

Trip Name : Ice Col Adventure Trek

Starting Point	Fly in KTM-Tumlingtar
Ending Point	Fly out Lukla-KTM
Type	Fully Camping Trek
Grade	Difficult
Duration	25 Days
Daily Walk	5-7 hours
People in Group	Minimum 2 and Maximum 12
Best Time	April to mid-May and September to mid-November
Max. Elevation	6135 mt.

Trip Highlights:

- Nepal's highest trekking route
- Crossing of three major high passes-East Col, West Col and Amphu Lapcha
- A stunning panorama which includes 5 of the World's 8,000m peaks
- A chance to venture into an isolated and un-spoilt wilderness of massive moraines, glacial lakes and spectacular peaks
- Possibility of side trip to the world famous Everest Base Camp and Kalapatthar
- Possibility of combining Island Peak expedition

Trip Details:

This is one of the wildest high mountain adventure trekking that involves some rope climbing from Makalu Base Camp across Barun glacier to the Khumbu region while crossing over the passes of Sherpani/East (6,100m/20,014ft) and West Col (6,135m/20,129ft) with great views of some prominent peaks. The Ice-Col trek is also a demanding Himalayan trek with spectacular views of the mountains above eight thousand meters such as Cho Oyu (8,201m/26,907ft), Lhotse (8,501m/27,890ft), Everest (8,848m/29,028ft), Makalu (8,463m/27,767ft) and Kanchenjunga (8,586m/28,170ft) en-route. The trek has some very steep slopes and good for only those with alpine experience and need a high level of stamina. Since there are very few modern facilities and amenities, this trek requires a well-supported and guided team with sensible equipment including ropes and ice-axe. The trek connects with the Khumbu region at Chhukung crossing after the Amphu Lapcha pass (5,800m/19,029ft). The Amphu Lapcha (also referred to as the Amphu Labtsa) pass is one of the most dramatic crossings in the Himalaya having straightforward ice-fall. The valley is high and open, fringed with broad moraines and sharp white peaks where the views of Chamlang (7,319m/24,013ft) and Baruntse (7,129m/23,390ft) are excellent. The Khumbu region has some pristine Sherpa villages and monasteries along the Everest Base Camp trail. Namche Bazaar is the popular Sherpa hometown. The trek is completed at Lukla. The entire Makalu-Barun, Hinku (Honku) valley and Khumbu region has a unique landscape that shelters some of the rare species of animals and plants in Nepal.

Note:

- Island Peak climbing can be associated with this trek.

Season for Ice-Col Trekking:

The best times for Ice-Col trekking are from the beginning of April to mid May and from the beginning of September to mid November. The high passes are closed in winter till beginning of spring. The weather must be favourable in order to complete the Ice-Col trek.

High Altitude Warning:

Altitude sickness is a serious concern in the Ice-Col trekking that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath. We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Ice-Col trekking as hard trek and are suitable for passionate trekkers who have courage to walk at least 5-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, this trek can be completed successfully. If you have any previous rope climbing experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Makalu-Barun and Sagarmatha National Park permits and TIMS (Trekking Information Management System)
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- A Sherpa Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Necessary equipment including high mountain Tents, Ropes, Mattresses, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Tumlingtar and Lukla-Kathmandu & ground transfers to/from airport
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal equipment that may require for high passes such as Ice-axe, Crampons, etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly Kathmandu to Tumlingtar (457m/1,500ft) and trek to Khandbari (1,040m/3,412ft).

Day 02 : Trek Khandbari to Bhotebash (1,700m/5,577ft).

Day 03 : Trek Bhotebash to Mure (1,980m/6,496ft).

Day 04 : Trek Mure to Seduwa (1,510m/4,954ft).

Day 05 : Trek Seduwa to Tashi Gaon (2,070m/6,791ft).

Day 06 : Trek Tashi Gaon to Khongma (3,470m/11,385ft).

Day 07 : Trek Khongma to Mumbuk (3,400m/11,155ft) crossing over Shipton la pass (4,800m/15,749ft).

Day 08 : Trek Mumbuk to Nghe Kharka (3,750m/12,303ft), a pilgrimage site for local people.

Day 09 : Rest and acclimatisation day at Nghe Kharka.

Day 10 : Trek Nghe Kharka to Shershong (4,615m/15,141ft).

Day 11 : Trek Shershong to Makalu Base Camp (5,000m/16,404ft).

Day 12 : Rest day at Makalu Base Camp for excursion.

Day 13 : Trek to Sandy camp upper Barun Glacier (5,250m/17,225ft).

Day 14 : Trek to East Col base camp (5,500m/18,045ft).

Day 15 : Rest day and explore around.

Day 16 : Trek over East Col (6,100m/20,014ft) to Moraine (5,550m/18,209ft).

Day 17 : Spare day for weather conditions, etc.

Day 18 : Trek through West Col (6,135m/20,129ft) to Panch Pokhari (5,445m/17,865ft).

Day 19 : Spare day for weather conditions, etc.

Day 20 : Trek Panch Pokhari to Amphu Lapcha base camp (5,200m/17,061ft).

Day 21 : Trek through Amphu Lapcha pass (5,800m/19,029ft) to Chhukung (4,730m/15,519ft).

Day 22 : Trek Chhukung to Tengboche (3,867m/12,687ft).

Day 23 : Trek Tengboche to Namche Bazaar (3,446m/11,306ft).

Day 24 : Trek Namche Bazaar to Lukla (2,840m/9,318ft).

Day 25 : Fly Lukla to Kathmandu (35 minutes).