



**PEACE NEPAL TREKS**

*... guiding you through your journey of a lifetime.*

# Makalu Ice Col Trekking

## OVERVIEW

Makalu Ice Col is a classic trekking trail that takes you across the technically challenging Sherpani Col, West Col and Amphu Lapcha La Pass. The difficulty in trekking along this trail rewards its visitors with unsurpassed views of the Makalu (8463m) and the Island (6160m) peaks.

The trail passes through the Arun valley, across a serene glacier territory surrounded by the white snow giants. An experienced guide and a full support team is essential for this trek as some parts of this trek are technically challenging. We require ropes to cross over the Amphu Lapcha La Pass which is sometimes covered with snow and ice. In this trek we cross the Sherpani Col, West Col and the Amphula Lapcha La Pass and all of them are located on the ridges of Mt. Baruntse.

## ITINERARY

- Day 1

**Arrival at the Tribhuvan International Airport. Transfer to Hotel.**

- Day 2

**Preparation for the trek. Overnight in Kathmandu.**

- Day 3

**Flight: - Kathmandu to Tumlingtar and trek to Khandbari (1040m).**

▪ Day 4

**Trek to Chichila (1830m). Overnight in Chichila.**

▪ Day 5

**Trek to Num (1490m). Overnight in Num.**

▪ Day 6

**Trek to Seduwa (1460m). Overnight in Seduwa.**

▪ Day 7

**Trek to Tashi Gaun (2070m). Overnight in Tashi Gaun.**

▪ Day 8

**Trek to Kauma (3470m). Overnight in Kauma.**

▪ Day 9

**Rest day in Kauma. Overnight in Kauma.**

▪ Day 10

**Trek to Mumbuk (3570m). Overnight in Mumbuk.**

▪ Day 11

**Trek to Nhe Kharka (3000m). Overnight in Nhe Kharka.**

▪ Day 12

**Trek to Sherson (4615m). Overnight in Sherson.**

▪ Day 13

**Trek to Makalu Base Camp (5000m). Overnight in Makalu Base Camp.**

▪ Day 14

**Rest day in Makalu Base Camp. Overnight in Makalu Base Camp.**

▪ Day 15

**Trek to Hillary Base Camp. Overnight in Hillary Base Camp.**

▪ Day 16

**Trek to High Camp. Overnight in High Camp.**

▪ Day 17

**Rest day in High Camp. Overnight in High Camp.**

▪ Day 18

**Trek to Baruntse Base Camp after crossing Sherpani Col (6,135m). Overnight in Base Camp.**

▪ Day 19

**Trek to West Col (6143m). Overnight in Hongu Glacier.**

▪ Day 20

**Trek to Hongu Glacier. Overnight in Glacier.**

▪ Day 21

**Trek to Panch Pokhari. Overnight in Panch Pokhari.**

▪ Day 22

**Trek to Amphu Lapcha La Base Camp. Overnight in Base Camp.**

▪ Day 23

**Trek to Chhukung (4750m) after crossing Amphu Lapcha La Pass (5855m). Overnight in Chhukung.**

▪ Day 24

**Trek to Dingboche (4410m). Overnight in Dingboche.**

▪ Day 25

**Trek to Tyangboche (3887m). Overnight in Tyangboche.**

▪ Day 26

**Trek to Namche Bazaar (3440m). Overnight in Namche Bazaar.**

▪ Day 27

**Rest day in Namche Bazaar. Overnight in Namche Bazar**

▪ Day 28

**Trek to Lukla (2800m). Overnight in Lukla.**

▪ Day 29

**Flight: Lukla to Kathmandu. Overnight in Kathmandu.**

**Note:** Above holiday itinerary can be customized as our guest specific requirements and can make shorter and longer. We design your holidays accordingly.

## **INCLUDES**

- Return transfers from International and Domestic airport to your hotel.
- One night stay at the Hotel in Kathmandu.
- All government taxes and Makalu National Park entry fees.
- TIMS CARD (Trekking Management System).
- Required number of experienced English speaking guides and support staff (we pay for their daily wages, insurances, trekking equipments, food and accommodation).
- Tent accommodation during the trek on camping services.
- Necessary ground transportation depends on your services requested via tourist bus or private transport.
- Light for a night by Battery or “generator” as a group size
- Trekking poles, sleeping bag (if necessary we provide).
- Trekking maps.
- Rubbish care to clean up the environment.

- PNT official services charge and government taxes.

Medical support: emergency first aid kit carried by the support staff

Camping equipments: We always provide every guest holiday trek with high qualities equipments: good qualities tent, Gas stove for food prepare, toilets tent and papers, kitchen tent with necessary utensils, Dining tent (for eating), table and chairs as a group, hand clean up towel and soap with tap water, Ice axe and sable.

Accommodation and meals: During camping treks an expert cook accompanies us and serves the best local dishes with different items on our plates. Both food and accommodation during camping treks are our responsibilities. We serve three meals on camping treks.

Breakfast Verities: Tea, coffee, hot chocolate, milk, boil water/different kinds Tibetan bread, toast, omelet fried or scrambled, boil egg, porridge, musli, cornflake, chapatti, jam, honey, pinner butter, rice pudding, pani cake, butter, salami, sinoman role.

Lunch: Juice, tea (black/lemon/coffee), boil water/ sandwich, potato cheaps, different items bread, vegetable, macaroni, chaumin, fried/boil potatoes, plan chapatti, backbeans.

Dinner: Different items Soup, popcorn, prawan, cookies, papad/ local Nepali verities food (Daal/rice/vegetables/meat/pickle), pizza (vegetable/mushroom/chicken), burger, pasta, chicken meat, can meat, veg/non veg momo, spagity, noodles, tuna fish, sasit, spring role.

Desert: tea, coffee, milk, chocolate, boil water, cake, pie, seasonal fruits, tin fruit, mango, apple, banana.

Water: we serve with boil water drink along the trek either you can make tea or coffee for day trip. It should be better

to bring good quality water bottle for trek.

## **EXCLUDES**

- All meals in Kathmandu city.
- Tips to guides and support staff.
- Additional costs in case of emergency (You must have adequate travel insurance to cover any kind of emergencies).
- Internal flight tickets.
- Additional medication for altitude sickness (Acetazolamide etc).
- Personal expenses and any other unforeseen expenses.
- Personal trekking equipments.

### **Travel Insurances: –**

Travel Insurances are compulsory for clients trekking or climbing with us. The insurance should cover you in case of emergencies like accidents, altitude sickness and ambulance and helicopter rescue charges if required. Please carry a copy of your insurance papers while travelling in Nepal and do send us a copy as well. This will help us in making all the necessary arrangements in case of any sort of emergencies.

## **SEASONS**

Nepal has four climatic seasons

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- Spring : March – May
- Summer: June – August
- Autumn: September – November
- Winter: December – February

While there are no seasonal constraints on traveling to Nepal,

different regions are best visited in different seasons. Enquire about any trekking region and we will tell you about the best season to visit that area.

## **EQUIPMENTS**

### **Check-list of personal equipment:**

- Good standard trekking boots
- Camping shoes/thongs
- Socks-polypropylene
- Down Jacket
- Fleece
- T-shirts
- Trekking trousers
- Shorts (both casual and for treks)
- Swim wear
- Sun Hat
- Woollen Hat
- Nylon Windbreaker
- Gloves
- Gaters
- Strong Rucksack
- Sleeping Bag
- Water Bottle
- Torch/headlamp (with spare batteries)
- Toiletries/soap
- Toilet paper
- Sun block
- Travel Towel
- Wet-wipes
- Medication (cough medicine, throat soothers, water purification tablets)
- Sunglasses
- Binoculars
- Camera & lenses

- Memory cards
- GPS Tracking Units may be helpful
- Altimeter
- Compass
- Book/music player/pack of cards
- Padlock
- A plastic bag for waste
- Energy/snack bars

**The following equipment are required during the Climbing period: –**

(Warm Down Jackets, Sleeping Bags, Warm Trousers, Koflach Shoes, Trekking Shoes and Sandals, Perfectly fitting Crampons, Gaiters, Ice Axe, Jumar, Ice Screw, Rock, Picton, Snow Bar, 2 locking Carabiners, Gloves, Sun Glasses, Head Light, Helmet, Rope, Stove, Harness, Figure -8, Gore – Tax Jacket with hood).