)

After the grueling ascent into the passes yesterday, today will be a pleasant descent of 5-6 hours to Yangle Kharka. You will pass by rhododendron and pine forests today and you will get sightings of bird species such as Guldenstadts redstarts, minivets, tragopans and magpies. Be careful as you make your descent today since you will be passing through landslide prone areas. After four hours, you will reach a tea shop in Themathang. There is also a beautiful waterfall right before you reach Themathang. You will then reach Yangle Kharka where you will spend the night in a tented camp

#### Day 09: Rest Day at Yangle Kharka (3630m)

After an exciting day, we will take a rest day to acclimatize and rest our legs today. There is a closed monastery at Yangle Kharka with snow-capped mountains in the backdrop. A perfect opportunity to take some pictures! We will spend the night in a tented camp.

#### Day 10: Trek from Yangle Kharka to Hillary BC (4800m)

We trek through rhododendron, fir, and pine forests today to reach Langmale where we will then make our way to a moraine through Barun River. We pass by a large glacial lake as we ascend towards Hillary Base Camp. We will set up a tented camp for the night.

#### Day 11: Trek from Hillary BC to Makalu BC (4870m)

Today we make our way to Makalu Base Camp through moraines and with magnificent views of Makalu for about 5-6 hours. As we reach Makalu BC with its stone huts, we plan for the summit climb and settle in for the night.

#### Day 12: Trek from Makalu BC to Advance BC (5250m)

From Makalu BC, we will make our way to Advance Base camp through glacier and moraine. We will then make our way down to prepare us for the climbing period.

#### Day 13-33: Climbing Period - 21 Days

- Rest day – Puja - climbing training
- First Rotation
- Second Rotation
- Rest and prepare for the Summit Push
- Summit on Makalu I
- Descend to base camp
- Reserve day at base camp
- Packing and cleaning the Base Camp after the Summit

**Note:** Be advised that the mentioned activities during the climbing period are tentative. The actual planning of the summit is made at the base camp by your climbing guide. The activities may change because of the unstable weather conditions in the Himalayas and your level of fitness. We advise you to book a Flexi flight and allow extra days in case you need them for the summit push.

#### Day 34: Makalu BC

A thrilling adventure behind us and with majestic views of Mount Everest, Lhotse, Nuptse, Cho Oyo, Barun Tse, Manaslu on the summit of Makalu, we are now back in Makalu BC. We will clean up after ourselves in a bid to conserve the mountains for future expeditions and to make our expedition an eco-friendly one. We give our thanks and heartfelt gratitude to our guides, porters, and the mountains for a successful journey (even with or without a summit).

#### Day 35: Trek from Makalu BC to Yangle Kharka (3630m)

Bidding adieu to Makalu, we make our way back to Yangle Kharka today. We stop by Langmale for a rest and possibly lunch as we make our way down pine forests to reach Yangle Kharka. We rest here for the night (and take a much needed hot shower)!

#### Day 36: Trek from Yangle Kharka to Tashi Gaon (3420m)

We make our way down to Tashi Gaon through rhododendron forests on winding paths. Familiar sights of forests, villages, and birds greet you as you walk for 8 hours to reach Tashi Gaon. We set up a tented camp for the night.



#### **Day 37: Trek from Tashi Gaon to Num (1490m), Drive to Tumlingtar**

After an early breakfast, we make our way to Num through alpine forests and cultivated fields of cardamom. We have lunch at the bustling village of Seduwa. We then cross the Arun River and have a gradual climb to reach the town of Num. We then have a 3-4 hour drive to Tumlingtar where we will set up a tented camp to spend the night there.

#### **Day 38: Fly Tumlingtar to Kathmandu**

We fly to Tumlingtar today for about 35 minutes. After arrival, you will be taken to your resort at Gokarna where you are free to take a shower and relax. At night, share your adventures with fellow travelers over a mug of beer or any drink of your choice!

#### **Day 39: Hotel Stay in Kathmandu**

We will reserve this day to get your climbing documentation and certification. There will also be a short briefing from government authorities. You will then be able to enjoy the sights and adventures Kathmandu has to offer as well.

#### **Day 40: Final Departure**

You will be transferred to the airport depending on your flight time. The airport check-in time is 3 hours prior to flight departure and the checkout time at the hotel is noon. If your flight is later in the evening, let us know if you would require additional use of the hotel room and we would be happy to accommodate you!







## Price & Services

US\$ 15,999/Per Person

(13% tax inclusive)

40 Days Regular Program

Group size: 2 to 12 Pax

## WHAT'S INCLUDED?

### GOVERNMENT & RELATED CHARGES

- ✓ Makalu climbing royalty fee
- ✓ Makalu Barun National Park Permit fee
- ✓ 1 X Government liaison officer with flight, accommodation, meals and wages
- ✓ Garbage deposit charges

### SERVICE IN KATHMANDU

- ✓ International and domestic airport transfers
- ✓ 4 nights in a five-star Resort in Kathmandu with breakfast
- ✓ Both way flight from Kathmandu Tumlingtar Kathmandu
- ✓ 2 X Thamserku Duffel bag per member (90L & 150L)

### SERVICE DURING TREKKING

- ✓ Accommodation on full board
- ✓ Hot water for drinking purposes
- ✓ Emergency medical Kit and oxygen during the trek
- ✓ Porters to carry trekking and expedition gears
- ✓ Assistance of Guide and Sherpa during the trek

### MAKALU BASECAMP SERVICE

- ✓ Tent on twin sharing with comfortable mattress
- ✓ Tent for climbing and Kitchen crew on twin sharing
- ✓ Kitchen, Dining, and toilet tent
- ✓ Solar panel/generator for light and battery charging
- ✓ 3 meals a day, snacks and unlimited tea and coffee



## SERVICE AT HIGHER CAMP

- ✓ North Face/Ozark/Red Fox on twin sharing for members and climbing crew
- ✓ High Altitude food for members and climbing crew
- ✓ Enough Epi gas, gas stove and cooking pot set for CI, CII, CIII and CIV
- ✓ 1 satellite phone for emergency and walkie-talkie for a member, Sherpa and basecamp
- ✓ Group safety equipment, i.e. extra rope, carabiners, ice axe, ice screw
- ✓ Porterage of personal and group camping equipment
- ✓ Climbing Crew: Expedition Manager/ Climbing Guide and 1 personal Sherpa (1:1 ratio) for the summit
- ✓ One Cook and required number of kitchen helpers at the basecamp
- ✓ Equipment's, daily wages, carrying bonus and medical insurance for climbing crew/Sherpa
- ✓ Equipment's, daily wages, and medical insurance for Kitchen crew and porters

## WHAT'S NOT INCLUDED?

- ✓ Summit bonus of US\$1000 for climbing Sherpa once summit attempt is made from Camp II or US\$500 if dropped from basecamp
- ✓ Tips for personal climbing Sherpa (\$500), Kitchen crew (\$200) & porters (\$10/day)
- ✓ Oxygen, mask & regulator
- ✓ Unexpected increment in the royalty fee/climbing permit
- ✓ International airfare and Nepal visa fee
- ✓ Lunch and dinner in Kathmandu
- ✓ Extra nights in Kathmandu
- ✓ Personal travel, medical and rescue insurance
- ✓ Medical evacuation charge if required
- ✓ Personal trekking and climbing gears
- ✓ Service besides mentioned in inclusions example - extra oxygen, Sherpa and porters
- ✓ Other personal nature expenses i.e. alcoholic beverages and self-ordered hot drinks during the trek



# THE ESSENTIALS

## MOUNTAINEERING GEARS CHECKLIST (7000M TO 8848M)

### BODY WEAR

1. Down Suit - Recommended Absolute Zero Over suit by Mountain Hardwear, or Ulvetanna Suit by Berghaus, or The Himalayan Suit by The North Face, or the Expedition Suit by Rab.
2. Down Jacket and a pair of Down Salopettes - Recommended Absolute Zero Parka and Absolute Zero Pants by Mountain Hardwear, or by Rab. - not very bulky
3. Waterproof Jacket and Over trousers that goes over your alpine boot
4. Balaclava - Recommended The North Face A3543 Unisex Wool Balaclava or similar covering nose and face
5. Long sleeve Thermal shirt and Trousers - Recommended anti-sweat
6. Fleece Jacket and Trousers - Recommended Patagonia, or The North Face, or Mountain Hardwear

### HAND WEAR

1. Liner gloves - thin and warm
2. Down mitts - Recommended The North Face, or Marmot Expedition mitt, or Mountain Hardwear Absolute Zero Mittand.
3. Mountain Gloves - Recommended water & windproof
4. Gore-Tex Primaloft Glove - Recommended the North Face, or Mountain Hardwear.
5. Smartwool Mountaineering Socks (2 pairs - new)
6. Ultra-Soft Running / Hiking Socks (2 pairs - new)
7. Mountaineering boot Recommended La Sportiva Olympus Mons Evo or Millet Everest GTX
8. Alpine boot - Recommended La Sportiva Men's Nepal EVO GTX Boot or similar

### CLIMBING EQUIPMENT

1. Climbing helmet - Recommended Black Diamond
2. Ski Goggles with UV protection and anti-fog system
3. Headlamp - Recommended Black Diamond & Petzl
4. Spare batteries - Recommended Energizer Ultimate Lithium batteries
5. Harness Set
  - a. Lightweight Harness - Recommended DMM Super Couloir, or Black Diamond Couloir Harness, or Mammut Ophira 3 Side climbing harness
  - b. Ascender (Jummer) - Recommended Petzl or Black Diamond
  - c. Abseiling device - Recommended Black Diamond ATC Guide Belay Device, or Petzl GRIGRI 2 Grey Belay, or Descent Device D14BG
  - d. Screwgate Carabiners (2 X large, 2 X small sizes) - Recommended Petzl or Black Diamond
  - e. Bent Gate Carabiners (2 medium sizes) - Recommended Petzl or Black Diamond
  - f. 6 mm rope - Recommended 2 meters UIAA tested
  - g. 6 mm rope - Recommended 5 meters UIAA tested
  - h. 1 X tape sling - Recommended 120 cm UIAA tested
6. Dynamic 8.9 mm rope (single rope) - Recommended 2 m UIAA tested
7. Classical Alpine ice-axe - Recommended (70-90 cm) Petzl, or Grivel Air Tech, or Black Diamond
8. Crampons that fits Mountaineering boots - Recommended Grivel G-12 New-Matic Crampons

## OTHER EQUIPMENT'S

1. 55-65 Liter Rucksack - Recommended POD Black Ice, Crux AK47 (extendable) and Crux AK57
2. Base Camp Duffel – XXL
3. 2 X 5 season sleeping bag with compression bag - Recommended North Face and Mountain Hardwear
4. 2 X 5 season foam sleeping mat - Recommended 72 x 20 inches (20 x 5 x 5.5 inches folded) and weigh around 14 ounces
5. Swiss Army Knife with a multi-tools system or leathermen
6. 1-litre stainless steel thermos - that works in extreme weather condition

## EMERGENCY CONTACT

1. Dawa Sherpa (Expedition Manager):  
+977-9801333616
2. Anjan Rai (Clients Relation Manager):  
+977-9823338761
3. Office Hours only: Thamserku Office:  
+977-1-5909982



## RESPONSIBLE TRAVEL

We are a partner with Travelife – sustainability in Tourism. We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimize the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects.

## OUR HIGH EQUIPMENT PARTNERS

High equipment partners that our clients will get 20% off with our privilege card.



## TREKKING GEARS CHECKLIST (2000m to 5000m)

### HEADWEAR

1. Sun Hat/Normal cap
2. Fleece or woollen hat
3. Earmuffs/Ear warmers (optional)
4. Sunglasses with UV protection
5. Buff Scarf / thin face mask

### HANDWEAR

1. Fleece or woollen thin gloves
2. Gore-Tex mitten gloves

### BODYWEAR

1. Gore-Tex Jacket
2. Gore-Tex Pant
3. Hiking pant
4. Fleece trouser and jacket or warm jumper - Recommended not thick but warm enough that fits inside the Gore-Tex pant
5. Anti-sweat T-shirt
6. Thermal inner trouser
7. Down jacket with hoodie

### FOOTWEAR

1. Trekking boots
2. Hollow Out Outdoor Slipper
3. Trekking socks (4-5 pair)
4. Snow Gaiter

### OTHER EQUIPMENT'S

1. Sleeping bag (comfort rated - 15 °C)
2. 30 Liter Rucksack with cover
3. Large size Duffel Bag with padlock
4. Headlamp with spare batteries
5. Water bottles 1 Liter
6. Thermos
7. Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

### WASHING KIT & TOILETRIES

1. Waterproof washing kit bag
2. Towel - medium size
3. Washing soap, towel, tooth pest, toothbrush etc.
4. Sun Lotion Enough +30SPF (including total bloc for lips, nose etc.)
5. Handwash & sanitizer
6. Toilet paper (you can buy this in the lodges)
7. Wet tissues

### OPTIONAL ITEMS

1. Trekking poles
2. Trainers or similar for use in the lodges
3. Shorts
4. Baselayer leggings
5. Gaiters
6. Sleeping bag liner
7. Pillowcase
8. Earplugs (particularly if you are not the one snoring)
9. Camera
10. Pen-knife (remember to pack sharp objects in hold baggage)
11. Repair kit – (e.g. needle, thread, duct tape)





## **THAMSERKU EXPEDITION (P) LTD**

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