



## MAKALU EXPEDITION [8485 M.]

MAKALU, AN ISOLATED PEAK WHOSE SHAPE IS A FOUR-SIDED PYRAMID, IS THE FIFTH-HIGHEST MOUNTAIN IN THE WORLD AT 8,485M (27,838FT).

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### TRIP FACTS:

PEAK NAME  
MT. MAKALU

SERVICE  
FULL BOARD (1:1 SHERPA)

COUNTRY  
NEPAL

DURATION  
50 DAYS

ROUTE  
NW-RIDGE

GRADE  
HARD DIFFICULT

RANGE  
KUMBHAKARNA

BEST SEASON  
SPRING/AUTUMN

MAX ELEVATION  
8485 M

WALKING PER DAY  
5-6 HOURS

NATURE  
HOTEL + LODGE + TENT

GROUP SIZE  
2-15 PAX



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## REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m. /7000 m. /8000 m.) is recommended and required to sign up for this expedition.

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## OVERVIEW:

Among the eight mountains in Nepal above 8000m, **Mt. Makalu** is the fourth tallest in Nepal and fifth highest Peak on the Earth with its height of 8,463m. Mt. Makalu resides in the eastern Himalayas range just 19Km southeast of the giant Mt. Everest on the border of Nepal and China. At the base of Mt. Makalu, there lies a natural wonder: The Barun Valley. This valley facilitates stunning elevated waterfalls falling inside the deep gorges, diverse species of flora and fauna with rich cultures of ethnic communities like Sherpa and Kirat. Although this area is somewhat isolated, it is for sure that, every visitor who every step here will take a memorable reminiscence with them for their lifetime.

It was in 1955 when the expedition led by the French team reached the top of **Mt. Makalu** for the first time. Only five of the first sixteen attempts were successful. Sir Edmund Hilary took the photograph of Mt. Makalu in 1951 while he was on a route survey of Mt. Everest. Since the first climb to the top, several successful attempts had been made to the top of the peak. Makalu bears a pyramid shape. South East and the North West Ridges are the most prominent compared to other. Among these two, the North Western ridge route is used by most mountaineers to reach the top of the peak. Mt. Makalu Expedition in Nepal is full of adventures as well as dangers too. The Russian team scaled the western route, which is considered the most dangerous route, in 1997. They reach the top on 21st May 1997 following the most challenging route. Climbing Makalu is a test of the sheer endurance of a climber.

The base camp is normally set at around **5,600m**, and then four camps follow before reaching the top. The first camp is at **6,100m**, camp 2 is at **6500m**, the third camp is at **7400m** and the last camp is at **7800m**. Every year Seven Summit Treks organize a large number of Mt. Makalu expeditions.

" We await to serve you our service and share our experience with you "



## ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu & Transfer to the Hotel (1,400m)		-	Hotel
2	Rest in Kathmandu, Expedition briefing and Preparing		B/D	Hotel
3	Fly from Kathmandu to Tumlingtar and drive to Num (1,560m).		B/L/D	Lodge
4	Trek from Num to Seduwa (1,510m)		B/L/D	Lodge
5	Trek from Seduwa to Tashi Gaun (2,070m)		B/L/D	Lodge
6	Acclimatization at Tashi Gaun (Rest day): Camping		B/L/D	Lodge
7	Trek from Tashi Gaun to Khongma (3,560m)		B/L/D	Lodge
8	Trek from Khongma to Dobato (4,010m): Camping		B/L/D	Lodge
9	Trek from Dobato to Yangle Kharka (3,640m): Camping		B/L/D	Lodge
10	Trek from Yangle Kharke to Langmale Kharka (4,450m)		B/L/D	Lodge
11	Trek from Langmale Kharke to Makalu Lower Basecamp (4,850m) Acclimatization in Lower Base Camp		B/L/D	Tent
12	Acclimatization in Lower Base Camp (Rest day)		B/L/D	Tent
13	Acclimatization in Lower Base Camp (Rest day)		B/L/D	Tent
14	Hike from Lower Base camp to Higher (Main) Base Camp (5,600m)		B/L/D	Tent
15-30	<b>Rotation: [Basecamp – Rotation (Camp I, Camp II and Camp III) – Basecamp]</b>			<b>Full Board High Camp</b>
31-42	<b>Climbing Period [Base Camp – Makalu Summit (8,485m)– Base Camp]</b>			<b>Full Board High Camp</b>
43	Cleaning Up Base Camp		B/L/D	Tent
44	Trek from Makalu Base Camp to Yangle Kharka		B/L/D	Lodge
45	Trek from Yangle Kharka to Khongma		B/L/D	Lodge
46	Trek from Khongma to Seduwa		B/L/D	Lodge
47	Trek from Seduwa to Num and drive to Khadbari		B/L/D	Lodge
48	Drive from Khandbari to Tumlingtar - Fly to Kathmandu & Transfer to the Hotel		B	Hotel
49	Leisure day in Kathmandu		B	Hotel
50	Transfer to International Airport for final departure			Breakfast

HC = High Camp, B= Breakfast, L= Lunch and D= Dinner.



## COST INCLUDES:

- 1. ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- 2. HOTEL ACCOMMODATION IN KATHMANDU:** 4 nights hotel in Kathmandu (4-star category) - single room on bed and breakfast plan.
- 3. WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office Staff.
- 4. CARGO CLEARANCE:** Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
- 5. PERMIT:** Expedition Royalty and permit fee of Nepal Government to climb Mt. MAKALU, MAKALU BARUN National Park entry permit and fee.
- 6. LIAISON OFFICER:** 1 Government Liaison officer with full equipment, salary, and accommodation.
- 7. GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit fees.
- 8. INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- 9. MAP:** Trekking and climbing map.
- 10. DUFFLE BAG:** One Seven Summit Treks' Duffle Bag.
- 11. MEMBER TRANSPORTATION:**  
(Domestic Flight) Fly from Kathmandu – TUMLINGTAR and drive to Num: while returning drive from Num to Tumlingtar and fly from Tumlingtar - Kathmandu, as per itinerary, as per itinerary.
- 12. EXPEDITION STUFFS**  
**TRANSPORTATION:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Tumlingtar (by air cargo / Truck) and Base camp (by Porters) – While returning: Base camp to Tumlingtar (by porters) and Tumlingtar to Kathmandu (by air cargo / Truck). Based on the condition, different transportation variants may be adopted.
- 13. MEMBER LUGGAGE:** Up to 60 Kg per member for personal baggage during the trek to be carried by porters.
- 14. FOOD AND LODGING:** 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge/TENT during the trek and at the Basecamp. Hygienic and fresh green vegetables, fresh meat, fruits, soft drinks, and juice will be served during the entire expedition using helicopter flights. Well-managed base camp set up for members & Staff.
- 15. CAMPING:** All necessary logistic arrangements for **camping** during the trek.
- 16. PORTER:** Porters per member up to the basecamp and from the basecamp (both ways).
- 17. BASE CAMP STAFF:** Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
- 18. STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- 19. BASE CAMP TENT:** Each member will have an individual box tent in Base Camp.



20. **BASE CAMP EQUIPMENT:** Single Tent, foam mattresses and pillow per member, 1 Dining Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staff, Store tent, Tables & chairs & all necessary cooking gears.
21. **HEATER:** Heater at base camp in each Dining and other necessary camps.
22. **SOLAR/GENERATOR/LIGHT:** 1 Solar panel and Generator for lights at base camp, FOR battery charges, laptop, and other electronic devices.
23. **TRAINING:** Oxygen, Mask Regulator, Ice wall, and Ladder training at basecamp by UIAGM Guide.
24. **HIGH ALTITUDE CLIMBING SHERPA:** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
25. **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
26. **CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa Salary, Equipment, Food, and Clothing.
27. **OXYGEN BOTTLE (O2):** Summit Oxygen cylinder: 4 oxygen bottles (4 ltrs.) for each member and 2 oxygen bottles for each high-altitude Sherpa. \*\*
28. **OXYGEN MASK & REGULATOR:** 1 Set of Summit Oxygen masks & regulators for each member and high-altitude Sherpa. \*\*
29. **BACK-UP OXYGEN:** BACK UP Oxygen Cylinder, mask, and regulator (with appropriate charge).
30. **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2) (C3) and (C4). Group climbing gears, fixed and dynamic rope during the climbing period as required.
31. **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).
32. **ROPE FIXING TEAM:** The team of experienced Sherpas (including personal Sherpa) will fix the route in MAKALU (no extra charge will be applied to members).
33. **SATELLITE PHONE:** Satellite Phone for emergency communication carried by Sherpa, also available for members **WITH APPROPRIATE CHARGE.**
34. **WALKIE-TALKIE:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
35. **PERMITS:** Satellite Phone/walkie-talkie permit for all members and staff.
36. **INTERNET SERVICE:** Internet facility will be available at the Base Camp (**SUBJECT TO A CHARGE**).
37. **WEATHER FORECAST:** Weather forecast report regularly from Meteotest, Bern (Switzerland) during the entire expedition.
38. **MEDICAL KIT:** COMPREHENSIVE MEDICAL KIT FOR MEMBERS AND STAFF.
39. **CERTIFICATE:** MAKALU climbing certificate issued by MoCTCA (**after climbing Mt. MAKALU successfully**).

**\*\*Note: All expedition stuff and equipment have to be returned after the expedition**



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## COST EXCLUDES:

- AIR FARE:** International flight airfare (from and to Kathmandu).
- NEPAL ENTRY VISA FEE:** Nepalese [Visa fee](#) is \$125 USD for 90 Days.
- LUNCH & DINNER:** Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
- EXTRA NIGHTS IN KATHMANDU:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- INSURANCE POLICY:** Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.) \*Mandatory
- PERSONAL EXPENSES:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
- PERSONAL CLIMBING EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
- TOILETRIES:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- FILMING:** Special Filming, Camera, and Drone permit fee.
- INTERNET SERVICE: NOT INCLUDED DURING THE TREK.**
- SUMMIT BONUS:** Summit bonus for climbing Sherpa- Minimum **1500 USD**.
- TIPS:** Calculate some tips for basecamp and high camp staff – Minimum **350 USD**.
- EXTRA:** Any other services or activities, which are not mentioned in the itinerary and not listed in the **"COST INCLUDES"** section.

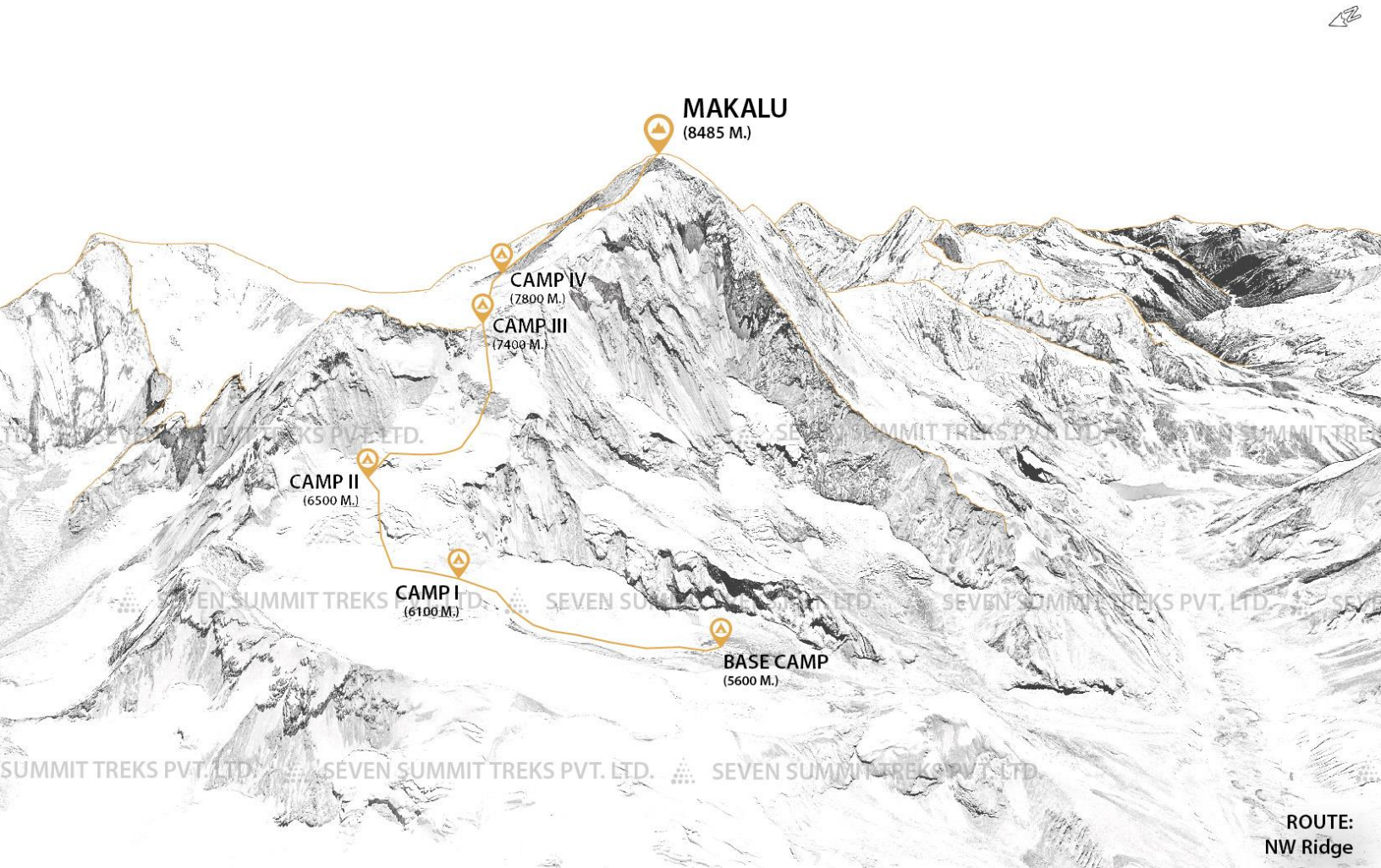


# SEVEN SUMMIT TREKS

WWW.SEVEN SUMMIT TREKS.COM  
info@sevensummittreks.com

EVEREST EXPEDITION-SOUTH (NEPAL)

## ROUTE MAP:





EQUIPMENT LIST: (EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST)

TRAVEL DOCUMENTS

- VALID PASSPORT
CREDIT/DEBIT CARD
PP SIZE PHOTO (4 PIECES)
INSURANCE PAPER AND CONTACT ADDRESS
FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

FOOT WEAR

- SUMMIT BOOT - 8000M. (KAILAS / LASPORTIVA / MILLET)
CLIMBING BOOT - 6000M. (KAILAS / LASPORTIVA / MILLET)
NORMAL SOCKS (5-8 PAIRS)
SUMMIT SOCKS/6000 M. SOCKS (2 PAIRS)
TREKKING SHOES (GORE-TEX)
LIGHT TREKKING/SPORTS SHOES
CAMP BOOTIES (1 PAIR)
SLIPPER (1 PAIR)

UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
FLEECE JACKET (1-2 PCS)
GORE-TEX JACKET (1 PCS)
WIND PROOF JACKET (1-2 PCS)
DOWN JACKET (1-2 PCS)
COTTON T-SHIRT (3-5 PCS)

LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
FLEECE TROUSER (1-2 PCS)
GORE-TEX PANT (1 PCS)
MID WEIGHT PANTS (1-2 PCS)
LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
GAITERS FOR TREKKING BOOTS
DOWN PANTS (1 PCS)
UNDER WEAR (4-6 PCS)

HEAD

- SUN CAP
DESERT CAP
BALACLAVA
FLEECE HAT/ WARM HAT (1-2 PCS)
NECK GAITER (2-3 PCS)

HANDS

- THIN FLEECE GLOVES (2 PAIRS)
WIND STOPPER / SCREEN TAP GLOVES (2 PAIRS)
HEAVY GLOVES (GUIDE GLOVES)
SUMMIT GLOVES - 8000M.

SLEEPING BAGS

- SLEEPING BAG -20°C TO -30°C (FOR BASE CAMP)
DOWN SLEEPING BAG -40°C (EXTREME COMFORT)
THERMAREST MATTRESS (CELL FOAM)
DOWN MATTRESS (INFLATABLE)
SLEEPING BAG LINER
INFLATABLE PILLOW

CLIMBING EQUIPMENT

- CLIMBING HELMET
SUMMIT DOWN SUIT - 8000M. (KAILAS / MARMOT / MOUNTAIN HARDWARE / NORTH FACE / MILLET)
CRAMPONS (FIT WITH BOOT)/PACKING COVER
ICE AXE WITH SPIKE & AXE PROTECTOR
HARNES
BELAY DEVICES/ FIGURE OF 8/ ATC GUIDE
JUMAR / ASCENDER
LOCK CARABINER (3 PCS)
UNLOCK CARABINER (2 PCS)
TAPE SLINGS/240 CM
SNOW GOGGLE (SUMMIT PURPOSE, ANTIFOG, POLARIZED, UV PROTECTION)
HEAD LIGHT 500-700 LUMENS SPARE BATTERY (ENERGIZER ULTIMATE LITHIUM)
SATELLITE PHONE WITH CREDIT (OPTIONAL)
WALKING STICK/ TREKKING POLE
POCKET KNIFE (SWISS)
ALTIMETER WATCH
PEE BOTTLE
POWER BANK

BAG PACKS

- RUCKSACKS 35 L - 50 L
DUFFLE BAG 120 L-150 L (2 PCS)
WATER PROOF STUFF SACKS/DRY BAG- SMALL/ MEDIUM/ LARGE (3-4 PCS)

SUN STUFFS

- BANANA BOAT/ NIVEA SUN CREAM (UP TO -50 SPF)
LIP GUARD -30 TO -50 (SPF)
SUN GLASSES (UV PROTECTION)
GLACIERS GLASSES (UV PROTECTION)
MOISTURIZER / LOTION

TOILETRIES (PERSONAL)

- TOILET PAPER / WET TISSUE
TOOTHPASTE & TOOTHBRUSH
SOAP
SHAMPOO
TOWEL
GARBAGE BAG

EATING & DRINKING

- 1 LTR. WATER BOTTLE
1/ 1.5 LTR. THERMOS
MUG (OPT.)
SPOON/ FORK (OPT.)
BOWL (OPT.)

MEDICAL/FIRST AID

- BRUFEN/IBUPROFENS
ANTIBIOTIC, PARACETAMOL
DIAMOX
HANDY PLASTER, CRACK BANDAGE
TINCTURE IODINE, ONDEM
CETIRIZINE, ELECTROLYTE
MINIL 10MG (PALPITATION, ANXIETY)
CODOPAR (HEADACHE & CHEST PAIN)
SALBETOL 4MG (BREATHLESS)
AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
FLUPEN 250MG (PREVENT WOUND INFECTION)
ALLEGRA 120/180MG (ALLERGIC TONSIL)
MENSTRUAL PRODUCTS

MISCELLANEOUS

- NAIL CUTTER
UMBRELLA / RAIN COAT
HOT WATER BAG
TENACIOUS TAPE REPAIR KITS
CAMERA
GPS TRACKER (RECOMMENDED)
HAND & TOE WARMER





## ADD. SERVICES

Additional Per Sherpa	\$ 8500.00	We will provide you with One Personal Sherpa during the entire expedition period (1 Member :1 Sherpa), this is included in the program price. However, if you would like to have another extra personal climbing Sherpa (A private 1 Member: 2 Sherpas), you may add to your program.
Extra Oxygen Per Bottle	\$ 500.00	We allocate enough O2 bottles, however, if you want to purchase extra bottles for extra safety.
Personal Dining Tent	\$ 2000.00	To avoid the pandemic scenario or if you are looking for a quiet and silent time at the base camp, you may request a separate dining and resting tent.
Single Room on Trek	\$ 1000.00	Single room (Upgraded) during the entire trekking days (both ways).
<b>Helicopter</b> - Kathmandu-Lukla - Higher Basecamp - Lukla - Higher Basecamp – KTM	\$ 2500.00 \$ 2600.00 \$ 7000.00	A helicopter ride saves your trekking days. If you would like to use the helicopter riding option (Kathmandu to Lukla, Lukla to Basecamp, Basecamp to Lukla, or direct to Kathmandu) during the expedition period, please let us know a few days earlier.

## INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to the plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen

situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.



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Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.

Please find the details about insurance before buying the policy [here](#).

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## BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three months preparation period is necessary to ensure the maximum safety and satisfaction of the clients.

The client must dispense 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and for receiving approval from governmental authorities. Another 30% of the total charge should be deposited one month after the flight to Nepal. The remaining 40% of the total charge should be paid after you arrive in Nepal, before the start of your adventure.

Name of the Bank	: HIMALAYAN BANK LTD.
Beneficiary Account Holder's Name	: Seven Summit Treks Pvt. Ltd
Beneficiary Account Number (USD \$)	: 01902853840022
Swift Code/BIC	: HIMANPKA
Address	: Thamel, Kathmandu, Nepal
Mobile	: +977 9851111187
Zip Code	: 44600
Email	: <a href="mailto:info@sevensummittreks.com">info@sevensummittreks.com</a>

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website which will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult with our expert team. We will provide information about personalized strategy, customization, progression planning, expert guidance and coaching, insight, and advice on how to accomplish your adventure goals.



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EVEREST EXPEDITION-SOUTH (NEPAL)

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Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).

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## EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

[Makalu Exped](#)

For all expedition inquiries and bookings

[info@sevensummittreks.com](mailto:info@sevensummittreks.com)

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## FOLLOW US:

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