Makalu Base Camp Trek

DURATION: 15 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Basic

Accommodation Hotel / Tea House

Max Height 4870 Metres

Start From Kathmandu

End At kathmandu

Transportation Plane & Jeep

Duration 15 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

Makalu Base Camp Trek, exploring Barun Valley, one of the most beautiful mountain valleys, and the laps of Makalu, the world's fifth highest mountain, by crossing two exciting mountain passes, Siptom-La and Keke La Pass, make this trek a super adventure. The trekkers need to **take a 45-minute flight to Tumlingtar from Kathmandu** to start the trek. From Tumlingtar, they need to take a jeep to Chichila and stay overnight. The actual trek starts in Chichila and extends along the rhododendron forests to the heavenly waterfalls and glaciers. The spectacular views of Makalu and several other peaks, including Mt. Everest, further beautify this journey. The natural beauty and unique adventure of the **Makalu Base Camp Trek make** it one of the must-visit destinations in the Himalayas. During the initial phase of trekking, most of the trails demand continuous hiking for days, making it a bit tiresome for a novice trekker. However, the best adventure along the peaceful and pristine trails gives anyone the perfect joy of trekking. The 15-day trek offers acclimatization stays at the right elevation to adjust to the quick fluctuation in altitudes. Since fewer trekkers come to explore Makalu Base Camp, the trek is a heavenly journey for peace lovers. Barun National Park is one of the richest and deepest national parks in Nepal. Explore the flora and fauna at every step of this trek and the cultural diversity and ethics of this region. We can explore the many lakes and wildlife like yaks, bears, Musk deer, Red pandas, Snow leopards, and many species of birds during this trek.

Makalu Base Camp Trek **offers a thrilling adventure through Barun** Valley and Makalu, the world's fifth-highest mountain. Trekkers travel from Kathmandu to Tumlingtar, Chichila, and Chichila, where they experience stunning views of Makalu and other peaks, including Mount Everest.

Trip Itinerary

Day 1 KATHMANDU – TUMLINGTAR – NUM (1,560M)

Breakfast, Lunch & Dinner | Tea House | Plane & Jeep | 1560 m

We fly to Tumlingtar after breakfast and meet the rest of the crew members who will also be joining us for the trek. A moderately paced walk through the picturesque villages and lush mountain forests will take us to Num. A ridgeline with great views on both side and perched on the end, this is Num for us. Overnight in Num.

Day 2 NUM – SEDUWA (1,500M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 1500 m

A steep descent through forests and terraced farms takes us to Barun River. We cross the river and follow an equally steep ascent up the other side again. Often quite hot – the forest on the valleys offer a bit of shade. This is where Makalu Barun National Park begins and where we register our permits. We camp right at the top of the village. Overnight in Seduwa.

Day 3 SEDUWA – TASHIGAON (2,100M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2100 m

Ascend the ridge bounded by the Ipsuwa Khola on the west and Kasuwa Khola to the east. Crossing the hillside through quiet villages and passing by small paddy fields, we reach the exotic village of Tashi Gaon. over night stay.

Day 4 TASHIGAON – KHONGMA DANDA (3,500M)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3500 m

We will ascend through forests to a stream and then onto a ridge. From here the trail gets even steeper and passes a Kharka (grazing land) and finally follows a series of rough stone stairs and small lakes ascending to the top of the ridge. From here it's a short way down to Khongma.

Day 5 KHONGMA DANDA – DOBATE (3862 M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3861 m

We ascend towards to the summit of the Shipton La (pass) which takes a few hours to reach. After the lake Kalo Pokhari (3930m), pass over the Keke La at 4,170m. We can see the marvelous views of Chamlang (7321m), Peak 6 (6,524m) and Peak 7 (6,758m). After crossing the Keke La pass, we descend through the beautiful valley to Dobate.

Day 6 DOBATE – YANGRI KHARKA (3,557M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3557 m

Today we pass through the rhododendron forest which leads to the Barun River and the upper reaches of the valley. We should be very careful during the first two hours of the trek as the trail is steep and arduous. We then take a pleasant walk, slowly gaining altitude until we arrive at Yangri Kharka situated at the base of the valley.

Day 7 YANGRI KHARKA – LANGMALE KHARKA (4,410M)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4410 m

The valley, we pass through yak pastures, lush forests and boulder fields. The valley walls tower imposingly above us during the start of the trek. We pass Merek as we make our way further up and notice a significant rise in the scenic Himalayan views. Overnight in Langmale Kharka.

Day 8 LANGMALE KHARKA – MAKALU BASE CAMP (4,870M)

6 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 4870 m

Today is the day we make it to the Base Camp. From Langmale Kharka we make our way up to Shershong and eventually to Makalu Base Camp. The trail is flat with icy glaciers and snow-clad mountains accompanying us. Mount Makalu comes into view as we approach Shershong. As we make our way to the camp, we get to soak in the majestic Himalayan panorama surrounding us. Overnight at Makalu Base Camp.

Day 9 EXPLORE MAKALU BASE CAMP

Breakfast, Lunch & Dinner | Camping | 4870 m

The Base Camp is a rocky barren place with the large Barun Glacier beyond it. From here we can see the magnificent south face of Makalu and the complete panorama of Everest and Lhotse. We can explore the surrounding lakes, glaciers and go for a short trek up where we may celebrate our

accomplishment at the camp itself.

Day 10 MAKALU BASE CAMP – YANGRI KHARKA

8 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3557 m

We descend down from the base camp and take our last glimpse of Makalu before turning the corner and heading back. On our way down, we pass through Shershong, Langmale Kharka, Merek and descend down the valley finally stopping at Yangri Kharka.

Day 11 YANGRI KHARKA – DOBATE

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3862 m

Yangri Kharka we descend through rock falls, green forests and valley, making our way towards Dobate. We follow the river banks of Barun as we descend down the trail.

Day 12 DOBATE – KHONGMA DANDA

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3500 m

We start the trek with steep climb from Dobate to Mumbuk (Nambuk) and through a forest of firs and rhododendrons. We then cross the Keke La, Tutu La (Shipton's Pass) and Kauma La en route. Next, we descend to Khongma Danda again. Overnight in Khongma Danda.

Day 13 KHONGMA DANDA – SEDUWA

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 1500 m

The trek continues with frequent long and steep descent cutting through the hillsides. We then cross the hillside and come across villages and settlements as we move further down finally stopping at Seduwa again.

Day 14 SEDUWA – NUM – TUMLINGTAR

Breakfast, Lunch & Dinner | Guest House | Walking & Jeep | 1560 m

We leave Seduwa and trek through lush forests towards Num. after num we drive to Khatbari Along the tumlingtar approx 5 hour .overnight stay Tumlingtar.

Day 15 TUMLINGTAR – KATHMANDU

Breakfast | Hotel | Plane | 1400 m

We fly back to Kathmandu after our long trek in the mountains. We can rest and relax throughout the day at our hotel or get in touch with our loved ones.

Cost Includes

- Pickups and drops from hotels and airports.
- All necessary paperwork and permits (National park permit, TIMS)
- All government and local taxes.
- Necessary insurance for trekking staff
- Domestic flights Kathmandu – Tumlintar – Kathmandu
- Guesthouse accommodation during the trek
- All meals and snacks while trekking
- All surface transportation to the starting point and from the ending point of the trek
- An experienced English-speaking guide trained by the government of Nepal
- Sleeping bags and down jackets for the trek (should be refunded after the trek)
- Hotel in Kathmandu for 2 nights, in a twin-sharing room with breakfast
- A comprehensive medical kit
- Staff Insurance
- Trekking Map

Cost Excludes

- Alcohol, laundry and other personal expenses
- Travel, accidental/ health insurance (mandatory).

- Beverage bills, bar bills, and personal expenses
- International airfare and airport tax and visa fee.
- Emergency evacuation
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Optional trips and sightseeing if extended
- Tips for staffs

Trip Map