

Makalu Base Camp Trek

Url: <https://www.glorioushimalaya.com/trip/makalu-base-camp-trek/>

Duration

21

Max. Altitude

4,870m

Difficulty

Hard

Group Size

2+ Pax

Transport

Flights, Bus, Jeep

Meals

Breakfast, Lunch, Dinner

Accommodation

Hotel, Camping

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Trek through the Makalu Barun National Park - One of the restricted region of Nepal
- Adventure camping hikes to Makalu Base Camp.
- Nepal's most remote and unspoiled trekking destination

Overview

Like some of the less frequented areas in Nepal, Makalu Base Camp Trekking also appeals to solo trekkers, who also want to be entertained and be under the influence of nature that has extraordinary beauty, and whose trekking trail takes you to the place, where the world's fifth highest mountain is located, this trail also leads you through unfamiliar regions, where you are face-to-face with the people, who follow the long-established traditions that your ancestors have left far behind by embracing modern technology and modern thoughts, but wherein the perfect relation between the plants and animals exist in a harmony that the whole world wants to see once more along with you, and what looks here is everything is unchanged.

Makalu Base Camp Trekking takes place in the Makalu Barun National Park, where the trekking gets wilder as the forest closes in, where the distant lush green hill welcomes you, which is a perfect habitat for different species of birds, including the Wren Babbler, that is rarely found in other parts of the world, and here, more than 75 species of mammals have adapted to this place since time immemorial, including Red Panda, Snow-Leopard and Musk Deer, and they may come across your eyes if you are fortunate. These rare animals thrive in the cruel climate of the mountains, and this is how they become legends, and to have their glimpse is rewarding itself.

The lower region of the park is covered with rhododendron forests, while the upper constitutes of granite cliffs, hanging glaciers, waterfalls and both seem to push their limits to show you different aspects of the Himalayan landscapes, and Makalu Base Camp, which is an ultimate place, offers you a breath-taking view of mountains, such as Kanchenjunga massif, Everest, Lhotse, Baruntse, Chamlang and others, and what could be better in your life than to see these mountain giants and their summits. The common places that the trekking trail takes you are uphill and downhill and of course the valleys, alpine lakes, and glaciers, shaped by geological effects. Above all, the trekking trail takes you to the heart of the Makalu Region.

Makalu Region is enriched with natural beauties; it spans a lot of areas, where the cold of the mountain is chilling, and where the beauties of the mountain look untamed.

Check out our fixed itinerary for Makalu Base Camp Trek or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

Itinerary

Day 01: Arrival in Kathmandu and transfer to the hotel (1400m)

Welcome to Nepal! As you approach the Himalayan nation from the air, we are waiting to receive you outside the international airport at Kathmandu. Our airport representative will be holding a name card of our company, so it will be easier to recognize him. After a warm welcome, you will then be transferred to your respective hotel via a private vehicle car, van, bus (depending upon the size of the group). After some refreshments, you can either rest or stroll down the street of Thamel and be familiar with the neighborhood. Later, you will be visited by our office representative for a briefing about our upcoming program. In the evening, you are invited to a welcome dinner hosted by our company in a nearby cultural restaurant which includes typical Nepali cuisine and a cultural performance. Overnight at your hotel (inclusive breakfast). Perhaps, this might be your first night in the city of the Himalayas!

Day 02: Kathmandu sightseeing tour and trip preparation

Kathmandu the city holds numerous ancient temples, old arts, and heritage sites. The Kathmandu valley tour is an experience most travelers would not want to miss while in Nepal! We will organize a guided tour to the famous world heritage sites which includes Syambhunath (The Monkey Temple), Pashupatinath Temple (The Largest Temple), Boudhanath Stupa, and Kathmandu Durbar Square. You will get some unique insights into the old arts, culture, and history of Nepal. All these sites carry a lot of cultural and historical significances which are definitely worth visiting. At the end of the day, you will be

driven back to your hotel. Later, our senior Sherpa guide will provide a briefing about the Makalu Base Camp Trek. If you haven't bought the trekking gears and necessary items yet, there are plenty of shops available in Thamel from where you can buy at a reasonable price. Overnight at the same hotel inclusive breakfast.

Day 03: Fly to Tumlingtar (518m) (50 min flight) and then drive to Num (1490m) - 4 hrs drive.

On the following day, you will be driven to the Kathmandu airport to catch your domestic flight to Tumlingtar. It will be a scenic flight which usually takes around 50 minutes, and if you are lucky enough not to have any clouds, you will have great mountain views from the air! Upon landing at Tumlingtar, we take a half an hour drive on a zigzag road uphill to Kandbari, a major town in the Sankhuwasabha District of north-eastern Nepal. As you head upwards passing the fields of corn, bamboo, and sal trees, you can observe the typical rural life of Nepal. You continue uphill on a zigzag dirt-road until the highest point at 1,960m before a short descent to Chicula (1,900m), a small town with a police checkpoint where you have to check-in your trekking permit. En route, there are ample enjoyable views of the surrounding arboreal hillsides. From Chicula, it's a bumpy drive most of the way to Num. Don't be surprised if your vehicle gets temporarily stuck, either on the rocky, muddy road or behind the grounded truck. You can rely on the locals to help get you out of a situation. Overnight at a tented camp on full board meals (breakfast, lunch, dinner).

Day 04: Trek to Seduwa (1460m) - 6 hrs walk

Today we begin our trek by taking a steep descent to the Arun River, which takes around two hours. Then, it is a big climb to Seduwa, losing, and regaining altitude on the same day. The walk all the way down to the river (770m) is on big stone steps, and is through cardamom crops; the largest cash crop in the area. It's very hot, but the natural backdrop is rural Nepal at its best. Crossing the suspension bridge over the Arun River, we begin the long, zigzag ascent to Seduwa, passing bustling village life and groves of giant bamboo. Your guide will require to visit the Makalu-Baron National Park checkpoint. There is a school in Seduwa, as well as many houses, small shops, and a few tea-houses dispersed across the hillside. Overnight at a tented camp on full board meals.

Day 05: Trek to Tashi Gaon (2070m) - 6 hrs walk

On the second day of our trek, we make a gradual ascent high above the Kasuwa Khola to Gyang (1770m). Passing the school at Gyang, it is a gentle walk through forested areas and terraced fields to Hindrungma, and Rupisa village. We come across meadows and several streams before arriving at the Sherpa village of Tashi Gaon. Overnight at a tented camp on full board meals.

Day 06: Trek to Kauma (3470m) - 6 hrs walk

We start today's trek by climbing over the ridge and ascending through forests to a stream to reach a ridge with a small campsite. From the campsite, the trail levels out and then ascends to a shepherds' hut Chipla atop another ridge. Climbing two small streams, we switchback up the ridge in the forest to a

Kharka at 2900 meters and reach up to a Saddle and Unshisha, a tiny meadow. Here the trail joins the ridge that separates the Kasuwa and Iswa drainages. From here the trail gets steeper on a series of stone stairs to Dhara Kharka, a grazing land atop the ridge. Then, we move over a hillock and take a short descent before arriving at Kauma. Overnight at a tented camp on full board meals.

Day 07: Trek to Mumbuk (3570m) - 6 hrs walk

Today we follow the ridge for a while before ascending on stone staircases. After few false summits, the trail swings left off the ridge to a small lake. Then, we gently climb up a narrow rocky gorge to the Kike La Pass (4,127 meters). From the pass, we descend to another lake before making a steep ascent through the large rock to the Tutu la. We then descend for about 150 meters into thin rhododendron forests to a leveled area. The final descent is through a forest of rhododendrons and firs to Mumbuk (3570m), a forest camp on a grassy slope about 100 meters above a small stream. We camp at Mumbuk with the backdrop of impressive snow-capped peaks visible through the trees. Overnight at a tented camp on full board meals.

Day 08: : Trek to Nhe Kharka (3000m) - 7 hrs walk

The following day, we descend for about 500 meters on a steep gorge with a stream. Then, we swing left through fir forests, along the side of Barun Valley. Moving along a hazy trail, we cross a 200-meter-long area before following the river to a Kharka (Grazing Land). Finally, after climbing Yangle Kharka by crossing to the north of Barun River, we reach Nhe Kharka, where we set our camp. On the south side of the valley, there is a small monastery that offers stunning mountain views. As days pass by, we can already feel the sudden changes in temperature with the gain of heights. Overnight at a tented camp on full board meals.

Day 09: Trek to Sherson (4615m) - 7 hrs walk

From Nhe Kharka, we follow the northern bank of the Barun Khola for a while before crossing a wooden bridge. Making a huge S-shaped bend, the walls of the Barun Valley rises almost vertically 1500 to 2000 meters above the river. But, the trail gently ascends as we approach Ripok Kharka. Still, we are on the north side of the Barun, and the trail bends to the west, leaving the rhododendron forests for the alpine zone. The trail above Ripok kharka crosses a rocky ridge with few huts and then climbs alongside the lateral moraine formed by the Barun Glacier. There is splendid scenery of Pyramid Peak, Peak 3, Peak 4, Peak 5, and Chamlang, though Makalu is not yet visible. The glacier turns slightly north as we pass a ridge. As we enter an alluvial valley, Makalu **pops into view** just before we arrive at Sherson (4615m). Overnight in a tented camp on full board meals.

Day 10: Trek to Makalu Base Camp (4870m) - 5 hrs walk

Beyond the Sherson, we stay to the right in a gorge on the east side of the valley. Making a gradual descent to a minor pass about 100 meters above MBC (Makalu Base Camp). From there, we descend to a stream, cross on rocks to the base camp on the west bank of the stream. From here we get impressive views of the large south face of Mt. Makalu rising across from base camp. An ascent of this

buttress **yields** views of Baruntse (7220 meters), Peak 6, 7; Lhotse and Everest complete the panorama. Overnight at Sherson in a tented camp (Full board meals).

Day 11: Makalu Base Camp Exploration Day

One option today which assures the most splendid 360-degree views is to climb to the crest at an elevation of around 5,300m. To get there, we cross the river on the wooden bridge and climb on an ill-defined trail for about 3 hours. From this viewpoint, you can see close-up views of Makalu, Peak 4, Peak 6, Peak 7, as well as impressive views of Nuptse, Lhotse, and Everest. Once you've had an exclusive experience of mountain drama, re-trace your steps back to the base camp.

Other options include following a path beyond the base camp to view the beautiful lakes. There is also a small hill at the head of base camp marked with prayer flags which take around an hour's hike and back and there is a much shorter crest climb you can do just above the base camp. Or you can just take a rest at your camp. Overnight at the same camp with full board meals.

Day 12: Trek to Nhe Kharka (3000m) - 7 hrs walk

Leaving the base camp, it's time to retrace our steps back to Barun Balley towards Nhe Kharka. En route, we can enjoy the alternative views of the scenery we've had while heading to the base camp. Overnight at Nhe Kharka in a tented camp inclusive Breakfast, lunch, and dinner.

Day 13: Trek to Mumbuk (3570m) - 6 hrs wak

From Nhe Kharka, we continue our journey by making a descent through the forest to Mumbuk. Once again we will witness the beautiful sunset over the top of Chamlang and Makalu. Overnight at a tented camp on full board meals.

Day 14: Trek to Kauma (3470m) - 7 hrs walk

Leaving Mumbuk, we pass across Shipton La before making a descent to Kauma. Overnight at Kauma on full board meals.

Day 15: Trek to Tashu Gaon (2070m) - 6 hrs walk

On the following day, we make a long steep descent down to Tashi Gaon. At Tashi Gaon, we spend the rest of the day at leisure and recover from the high altitude. Overnight at Tashi Gaon on a tented camp. Full board meals included.

Day 16: Trek to Balung (760m) - 5 hrs walk

From Tashi Gaon, we retrace our way back to Sedua by descending the Kasuwa Khol Valley then turning

south down the west bank of the Arun River. After Sedua, we once again descend gently to Mulgaon and further continue steep downhill on a rocky trail through fields of barley and corn to the Kasuwa Khola. Crossing the river on a suspension bridge (760 meters elevation from sea level), the track now enters the hot bottomlands of the Arun Valley. The area is temporarily settled by the Rai and Chettri farmers who live in villages on the highland above. Passing the settlements, we continue along the rocky trail to Balung. Overnight in a tented camp at Balung. Breakfast, lunch, dinner included.

Day 17: Trek to Pukuwa (550m) - 7 hrs walk

The trail now continues through temporary farming settlements to the spread-out Rai village of Walung (880m). Descending to the Apsawa River we cross a suspension bridge then make a steep climb to Chhayang, a charming Rai village (800m) with a substantial bamboo-pipe water supply. Then, the trail crosses a stream (at 590m) and continues some ups and down to arrive at Parangbu, a wonderful camping spot amid rice fields on the river banks of Arun Khola. Marching further, we traverse through forests and pass several small streams to reach Pukuwa. Overnight at tented camp on full board meals.

Day 18: Trek to Bumling (370m) - 6 hrs walk

The trail now traverses through forests and some remarkable high and narrow tracks as it ascends over rocky crests. Eventually, the route enters a bottomlands intense cultivation, crosses a massive landslide, and some more scrubland jungle before making a descent to Tome (520m). After Tome, the Arun Valley turns wider and more U-shaped. The trail further climbs over another crest on a narrow, steep stairway of rock steps. From the top of the crest (530m), the trail makes descend to a pleasing camp spot of the riverbanks of the Sankhuwa Khola (370m). The charming Chhetri village of Bumling lies just across on the other side of the river. Overnight at a tented camp on full board meals.

Day 19: Trek to Tumlingtar (518m) - 6 hrs walk

Leaving Bumling, we pass through the fields of lower Bumling, then climb over a crest and descend to the Inkhuwa Khola. After crossing the river on a wobbly wooden plank bridge, the trail now follows the river downstream to its confluence with the Arun River. Then following the Arun downstream, the trail passes through Chyawabesi before making a short ascent to the plain land of Tumlingtar. From here, it's a few km of complete leveled walking to the airfield. Overnight at a Tented camp on full board meals.

Day 20: Fly back to Kathmandu (1400m) - 50 minutes flight

After a hot breakfast, we catch an early return flight to Kathmandu. Upon arrival at Kathmandu airport, you will be transferred to your respective hotel. Finally, after about 3 weeks of a long journey, you can finally take a relaxing hot shower at the cozy hotel in Kathmandu. Rest of the day, you can either relax or explore the places in Kathmandu you haven't visited yet. Also, it is the last-hour to buy some souvenirs for you and for your loved ones. Congratulations! You made it happen! In the evening we will host a farewell dinner for the successful completion of the Makalu Base Camp Trek. Overnight at the hotel inclusive breakfast.

Day 21: Departure from Nepal

It's finally a time to bid farewell to this beautiful Himalayan nation. It was an honor for giving us an opportunity to serve you! And a wonderful memory that reflects on the precious time spent together. Our vehicle and escorts will be on standby to drop you at the international airport 3 hours prior to catching your flight back home! We pray for your safe journey and hope to see you again! someday! Bon Voyage!!!

Trip Includes

- All the airport pick-ups and drop-offs by private vehicles as per the itinerary.
- 3 nights of 3-star category hotel accommodations in Kathmandu city inclusive breakfast.
- 17 nights of twin sharing tented accommodations during the trek.
- Domestic flights and airport taxes. (Kathmandu-Tumlingtar-Kathmandu)
- 1-day Kathmandu sightseeing around world heritage sites inclusive city tour guide and private transport.
- All the necessary trekking permits and official paperwork.
- All the surface transportation as per the itinerary.
- Full board meals during the trek with tea/coffee. (breakfast, lunch and dinner)
- Boiled water will be served during the trek.
- All the camping equipment such as a mattress, member, kitchen, dining, toilet tents for camping.
- An experienced and license holder trekking guide.
- An expert trekking cook to prepare your meal for the trek.
- Supporting porters to carry your loads for the trek.
- First aid medicine for the trek.
- Glorious Himalaya company duffel and sleeping bags to use for the trek.
- Foods, Salary, accommodation, and accidental insurance of all our trekking staffs.
- Nepalese cuisine welcome and farewell dinner in a typical Nepali restaurant in Kathmandu.
- Trip achievement certificate.

Trip Excludes

- International airfare and Nepal entry visa.
- Alcoholic beverages, bottled mineral water, soft drinks and snack foods
- Entrance fees for Kathmandu sightseeing.
- Your personal travel insurance.
- Extra hotel nights in Kathmandu or in Tumlingtar due to flight cancellation or earlier.
- Tips to staffs

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)

- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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