



MAKALU BASE CAMP SHERPANI COL TREK (6150M)

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

Trekking

ACCOMMODATION

Hotel, Lodge, Tent

WALKING

5-7 Hours

MAX ALTITUDE

6,150
m

DURATION

22
Days

DIFFICULTY

Extreme
Difficult

BEST SEASON

Overview

The Makalu Base Camp Sherpani Col Trek stands as arguably the most demanding and lengthy expedition in the region, bridging the gap between the Makalu and Everest domains.

Services

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 (5-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** – All necessary paper works: Makalu Barun National Park entry fee , Sagarmatha National Park entry fee, TIMS card and Pasang Lhamu Rural Municipality entry fee.
- **6. INSURANCE** – Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek.
- **7. DUFFLE BAG** – One 120L 14 Peaks duffle bag (caps/neck warmer).
- **8. MEMBER TRANSPORTATION** – (Domestic Flight) Fly from Kathmandu – Tumlingtar and while returning Lukla - Kathmandu, as per itinerary.
- **9. MEMBER LUGGAGE** – Up to 15 Kg per member for personal baggage during the trek to be carried by porters/yaks.
- **10. FOOD AND LODGING** – 3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek.
- **11. DRINKING** – Per day 2 Liters of boiled water per member to carry on the thermos.
- **12. PORTER** – Porters (1 porter:2 trekkers) during the trek.

- **13. WEATHER FORECAST** – Weather forecast report during the entire trekking.
- **14. GUIDE** – Local government licensed Guide (English speaking) during the trek and sightseeing in Kathmandu valley.
- **15. STAFF SALARY AND ALLOWANCE** – All Nepalese staff & porters' daily wages, salary, equipment, foods & clothing.
- **16. VALLEY SIGHT SEEING** – Sightseeing in Kathmandu Valley [Pashupatinath Temple, Swoyambu (Monkey temple), and Kathmandu Durbar Square] by a professional guide.
- **17. MEDICAL KIT** – Comprehensive medical kit for members and staff.
- **18. MAP** – Makalu region trekking map

EXCLUDES

- **1. AIR FARE** – International flight airfare (from and to Kathmandu).
- **2. NEPAL ENTRY VISA FEE** – Nepalese Visa fee is \$50 USD for 30 Days.
- **3. LUNCH & DINNER** – Lunch & dinner during the stay in Kathmandu (also in case of early return from trekking than the scheduled itinerary).
- **4. EXTRA NIGHT IN KATHMANDU** – Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from trekking, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **5. 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 (Send us a copy of your insurance policy- before your arrival.)
- **6. 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).
- **7. TOILETRIES** – Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **8. FILMING** – Special filming, camera, and Drone permit fee.
- **9. INTERNET SERVICE** – Not included during the trek and the trekking.
- **10. TIPS** – Calculate some tips for guide minimum 250 USD & 100\$ for porters

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	01 Apr, 2027	Arrival in Kathmandu & Transfer to the Hotel (1,400m)	1,400 m	-	Hotel	
2	02 Apr, 2027	Fly from Kathmandu to Tumlingtar and drive to Num (1560m)	1,560 m	B/L/D	Lodge	
3	03 Apr, 2027	Trek from Num to Seduwa (1510m)	1,510 m	B/L/D	Lodge	
4	04 Apr, 2027	Trek from Seduwa to Tashi Gaun (2070m)	2,070 m	B/L/D	Lodge	
5	05 Apr, 2027	Acclimatization at Tashi Gaun (Rest Day)	2,070 m	B/L/D	Lodge	
6	06 Apr, 2027	Trek from Tashi Gaun to Khongma (3760m)	3,760 m	B/L/D	Lodge	
7	07 Apr, 2027	Trek from Khongma to Mumbuk (3,520m)	3,520 m	B/L/D	Lodge	

Days	Date	Program	Altitude	Meals	Accommodation	Description
8	08 Apr, 2027	Trek from Mumbuk to Nehe Kharka (4,320m)	4,320 m	B/L/D	Lodge	
9	09 Apr, 2027	Trek from Nehe Kharka to Makalu Base Camp (4,870m)	4,870 m	B/L/D	Lodge	
10	10 Apr, 2027	Trek from Makalu Basecamp to Hillary Camp	5,500 m	B/L/D	Tent	
11	11 Apr, 2027	Trek from Hillary Camp to High Camp (5,650m)	5,650 m	B/L/D	Tent	
12	12 Apr,2027	Acclimatization at High Camp (Rest day)	5,650 m	B/L/D	Tent	
13	13 Apr, 2027	Trek to Baruntse Base Camp (5,700m) via Crossing Sherpani Col (6,146m) and West Col (6,143m)	5,700 m	B/L/D	Tent	
14	14 Apr, 2027	Acclimatization at Baruntse Basecamp (Rest Day)	5,700 m	B/L/D	Tent	
15	15 Apr, 2027	Trek from Baruntse Basecamp to Amphu Labste Base (5,400m)	5,400 m	B/L/D	Tent	
16	16 Apr, 2027	Trek from the Base to Imja Lake camp (5,100m) Via Crossing Amphu Laptsa pass (5,850m)	5,100 m	B/L/D	Tent	
17	17 Apr, 2027	Trek from Chhukung to Pangboche (3,985m)	3,985 m	B/L/D	Lodge	
18	18 Apr, 2027	Trek from Pangboche to Namche Bazaar	3,440 m	B/L/D	Lodge	
19	19 Apr, 2027	Trek from Namche Bazaar to Lukla	2,840 m	B/L/D	Lodge	
20	20 Apr, 2027	Fly from Lukla to Kathmandu and Transfer to the Hotel	1,400 m	B	Hotel	
21	21 Apr, 2027	Sightseeing around Kathmandu valley and stay at hotel.	1,400 m	B	Hotel	
22	22 Apr, 2027	Transfer to International Airport for final departure	-	B	-	

Gear List

Use the interactive checklist at: https://checklist-14peaks.pages.dev/6000m_checklist

Travel Documents

- Valid Passport
- Debit/Credit Card
- PP Size Photos(4 Pieces)
- Insurance Paper/Certificate
- Emergency Contact Details

Medicine / First Aid Kits

- Paracetamol 500 mg
- Ibuprofen 400mg
- Oral Rehydration Salts (ORS)
- Loperamide
- Electrolyte tablets
- Cetirizine
- Omeprazole
- Antacid Tablets
- Ondansetron 4 mg
- Aspirin 300mg
- Nifedipine 30mg
- Cough Lozenges
- Lubricating Eye Drops
- Antiseptic Wipes
- Blister Plasters
- Acetazolamide (Diamox) 250 mg
- Dexamethasone 4 mg

Upper Body

- Thermal Base Layer
- Fleece Jacket
- Gore Tex Jacket
- Warm Jacket
- Wind Proof Jacket
- Heavy Down Jacket
- Cotton T-Shirt
- Dry-Fit Tshirt

Head

- Glacier Glasses (Polarized UV Protection)
- Snow Goggles (UV Protection)
- Balaclava
- Sun Cap
- Desert Cap
- Fleece Hat/Warm Hat
- Neck Gaiter

Lower Body

- Thermal Base Layer
- Fleece Trouser
- Gore Tex Pant
- Heavy Weight Pant
- Mid Weight Pant
- Trekking Pant
- Under Wear
- Down Pant
- Gaiters for Trekking Boots
- Climbing Boot -6000m
- Normal Socks
- Summit Socks

Foot Wear

- Trekking Shoes
- Summit Boot - 8000m
- Sport Shoes
- Camp Booties
- Slippers

Hand

- Thin Fleece Gloves
- Wind Stopper Gloves
- Heavy Gloves(Guide)
- Summit Gloves

Eating & Drinking

- Water bottle
- Thermos

Bag Packs

- Rucksack 35L-50L
- Duffle Bag
- Dry Bags

Climbing Equipment

- Trekking Pole
- Ice Tool/AXE
- Crampons
- ATC GUIDE
- Snappgate Carabiner
- Jumar/Ascender
- Locking Carabiner
- Head Light
- Tape Sling

Miscellaneous

- Pocket Knife
- Nail Cutter
- Umbrella/Rain Coat
- Hot Water Bag
- Pee Bottle
- Tenacious Tape Repair
- Altimeter Watch
- Satellite Phone(Optional)
- GPS Tracker
- Power Bank
- Camera

Sun Stuff

- Sunscreen
- Lip Guard
- Moisturizer

Toiletries

- Toothbrush
- Towel
- Wet Wipes
- Toothbrush
- Shampoo
- Body Lotion

Sleeping Stuffs

- Inflatable Pillow
- Sleeping Bag Liner
- Therm-a-Rest Mattress
- Sleeping Bag
- Down Sleeping Bag