

Makalu Base Camp Trek

Duration: 21 Days

Starts At: Kathmandu

Grade: Hard

Accommodation: Hotel, Camping

Transport: Flights, Bus, Jeep

Altitude: 4,870m

Ends At: Kathmandu

Group Size: Min 2 - Max 20 Pax

Meals: Breakfast, Lunch, Dinner

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 the Himalayas! Our airport representative will receive you outside the airport terminal. You can recognize him holding our company name card (Glorious Himalaya). He will transfer you to the hotel via a private tourist vehicle and help you check-in. You can have some refreshments and rest for a while after a long flight, or explore the city and be familiar with the neighborhood. Later our office representative will provide you a briefing about our upcoming trip. In the evening we will host a warm welcome dinner with Nepali cuisine and cultural dance. Overnight at your hotel inclusive breakfast.

Day 02 : Kathmandu sightseeing tour and trip preparation

After breakfast, our tour guide will receive you at your hotel with a tourist vehicle. Our valley tour includes Syambhunath (The Monkey Temple), Pashupatinath (The Largest Temple), and a visit to Boudhanath. We will also visit Kathmandu Durbar Square at the end of the day and then drive back to your hotel. Later, our senior trekking guide will give you a briefing about the trek. Overnight at the hotel inclusive breakfast.

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

You will be collected from your hotel and driven to Kathmandu airport for your domestic flight to Tumlingtar. The flight usually takes around 50 minutes and the views of the mountains are great if you are lucky enough not to have any clouds! You drive for about half an hour on a winding road uphill to Kandbari, a major town in the district that houses the government officials. There's plenty of rural life to observe as you head upwards with fields of corn, bamboo and sal trees. You continue on a winding, dirt road to the highest point at 1,960m before descending to Chicula at 1,900m, a small town with a police checkpoint where you have to present your trekking permit. There are

pleasant views of the surrounding forested hillsides. The road deteriorates a bit from Chicula so it's a bumpy ride from here most of the way to Num. Don't be surprised if your vehicle gets temporarily stuck, either behind a grounded truck or just stuck on the rocky, muddy road. Locals can usually be relied upon to help get you out of a tight spot! Overnight at a tented camp with full board meals

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

Today you have a big, steep descent to the Arun River, which takes around 2 hours, and a big climb to Seduwa, losing and regaining your height in one day. The walk down to the river is through cardamom crops (the largest cash crop in the area), and the path is on big stone steps all the way to the river at 770m. It's very hot, but the scenery is rural Nepal at its best. You cross the suspension bridge over the Arun River and begin the long, winding climb to Seduwa, passing groves of giant bamboo, and bustling village life. Your guide will need to visit the Makalu-Baron National Park checkpoint. There is a school in Seduwa, as well as many houses and small shops, and a few tea houses scattered across the hillside. Overnight at a tented camp with full board meals.

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

Leaving Seduwa, we make a gradual climb high above the Kasuwa Khola to Gyang (1770m). Climbing past the school at Gyang, it is a gentle walk through terraced fields and forested areas to Hindrungma village, and on to Rupisa. En route, we cross meadows and several streams and then climb to the Sherpa village of Tashi Gaon. Overnight at tented camp, breakfast, lunch and dinner included.

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

We climb over the ridge and ascend through forests to a stream and onto a ridge where there is a small campsite. The trail levels out, and then climbs to a shepherd's hut called Chipla atop another ridge. We climb past two small streams, then switchback up the ridge in forests to a kharka at 2900 meters and up to a saddle and Unshisha, a tiny meadow at approx. 3300 meters. Here the trail joins the ridge that separates the Iswa and Kasuwa drainages. The slope gets steeper and becomes a series of moss-covered stone stairs to Dhara Kharka, a meadow atop the ridge. We then move over a hillock and descend a bit to reach Kauma. Overnight at tented camp, breakfast, lunch and dinner included.

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

Following the ridge for a while, we ascend a stone staircase. After a few false summits, the trail veers left off the crest to a small lake. We then climb gently up a shallow rocky gully to the Kike La (4127 m). From the pass, we descend to another lake, then ascend steeply through large boulders to the Tutu La. We continue descending about 150 meters into sparse rhododendron forests to a level area. The final descent is through a forest of firs and rhododendrons to Mumbuk (3570 m). Mumbuk is a forest camp, on a

grassy slope about 100 meters above a small stream, with views of snow peaks through the trees. Overnight at a tented camp on the full board meals.

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

We descend a steep gully with a stream for about 500 meters. We then move left through fir forests, along the flank of the Barun Valley. Moving along ill-defined trail, we cross a 200-meter-long slide area, and then follow the river to a Kharka. Moving through forests of birch and scrub rhododendron, we reach Yangle Kharka. We Climb from Yangle Kharka, finally crossing to the north side of the Barun Khola to reach Nhe Kharka. There is a small Gompa at the south side of the valley that offers great mountain views. Overnight at tented camp, breakfast, lunch and dinner included.

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

Beyond the Nhe Kharka, we follow the north bank of the Barun Khola for a while. We then cross a small wooden bridge before the river turns northward. The Barun Valley makes a huge S-shaped curve and the walls rise almost vertically 1500 to 2000 meters above the river, but the trail climbs gently as we approach Ripok Kharka. Still, on the north side of the Barun, the trail turns westward and leaves the rhododendron forests for alpine tundra. Above Ripok Kharka, the route crosses a rocky crest with a few goths and then ascends alongside a moraine formed by the Barun Glacier. There are excellent views of Pyramid Peak, Peak 4, Chamlang, Peak 3, and Peak 5, but Makalu is not yet visible.

As we pass a ridge the glacier turns slightly north. We enter an alluvial valley and Makalu pops into view just before Sherson (4615 m). Sherson is somewhat sheltered but still is a very cold spot. Overnight at Tented Camp on full board meals.

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

From Sherson, we stay to the right in a gully on the east side of the valley. It is a gradual descent to a minor pass about 100 meters above Makalu Base Camp. We then descend to a stream, cross on boulders to the base camp on the west bank of the river. From here we get terrific views of the south face of Makalu. The large buttress of the south face rises across from base camp. An ascent of this buttress yields views of Peak 6, 7 and Baruntse (7220 m); Everest and Lhotse complete the panorama. Overnight at tented camp, breakfast, lunch and dinner included.

Day 11 : Makalu Base Camp Exploration Day

One option today which assures the most glorious panoramic views is to climb to the ridge – around 5,300m – above the base camp. You cross the river on the log bridge and ascend on a vague, slightly indeterminate path for around 3 hours. From this viewpoint, you can see Everest, Lhotse and Nuptse as well as close-up, dramatic views of Makalu, Peak 7, Peak 6 and Peak 4. Re-trace your steps to the base camp when you've had your fill of mountain drama. The round trip should take around 4-5 hours. It's a strenuous undertaking as it's steep and the altitude will surely bite above 5,000m.

There are some softer options, which include following a path to view the lakes beyond base camp. There is also a much shorter ridge climb you can do just above base camp, and there's a small hill at the head of base camp marked with prayer flags which is around an hour's walk out and back. Your guide may also have other suggestions. Overnight at a tented camp with full board meals.

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

Today we retrace our steps down the Barun Valley towards Nhe Kharka. Overnight at tented camp, breakfast, lunch and dinner included.

Day 13 : Trek to Mumbuk (3570m) – 6 hrs walk

From Nhe Kharka, we continue descending through the forests to Mumbuk. From here we get beautiful sunset views of Makalu and Chamlang. Overnight at Tented Camp on full board meals.

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

Leaving Mumbuk, we trek across the Shipton La and descend to Kauma. Overnight at tented camp, breakfast, lunch and dinner included.

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

Today we make a long steep descent back to Tashi Gaon. At Tashi Gaon we spend the rest of the day relaxing in order to recover from the high altitude. Overnight at Tented Camp with full board meals.

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

We descend the Kasuwa Khola Valley back to Sedua, then turn south down the west bank of the Arun River. From Sedua, we follow a trail that descends gently to Mulgaon, and then drop steeply on a rocky trail through fields of corn and barley to the Ipuwa Khola, crossing it on a suspension bridge at 760 meters elevation. The route now enters the hot bottomlands of the Arun Valley. Most of the settlements in this area are temporary settlements used by Rai and Chettri farmers who live in villages high on the hillside above. Passing the villages, we continue along the trail through rocky fields to Balung. Overnight at tented camp, breakfast, lunch and dinner included.

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

We continue through temporary farming settlements to the spread-out Rai village of Walung (880m). The trail descends to the Apsawa Khola and crossing it on a suspension bridge we climb steeply to Chhayang, a pleasant Rai village with an extensive bamboo-pipe water supply at 800 m. The trail then crosses a stream at 590m and makes some ups and downs to reach Parangbu, a delightful camping spot among rice fields on the banks of the Arun River. We continue through forests and pass several small streams to reach Pukuwa. Overnight at tented camp, breakfast, lunch and dinner included.

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

The trail now follows a route through forests and some spectacular high and exposed narrow tracks as it climbs over rocky ridges. The route eventually enters a region of intense valley bottom

cultivation, crosses a huge landslide and some more scrub jungle before descending to Tome (520 m). Below Tome, the Arun Valley becomes wider and more U shaped. The trail climbs over another ridge on a steep, narrow stairway of rock steps. From the top of the ridge at 530m, the trail descends to a delightful camp on the banks of the Sankhuwa Khola (370m), across from the Chhetri village of Bumling. Overnight at tented camp, breakfast, lunch and dinner included.

Day 19 : Trek to Tumlingtar (460m) – 6 hrs walk

The trail traverses the fields of lower Bumling, then climbs over a ridge and descends to the Inkhuwa Khola, crossing it on a rickety wooden cantilever bridge. The trail follows the river downstream to its confluence with the Arun. It then follows the Arun downstream, crossing it on a large suspension bridge. Now following the east bank of the Arun, the route passes through Chyawabesi before making a short climb back to the Tumlingtar plateau. It is a few km of completely level walking to the airstrip Overnight at Tented Camp with full board meals.

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

After early breakfast, you make the return flight to Kathmandu airport where you will be met and transferred to the hotel. The rest of the day is yours to relax and recuperate from your exertions. In the evening our company will host a dinner for your successful trek to Makalu Base Camp. Overnight at the hotel inclusive breakfast

Day 21 : Departure from Nepal

This is your last day in Nepal! After breakfast, our escorts and vehicle will be standby to drop you to the international airport. We will leave the hotel at least 3 hours prior to your actual flight. It was a wonderful and great time spent together! We hope to see you again ! Have a safe journey!!

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 mattress, member, kitchen, dining, toilet tents for camping.
- An experienced and license holder trekking guide.
- 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.
- Farewell dinner in a typical Nepali restaurant in Kathmandu.
- Trip achievement certificate.

Trip Exclude:

- 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