Makalu Sherpeni Col Amphu labtsa Pass Trek

DURATION: 20 DAYS

Trip Facts

Group Size 2- 8 Persons

Trip Grade Challenging

Accommodation Hotel-Camping-Tea House

Max Height 6155 Metres

Start From Kathmandu

End At Kathmandu

Transportation Flight-Car- jeep

Duration 20 Days

Meals included Breakfast-Lunch-Dinner Days

Best season:
March -May September -October

Trip Overview

Makalu Sherpeni Col Amphu labtsa Pass trek is a **challenging high-altitude trek** that takes you through the less-traveled trail, linking both Makalu and Everest region. It is arguably one of the most outstanding treks in the Himalayas of Nepal. The route meanders through the Three Cols, three high mountain passes- West Col (6413m), Sherpani Col (6146m), and Amphu Lapcha Pass (5645m.) The Makalu Sherpeni Col Pass trek route attracts experienced high-altitude trekkers, who embrace daunting challenges. You will be trekking on a **wide elevation range from 515m to 6146m**. Your journey starts with a scenic flight to Tumlingtar. The 45-minute flight rewards spectacular views of green hills, gorges, and the towering Himalayas. Upon reaching Tumlingtar, you' ll shortly drive to Num. The actual trek starts from Chichila and extends along the rhododendron forests to the heavenly waterfalls and glaciers. The spectacular views of Makalu and several other peaks including Mt. Everest further beautifies this journey. The natural beauty and the unique adventure of Makalu Base Camp Trek make it one of the must-visit destinations in the Himalayas. The trails pass through the following national parks, Makalu, and Everest region giving the trekkers the most rewarding trekking trip on the planet.

Makalu Sherpeni col Amphu laptsa pass trek, Trekkers can observe a wide range of forests including conifers, broadleaf deciduous forest, rare alpine shrubs, and medicinal plants. The GHT trek can be considered an exploratory trek. The trek gives memory to cherish for a lifetime. If you are looking for the next beautiful and daring adventure holiday, then Makalu Sherpeni col Amphulebtsa pass is the trek to do. These passers are the **highest passes of the Himalayan Region of Nepal**. Nonetheless, you can enjoy a relaxing trek with the spectacular views of Lhotse (8516m), Baruntse (7220m), Chamlang (7319m), Mt. Kanchenjunga massif (8091m) Mount Makalu (8463m), and mt. Everest (8848 m)

MOUNT ADVENTURE HOLIDAYS

Trip Itinerary

Day 1 KATHMANDU – TUMLINGTAR – NUM (1560M)

Breakfast, Lunch & Dinner | Tea House | Plane & Jeep | 1560 m

We fly to Tumlingtar after breakfast and meet the rest of the crew members who will also be joining us for the trek. A moderately paced walk through the picturesque villages and lush mountain forests will take us to Num. A ridgeline with great views on both side and perched on the end, this is Num for us. Overnight in Num.

Day 2 NUM – SEDUWA (1,500M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 1500 m

A steep descent through forests and terraced farms takes us to Barun River. We cross the river and follow an equally steep ascent up the other side again. Often quite hot – the forest on the valleys offers a bit of shade. This is where Makalu Barun National Park begins and where we register our permits. We camp right at the top of the village. Overnight in Seduwa

Day 3 SEDUWA – TASHIGAON (2,100M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2100 m

Ascend the ridge bounded by the Ipsuwa Khola on the west and Kasuwa Khola to the east. Crossing the hillside through quiet villages and passing by small paddy fields, we reach the exotic village of Tashi Gaon. over night stay.

Day 4 TASHIGAON – KHONGMA DANDA (3,500M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3500 m

We will ascend through forests to a stream and then onto a ridge. From here the trail gets even steeper and passes a Kharka (grazing land) and finally follows a series of rough stone stairs and small lakes ascending to the top of the ridge. From here it's a short way down to Khongma.

Day 5 KHONGMA DANDA – DOBATE (3862 M)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3862 m

We ascend towards the summit of the Shipton La (pass) which takes a few hours to reach. After the lake Kalo Pokhari (3930m), pass over the Keke La at 4,170m. We can see the marvelous views of Chamlang (7321m), Peak 6 (6,524m), and Peak 7 (6,758m). After crossing the Keke La pass, we descend through the beautiful valley to Dobato.

Day 6 DOBATE – YANGRI KHARKA (3,557M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3557 m

Today we pass through the rhododendron forest which leads to the Barun River and the upper reaches of the valley. We should be very careful during the first two hours of the trek as the trail is steep and arduous. We then take a pleasant walk, slowly gaining altitude until we arrive at Yangri Kharka

situated at the base of the valley.

Day 7 YANGRI KHARKA – LANGMALE KHARKA (4,410M)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4410 m

The valley, we pass through yak pastures, lush forests and boulder fields. The valley walls tower imposingly above us during the start of the trek. We pass Merek as we make our way further up and notice a significant rise in the scenic Himalayan views. Overnight in Langmale Kharka.

Day 8 LANGMALE KHARKA – MAKALU BASE CAMP (4,870M)

5 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 4870 m

Today is the day we make it to the Base Camp. From Langmale Kharka we make our way up to Shershong and eventually to Makalu Base Camp. The trail is flat with icy glaciers and snow-cap mountains accompanying us. Mount Makalu comes into view as we approach Shershong. As we make our way to the camp, we get to soak in the majestic Himalayan panorama surrounding us. Overnight at Makalu Base Camp.

Day 9 Acclimatization day at Makalu Base camp (4870m)

Breakfast, Lunch & Dinner | 4870 m

Today is a rest and acclimatization day. Medical professionals suggest that in order to better acclimatize before heading to higher altitudes you should remain active. This is a good reason to wander around the village or take a short hike into the hills where you will be rewarded with some great views of Mt. Makalu, Barun Pokhari, and Kangshung face of Everest and Lhotse. Tonight we will camp Lodge here again.

Day 10 Trek from Makalu Base Camp to High Camp (5200m)

6 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5200 m

This is the highlight of our trek and we have to leave very early in the morning. We have to trek along the base of the Sherpani Glacier and head up and across snow-covered slopes using fixed ropes if necessary. We then cross to the West Col using fixed ropes as we cross the glacier. We are surrounded by Baruntse's icy ridges to the north, the huge cliffs of Makalu, the wall of Chamlang to the south, and the peak of Ama Dablam in the west. We will stop at the top of Sherpani Col for lunch. After our lunch break, we will descend using fixed ropes to the Hongu Glacier and back down to our previous night's camp.

Day 11 Trek High Camp (5700m)

6 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5700 m

We will trek for around four to five hours across the rugged slopes of Barun Valley's west bank until we reach some cairns that are a sign to head down into the valley. There are two smaller glaciers that have their origin at Sherpani Col. We will camp the night just below the bottom of these glaciers.

Day 12 Camp on the moraine (5640m) via Sherpani Col (6115m)

8 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 6115 m

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Day 13 Trek from the moraine to Panch Pokhari (5480m) via Amphu Laptsa (5780m)

7 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5780 m

Today we ascend to Amphu Laptsa and then follow the trail toward Hongu Basin and on to Mt. Kang Leyamura (6430m) in the west. We finally reach Panch Pokhari (meaning 'five ponds') where we make camp at the base of Amphu Labtsa at (5780m).

Day 14 Trek to Amphulaptsa Base Camp

6 Hrs | Breakfast, Lunch & Dinner | Camping | Walking

It is the day to walk to Amphu Lapcha Base Camp today. Although a short distance walk, it brings spectacular views along the trail. Once we reach the base camp and set up our tents, we can laze around to explore more of the place.

Day 15 Trek from Amphu Labtsa BC to Chhukung (4730m)

8 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4730 m

We have a seven to eight-hour trek today, firstly heading to the pass from where we have some stunning views of the south face of Lhotse, Lhotse Shar, and Island Peak (Imjatse). We carefully descend from the pass using ropes and an ice axe. Once through the pass and heading down the going gets easier as we leave the snow and ice behind us. We continue on down to the valley close to the Imja Glacier and then on to Chhukung where we will Lodge.

Day 16 Trek from Chhukung to Tyangboche (3867m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3867 m

Our trek of four to five hours today is mostly downhill and at a lower altitude as head to Dingboche and on toward Tengboche. The next leg of our trek takes us to the very old Pangboche Sherpa village. Tengboche is often spoken about and said to be one of the most quaint villages on this trek and in the Himalayas. The large Gompa there is worth a visit. where we will Lodge and have fantastic views of Mt. Ama Dablam, Mt.Everest, Mt. Lhotse, and Mt.Lhotse.

Day 17 Trek to Namche Bazar (3,440m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3440 m

The journey back down to Namche Bazar will be of around six hours. We trek to Tengboche and visit the famous Tengboche monastery before descending to Namche Bazar. Once we reach Namche Bazar, we can take a relaxing stroll around Namche Bazar in the evening or just stay inside the comfort of the lodge. Overnight at a lodge.

Day 18 Trek to Lukla (2,860m) via Phakding

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2860 m

The final day of this trek is eventually here today. We walk back to Lukla via Monjo and Phakding along the Dudh Koshi River. A round trip on the Everest Base Camp trail comes to end here. We celebrate the end of the trekking part of the journey and thank our wonderfully amazing supporting crew members for their service and effort to take us to the base camp and back safely. Overnight at a lodge.

Day 19 Fly to Kathmandu (1,400m)

35 Min | Breakfast | Hotel | Plane | 1400 m

We get ready for the flight back to Kathmandu. We board the plane at the Lukla airstrip and fly back to Kathmandu. Once we land at Kathmandu airport, we go to the hotel and spend the whole day at leisure on our own. Finding relief massage, good food, souvenir shopping, and wandering around can keep you busy for the day. A farewell dinner is scheduled for this evening. We will let you know the departure time for dinner once we reach Kathmandu.

Day 20 Departure Day

On the final day of the trip, we drive you to the airport for your scheduled flight homebound or another destination. We will pick you up 3 hours prior to your flight schedule.

Cost Includes

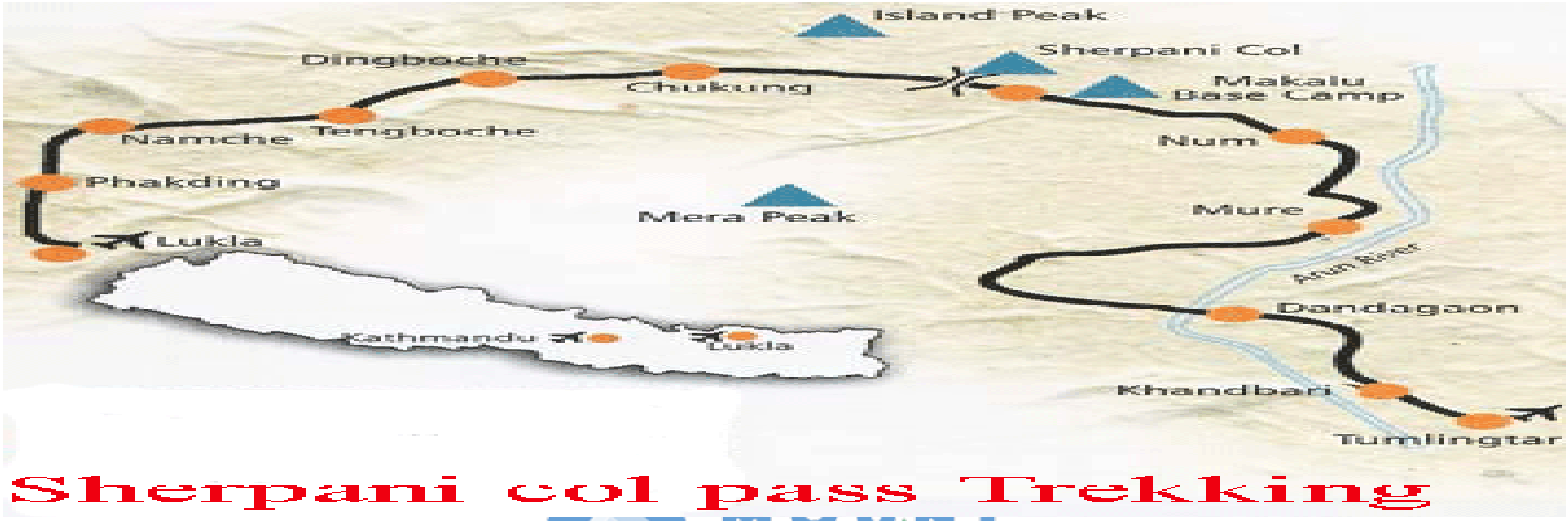
- Airport picks up and drops off, upon arrival and departure in Kathmandu (International and domestic both).
- Pre-trek/ trip meeting.
- All domestic airfares (Kathmandu - Tumlingtar & Lukla- Kathmandu).
- National Park / Conservation Area Permit Fees (For Sagarmatha National Park & Makalu Barun Conservation Area
- Khumbu Pasang Lhamu Rural Municipality fee.
- Food during the trek (full board with breakfast, lunch, and dinner).
- All guesthouse accommodation during the trekking period and North Face, Salewa, Mountain Hardware, or similar tented camp accommodation during the trekking period.
- High altitude climbing leader (Sherpa guide) licensed by Nepal Mountaineering Association (NMA).
- Well experienced English-speaking assistant guide if the group size exceeds 5+ persons.
- Group climbing equipment including ropes, ice screws, snow bars, harness, carbine, eight-figure, etc.
- Satellite phone.
- Worst case, help with all rescue and evacuation arrangements.
- Mount Adventure Holidays sleeping bag and down jacket, duffel bag, area map.
- First aid medical kit

- All applicable taxes as per the government rules and regulations.
- All organizational requirements.

Cost Excludes

- Nepal visa (USD 25 for 15 days and USD 40 for 30 days).
- Your international flight to and from Nepal.
- Hotel Accommodation in Kathmandu.
- Travel insurance (for helicopter evacuation if needed whilst trekking /climbing).
- Porters to carry luggage (you can add a porter when booking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.
- Bar and beverage bills.
- Tips for guide, porter, driver.
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Personal climbing equipment
- Personal climbing guide if requested
- Optional trips and sightseeing if extended

Trip Map



Sherpani col pass Trekking

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