

Tourism For Social Change



Nepal

**Community
tourism
experience**



**Alternative
trekking**

Makalu Arun Treks

Travel to Eastern Nepal

The skyline of Sankhuwsabha is panorama of rugged Himalayan peaks. Remote high district of Eastern Nepal very close to the Everest region, it is still a very untouched trekking area within Makalu Barun National Park, the only protected area on earth with an elevation gain of 8,000m. This region provides you endangered wildlife, constantly green dense forests with towering waterfalls, wrinkled hard rocks and colourful flowers blossoming on the season underneath white snowy peaks.

Alternative trekking

Get into the mountains towards Mont Makalu, fifth highest mountain in the world at 8,463 meters of altitude, accompanied by an English speaking local guide and local porters. You can move at your own pace, set your own schedule and - most importantly, meet and experience the real life of the residents.

Community tourism experience

Community-based tourism is tourism developed and run by the local residents.

As an alternative way of travelling, the visitor contributes to the development of the communities, according to local people wishes and conserving their culture and environment. If you want to, you can get involved in communities local projects and share your own knowledge and experience



History of the Makalu Arun Social Trek

In the first place, two Nepali registered non-profit-organizations working for disadvantaged children in Sankhuwasabha District joined forces to create a sustainable source of income to finance their activities.

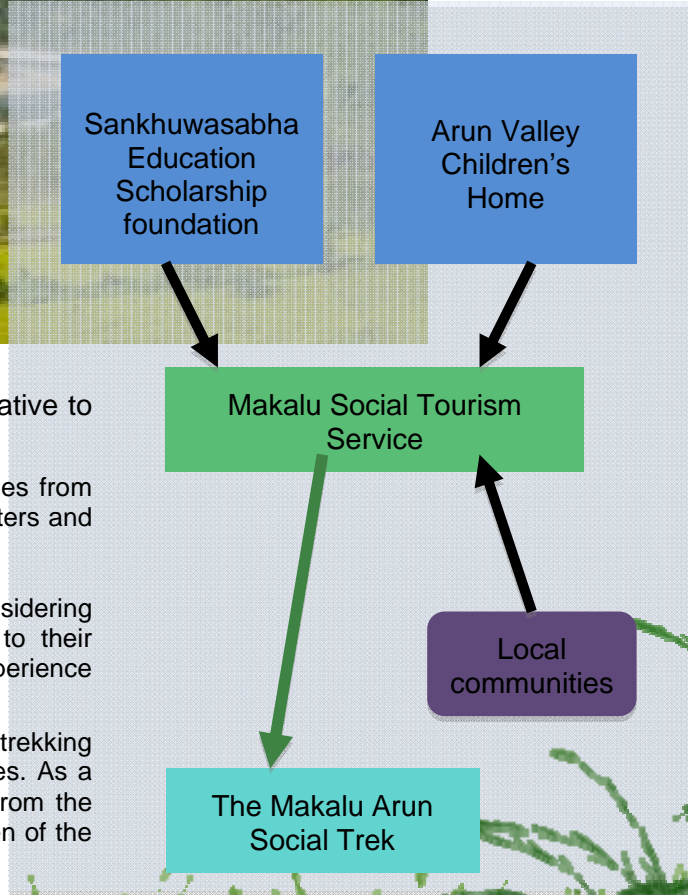
In collaboration with the local residents of the district, we created the **Makalu Social Tourism Service**, with the objective to develop community-owned tourism activities for the numerous visitors travelling to the area.

As a first initiative, we designed **The Makalu Arun Social Trek**, an alternative to trekking offer in the region:

Most of the existing treks to Mont Makalu are organised by private travel agencies from Kathmandu. They bring everything from food to accommodation materials, the porters and the guide from outside the area.

In reaction to visitors' interest in the resident's traditions and way of life, and considering that grassroots communities are the one who can best introduce the visitor to their environment, The Makalu Social Tourism Service designed a low-cost trekking, experience to be shared with the locals along the way to Mont Makalu:

Trekkers are accommodated in local teahouses and home-stays and a local trekking agency takes care of the overall organisation in collaboration with the communities. As a result, the trekkers experiences the local traditional way of life, all the benefits from the program stay in the communities, and part of it directly goes to support the children of the district.



Sankhuwasabha

Remote high area located within the mighty Himalayan range of the Eastern region, Sankhuwasabha is one of the 75 districts of Nepal and covers an area of 3,480 Km². Due to the vast elevation differences, from 457 to 8,465 meters, there are many different ecological zones and the district can experience all variations of climate.

Mont Makalu, which is considered by many to be one of the most beautiful peaks in the world, is located in the northern part of the district and dominates the horizon. In addition to Mont Makalu, the district is also decorated with many others snow capped mountain peaks.



Mont Makalu base camp, 4,870m



Shivadhara, The sacred natural tap

According to ancient tales, this was the place where Lord Shiva and Parvati used to play and travel, and they would have a bath at the tap. On the full moon of August, every year, pilgrims come to have a sacred bath as they have faith that it brings freedom from a kind of sin in our life. Because of its high altitude the site is covered with snow and deserted for about 8 to 9 months

Shersong, 4,650m

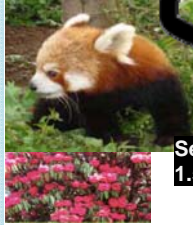
Yangle, Nhe Kharka, 3,600m

Makalu Barun National Park and the Buffer Zone area

The 1,500 km² area established national park in 1992 is one of the world's least disturbed wilderness areas, where some thirty Himalayan Peaks tower 6000 metres and higher.

Deep river gorges gash through the rugged landscape, creating dramatic changes of scenery. It is world-famous for its biodiversity and unique wonders: wild flowers and exotic plants as orchids and rhododendrons, and animals such as snow leopards or red pandas: a paradise for naturalists, and spectacular displays.

Nestled in the lower parts of the park, communities of Rai, Sherpa, and Shingsawa farmers retain a rich cultural heritage. Though economically poor and isolated, they hold the key to the preservation of the unique biological and cultural treasures of the Makalu Barun area.



Mombuk, 3,550m

Khongma, 3,560m

Tashigaon, 2,070m

Seduwa, 1,540m

Num, 1,500m

Mude, 2,000m

Hururu, 1,900m

Chichila, 1,840m

Khanbari, 1,036m

Tumlig Tar, 457m



Chhyankuti

3 hours walk, 30 minutes by jeep
Observe the snow capped Mt. Makalu and the other Himalayan peaks, the green forests and the Arun Valley site - lowest world-valley at 457m - the Arun River and the neighbouring Bhojapur district.



Khandbari,

Headquarters of the District, the hillside town is relatively modern. Every house has a piped water supply, the telephone, and electricity facilities. Internet connection is available as well as all the trekking materials you could need.



Raj Khukuri Industry, and Allo Clothes in Sankhuwasaba

The people of Sankhuwasabha, Population: 159,203 persons

Composed of 20 ethnic groups and spoken languages and of 65 different castes: the Indigenous group Rai, Kshetri, Tanamg, Brahmin, Guru, Dalit and Linbus are some of the biggest castes. They all have their own culture and tradition, their own way of worshipping the god. Nearly half of the people are Hindus and a third are Buddhist. Dashain and Deepawali are the two national festival of Nepal, both festivals fall in the month of September and October.

Agriculture is the major occupation as 3 of 4 residents of the district are farmers. Rice, wheat, corn, millet, potatoes, tomatoes, cabbage, and cauliflower are the major agriculture products.

Pilmigrate to the Manakamana Temple

One hour walk from Tumlig Tar

The sacred site surrounded by natural vegetation is located on the bank of the Arun River. Both Hindus and Buddhist Pilgrims seeking spiritual fulfillment and blessing from powerful Manakamana Devi reach the temple to worship the Goddess.

Day 1, Arrival in Kathmandu

Transfer to the hotel. Reservation can be made for you at Hotel Manaslu Lajimpat Kathmandu www.hotelmanaslu.com.

Day 2, Kathmandu Sightseeing

Full-day sightseeing tour around Kathmandu Valley. Destinations include Pashupatinath Temple, Boudhnath Stupa, the Royal Palace, Budhanilkantha, Swayambhu Nath, Kathmandu Darabar Square and Patan Darabar Square.

Day 3, Kathmandu to Tumling Tar (457m) and Khandbari (1,020m)

After a 40 minutes flight to Tumling Tar, meet our company staff at the airport. Travel to Khandbari.

Day 4, Khandbari (1,020m) – Sekaya Bhangkharka (1,350m) 3 hours

Explore Khandbari and visit the Khandbari Orphanage as well as Khandbari Bazaar. Meet your guide and porter and review the necessary trekking preparations before embarking on a 3 hour trek to Bhangkharka.

Day 5, Bhangkharka (1,350m) – Chichila (1,840m) 5-6 hours

In the morning participate in a guided interpretive village walk and observe the local Gurung culture. Then, trek through the Harela Dnda Lahari Khanrtka and enjoy the four hour jungle walk

Day 6, Chichila (1,840m) – Mude/Num (1,500m) 5-6 hours

After departing Chichila trek across the slow rolling hills and observe the natural beauty and the mountain peaks to the north.

Day 7, Mude/Num (1,500m) – Seduwa (1,540m) 4-5 hours

After departing Mude/Num, we will lose elevation as we trek down to the Arun River. Following the river crossing, we quickly gain elevation again as we arrive at Seduwa. Seduwa is the last village before we enter the uninhabited Makalu-Barun National Park, and it is home to the Makalu-Barun National Park Office. You will be required to pay a Park entrance fee of Nrs. 1000.00

Day 8, Seduwa (1,540m) – Tashigaon (2,070m) 4-5 hours

Enjoy the rural scenery as we trek from Seduwa to Tashigaon.

Day 9, Tashigaon (2,070m) - Khongma (3,560m) 6-8 hours

Embark on a rigorous trek with sharp elevation gains. It's important to watch for signs of altitude sickness as we gain nearly 1,400 meters on our way to Khongma

Day 10, Khongma (3,560m) – Dobate/Mombuk (3,550m) 4-5 hours

We start this trek early in the morning to minimize landslide risks in some of the unstable zones that we will be traversing.

Day 11, Dobate/Mombuk (3,550m) – Yangle/Nhe Kharka (3,600m) 4-5 hours

Have a rest day in Yangle/Nhe Kharka and allow your body to acclimatize to the elevation.

Day 13, Yangle/Nhe Kharka (3,600m) – Langmale/Shersong (4,660m) 6 hours

Observe the natural beauty around the area, beautiful mountain peaks and forests.

Day 15, Base Camp Rest Day

Enjoy a full-day of sightseeing and exploring around Mt. Makalu Base Camp.

Day 16 – 22, Return Trek to Khandbari

You have two option for the return trek; you can either return along the same route through Tashigaon or you can take an alternative route from Chichila - Bharke Danda – Thal Danda – Jogi Danda – Khandbari. On the alternative route, you have the option to visit the Santi Lower Secondary School in Bharke Danda.

Day 23, Volunteering in Khandbari

Take advantage of MSTs' unique relationship with the community, schools, and orphanage, and volunteer your time and skills. You will be amazed at both what you have to give and what you can learn from this experience.

Day 24, Return to Khatmandu

Return flight from Tumling Tar to Khatmandu and transfer to your hotel. Enjoy a restful evening.

Day 25, Flight Home

Have a safe and comfortable journey home!



GET READY!

Best time to trek and the climate

From September to November, and from March to April, when it is less likely to be snowed over.

Sankhuwasabha has four major seasons: Winter from December to February, Spring from March to May, Summer from June to August, and Autumn from September to November. Lower elevations are temperate through winter and hot during April and May. Heavy monsoon rains occur throughout the region from June through September, with occasional showers during April and May.

What to wear?

Lightweight clothing is recommended from May to August. Warm garments are required from October - March. Waterproof outerwear is a must for the rainy season.

Trekking equipment

For your trekking you will need the following things,

- Trekking sticks / Sleeping bags
- Medical kits: with items commonly needed during trekking like bandages, painkillers and Antiseptic.
- A mobile phone. Our guide will provide one for you.
- Some bottles of mineral water / Some biscuits for breakfast

To bring with you

Be sure you have money for our daily expenses: meals, accommodation, transportation, trekking permits, all government taxes airport tax, and Government licenses.

Travel insurance is compulsory for all Clients undertaking any tour. If you wish to arrange your travel insurance from our Company, we will arrange it for you.

Length of visiting/trekking days: 24 nights/ 25 days.

Designed for 1 to 5 persons

In addition to the set itinerary, the guests can also have the option to add-on a one or two night stay in Kathmandu before or after their trek, which will include a guided city and cultural tour, with all the necessary hotel and airport transfers.

Services included: Porter and guide - Round trip from Kathmandou to Tumling Tar - Kathmandu and airport tax – A flat fee per person that goes directly to the child welfare program

Service not included: Food, drinks and accommodation, to be paid directly to teahouse owners - Travel and health insurance - International airfare. Personal equipment - Visa fees or Kathmandu departure tax

Please feel free to contact us for a detailed estimation of your trek cost!

Language

Nepali is the national language. However, a traveller speaks English as well. By a Nepali/ English dictionary to help you communicate with local people

Currency

1US\$ = Rs.70. Nepali Rupees apprx.

If needed, we will change your dollar into Nepali Currency.

Accommodation

Our guides will manage all the practical aspects of your trek, including ensuring your comfort and privacy for your night's accommodation at the end of the day.

Along the way to Mt. Makalu, you will be hosted in homestays or traditional teahouses where you will be served Dal Bhat, the Nepali food. The standard of accommodation and food at these Teahouses varies tremendously, but your guide will select the best available

GET INVOLVED!

As a trekker, you already participate to the community wealth development, and a part of your contribution is directly donated to our 2 foundations.

Now, while you will be in the district, if you want to do so **you can participate to our projects, sharing your skills with us,** by,

- **Teaching English at the school,**
- **Helping with our small scale enterprise program,**
- **Creating awareness against global warming and environmental degradation,**

You can also choose to sponsor one child to go to school, or distribute stationery and study materials to the orphanage.



Our Foundations

Sankhuwasabha Education Scholarship Foundation (SESF)

The foundation supports the poorest and most helpless orphaned children of the region to obtain a quality education

It was registered as non-profit community based social organization in Khandbari on June 4, 1997 by the residents of Khandbari Bazaar, with the assistance of a United States Peace Corps volunteer, Mrs. Alyssa Nyberg.

SESF aims to provide education opportunities to all the needy children, and especially the girls, from Khandbari and the surrounding districts. by distributing scholarship from its general fund and promoting individual sponsorship for children.

Arun Valley Children's Home (AVCH)

The organization's mission is to provide a safe home, emotional support, and educational opportunities to orphaned and abandoned street children from Sankhuwasabha and the neighbouring districts of eastern Nepal.

AVCH is a registered non-profit, non-government social organization established in Khandbari in 2010, by a team of active social workers in the area.

It strives for a community with an orphanage that can provide the children with a home, motherly affection, food and shelter, healthcare, education, entertainment, and opportunities to be self-dependent in the future. Currently the organization helps manage an orphanage in Khandbari named the Child Welfare Home Khandbari and run by Makalu Tri Shakti Samuha. The orphanage houses 10 kids, from 6 to 14 years old, and employees a cook mother to supervise the children.

Thank you for inquiring about our Mt. Makalu Base Camp Trek.

At Makalu Arun Social Trek we are passionate about providing our guests with the trekking experience of a lifetime and work hard to create a mutually beneficial trekking environment between our guests and the local people. We manage excellent team that is dedicated to providing you with the very best service and experience. All of our guides are incredible resources on the cultural and natural history of the region, and share our vision of authentic exchange and real exploration based on community based tourism practices. We invite you to learn more about our MAST trekking experience by visiting our website and hope that you will join us for a life changing experience!

Please contact us for more information

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