



Swiss Hope Sherpa  
Veja Alvra 62  
7482 Bergün  
[www.swisshopesherpa.ch](http://www.swisshopesherpa.ch)

## Project trip 2025 base camp Makalu

(Enthaltende Mahlzeiten, F=Frühstück, M=Mittagessen, A=Abendessen)

### Day 1 Departure to Nepal

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

---

### 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 rest, we have our briefing with Pasang. Then we have time to explore everything and arrive. Overnight stay in a hotel in Kathmandu (1300 Meter). (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 Meter). (A)

---

### Day 4 Jeep-drive to Chheskam

We set off early in the morning. We are picked up at the hotel at around 03:00 after breakfast. This is followed by a spectacular jeep ride through a beautiful landscape. Depending on traffic, the journey can take 16 hours. Of course, breaks are included. Overnight stay in Chheskam (1900 Meter). Jeep drive 16 hours (F,M,A)

---

### Day 5 + 6 Chheskam

For the next two days, we immerse ourselves in village life in Chheskam. We are already expected at the school and there is a welcome program. We also visit all the projects in Chheskam and enjoy the simple village life. Overnight stay in Chheskam (1900 Meter) (F,M,A)

---

### Day 7 first route

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 waterfall 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 a Lodge in Sanam (2850 Meter) Trekking ca. 7 hours (F,M,A)

---



Swiss Hope Sherpa  
Veja Alvra 62  
7482 Bergün  
[www.swishopesherpa.ch](http://www.swishopesherpa.ch)

### Day 8 from Sanam to Phedi, across the first col

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 breathtaking views of the Himalayas, including Mount 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 Meter) Trekking 7-8 hours (F,M,A)

---

### Day 9 Trekking from Phedi to Gothe Bazaar

Leaving Phedi, we cross the river on stones and walk over a ridge for a bit, 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 a Lodge in Gothe Bazaar (775 Meter) Trekking 5 hours (F,M,A)

---

### Day 10 Trekking 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 Meter) Trekking 6 hours (F,M,A)

---

### Day 11 Trekking from Chyawabesi to Tumlingtar 460m/3 Stunden

We leave Chyawabesi behind us and walk on until we reach Bheteni, where there are a number of stores. 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 Meter) Trekking 3 hours (F,M,A)

---

### Day 12 Easy day, drive with the Jeep to Num

Today we have a break from walking, we take the jeep to Num. It wouldn't be nice to walk. Overnight stay in a Lodge in Num (1490 Meter) Jeep 4-5 hours (F,M,A)

---

### Day 13 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 Meter) Trekking 5-6 hours (F,M,A)

---



Swiss Hope Sherpa  
Veja Alvra 62  
7482 Bergün  
[www.swisshopesherpa.ch](http://www.swisshopesherpa.ch)

---

#### Day 14 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 Meter) Trekking 4-5 hours (F,M,A)

---

#### Day 15 Tashigaon to Khongma Danda

We have a tough day ahead of us today as we walk on 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 Meter) Trekking ca. 6-7 hours (F,M,A)

---

#### Day 16 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 admire 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 Meter) Trekking 6-7 hours (F,M,A)

---

#### Day 17 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 transportation in these regions.

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

---

#### Day 18 Rest day

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 Meter) (F,M,A)

---

#### Day 19 Yangri Kharka to Langmale Kharka

We trek along the lush Himalayan forests and cross a few wooden bridges over small streams to reach Merek. In search of the mesmerizing 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 Meter) Trekking 5-6 hours (F,M,A)

---



Swiss Hope Sherpa  
Veja Alvra 62  
7482 Bergün  
[www.swishopesherpa.ch](http://www.swishopesherpa.ch)

---

### Day 20 Langmale Kharka to Makalu base camp

We climb along a steep trail up 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 the 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 in Makalu base camp. (4870 Meter) Trekking 6-7 hours (F,M,A)

---

### Day 21 Discover 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 stay in a Lodge in Makalu base camp. (4870 Meter) (F,M,A)

---

### Day 22 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 Meter) Trekking 6-7 hours (F,M,A)

---

### Day 23 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 Meter) Trekking 6-7 hours. (F,M,A)

---

### Day 24 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 a Lodge in Khongma Danda (3500 Meter) Trekking 5-6 hours (F,M,A)

---

### Day 25 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 Meter) Trekking 4-5 hours (F,M,A)

---



Swiss Hope Sherpa  
Veja Alvra 62  
7482 Bergün  
[www.swisshopesherpa.ch](http://www.swisshopesherpa.ch)

---

### Day 26 Tashigaon to Seduwa

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

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

---

### Day 27 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 Meter) Trekking 5-6 hours (F,M,A)

---

### Day 28 Jeep-drive from Num to Tumlingtar

We drive back to Tumlingtag on the same route.

Overnight stay in a Lodge in Tumlingtar (410 Meter) Jepp drive 4-5 hours (F,M,A)

---

### Day 29 Flight from Tumlingtar to Kathmandu

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

Overnight stay in Kathmandu. (1400 Meter) Flug 50 minutes (F,M,A)

---

### Day 30+31 Kathmandu

Now we have a few more days to enjoy Kathmandu.

Overnight stay in a hotel in Kathmandu (1400 Meter)

---

### Day 32 Flight back home

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

Flight back from Kathmandu:

---



Swiss Hope Sherpa  
Veja Alvra 62  
7482 Bergün  
[www.swisshopesharpa.ch](http://www.swisshopesharpa.ch)

### 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 lodge during the trekking
- 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 program
- Trekking permits u
- Map of Nepal
- 5% in favor 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 1'200.-

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





Swiss Hope Sherpa  
Veja Alvra 62  
7482 Bergün  
[www.swisshopesherpa.ch](http://www.swisshopesherpa.ch)

## Packing list:

- (\*) Backpack (daypack)
  - (\*) T-shirts
  - Underpants
  - (\*) Outdoor pants plus lined, wind-repellent trekking trousers (thermal trousers)
  - (\*) Shorts
  - Trekking socks
  - (\*) Light 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
  - Towel microfiber cloth
  - (\*) Telescopic poles (if you like)
  - Personal hygiene, beware of 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
  - (\*) Aluminum or plastic drinking bottle (can also be used as a hot water bottle at night)
  - Toilet paper
  - Own pharmacy
  - Long underpants / 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.

## Daypack

- Drinking bottle(s)
- Toilet paper
- Camera / cell 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