



MAKALU

RAPID ASCENT™ EXPEDITION

DURATION: 35 DAYS

LOCATION: NEPAL

SKILL LEVEL: ADVANCED

ALPENGLOW



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Expedition Details

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DIFFICULTY LEVEL DESCRIPTION:

Advanced - must be able to climb technical terrain with an alpine pack on your back. You should be comfortable with camp craft in high-altitude camps and be able to perform at a high level for multiple days in a row at altitude.

PREREQUISITES:

Team members must have prior experience on a 7,000m peak and should have experience on several 6,000m peaks. Makalu is a very demanding peak, and significant prior experience is required.



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Expedition Introduction

Why Climb Makalu?

Alpenglow Expeditions is excited to offer this expedition to Makalu (27,825' / 8481m), the fifth tallest mountain in the world.

Makalu, a stunning 4-sided pyramid, stands isolated on the Nepali-Tibetan border, close to and easily visible from Mt. Everest and the Khumbu Valley, but far away from the common tourist treks and climbs.

For years, Makalu has seen few ascents and only non-commercial teams. The difficult and long trek into base camp was one reason for this. With the aid of pre-acclimatization and helicopters, we now avoid this trek and immediately access the stellar climbing on Makalu itself. From an Advanced Base Camp at the foot of Makalu's glaciers, we progressively place camps and ascend on Makalu's slopes.



Route Choice

We climb the “Northwest Ridge” route on Makalu. It's a steep and consistent climb, and follows the same route as the first ascent. Steep and constant climbing will see us reach the Makalu La before we make the final push to the summit. Our program of utilizing oxygen above 7,000 meters (23,000 feet), Sherpa support, and fixed ropes throughout the climb makes each climbing day reasonable in length and difficulty.



Historical Overview

Makalu was first attempted in 1954 by an American team led by Riley Keegan. Their attempt, however, was unsuccessful.

The first ascent of Makalu was made via the Northwest ridge by a Lionel Terray and Jean Couzy as part of a French expedition on May 15th, 1955.



35 Day Itinerary

Historically, we have seen that over 30% of climbers on other teams head home long before attempting their summit push. This is generally for three reasons, all tied to the amount of time teams take “acclimatizing” on the mountain:

- The multiple trips up and down the mountain during acclimatization cause the climber to reassess the risk and go home.
- The climber’s weight loss, chronic sickness and progressive weakening at altitude cause them to call off the trip.
- A family or work issue at home takes priority.

Our goal with a 35-day itinerary is to keep all the necessary acclimatization, training, and mountain preparation while minimizing the unnecessary waiting and downtime of traditional expeditions.

Using the best technology available (*including weather forecasting, efficient oxygen systems, and pre-acclimatization in hypoxic tents*), our team’s experience, and their early arrival and late departure to pre-set and clean the mountain’s camps and ropes allows for minimized time climbing, while maximizing their chances of success.



The history, scenery and technical difficulties of this mountain make it a gem on its own. Regardless if you're getting ready for higher summits or if this is another milestone in your climbing career. After Makalu, many climbers set their sights on other 8,000m peaks like Everest, Cho Oyu, and Gasherbrum II.

See more trips at ALPENLOWEXPEDITIONS.COM



About Alpenglow Expeditions

Alpenglow creates and fosters a community of climbers prepared to achieve their dreams in the world's greatest mountain ranges.



About the Company

Alpenglow Expeditions is an AMGA accredited business, and prides itself on working with guides who uphold and exemplify the highest standard in the profession of mountain guiding.

Led by IFMGA mountain guide Adrian Ballinger, Alpenglow focuses on creating expeditions that reflect our high standards in mountain guiding by providing precision logistics, cutting edge technology, and thoughtful itineraries that combine for successful climbs.

History of Alpenglow Expeditions

Founded in 2004 by IFGMA mountain guide Adrian Ballinger, Alpenglow Expeditions began as a boutique guide service that focused on high altitude climbing. In those 15 years we've expanded our offerings, both internationally and in the United States. We are now proud to offer courses and expeditions ranging from a climbers first experience on the Tahoe Via Ferrata, to basic backcountry education for those interested in exploring winter landscapes, to climbing the world's highest mountain for those on the Road to Everest.

About Alpenglow Expeditions



Founder — Adrian Ballinger

Adrian Ballinger founded Alpenglow Expeditions in 2004 envisioning a more holistic climbing experience for his clients than the status quo.

Adrian is the only American who has skied two 8,000 meter peaks, was the first person to ski Manaslu, the 8th tallest mountain in the world, and in 2011 became the first person to summit three 8,000 meter peaks in only 3 weeks (Everest twice and Lhotse once).

Adrian holds both an AMGA and IFMGA guide's certifications and has achieved more than 13 summits of 8,000 meter peaks (including 10 summits of Mt. Everest).



Partner / Chief Guide — Logan Talbott

Logan has been guiding professionally for over a decade in the disciplines of Rock, Alpine, and Ski Mountaineering. When not out guiding, Logan spends time in the office helping the team with the day-to-day operations of the business. From one day ascents of El Capitan to big Alpine climbs in the Himalaya, or from ski descents on Denali to backyard ski tours in Lake Tahoe, he can't help but smile when out running around the hills.

Logan is an AMGA/IFMGA mountain guide, an Avalanche course leader with AIARE, as well as a wilderness EMT. In addition to guiding, Logan has extensive experience in mountain rescue, having worked for rescue teams in both Yosemite and Denali National Parks, and volunteering locally for Tahoe Nordic SAR.

LOCAL KNOWLEDGE, LOCAL PARTNERS

We partner with local logistics companies in each country and region that we operate in. Often we have partnerships that have been with us since the beginning of Alpenglow. Whenever we bring on a new operator we have vetted them thoroughly to insure their reliability and quality. Our local and regional logistics partners are the backbone of our in-country logistics and help us achieve the success that we're known for.



After 17 years of guiding expeditions all over the world, including more than a dozen 8,000-meter peak expeditions, we have refined and distilled the acclimatization and climbing process to maximize safety, health, success, and enjoyment.

The Alpenglow Approach

Alpenglow Expeditions' Rapid Ascent™ climbs are an entirely new way to approach big-mountain expeditions.

Rapid Ascent™ Strategy

First developed by Adrian Ballinger, Rapid Ascent™ is a unique approach to climbing big mountains across the world. This innovative program combines hypoxic training at home with precise logistics and small team sizes to reduce the overall time spent away from home, all while greatly increasing the chance of success on your international climbing expedition.

By pre-acclimatizing for 6 weeks at home, we're able to reduce the overall expedition time to 35 days. It is due to this pre-acclimatization that we are able to fly directly to base camp and begin our climb.

4:1 Climber to Guide Ratio

All guides are IFMGA qualified or aspirants working towards finishing their certification. This is the lowest member to guide ratio in the Himalaya.

Private Sherpa Support Team

We'll have a full Sherpa team working specifically on our climb. They'll be there to help carry loads, set camps, and assist throughout the duration of the climb. All of our Sherpa on Makalu have worked with us on many expeditions.

The Alpenglow Difference

EXPEDITION DOCTOR ON CALL

Dr. Monica Piris, has been on fourteen 8,000-meter peak expeditions. She is in daily communication with our teams during the entirety of the expedition and is available for client consultation at any time.

SWISS WEATHER FORECASTS

Having a quality forecast for Makalu maximizes both our safety and our summit success. These weather forecasts were originally developed for aircraft traveling at the altitudes that we climb at.

FIVE BOTTLES OF OXYGEN PER CLIMBER

This allows us to start using oxygen from C2 on our summit push, and use high-flow oxygen sleeping at Camp 3. This approach maximizes safety and success. Our Sherpa also climb and sleep on oxygen, which means they have more strength to focus on you and your ascent.

HIGH-QUALITY FOOD

Imported and local foods of the highest quality, combined with a Western-trained cook staff. Alpenglow has the best food on the mountain, ensuring your strength and health throughout the expedition.

UNLIMITED WIFI INTERNET IN BASE CAMP

We understand the modern need for technology, and this allows you to stay in touch with home and office via email, text message, and phone at no additional expense.





Alpenglow's Makalu Team

Makalu Expedition Leader — Esteban “Topo” Mena

Alpenglow Expeditions' logistics, guiding, Base Camp staff, food, and equipment are of the absolute highest level possible.

The Makalu Rapid Ascent Expedition is organized and led by IFMGA Guide, Esteban “Topo” Mena.

Topo is an extremely talented high-altitude mountain guide, having made 17 8,000m summits. He has summited Everest five times, once without supplemental oxygen, and in 2019 summited K2 alongside Alpenglow Expeditions Founder Adrian Ballinger and fellow Alpenglow guide Carla Perez.

Topo has extensive experience organizing complicated logistics for high altitude teams, and has spent countless hours on the mountain rope-fixing with Sherpa, guiding members, and assisting and organizing rescues.

Alpenglow's Guides, Sherpa + Climbers

Alpenglow offers an exceptional level of competency, safety, and comfort on our Makalu expeditions. Our team of certified guides and the best Sherpa and cooks available (*staff we have been working with for more than a decade*).

Our small group size allows us to adapt to changing conditions and weather far more easily than many commercial teams, which have become so large over the last decade that they have become difficult to manage. Our member-to-guide ratios (**4:1**), experienced Sherpa, the comforts of our Base Camp, our fresh and nutritious food, and our use of maximum oxygen are details that add up to a far more enjoyable experience and successful climb.

Local Logistics Team

For our Makalu expedition, Alpenglow has partnered with the premier logistics operator to provide base camp infrastructure, food and base camp staff.

TEAM MEMBER REQUIREMENTS

While many downplay the difficulty and hazards of climbing Makalu, Alpenglow maintains a deep respect for the nature of this mountain and you will never find us underestimating its potential dangers. We require a significant amount of experience from each of our members to ensure that you will feel comfortable on the peak, both with your own skills and of those of your teammates.

Most clients will have climbed many other peaks in the 6000m – 7000m range. Team members should be well versed in climbing on rope teams at altitude and be prepared for a long, difficult climb.



Route Description + Itinerary

Our climb of Makalu begins with a helicopter flights from Kathmandu to the Chukkung Valley where we'll spend a few days acclimatizing before flying from Chukkung to ABC (18,600' / 5,600m). The views and mountain scenery during the flight are incredible. Our use of helicopters avoids a difficult and wet low-altitude trek and allows us to immediately begin acclimatization and work on the mountain itself, and by being pre-acclimatized we can avoid using base camp all together and fly straight to ABC.

ABC is where we spend most of our time on Makalu, and our comfortable and sunny camp, perched on a rocky dome at 18,600' / 5,600m, is home to our full Alpenglow infrastructure – heated dining tents, fully stocked kitchen, heated communications and hangout tent, internet access, and much more.

After some necessary rest and training days around ABC we begin to move on the mountain itself. From ABC we climb a rocky moraine and then continue onto low-angle glacier. Just before reaching Camp 1 (20,650' / 6300m) we ascend a steeper ice and snow wall with fixed lines. On this first rotation we spend at least a night in Camp 1, and make an acclimatization trip across easy glacier to Camp 2 (21,650' / 6600m).

Our second acclimatization climb takes us for another night at Camp 1, and then across broad glaciated slopes to Camp 2. We spend a few nights Camp 2, and during that time climb to at least 23,000' / 7,000m on the steep slopes that lead to the Makalu La and Camp 3.

After sufficient acclimatization time, we descend to ABC for rest and to prepare for our summit push.

Our summit push begins with a climb directly to Camp 2. After a possible rest day, we put on oxygen and climb to the Makalu La and Camp 3 (24,600' / 7,500m). This is a long and steep climb, and utilizing supplemental oxygen makes it significantly easier and more comfortable.

After a night utilizing oxygen at Camp 3 we make an easy traverse to Camp 4 (25,600' / 7,800m) on oxygen. We'll pass through Camp 4 as we climb moderate glacial slopes to the French Couloir. The couloir is steep and entails crossing small rock bands interspersed with snow climbing. From the top of the couloir we follow the exposed ridge on rock past the false summit and to the top of the world's fifth tallest mountain. The views from the summit are unparalleled, and range from Kanchenjunga in the east to Shishapangma in the west, with countless smaller peaks in between.

From the summit we descend to Camp 2 where we spend the night, and then continue down to ABC to celebrate our summit, rest, and prepare for our return by helicopter and fixed-wing plane to Kathmandu and home.





Map Overview





Daily Itinerary Overview

DAY 1 — Arrive in Kathmandu, Nepal. Today you'll arrive into Kathmandu and transfer to our hotel, and begin the process of getting over jet lag.

Activity. Arrive in Kathmandu
Sleeping Elevation. 4,600'
Lodging. Hyatt Regency Kathmandu
Meals. None

DAY 2 — Explore Kathmandu. Today we explore some of Kathmandu's most famous sites. These include Swayambhu (the Monkey Temple), Pashupati (Nepal's largest Hindu temple), Boudhanath (Kathmandu's most important Buddhist temple) and the old city's original central square, Durbar. We also have our first team meeting, and organize our equipment.

Activity. City Tour
Sleeping Elevation. 4,600'
Lodging. Hyatt Regency Kathmandu
Meals. Breakfast

DAY 3 — Fly to Pheriche. Today we'll make our way into the Khumbu, taking a heli flight from Kathmandu to the village of Pheriche. After settling in, we'll make a quick trek in the afternoon for some fitness and added acclimatization.

Activity. Fly to Pheriche
Distance Covered. 150 mile flight
Sleeping Elevation. 14,340 ft'
Lodging. Tea House
Meals. Breakfast, Lunch, Dinner

DAY 4 — Trek to Chukkung. We'll continue working our way deeper into the mountains, trekking up the Chukkung Valley to the small village of Chukkung. At 15,400', Chukkung will serve as our last stop before we fly to the Advanced Base Camp on Makalu. After finishing our trek, we'll rest and prepare hike up Chukkung Ri (18,238') in the morning.

Activity. Trek to Chukkung
Distance Covered. 3 miles
Moving Hours. 2-5 hours
Elevation Gain/Loss. +1,000'
Sleeping Elevation. 15,400'
Lodging. Tea House
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview

DAY 5 — Trek to Chukkung Ri/Prepare for flight to ABC. An early morning will see us trek to the summit of Chukkung Ri, a 18,238' peak above the village of Chukkung. The non-technical peak will give us a chance to touch 18k and recover by sleeping low before heading to Makalu tomorrow. After finishing up the trek, we'll pack and prepare for our Heli flight to Advanced Base Camp in the morning.

Activity. Trek Chukkung Ri
Distance Covered. 3 miles
Moving Hours. 4-6 hours
Elevation Gain/Loss. +/-2,800'
Sleeping Elevation. 15,400'
Lodging. Tea House
Meals. Breakfast, Lunch & Dinner

DAY 6 — Fly to Makalu Advanced Base Camp. The time has come to reach our objective. A quick and stunning heli flight from Chukkung will see us arrive to ABC at 18,600'. We'll spend the day settling in to our new home for the next 29 days.

Activity. Trek to ABC
Distance Covered. 5.5 miles
Moving Hours. 4-6 hours
Elevation Gain/Loss. +2,000'
Sleeping Elevation. 18,600'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAYS 7-8 — Rest in ABC. We'll spend the next two days acclimatizing while we take in the magnitude and beauty of the mountain that we are about to attempt.

Activity. Rest/Acclimatize at ABC
Sleeping Elevation. 18,600'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 9 — Climb to Camp 1. After completing our Puja Ceremony asking the mountain for permission to climb its slopes, we'll start our first acclimatization rotation by making our way up to Camp 1 at 20,300', 6,300m. After departing ABC, we make our way up a rocky moraine before reaching the start of the glacier. The glacier here is low-angle and makes for easy climbing.

Activity. Climb to C1
Distance Covered. 1.5 miles
Moving Hours. 4-6 hours
Elevation Gain/Loss. +1,700'
Sleeping Elevation. 20,300'
Lodging. C1
Meals. Breakfast, Lunch & Dinner

Climbing Makalu, however, is no easy feat, as proven by the steeper ice and snow wall that we'll climb via fixed lines just before reaching C1. We'll reach camp shortly after climbing the steep ice and snow section.

DAY 10 — Acclimatize in C1. We'll spend the day resting and acclimatizing in C1.

Activity. Acclimatize in C1
Sleeping Elevation. 20,300'
Lodging. C1
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview

DAY 11 — Touch C2 and descend to ABC. After spending two nights acclimatizing in C1, we'll cross a gentle sloping glacier and touch Camp 2 at 21,650' before descending back down to ABC, marking the end of our first acclimatization rotation.

Activity. Touch C2, Descend to ABC
Distance Covered. 3.5 miles
Moving Hours. 4-6 hours
Elevation Gain/Loss. +1,350'/-3,000'
Sleeping Elevation. 18,600'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAYS 12-13 — Rest in ABC. We'll spend the next two days resting and preparing to make our second acclimatization rotation.

Activity. Rest days in ABC
Sleeping Elevation. 18,600'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 14 — Climb to C1. Today we'll start our second and final acclimatization rotation as we make our way back up the low angle glacier before once again climbing the steep ice and snow section to C1. We'll move quicker this time around having made the same climb only a few days prior.

Activity. Climb to C1
Distance Covered. 1.5 miles
Moving Hours. 4-6 hours
Elevation Gain/Loss. +1,700'
Sleeping Elevation. 20,300'
Lodging. C1
Meals. Breakfast, Lunch & Dinner

DAYS 15 — Climb to C2. We'll spend the day retracing our steps towards Camp 2, as we cross the broad glaciated slopes before reaching camp for the night at 21,650'.

Activity. Climb to C2
Distance Covered. 1 mile
Moving Hours. 2-4 hours
Elevation Gain/Loss. +1,350'
Sleeping Elevation. 21,650'
Lodging. C2
Meals. Breakfast, Lunch & Dinner

DAY 16 — Touch 23,300' & Descend to C1. Following the age old technique of "climbing high and sleeping low", today we'll make our the high point of our acclimatization rotations before our final summit push. After a nights rest at C2, we'll climb towards Makalu La and C3, climbing to at least 23,300'. Having reached 23,300', we'll turn around and descend to C1.

Activity. Touch 23,300, Descend to C1
Distance Covered. 1.5 miles
Moving Hours. 6-8 hours
Elevation Gain/Loss. +1,650'/-3,000'
Sleeping Elevation. 20,300'
Lodging. C1
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview

DAY 17 — Descend to ABC. Today we'll make the descent to ABC, wrapping up our final acclimatization rotation.

Activity. Descend to BC
Distance Covered. 1.5 miles
Moving Hours. 2 -3 hours
Elevation Gain/Loss. +1,400'
Sleeping Elevation. 21,700'
Lodging. ABC
Meals. Breakfast, Lunch & Dinner

DAYS 18-21 — Rest in ABC. We'll spend the next four days resting and watching the weather as we prepare to start our bid for the summit of the 5th tallest peak in the world.

Activity. Rest in ABC
Sleeping Elevation. 18,600'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 22 — Climb to C1. After three weeks, the time has come to start our journey to the summit of Makalu. We'll start by climbing the now familiar gentle slopes to the steep ice section that protects C1. We'll climb this steep section for a third and final time, as we arrive at the first of three camps on our way to the summit.

Activity. Climb to C1
Distance Covered. 1.5 miles
Moving Hours. 4-6 hours
Elevation Gain/Loss. +1,700'
Sleeping Elevation. 20,300'
Lodging. C1
Meals. Breakfast, Lunch & Dinner

DAY 23 — Climb to C2. A quick and easy day will see us cross the glacier to C2 for the third time. Tomorrow we'll push up to C3 and our new high point on the mountain.

Activity. Climb to C2
Distance Covered. 1 mile
Moving Hours. 3-4 hours
Elevation Gain/Loss. +1,400'
Sleeping Elevation. 21,700'
Lodging. C2
Meals. Breakfast, Lunch & Dinner

DAY 24 — Climb to Camp 3. Utilizing oxygen from here on out to maximize success and safety, we'll continue onward up the mountain. An early morning will see us start climbing the steep snow slopes as we make the long climb to the Makalu La and C3. The will be a long and hard day, but spectacular views of the summit and the rest of our route will give us the stoke to push on to C4 in the morning.

Activity. Climb to C3
Distance Covered. 1 mile
Moving Hours. 6-8 hours
Elevation Gain/Loss. +2,700'
Sleeping Elevation. 24,400'
Lodging. C3
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview

DAY 25 / SUMMIT DAY — Summit and descend to C2. Today is the day, and your years of preparation and hard work are about to pay off. An early alpine start will see us climbing well before the sun rises, as we charge towards the summit of Makalu. We'll make a quick traverse to Camp 4, and continue on as we climb moderate glacial slopes to the French Couloir. The couloir is steep and entails crossing small rock bands interspersed with snow climbing. From the top of the couloir we follow the exposed ridge on rock past the false summit and to the top of the world's fifth tallest mountain. Standing at 27,766', 8,463m, the views from the summit are unparalleled. Kanchenjunga rises in the east, Shishapangma in the west, and the mighty Everest to the Northwest.

From the summit, we'll descend back to Camp 2. The summit day on Makalu is a big push, taking 14-18 hours and seeing us gain +3,300' and lose another 6,000'.

Activity. Summit & descent to C2
Distance Covered. 5 miles
Moving Hours. 14-18 Hours
Elevation Gain/Loss.
+3,366'/-6,066'
Sleeping Elevation. 21,700'
Lodging. C2
Meals. Breakfast, Lunch & Dinner

DAY 26 — Descend to ABC. From C2, we'll descend the gradual slopes to C1 and past the steep snow and ice section for the final time on our way back down to ABC. Once in ABC we'll celebrate our successful summit of the 5th tallest peak in the world.

Activity. Descend to ABC
Distance Covered. 2.5 miles
Moving Hours. 4-6 hours
Elevation Gain/Loss. -3,100'
Sleeping Elevation. 18,600'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAYS 27-32 — Extra Days. These are extra days to use for weather delays, acclimatization, etc.

Activity. Extra Days
Sleeping Elevation. 18,600'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 33 — Pack up Camp. Today we'll rest and spend the day preparing to catch our heli out of camp tomorrow morning.

Activity. Pack Up Camp
Sleeping Elevation. 18,600'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview

DAY 34 — Fly to Kathmandu. Today we'll say our goodbyes to the slopes on Makalu, as we catch a helicopter ride from ABC back to Kathmandu, marking the end of our adventure on the 5th tallest peak in the world.

Activity. Fly to Kathmandu
Distance Covered. 300 miles
Lodging. Hyatt Kathmandu
Meals. Breakfast

DAY 35 — Depart for Home. Today you'll depart Kathmandu for home.

Activity. Fly Home



Travel Details

FLIGHTS

Climbers should schedule flights to land in Kathmandu on day 1 of the itinerary. Climbers will meet their guides and transport to our first hotel will be arranged.

If you do not have a travel agent, we recommend using [kayak.com](https://www.kayak.com) as a primary source for finding low-fare airfares.

VISAS

Nepalese visas are required and must be arranged in advance. We recommend applying for a 10-year visa if you plan on visiting Nepal in the future. Contact our team for recommendations. We recommend CIBT for your visa needs.

FLIGHTS TO ABC

From Kathmandu, we'll board a private helicopter that will carry our team and gear into the Khumbu before taking a final flight to ABC.

*Please confirm your itinerary with **Alpenglow Expeditions** before purchasing.*





Accommodations

All expeditions include double occupancy lodging in town and double occupancy tents on the mountain. No matter where we travel, Alpenglow strives to stay in safe, clean and comfortable accommodations. Our tents are always in good shape and are replaced regularly.

IN-TOWN

For our two nights in Kathmandu, we stay in a luxury hotel called the Hyatt Kathmandu. We utilize this time to recharge our batteries from the lengthy international travel.



ON-MOUNTAIN ACCOMMODATIONS

Advanced Base Camp life includes a 3 person personal tent for you. Alpenglow's base camp infrastructure includes a dining tent complete with a lounge area that is made as comfortable as possible with heaters, plush chairs, and cushy rugs.

Above ABC, we move to the traditional style mountain camps. These will all be pre-built by our sherpa team ready to go for your arrival each afternoon.



General Trip Information

FOOD

Fresh, healthy and nutritious food is both imported from the U.S. and purchased from local markets in Kathmandu to provide the best options to our team. Our western trained base camp cooks work around the clock to provide hearty meals that are both pleasing to the palate and filled with calories to replenish our depleted bodies.

MOUNTAIN TRAINING

Makalu is obviously a large physical undertaking, and climbers who are joining our teams should have a deep understanding of what it takes to train for a mountain like this. For a personalized training schedule, please reach out to our in-house trainer: lynette@billygoatswift.com.

ACCLIMATIZATION FOR NON-RAPID ASCENT CLIMBERS

While our daily itinerary doesn't change, there is an option for climbers who wish to acclimatize in-country prior to day 1 of the itinerary. Please contact the office to discuss options.

MEDICAL REQUIREMENTS

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

On Mountain Medicine

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

INCLUSIONS

The cost of your trip includes your land costs (*excluding in-town meals*). This includes:

- Double occupancy lodging while in town, according to itinerary.
- Meals on the mountain
- Group camping and climbing equipment
- Base camp and mountain infrastructure
- Scheduled transportation while in the countries we are visiting (including 1 help flight into ABC and 1 Heli flight back to KTM)
- Certified guides
- Sherpa Support Team

CANCELLATION POLICY

View our cancellation policy online at alpenglowexpeditions.com.

INSURANCE

We require that all participants carry rescue insurance and health insurance. Travel insurance is strongly recommended. Your policy numbers must be provided to us prior to leaving the USA.

EXCLUSIONS

The cost of your trip does not include:

- Flights to/from the city where the expedition begins
- Additional nights in hotel outside of the itinerary, this includes but is not limited to extra hotel nights due to early summit bids and early departure from the mountain
- Airport taxes
- Visas
- In-town meals
- Immunizations
- Tips for guides or local staff
- Travel, rescue, or any other type of insurance
- Hospitalization or evacuation costs
- Excess baggage charges
- Alcohol
- Other personal expenses

***** The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.***





Expedition of a Lifetime

Summit success is only achievable with your hard work and perseverance, and of course the right team of people around you.

We think of ourselves as your partner in dreaming, planning, climbing and celebrating. Our entire team from Adrian, guides, support personnel and logistics partners are excited to have you along for the expedition of a lifetime.

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expeditions

ALPENGLOWEXPEDITIONS.COM

BOOKING + INQUIRES

For booking details, questions, or more information please call or email us:

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This expedition is operated by Adrian Ballinger, IFMGA Mountain Guide.
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