Makalu Base Camp Trek

3 Star Hotel Package

2700USD per person

*Including healthy meals

5 Star Hotel Package

3200USD per person

*Including healthy meals

Trip Style: Trekking & Walking

Trip Difficulty: Demanding

Join the Makalu Base Camp Trek with an expert Sherpa guide! Trek safely to the base of the world’s fifth-highest mountain, enjoying awe-inspiring views.

The **Makalu Base Camp Trek** offers an awe-inspiring journey to the base of Mount Makalu, the fifth-highest mountain in the world, standing tall at 8,463 meters. Nestled within the **Makalu Barun National Park**, which spans over 2,330 sq. km across the Solukhumbu and Sankhuwasabha districts of Nepal, this trek showcases an untouched wilderness rich in biodiversity and striking landscapes.

As you embark on this adventure, you are greeted by breathtaking vistas of towering Himalayan peaks, including Mount Everest, Lhotse, Chamlang, and of course, the majestic Makalu. The trek not only offers jaw-dropping views but also takes you through remote, less-traveled trails, making it a perfect choice for those seeking solitude and raw natural beauty.

Starting with a scenic half-hour flight from Kathmandu to Tumlingtar, located in mid-eastern Nepal, the journey immerses you in the heart of the Arun River valley. From the lush, subtropical plains, the trail gradually ascends through rugged, temperate terrain. The trek becomes more challenging as you approach the high-altitude passes of Keke La (4,230m) and Tutu La (4,200m), where the landscape transforms into alpine splendor.

The trek winds through the Barun River valley, where steep ridges rise dramatically from the riverbed, and you traverse trails that remain off the beaten path. This remote and wild region offers a sense of true adventure, with opportunities to experience the unique cultural heritage of the local Sherpa, Rai, and Limbu communities.

While physically demanding in parts, the **Makalu Base Camp Trek** rewards trekkers with unparalleled mountain views, diverse ecosystems, and a deep connection to nature. The combination of cultural immersion and dramatic landscapes makes it an unforgettable trek for those looking to challenge themselves and experience one of Nepal’s hidden gems.

DURATION: 19 days

ITINERARY

day 01:: Arrival in Kathmandu (1,350m) & Transfer to Hotel

Upon your arrival in the vibrant city of Kathmandu, you'll be warmly welcomed and transferred to your hotel, where you can relax and unwind after your journey. Later, you will meet with your trekking guide for an important briefing, providing you with all the details and preparations needed for your upcoming adventure. This time will also allow you to address any final questions or concerns. As the excitement builds for the trek ahead, the rest of the evening is yours to explore the lively streets of Kathmandu, immerse yourself in its rich culture, and prepare for the journey of a lifetime. You'll spend the night in the comfort of your hotel, resting up for the adventure that lies ahead.

day 02:: Half Day city tour and Trek Preparation -overnight in Kathmandu

After breakfast, we'll embark on a fascinating half-day city tour, immersing ourselves in the cultural and historical richness of Kathmandu. Our first stop is **Swayambhunath,** also known as the "Monkey Temple," a sacred Buddhist stupa perched on a hill offering panoramic views of the city. Next, we explore the iconic **Kathmandu Durbar Square**, a UNESCO World Heritage Site, where you'll be captivated by ancient palaces, temples, and the vibrant atmosphere of traditional Nepalese architecture.

Following the tour, we'll head to the bustling Thamel market, a vibrant hub where you can browse and shop for any remaining trekking gear or equipment you might need. This is the perfect opportunity to make last-minute purchases or rentals, ensuring you're fully prepared for the trek ahead.

The rest of the day in Kathmandu provides you with a chance to relax and recover from the long international flight, allowing you to acclimatize and ease into the journey. This combination of exploration and preparation will help you start your trek feeling refreshed and ready for the adventure that lies ahead.

day 03:: Fly from Kathmandu to Tumlingtar (518m), drive to Num (1,560m)

Begin your journey with a scenic flight from Kathmandu to Tumlingtar, soaring over the lush hills and winding rivers of eastern Nepal. After landing in **Tumlingtar,** the adventure continues with a thrilling drive through picturesque landscapes to the village of Num. As you ascend toward Num, at an altitude of 1,560 meters, you'll be captivated by the changing scenery, from terraced fields and dense forests to the dramatic foothills of the Himalayas. This drive marks the beginning of your trek, setting the stage for the remarkable journey ahead.

day 04:: Trek from Num to Seduwa (1,500m / 4,921ft)- overnight Tea House

The trek from **Num (1,560m / 5,118ft) to Seduwa (1,500m / 4,921ft)** begins with a steep descent to the Arun River, followed by a challenging climb on the opposite side of the valley. After crossing the suspension bridge over the river, the trail rises through terraced fields and small villages, leading to Seduwa. This section of the trek takes around 5-6 hours and is physically demanding due to the sharp descent and ascent, but the views of the surrounding landscapes are rewarding.

Seduwa is a peaceful village that marks the entry point to the Makalu Barun National Park.

day 05:: Trek from Seduwa 1,500m to Tashigaon (2,100m / 6,889 ft)

The trek from **Seduwa (1,500m / 4,921 ft)** to **Tashigaon (2,100m / 6,889 ft)** is a relatively moderate ascent. The trail passes through small, picturesque villages and terraced fields, offering trekkers a glimpse into the rural lifestyle of the local communities. As you gradually climb, the landscape transitions from subtropical vegetation to more temperate forests. Tashigaon, the last permanent settlement on this route, is a quaint village surrounded by lush hills, where trekkers often rest before tackling the steeper, higher-altitude sections ahead. The journey takes about 4-5 hours of steady walking.

day 06:: Trek from Tashigaon to Khongma Danda (3,500m / 11,483 ft)

The trek from **Tashigaon (2,100 meters / 6,890 feet)** to **Khongma Danda (3,500 meters / 11,483 feet)** is one of the most challenging and rewarding sections of the **Makalu Base Camp Trek**. The trail involves a steep ascent through dense forests of rhododendron and pine, transitioning from subtropical vegetation to more alpine landscapes as you gain altitude. This section typically takes around 6 to 7 hours of trekking.

The climb is physically demanding but offers incredible views as you reach higher elevations, with the Himalayan peaks slowly coming into view. Khongma Danda is the last stop before crossing the **Shipton La Pass** the following day, making it a crucial rest point for acclimatization and recuperation.

day 07:: Acclimatization Day at Khongma Danda 3,500 meters/11,482 feet).

Acclimatization is a **crucial part of high-altitude trekking**, allowing your body to adjust to the decreased oxygen levels as you ascend to higher altitudes. Spending an extra day at Khongma Danda helps reduce the risk of altitude sickness and prepares you for the challenges ahead.

On your acclimatization day at **Khongma Danda**, take the opportunity to rest and recover, hydrating well to prepare for the next leg of the trek. Consider a short hike to a nearby viewpoint or higher ground to help your body adjust to the altitude and build endurance. Enjoy the stunning panoramic views of surrounding peaks, including Makalu, Chamlang, and the distant Everest range, taking the time to appreciate the breathtaking landscapes. Additionally, engage with local guides or fellow trekkers to learn about Sherpa culture and the unique environment of the region.

day 08:: Trek from Khongma Danda (3,500m) to Dobate (3,650m / 11,975ft)

The trek from **Khongma Danda** to **Dobate** is a rewarding segment of the **Makalu Base Camp Trek**, featuring stunning landscapes and high-altitude challenges. Starting at 3,500m (11,482ft), you ascend to **Shipton La Pass** at **4,220m** (13,810ft), where breathtaking views of peaks like **Makalu** and **Chamlang** await. After enjoying the vistas, you descend to **Dobate** at **3,650m** (11,975ft), a secluded stop that allows for rest and immersion in the serene beauty of the Makalu region. Proper acclimatization, trekking gear, and awareness of changing weather conditions are essential for a safe and enjoyable experience.

day 09:: Trek from Dobate (3,650m) to Yangri Kharka (3,557m / 11,674ft)

The trek from **Dobate (3,650m / 11,975ft)** to Y**angri Kharka (3,557m / 11,674ft)** is a refreshing segment of the **Makalu Base Camp Trek,** featuring stunning landscapes and a gradual descent alongside the Barun River. Spanning approximately **6-8 kilometers** (3.7-5 miles), this trail offers scenic views and lush forests, taking about 5-6 hours to complete. Arriving in Yangri Kharka, you'll find a tranquil setting with grassy meadows and majestic mountain views, perfect for resting and soaking in the natural beauty.

day 10:: Trek from Yangri Kharka to Langmale Kharka (4,410m / 14,469ft)

The trek from **Yangri Kharka** to **Langmale Kharka** is a significant ascent that immerses trekkers in the breathtaking landscapes of the **Makalu region**. Starting at **3,557m (11,674ft)**, the journey covers approximately **7-9 kilometers** (4.3-5.6 miles) and takes about 5-6 hours to complete. The trek begins with a gentle ascent, following the trail alongside the **Barun River**, where you'll be treated to stunning views of the surrounding hills and valleys. As you gain altitude, the trail becomes steeper and may feature rocky sections, necessitating careful footing. The landscape gradually transitions from lush greenery to alpine terrain, providing spectacular views of towering mountains. Upon arrival at **Langmale Kharka**, situated at **4,410m** (14,469ft), you will find open meadows that offer a perfect setting for rest and acclimatization. This area not only serves as a crucial stop on your journey but also provides a serene environment to enjoy the natural beauty surrounding you.

day 11:: Trek from Langmale Kharka to Makalu Base Camp (4,870m / 15,979ft)

The trek from **Langmale Kharka** to **Makalu Base Camp** is a breathtaking journey that takes you deeper into the heart of the Himalayas. Starting at **4,410m** (14,469ft), the trek covers approximately **7-8 kilometers** (4.3-5 miles) and typically takes **4-5 hours** to complete. The trail leads you through stunning alpine landscapes, where you will encounter rugged terrain and beautiful views of towering peaks. As you ascend, the environment becomes increasingly serene, with fewer trekkers and the majestic presence of **Mount Makalu** looming ahead. Upon arrival at **Makalu Base Camp**, situated at **4,870m** (15,979ft), you will be greeted by dramatic vistas of the surrounding mountain ranges and glaciers. This area provides a perfect opportunity for rest and acclimatization while soaking in the incredible natural beauty. This segment of the trek is not only a physical challenge but also a rewarding experience that brings you closer to the majestic landscape of the Makalu region.

day 12: : Exploration Day at Makalu Base Camp (4,870m / 15,979ft)

Day 12 is dedicated to exploring **Makalu Base Camp**, located at an elevation of **4,870m** (15,979ft). This day allows trekkers to acclimatize further while enjoying the breathtaking views of the surrounding peaks, including **Mount Makalu**, **Lhotse,** and **Chamlang**. You can embark on short hikes in the vicinity, such as exploring the nearby **Kongma La** or visiting the **Makalu Barun National Park**, which is rich in biodiversity. The area is known for its stunning landscapes, with glacial lakes and rugged terrain providing excellent photo opportunities. Take time to rest and enjoy the serene atmosphere, allowing your body to adjust to the high altitude. Engage with local Sherpa guides to learn about the region's unique geology and culture. This day of exploration is crucial for both acclimatization and fully appreciating the remote beauty of the Makalu region before beginning your return trek.

day 13:: Trek from Makalu Base Camp to Yangri Kharka (3,557m / 11,674ft)

Today we will trek from **Makalu Base Camp**, situated at an elevation of 4,870m (15,979ft), back to **Yangri Kharka** at 3,557m (11,674ft). The journey begins with a steep descent as you retrace your steps through the breathtaking landscapes of the Makalu region. The trail winds through rocky terrain and lush vegetation, offering stunning views of the surrounding mountains and valleys. It typically takes about **6-7 hours** to cover the distance of approximately **12-14 kilometers** (7.5-8.7 miles). As you descend, be mindful of the altitude changes and ensure you stay hydrated to aid acclimatization. Upon reaching Yangri Kharka, you will find a tranquil setting perfect for rest and relaxation after a long day of trekking. This stop provides an excellent opportunity to reflect on the breathtaking experiences of your time at Makalu Base Camp.

day 14:: Trek from Yangri Kharka 3,557m to Dobate (3,650m / 11,975ft)

The trek from **Yangri Kharka** to **Dobate** is an essential segment of the Makalu Base Camp Trek, showcasing stunning natural beauty. Starting at an elevation of **3,557m** (11,674ft) in Yangri Kharka, the trail gradually descends towards **Dobate**, which sits at **3,650m** (11,975ft). The trek covers approximately **6-8 kilometers** (3.7-5 miles) and typically takes about **5-6 hours** to complete. As you trek, you'll follow the trail along the Barun River, surrounded by lush forests and vibrant wildlife. The path may include rocky sections and gentle inclines, requiring careful navigation. Upon arrival at Dobate, you'll find a serene environment ideal for resting and acclimatizing to the altitude. This segment not only allows for physical challenge but also offers breathtaking views of the Makalu region's unique landscape.

day 15:: Trek from Dobate 3,650m to Khongma Danda (3,500m / 11,483 ft)

The trek from **Dobate** (3,650m / 11,975 ft) to **Khongma Danda** (3,500m / 11,483 ft) takes you through varied landscapes, crossing high passes and descending into lush forests. The day starts with a climb to the **Keke La Pass** (4,170m / 13,681 ft), offering breathtaking views of the surrounding peaks like **Makalu** and **Chamlang.** After crossing the pass, you descend through rocky terrain into alpine meadows, surrounded by rhododendron and juniper bushes. The trail continues through sections of dense forests with moss-covered trees, gradually becoming steeper. You may encounter small streams and waterfalls, adding to the beauty of the trek. As you approach Khongma Danda, the landscape opens up with views of ridges and distant valleys. After a long day of challenging trekking, you reach Khongma Danda, a perfect spot to rest and enjoy the panoramic views of the surrounding mountains.

day 16:: Trek from Khongma Danda 3,500m to Tashigaon (2,100m / 6,890 ft)

The trek from **Khongma Danda (3,500m** / 11,482 ft) to **Tashigaon** ?**(2,100m** / 6,890 ft) is primarily a steep descent through dense forest. You begin the day with a gradual walk along the ridgeline, enjoying panoramic views of the surrounding mountains before entering the forested section. The trail is often steep and can be slippery, especially after rainfall, so careful footing is necessary. As you descend, the vegetation changes from alpine shrubs and rhododendron to more subtropical forests. The trail passes several small streams and waterfalls, offering refreshing spots for short breaks. Eventually, you reach the village of Tashigaon, the last permanent settlement before entering the higher, uninhabited regions. After a long day, you can rest in a teahouse surrounded by terraced

fields and farmlands.

day 17:: Trek from Tashigaon (2,100m/6,890ft) to Num (1,560m/5,118ft)

The trek from **Tashigaon** (2,100m/6,890ft) to **Num** (1,560m/5,118ft) is a demanding but scenic journey that involves significant elevation changes. Starting from Tashigaon, the trail descends through terraced fields and dense forests, with rhododendron trees dotting the landscape. The descent continues toward the **Arun River**, offering stunning views of surrounding hills and valleys as you drop in altitude. After crossing the Arun River via a suspension bridge, you begin a steep ascent toward **Seduwa** (1,500m/4,921ft), a small village on the hillside. From **Seduwa**, the trail is a mix of gradual inclines and flat paths, passing through dense forest areas filled with birds and wildlife. The final descent to Num offers panoramic views of the **Arun Valley** and the distant snow-capped peaks, marking the end of this challenging day's trek. Upon reaching Num, you'll be greeted with the village's warmth and a well-earned rest after approximately 6-7 hours of hiking.

day 18:: Drive from Num 1,560m to Tumlingtar (518 meters / 1,699 feet)

The drive from **Num (1,560 meters / 5,118 feet)** to **Tumlingtar (518 meters / 1,699 feet**) is a rough yet scenic journey through remote eastern Nepal. The road is a narrow, unpaved mountain path, winding along steep hillsides with occasional sharp turns and cliffs. As you descend, the landscape transitions from alpine forests and terraced farmlands to more tropical vegetation. The journey takes approximately 5-6 hours, covering around 45 kilometers, depending on road conditions. You'll pass through small villages like **Chichila** and **Khandbari,** where local life thrives amidst the rugged terrain. The road can be bumpy, especially during or after the monsoon season, when landslides are common. Despite the challenging conditions, the views of the Arun River valley and surrounding mountains make the drive an unforgettable part of the trek.

Day 19:: Flight from Tumlingtar to Kathmandu (1,400 meters / 4,593 feet)

The flight from **Tumlingtar (518 meters / 1,699 feet)** to **Kathmandu (1,400 meters / 4,593 feet)** offers a breathtaking aerial journey over the hilly and mountainous terrain of eastern Nepal. **Tumlingtar Airport** is a small, regional airport located near the Arun River, serving as the gateway to Makalu Base Camp and the surrounding areas. The 45-minute flight provides stunning views of terraced farmlands, dense forests, and the towering peaks of the Himalayas in the distance. As the plane ascends, passengers get a bird's-eye view of remote villages nestled in deep valleys and ridges. Flying at low altitude allows for close-up glimpses of Nepal's diverse topography, from rolling hills to dramatic gorges. Approaching Kathmandu, you may catch sight of the Kathmandu Valley, surrounded by green hills with the snow-capped Himalayas in the background. Upon landing at Tribhuvan International Airport, you arrive back in the bustling capital city, a sharp contrast to the remote landscapes of the trek.

day 20:: Recovery and Exploration: A Day to Unwind or Discover Kathmandu

This day serves as a flexible buffer in your itinerary—whether to recover from an unexpected illness during the trek or to treat yourself after a successful adventure. If your trek went smoothly, consider it a bonus day to unwind or explore Kathmandu's rich cultural and historical treasures.

For those eager to experience local culture, head to the lively markets like Thamel or Asan, where you can find unique souvenirs like handwoven pashminas, traditional Thangka paintings, or intricately carved wooden masks—each a beautiful memento of your journey. Alternatively, take a guided tour to the ancient cities of **Patan** and **Bhaktapu**r, both UNESCO World Heritage Sites. Patan offers stunning temples like **Krishna Mandir**, while Bhaktapur is famous for its **Durbar Square** and the striking **Nyatapola Temple**—each city packed with history and traditional Newari architecture.

Prefer something more relaxing? Stay in your hotel and enjoy its luxurious amenities—perhaps a poolside lounge or a quiet afternoon with a good book. For a deep recovery after your trek, **Mountain Sherpa Trekking** provides an **Ayurvedic massage**, specially designed to rejuvenate tired muscles and restore balance in your body—a

soothing, one-hour escape into tranquility.

Whether you opt to explore or pamper yourself, this day is all about indulging in the things that bring you joy and satisfaction before heading back home.

day 21: : Transfer to Kathmandu International Airport and fly back home.

After breakfast, our team will be ready to escort you to the airport for your return flight, ensuring a seamless and comfortable transfer from your hotel. It’s been our absolute privilege to guide you on this incredible journey, and we at **Mountain Sherpa Trekking & Expeditions** truly treasure the bonds we’ve formed during your time with us. Thank you for trusting us as your trekking partner, and for exploring the majestic landscapes of Nepal with an adventurous spirit.

We hope the beauty of the **Makalu region**, from its towering peaks to its welcoming Sherpa culture, has left you with memories you’ll cherish forever. As you depart, we bid you a fond farewell, and look forward to the possibility of welcoming you back for another adventure in the future.

Please Note: While we strive to keep to the planned itinerary, mountain conditions can be unpredictable. Whether it's due to weather, trail conditions, or altitude, some adjustments may occasionally be necessary. Your safety and well-being are always our top priority, and we appreciate your flexibility as we navigate these unique challenges. Rest assured, every decision is made to ensure a successful and unforgettable trekking experience!

Cost Includes

Transports & Accommodations

- Airport arrival pickup and departure drop-off by private car.
- 4 nights in a 4/5-star hotel in the city, including breakfast.
- Round-trip flight from Kathmandu to Tumlingtar.
- Jeep transfer from Tumlingtar to Num and back after the trek.
- Basic tea house lodge accommodations for the entire trek.

Meals & Drinks Included As Per Below

- Buffet breakfast is included during your stay in the city.
- All meals (breakfast, lunch, and dinner) are included throughout the entire trek.
- Hot beverages such as tea, coffee, and lemon tea are provided during the trek.
- A welcome or farewell dinner in Kathmandu is included.

Best Sherpa Guide & Porters Will Be Provided

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole.
- Warm sleeping bags and down jackets will be provided if required.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.

- Pulse oximeter for oxygen saturation as well as heart rates

Staff Pay, Insurance & Required Permits

- Pay and insurance for guide and support staff
- Makalu Barun National Park entry permit fee
- Guide and driver during city tour in Kathmandu
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We provide a complimentary Local Market Guiding Service for our valued clients to purchase souvenirs at both wholesale and local prices.

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek