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Makalu Basecamp Lumba Sumba Trek - 31 Days

Makalu BC Lumba Sumba Trek is extremely adventure, remote and uncrowded trek in eastern Nepal. This is a wild route carried out by rare groups because of its remoteness and isolated geographic setting.

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PRICE INCLUDES

- Pick-up and drop service by private vehicle.
- Twin sharing accommodation with breakfast in a star category hotel in Kathmandu
- Kathmandu-Tumlingtar-Kathmandu transportation by flight
- Other ground transportation to and from trekking destination
- Necessary documents and permits including Makalu Barun National Park fees and TIMS card
- Experienced and English-speaking trekking guide, assistant guide and porters and the expenses for their food, accommodation, insurance, salary, equipment and so on.
- Medical first aid kit
- Breakfast, lunch and dinner during the trek(with tea and coffee)
- Transportation on private vehicle as agreed on the itinerary

PRICE EXCLUDES

- Visa Fees and International airfare, excess baggage charge and airport tax
- Travel insurance and medical evacuation
- Extended stay in Kathmandu and Tumlingtar due to any reason other than programmed itinerary
- Personal expenses such as phone calls, laundry, beverages, bottle or boiled water, hot shower, extra porters, personal equipments and clothing
- Tips for guides and porters (expected and not mandatory)

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ITINERARY IN DETAIL

Day 1: Day 1: Arrival in Kathmandu and transfer to Hotel

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Day 2: Fly to Tumlingtar and drive to Num

Flight of about an hour with superb views of the massifs of Ganesh, Langtang, Jugal, Rolwaling, Khumbu (and Everest…), Makalu and up to Kangchenjunga. A real “mountain flight”! From Tumlingtar aerodrome, we continue by Jeep on road then track to get closer to the mountain. Stopover in Num, a few shops and lodges overlooking the deep furrow traced by the Arun river.

Day 3: Num to Seduwa(1670m) 4 hours

We take the Jeep again to do the few kilometers until the end of the dusty track 500 meters below. Now it is on foot that we are going to move and to start we engage in a big descent in deciduous forest to cross the Arun on our first metal footbridge before going up through the rice and cardamom crops until in Seduwa.

Day 4: Seduwa to Tashigaon (2100m) 5 hours

We follow a path almost level curve which approaching Tashigaon takes a little height.

Day 5: Tashigaon to Kongma Danda Camp(3580m) 8 hours

After breakfast, an uncompromising zigzag climb to reach a hamlet made up of a few huts at the edge of the forest which occupies the straightened slopes of Kongma danda. From the start, we climb in wide laces in deciduous forest and rhododendrons. Then it's a flat section that allows you to catch your breath before setting off again in zigzags until you cross a pass and gain a footing at 3,200 meters on the Kongma danda (the Nepali ridge). We continue our ascent for 1 hour 30 minutes to get out into the open while we discover the Kongma danda lodges.

Day 6: Kongma Danda to Dobato(3896m) 6 hours

Above the lodges, we follow a wide path that joins the ridge crowded with rhododendron bushes. The views from both sides are splendid over the interlacing of well-dug valleys. Around noon we cross the Shipton La at 4,250 meters and have lunch in the small cabin. Extended view over the eastern part of the Himalayas from Chamlang to the satellite mountains of Makalu. Then it is a rapid descent all in stairs to skirt the sacred lake of Kalo Pokhari before facing the last test of the day, the crossing of Keke La at 4,180 meters. From the pass, we dominate the lake valley in which we have passed and discover towards the north rocky massifs in the middle of which we will leave after paying a little visit to the lord of the place: Makalu.

Day 7: Dobato to Yangri Kharka(3660m) 5 hours

Rather abrupt descent in the hollow of a thalweg to reach the right bank of the Barun khola whose waters come from the glaciers that we admired from the Shipton La. We continue in primary forest before confronting the “Nepalese flat” (alternating ascents and descents…) on a track constantly swept by landslides. A word of advice: don't hang around! We have lunch at the Phemathang kharka before crossing the river on a new wooden bridge, the last having been swept away by a gigantic mudslide in the spring of 2017. A new path has been hastily traced on the left bank.

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de la Barun khola but it still requires some improvements. That said, it is still much better viability than that of the morning ... We reach Yangri kharka,

Day 8: Yangri Kharka to Langmale Kharka(4430m) 4 hours

The first part of the day takes place on the left bank of the river on a temporary path traced on the bed of pebbles. The traces of the mudslide are impressive, if we consider these rocks of several tens of tons which are in the middle of the river… We find the historical path after an hour of walking and we continue in a pine forest . Through the branches, we have splendid views of the glacial valleys of peaks 6 and 7. The climb is gradual to the camp of Merek while we distinguish, perched on the grassy moraine which closes this part of the valley, the lodge of Langmale recognizable by its blue roof. But before getting there, we will have to cross the “new” bed of the river, created by the mudslide, an indescribable mishmash of piled up rocks in the middle of which the sherpas have traced a marked route. Beyond, all that remains is to climb the grassy moraine to reach the sheepfolds of Langmale and 20 minutes further to reach the lodge.

Day 9: Langmale Kharka to Makalu Base Camp(4850m) 3 hours

After crossing the Langmale pastures, we reach the left bank moraine of the West Barun glacier valley. We continue without much effort to Shershong where we veer to the right towards a well marked pass in the middle of the moraine. At 4,900 meters, here we discover the imposing mass of the Himalayan giant, master of the place, the Makalu. It is really huge! We continue on a level curve on a trail on the side of a moraine while we discover in the mineral valley below the lodges of the base camp. A short descent to cross the river and here we are warm in the common room next to the lodge. Exceptional and unforgettable views it goes without saying ... In the afternoon.

Day 10: Detour to Moraine (5350m) and back to Makalu BC 6 hours

This morning we take the height to head on the eastern moraine which dominates the base camp. Halfway up you can see the mountains of Khumbu and more particularly the Lhotse and Sagarmatha in "person". The latter is hardly recognizable because it is its north face that is presented to us, the Tibetan side. From a small plateau, the possibility is offered to measure oneself against a “small” stony summit of almost 5800 meters which allows to widen the view on the peaks and satellite glaciers of Makalu, still as impressive it goes without saying… Back to Camp of Makalu Base for a second night.

Day 11: Makalu Base Camp to Yangri Kharka(3550m) 5 hours

Descent to Langmale kharka by a route of grassy ridges allowing to admire from above the frontal glacial lake of the West Barun glacier. Then, within an hour of time, here we are again on the grassy pastures of Langmale. We go down along the Barun khola by taking the same path as on the way to Yangri Kharka.

Day 12: Yangri Kharka to Korlangue Kharka(4095m) 5 hours

Go back on the arrival path to cross the Barun khola again and follow the left bank downhill. The “path” is quite difficult and we have to cross very little sandy thalwegs up to the bubbling river. After crossing a scree corridor, we enter a sandy bench. Finally, we move away from the edge of the river to enter primary forest until passing at the foot of a monstrous block of granite. Behind it is the last delicate crossing of the day, a sandy thalweg about twenty meters wide, before continuing on a “Nepalese flat” until entering a portion colonized by bamboo. After, it is full slope

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in the hollow of a thalweg in a pine forest up to 3,700 meters and to dive back into the bamboos and the primary forest. Then we go out into the open to discover a wide U-shaped valley closed by two rocky peaks. We go up it for 30 minutes to come and set up camp on the edge of the stream on grassy areas.

Day 13: Korlangue Kharka to Kalo Pokhari Camp(4145m) 4 hours

We descend slightly, heading towards the left bank of the valley in order to follow the path which rises on the side. We quickly pass a small lake embedded in the mineral before crossing a small plateau of wild grasses. The path continues steadily uphill through rhododendron and thorny bushes to reach a breach behind which we discover a new valley. Small descent to find a contour path that leads us to the bottom of the valley. It is now a question of crossing a scree of large boulders on the left bank to reach the base of a fairly straightened and often icy stony corridor in which a zigzag path has been drawn. Once the new breach has been reached, we have an enlarged view of the eastern part of the Himalayas and can contemplate the Kangchenjunga massif with its five peaks and Jannu. Quiet descent on the side of yak pastures until discovering the valley of Lake Kalo Pokhari (a second). The camp sites being too small, we continue 10 more minutes to land on large grassy areas near a source.

Day 14: Kalo Pokhari Camp to Khola Kharka Camp(3200m) 6 hours

This morning, we will have to go around the rocky peaks which dominate us on the right and to do this we will follow a confidential path traced on the side in grass slopes. We cross a gap marked with colored flags to descend behind in a rocky gully sometimes frozen. Watch out for slips (trekking poles and forest crampons welcome…)! Then it is the crossing of two thalwegs, also frozen, which will occupy us part of the morning to find grassy areas. And always these breathtaking panoramas ... Then, an incredible descent on a tight zigzag path on the right bank of an impressive avalanche corridor to Cave Camp (a possible camp located under an overhanging rock). In the afternoon, We will finish the chaotic descent in a second avalanche corridor to reach the banks of the Saldim khola, cross the river on a "bridge" of branches and go up opposite in the primary forest. We find a path "Nepalese flat" which rises in spurts to the large meadow of Kholakharka where the grassy areas can accommodate tents. The water in the stream is particularly pure. It would invite you to swim if ... the temperature approached 15 ° C, which is obviously far from the case. The water in the stream is particularly pure. It would invite you to swim if ... the temperature approached 15 ° C, which is obviously far from the case. The water in the stream is particularly pure. It would invite you to swim if ... the temperature approached 15 ° C, which is obviously far from the case.

Day 15: Khola Kharka to Tin Pokhari Camp(3910m) 6 hours

This morning, we follow a slightly uphill path to reach the confluence of the Kholakharka khola and the Dungge khola before heading due north. We join the Chinese border at Popti La by crossing a region where lakes are legion. Today we will stop at Tin Pokhari (the 3 lakes in Nepali). This strategic location allows the carriers the next day to make a short day's walk by crossing a pass while we will "frolic" between lake plateaus and rocky ridges.

Day 16: Tin Pokhari to Bakhim Kharka(3260m) 6 hours

Most of the day will be spent on the tracks of yaks, shepherds or hunters. The fog that often rages around here requires the group to stay together for fear of getting lost. This is because the route is not often practiced ... From Tin Pokhari we cross a moraine lock at the top of which we discover the valley of Panch Pokhari (the 5 lakes). We climb on the right bank to find a “path” which leads to a ruined sheepfold. Afterwards, you reach the ridge and follow the

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line on the right before descending towards the new lake plateau which presents itself. The Popti La is located at the bottom of the valley and it is very easy to get there. Terminal n ° 63 marks the Sino-Nepalese border and we have beautiful plunging views on both sides (short grass plateau on the Nepal side, carved valleys and pine forests on the Chinese side). We descend the grassy slopes to the lake then from plateau to plateau we reach a large lake, Molun Pokhari, the last of the series… Afterwards, it's a steep descent that awaits us to find our team at the sheepfold of Bakhim kharka , an eagle's nest from which one dominates the basin of Arun khola.

Day 17: Bakhim Kharka to Hongong(2340m) 3 hours

Half-day descent mainly through pine and rhododendron forest to reach the large village of Hungung. Afternoon of lazing in the sun and visit of the Tibetan village.

Day 18: Hongong to Chyamtang(2250m) 5 hours

Continue day with the crossing of large agrarian plateaus dominating the Arun khola valley. You have to take the opportunity to recover, it will not last ... That said, this day alternates pleasures: wide trails most of the time of course, but also very daring portions on the edge of the cliff. Let's start to get used to what the locals call “Mul Bato”, the main path. Like that, we will be ready to face the "jungle" of the next two days ...

Day 19: Chyantang to Yak Kharka (2750m) 5 hours

We start the day with a nice descent to cross the Arun khola on a very long metal footbridge. Then we embark on a climb of more than 1,100 meters of elevation gain before falling on the other side of the wooded ridge on a controlled uphill path which quickly reaches the large Yak kharka camp.

Day 20: Yak Kharka to Medok Chheje Khola Camp(3080m) 6 hours

Quiet descent to cross a river at the bottom of a narrow thalweg before entering a bamboo forest as you approach a sheepfold from which you have a beautiful view of the summit of Makalu. Afterwards, we embark on a "Nepalese dish" of the most beautiful obedience to evolve on the mountainside on a path which connects Chyamtang to Thudam. It is very narrow, it takes on a chaotic profile at will and behind each shoulder that we cross one is entitled to wonder if the continuity will be assured… We even pass over portions of planks and branches hanging on the cliff. The villagers leave their yaks free in the mountains, we may be faced with a meeting and we will have to show humility by leaving the passage. After crossing a thalweg in the middle of which flows a beautiful river, we embark on a small ascent, the prelude to a very steep zigzag descent to reach the river. It takes more than 2 hours by road to reach the last village of Thudam. Even if it is possible to arrive there the same evening, it is preferable for the team of porters who have experienced a lot of difficulties on the way to land by the river in the middle of a clearing in which we will find a few places to set up camp.

Day 21: Medok Chheje Khola Camp to Samne Kharka(3920m) 5 hours

After the night before, a “cool” day awaits us. The drop is significant, of course, but we are going to evolve on a well-made trail. It takes us 2 hours to reach the village of Thudam. While the midday meal is preparing, we visit this small village (it is still very quickly ...) and go to meet the inhabitants who, a few years ago, had been "abandoned" from the central power, until to no longer have a regular teacher for the school. They naturally turned to China, with which they live by exchanging wood for basic foodstuffs. In the afternoon, continue up the valley to a confluence of rivers in

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the middle of which is a beautiful campsite.

Day 22: Samne Kharka to West Camp of Lumba Sumba(4800m) 5 hours

Today we are going to get closer to the last notable test of the circuit by going up the valley of the Lapsi khola on a paved path on which it is very pleasant to walk (moreover it is possible that the association of women of Thudam us I asked during our visit to participate in the financing of this work…). We cross several kharkas and by a last rise in zigzags in sandy slopes we reach the banks of the river on which we will find a site to establish the camp.

Day 23: Western Lumbasumba BC to EAst Lumba Sumba Base C4630m) crossing Lumba Sumba Pass(amp(5155m) 6 hours

Contrary to appearances, the passage of Lumbasumba La is located on the left of the valley. On a good track sometimes crowded with snowfields we reach the pass at 5,155 meters where we discover in front, so to the east, the entire Kangchenjunga massif while at the rear, to the west, the Makalu wishes us good road since it is the last time that we will be able to contemplate it. It follows a path in contour line which allows us to reach a pass in a second ridge before going down on the right to cross a third pass and find a good downhill path with a moderate slope that will lead us into the valley of the Dingsamba khola. Depending on our progress (and the wind and snow conditions) we will choose to descend along the valley where there are several camp possibilities.

Day 24: Lumba Sumba Base Camp to Olangchung Gola(3190m) 5 hours

Nothing difficult on this day of walking which will perhaps be reduced to the single morning. We finish the descent of the Dingsamba khola until we reach the new track dug by the Chinese a few years ago. We follow its path for an hour and a half on the left bank of the Tamor khola before entering the superb village of Olangchun Gola, all built in wood and placed on a sandy moraine. Possible visit of the gompa perched on the left with a magnificent prayer room.

Day 25: Olangchung Gola to Ila Danda (2065m) 7 hours

A somewhat chaotic continuation of the descent along the Tamor khola, first in the pine forest, then in the bamboos to end up in the open as you approach the "village" of Ila Danda. A day punctuated by climbs and descents.

Day 26: Ila Danda to Chiruwa(1200m) 5 hours

As soon as we leave Ila Danda, it's a big winding descent that awaits us before continuing our walk halfway up the Tamor khola. We quickly reach Lelep and its cardamom plantations then a paved path follows that crosses some high altitude hamlets before plunging towards the rice fields bordering the river. The vegetation becomes tropical and the heat begins to be pervasive. We cross the Tamor khola to Tapletok from where there is less than an hour to reach the Chiruwa football field, incidentally also a campsite ...

Day 27: Chiruwa to Taplejung(1350m) 5 hours

The last hour of walking! A little track, a few crossings of gardens and here we are at the Jeeps terminus in Thiwa, a colorful village whose houses are drowned under tropical plants. From there, we take a Jeep to reach Taplejung, its shops and transport.

Day 28: Taplejung to Birtamode(1300m) by Private vehicle

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Land link to the Terai to Birtamod located close to the Indian border. After crossing the Kabeli khola and crossing Phidim, we go up to a pass from where it is possible, if the clouds were not too intrusive, to embrace the path we have traveled from Tumlingtar, from Makalu in Kangchenjunga, or almost…. Then the road winds through the hills of Ilam invaded by tea plantations as a prelude to the descent to the plains that we will reach at the end of the afternoon.

Day 29: Birtamode to Bhadrapur- Fly to Kathmandu

Transfer to reach Bhadrapur airport and after an hour's flight, again a real "mountain flight", find the capital Kathmandu around noon. Free afternoon and evening.

Day 30: Free day in Kathmandu

Free day (can be used as a buffer day if there is a delay in the day by day of the trek).

Day 31: Depart from Kathmandu

Our Staff will transfer you to Tribhuvan International Airport.