



Swiss Hope Sherpa
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www.swishopesherpa.ch

Project trip 2025 Makalu base camp

(Meals included, F=breakfast, M=lunch, A=dinner)

Day 1 Departure for Nepal

Scheduled flight to Kathmandu.
Total flight time Zurich-Kathmandu 10 to 11 hours.
Departure from Zurich

Day 2 Arrival in Kathmandu

We are met by Pasang at the airport and he takes us to our hotel near the Boudhanath Stupa. After a short time of rest, we have a briefing with Pasang. Then we have time to explore everything and arrive.
Overnight stay at the hotel in Kathmandu (1300 metres). (A)

Day 3 Kathmandu

Today we spend a whole day immersed in the hustle and bustle of Kathmandu. We let ourselves drift and can buy a few things for our trek in Thamel. In the evening we pack. A bag with children's clothes for Chheskam and our trekking gear plus daypack. We can leave one bag in Kathmandu.
Overnight stay in a hotel in Kathmandu (1300 metres). (A)

Day 4 Jeep ride to Bung

We set off early in the morning. We are picked up at the hotel at 03:00 after breakfast. This is followed by a spectacular jeep journey through a beautiful landscape. Depending on traffic, the journey can take 16 hours. Of course, breaks are included.
Overnight stay in a lodge in Bung (2469 metres). Jeep 16 hours (F,M,A)

Day 5 Jeep ride to Chheskam

Early in the morning we take the jeep to Chheskam. Depending on how the road is, this journey takes about 1 hour. On arrival, there is a welcome programme at the school. Then we visit the new water supply.
Overnight stay in Chheskam (1900 metres) Jeep approx. 1 hour (F,M,A)

Day 6 First stage

We leave Chheskam with many impressions and drive back to Bung by jeep.
We then hike past a large rock printed with Buddhist mantras, pass a school, a water trap and a covered bridge. We walk through a lush forest of rhododendron, chirpine and brown oak and finally ascend to Sanam, where you will find a row of Sherpa houses dominated by a new gompa. There are extensive potato fields and plenty of livestock in the area.
Overnight stay in lodge in Sanam (2850 metres) Trekking approx. 7 hours (F,M,A)



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Day 7 from Sanam to Phedi, over the first pass

The trail continues through a beautiful forest up to Salpa Bhanjyang (3350m). From up here you have a fantastic view of the holy lake Salpa Pokhari. Then it's downhill into the warmer climate of the Irkhuwa Valley. It is beautiful to see how the landscape changes. We walk past beautiful mani walls and have a breathtaking view of the Himalayas, including the mountains Kanchenjunga (8586 m), Makalu (8481 m), Mera Peak (6470 m) and Everest (8848 m) before arriving at Phedi. Overnight stay in a lodge in Phedi. (1680 metres) Trekking 7-8 hours (F,M,A)

Day 8 Hike from Phedi to Gothe Bazaar

Leaving Phedi, we cross the river on stones and walk over a ridge for a while, cross a bamboo bridge and ascend over a small forested ridge to finally descend to Dobhane. We cross more bridges over the Benkhuwa Khola and walk through paddy fields and water channels interspersed with dry rocky ridges until we reach the attractive village of Gothe Bazaar, where we will spend the night.

Overnight stay in lodge in Gothe Bazaar (775 metres) Trekking 5 hours (F,M,A)

Day 9 Hike from Gothe Bazaar to Chyawabesi

We take an easy hike along the Irkhuwa Khola to the Arun River. Caution is advised when crossing the river. After the river, we continue walking downhill on a gentle slope. After a while, we finally reach Chyawabesi.

Overnight stay in a lodge in Chyawabesi. (250 metres) Trekking 6 hours (F,M,A)

Day 10 Hike from Chyawabesi to Tumlingtar 460m/3 hours

We leave Chyawabesi behind us and walk on until we reach Bheteni, where there are a number of shops. We cross another river which we will follow later. Then we cross a big one and ascend in two steps to the wide highlands between the Arun River and the Sabha Khola and continue on a dusty road to Tumlingtar (460 m).

Overnight stay in a lodge in Tumlingtar. (460 metres) Trekking 3 hours (F,M,A)

Day 11 An easy day, take the jeep to Num

Today we have a break from walking, we take the jeep to Num. It would not be nice to walk.

Overnight stay in lodge in Num (1490 metres) Jeep 4-5 hours (F,M,A)

Day 12 Num to Seduwa

After Num, we descend steeply from the western end of the Num ridge through the maize fields of Lumbang, continuing down through the jungle to a suspension bridge over the Arun Kosi (620 m). From here, the trail climbs steeply up to Seduwa, where there is an excellent large campsite below the national park office. Here we have to register with both the local police and the national park office.

Overnight stay in a lodge in Seduwa (1540 metres) Trekking 5-6 hours (F,M,A)



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Day 13 Seduwa to Tashigaon

Trekking with Isuwa Khola and Kusuwa Khola on either side, we cross a wooden bridge over Isuwa Khola and pass several small villages and forests. After a few hours of trekking and crossing the bridge, we reach the Sherpa village of Tashigaon. The view of the Himalayas from Tashigaon is magnificent.

Overnight stay in a lodge in Tashigaon. (2070 metres) Trekking 4-5 hours (F,M,A)

Day 14 Tashigaon to Khongma Danda

We have a tough day ahead of us today as we walk along steep trails on the way to Khongma Danda. We climb up stone steps and come across some lakes and fields filled with yaks, blue sheep and other Himalayan cattle grazing in the field. At Unshisa we reach Makalu Barun National Park. After 7 hours we reach Khongma Danda.

Overnight stay in a lodge in Khongma Danda. (3500 metres) Trekking approx. 6-7 hours (F,M,A)

Day 15 Khongma Danda to Dobate

Today will be a tough day ahead of us, as we have to cross four passes to reach Dobate. We start with the ascent over the Kauma La Pass (3603 m) and then continue to the Keke La Pass (4127 m). We continue climbing to Shipton La Pass (4170 m) where we can marvel at the beautiful Kalo Pokhari Lake. Then we hike for a few hours and pass Tutu La Pass (4080 m) to finally reach Dobate. We enjoy the beautiful view of Chamlang (7319 m), Peak 6 (6524 m), Peak 7 (6758 m) and other peaks of Dobate.

Overnight stay in a lodge in Dobate. (3520 metres) Trekking 6-7 hours (F,M,A)

Day 16 Dobate to Yangri Kharka

We walk through dense rhododendron forests, cross the Barun River and hike towards Yangri Kharka. On our way, we may come across yaks grazing in the fields. Yaks are the main means of transport in these regions.

Overnight stay in a lodge in Yangri Kharka. (3557 metres) Trekking 6-7 hours (F,M,A)

Day 17 Restday

Today is our first rest day. It is a very special place to rest and observe nature closely. You also have the opportunity to wash your clothes and relax for the day.

Overnight stay in a lodge in Yangri Kharka. (3557 metres) (F,M,A)

Day 18 Yangri Kharka to Langmale Kharka 4410m

We walk along the lush Himalayan forests and cross a few wooden bridges over small streams to reach Merek. In search of the mesmerising view of the Himalayas, we continue our trek on moraines and pass through small Himalayan villages to reach Langmale Kharka.

Overnight stay in a lodge in Langmale Kharka. (4410 metres) Trekking 5-6 hours (F,M,A)



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Day 19 Langmale Kharka to Makalu Basecamp

We climb along a steep path to Barun Nadi and walk over glaciers and ridges to reach Shershong. We enjoy the beauty of the mountain. Makalu (8481m) on the way to base camp. We trek for an hour or two to finally reach Makalu Base Camp. The panorama of the Himalayas from the base camp is breathtaking.

Overnight stay in a lodge at Makalu Base Camp. (4870 metres) Trekking 6-7 hours (F,M,A)

Day 20 Explore the Makalu Base Camp

Today we explore the surroundings of Makalu Base Camp with a magnificent panorama of Makalu from the south face, Everest (8848 m), Lhotse (8516 m) and the other Himalayan peaks in eastern Nepal. We enjoy the beauty of the surrounding glaciers and glacial lakes. We can also hike a little to the Barun Glacier and make a detour to the tranquil Barun Pokhari.

Overnight in a lodge at Makalu base camp. (4870 metres) (F,M,A)

Day 21 Makalu Base Camp to Yangri Kharka

After our successful hike to Makalu base camp, we say goodbye to the base camp and descend to Yangri Kharka. On the way to Yangri Kharka we pass small villages such as Shershong, Langmale Kharka and Merek.

Overnight stay in a lodge in Yangri Kharka. (3557 metres) Trekking 6-7 hours (F,M,A)

Day 22 Yangri Kharka to Dobate

Above the free-flowing Barun River, we pass alpine forests, rocky ridges and several small streams before finally reaching Dobate. We enjoy the beauty of nature as we descend to Dobate. On our way we may come across some yaks, snow pigeons and blue sheep.

Overnight stay in a lodge in Dobate. (3520 metres) Trekking 6-7 hours. (F,M,A)

Day 23 Dobate to Khongma Danda

Today we leave Dobate in the direction of Khongma Danda. We hike along rhododendron, juniper and fir forests to Mumbuk. From Mumbuk we cross the Tutu La Pass (4080 m), the Shipton La Pass (4170 m), the Keke La Pass (4127 m) and the Kauma La Pass (3603 m). We are glad to arrive.

Overnight stay in lodge in Khongma Danda (3500 metres) Trekking 5-6 hours (F,M,A)

Day 24 Khongma Danda to Tashigaon

On the way back to Tashigaon, we hike through dense forests and pass several lakes. We leave the Makalu Barun National Park on steep rocky paths and hike for 5 hours to the beautiful Sherpa village of Tashigaon.

Overnight stay in a lodge in Tashigaon. (2100 metres) Trekking 4-5 hours (F,M,A)



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Day 25 Tashigaon to Seduwa

We hike along small streams through settlements in the remote valley of the Barun River. We hike along the Isuwa Khola on one side and Hingsa Khola on the other to reach Seduwa after a 5-hour hike.

Overnight stay in a lodge in Seduwa. (1500 metres) Trekking 4-5 hours (F,M,A)

Day 26 Seduwa to Num

On our last day, we hike through several dense rhododendron and bamboo forests and cross the Arun River to leave the Makalu Barun Conservation Area. On the way to Num we pass a small rural settlement of Sherpas. We then hike for a few hours to reach the Sherpa village of Num.

Overnight stay in a lodge in Num (1560 metres) Trekking 5-6 hours (F,M,A)

Day 27 Jeep-Fahrt from Num to Tumlingtar 410m

We drive back to Tumlingtar on the same route.

Overnight stay in lodge in Tumlingtar (410 metres) Trekking 4-5 hours (F,M,A)

Day 28 Flug from Tumlingtar to Kathmandu

We fly back to the capital and enjoy the wonderful view of the mountains.

Overnight stay in Kathmandu. (1400 metres) Flight 50 minutes (F,M,A)

Day 29+30 Kathmandu

Now we have a few more days to enjoy Kathmandu.

Overnight stay in a hotel in Kathmandu (1400 metres)

Day 31 return flight

Today we are "unfortunately" heading back home. Our rucksack is packed with many impressions.

Departure Kathmandu:



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Included in the price

- Jeep ride Kathmandu - Phablu - Chheskam
- Flight Tumlingtar - Kathmandu
- Airport taxes and fuel surcharge
- All overland travel and transfers
- 3 nights in a hotel in a double room in Kathmandu
- All overnight stays in a lodge during the trek
- Full board during the whole trip, in Kathmandu only breakfast
- Mineral water, tea, coffee during meals (other drinks not included)
- Entrance fees for sightseeing according to the programme
- Trekking permits u
- Map of Nepal
- 5% in favour of Swiss Hope Sherpa

Exclusive

- Visa for Nepal approx. CHF 70
- Tip CHF 150 per person
- Lunch and dinner in Kathmandu
- extra night in Kathmandu (3 nights included)

Safety equipment from Pasang

- Comprehensive emergency first-aid kit
- Pulse oximeter for measuring oxygen in the blood
- Oxygen bottle
- Mobile altitude pressure chamber
- Satellite telephone

Price per person CHF 2700.- / Plus flight ZRH - KTM - ZRH approx. CHF 1'400.-

The price may change again depending on the number of participants. The flight price is also variable.



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Packing list:

- (*) Backpack (daypack)
 - (*) T-shirts
 - Pants
 - (*) Outdoor trousers plus lined, wind-repellent trekking trousers (thermal trousers)
 - (*) Shorts
 - Trekking socks
 - (*) Lightweight fleece jacket
 - (*) Thick fleece jacket
 - (*) Rain-repellent jacket with hood
 - Sturdy pair of trekking shoes
 - (*) A pair of flip-flops / flip-flops
 - (*) Peaked cap (cap) recommended
 - Microfibre towel
 - (*) Telescopic poles (if you like)
 - Toiletries, watch out for tubes and deodorant - risk of explosion! (wet wipes)
 - Lip balm
 - Sun cream factor 50
 - Possibly soap for washing clothes (curd soap)
 - (*) LED headlamp with spare batteries
 - (*) Aluminium or plastic drinking bottle (can also be used as a hot water bottle at night)
 - Toilet paper
 - Own pharmacy
 - Long pants / thermal clothing
 - (*) Warm hat
 - (*) Gloves, light and very thick for Lobuche Peak
 - Sunglasses, opaque at the sides (snow blindness)
 - Trekking shoes
 - Sufficient cash (no possibility to withdraw cash in Makalu National Park)
 - Various electronic chargers
 - Sleeping bag, should be a good warm one!!!!
 - Dauna jacket
 - Clean clothes for after the trekking in Kathmandu
- (*) Can be bought anywhere in Nepal.

Day rucksack

- Drinking bottle(s)
- Toilet paper
- Camera / mobile phone
- Load of food for the small appetite
- A fleece in case it gets cold
- Light rain jacket
- Small first aid kit
- Your passport
- What else you like to have in your daypack