



## Makalu base camp trek - 22 Days

The Mount Makalu is the **fifth highest mountain in the world**, with an elevation of 8481 meters and located in the Mahalangur Himalayas in the border region between **Nepal and Tibet** (China). It is known for isolated peak which is shaped like four- sided pyramid and is part of the eight-thousanders, a group of 14 mountains on Earth that exceed 8000 meters in height. Makalu was first summited by Lionel Terray and Jean Couzy of a French expedition on May 15, 1955, led by Jean Franco. The trek takes you through some of the most remote and pristine areas of Nepal, offering stunning views of the Himalayas, unique flora and fauna, and a chance to experience the local culture of the region.

The main highlight of this trek is reaching the **base camp** of Mount Makalu which stands at an elevation of 5100 meters above sea level. Reaching base camp is a significant **achievement and a rewarding** experience that offers you incredible views of the **Barun Glacier**, the south face of Makalu (8481 m) and a complete alluring panorama of **Everest (8848 m) and Lhotse (8516 m)** is visible. Similarly, you will also encounter lush forests, pristine rivers, and alpine meadows along the way.

As you trek through the **Makalu Barun National Park**, you will have opportunity to witness its incredible biodiversity. It encompasses a wide range of altitudes, from the lowland subtropical forests to the high alpine meadows and covers a vast area of 1500 square kilometers. The park is home to a rich variety of flora and fauna, includes around 3000 species of flowering plants , 75 species of mammals, and 440 species of birds. It's a paradise for birdwatchers and wildlife enthusiasts. Spiny Babbler is one of the rare birds, found in Nepal only. You can also spot other wildlife such as elusive snow Leopard, red panda, Himalayan black bear, Himalayan tahr, and clouded leopard during your trek.

The trekking trail is relatively remote and less crowded region of Nepal, offering a sense of exploration and adventure as you traverse remote and pristine landscapes. This trek gives you a sense of more solitude and tranquility trekking experience compared to other popular destinations like the **Everest and Annapurna region**. You will have the opportunity to immerse yourself in the serene natural surroundings. Additionally, it is also considered to be challenging **trekking route**. The trek takes you through a variety of terrain, including dense forests, steep ascents and descents, rocky paths, and glacial moraines. And also allows you to interact with the local Sherpa and Rai people and gaining insight into their unique cultures, traditions, way of life, and their warm hospitality as you pass through the village along the route. This diversity keeps the trek interesting and engaging that many trekkers seek in the **Himalayas**.

Overall, the **Makalu base camp trek** is an extraordinary journey for trekkers and mountaineers who want to experience adventure, natural beauty, and a deeper understanding of the Himalayan region. However, it's essential to have prior trekking and high- altitude hiking experience to undertake this **challenging trek** as it involves steep ascents and descents, rocky and rugged trails, and river crossings. Experience with similar terrain will help you navigate these challenges more comfortably.



## **PRICE INCLUDES**

- Airport Pick up and drop by private vehicles
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

## **PRICE EXCLUDES**

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu

Our one of the member will be waiting for you at the airport with your name on a placard. He will pick you up from airport and transfer you to the hotel as per your preference. This day will be for your refreshment and in the evening you can explore Charming Thamel local markets as well as observe locals which help to make you familiar with the Nepalese atmosphere.

### Day 2: Sightseeing in Kathmandu

You will be providing with a half day guided sightseeing tour to different world heritage sites of Nepal. The destination includes Boudhanath Stupa (the largest of all Buddhist monument stupas in Nepal), Swayambhunath stupa (known as the monkey temple) and also the oldest one of its kind, Pashupatinath temple (the Hindu temple of lord Shiva). Stay overnight at the same hotel in Kathmandu.

### Day 3: Take a flight from Kathmandu for Tumlingtar & Drive to Chichira

We will be heading to Tumlingtar taking a flight from Kathmandu. It takes for around 50 minutes from Kathmandu and then takes a 3 to 4 hours drive to reach Chichira, which is a beautiful Gurung village where we will be staying for overnight.

### Day 4: Trek from Chichira to Num

After spending peaceful night, we will start our trek early in the morning that includes walking through the beautiful village as well as the mountain lush forest which will be heading to Num (1,560meters) after walking for approximately 6 to 7 hours.

### Day 5: Trek from Num to Seduwa (1500 m) 6-7 hours

In the fifth day of trekking, we will walk on steep path as we descend through the scereny forests and terraced farms to reach Barun River. Then, we will have to cross the river and again walk along the valley to enter Makalu Barun National park. We will stay overnight at Seduwa (1,500meters) after a descent walk of about 6 to 7 hours.

### Day 6: Seduwa to Tashigaon

On this day, we will be ascending though a ridge at Ipsuwa Khola on the west and Kasuwa Khola on the east. We will walk for around 4- 5 hours to reach Tashi Gaon (2,100meters) witnessing the breathtaking views of astonishing Himalayas.

### Day 7: Trek from Tashigaon to Khongma Danda

Today, the trekking will be a little tough as we will be heading towards high altitude walking through steep trail. We will be climbing stone stairs and crossing a small lake to reach Khongma danda (3,500 meters) walking for around 6 to 7 hours.

### Day 8: Rest at Khongma Danda

At the eight day of trekking, we will take a rest in Khongma Danda.

### Day 9: Khongma Danda to Dobate



After giving some rest to our body, we will begin to climb towards the summit of the Shipton La Pass. It takes a few hours to reach. After the lake Kalo Pokhari (3930meters), pass over the Keke La at 4,170meters. We can see the stunning views of Chamlang (7321 meters), Peak 6 (6,524 meters) and Peak 7 (6,758 meters). After crossing the Keke La Pass, we will descend through the scenery valley to Dobate.

#### **Day 10: Trek from Dobate to Yangri Kharka**

We will hike through the lush rhododendron forests which will take us to the Barun River. We will continue to walk on a steep trail as we arrive at Yangri Kharka (3,557meters) walking for 6 to 7 hours.

#### **Day 11: Trek from Yangri Kharka to Langmale Kharka**

On this day, we will walk through the yak pastures, lush forests and as the valley ends we will pass Merek to make our way to Langmale Kharka (4,410 meters) exploring the magnificent Himalayan scenarios for 5 to 6 hours.

#### **Day 12: Trek from Langmale Kharka to Makalu base camp (4870 m) 6-7 hours**

We will continue our trekking from Langmale Kharka to reach Makalu base camp (4,870 meters) walking for maximum 6 to 7 hours along the views of Mount Makalu and Himalayans panorama.

#### **Day 13: Stroll around Base camp**

We will be hovering around Makalu Base Camp area to explore the magnificent and panoramic views of Lakes and mountains like Mount Everest, Lhotse and some glaciers as well.

#### **Day 14: Trek from Makalu Base camp to Yangri Kharka**

After having the enjoying sightseeing of the area in Makalu Base Camp, we will make our way back to Yangri Kharka descending down. It takes for about 6 to 7 hours.

#### **Day 15: Trek from Yangri Kharka to Dobate**

Again, we will descend through rocky trails and enjoy the greenery of the forests on our way walking for around 6 to 7 hours following the trail made by River Barun to reach Dobate.

#### **Day 16: Trek from Dobate to Khongma Danda**

The trekking will be exciting as we will climb steep trail from Dobate to Mumbuk and through the forests of firs and lush rhododendrons. After walking for around 5 to 6 hours, we will reach Khongma Danda.

#### **Day 17: Trek from Khongma Danda to Tashigaon**

The trek continues with steep descent and frequent long cutting through the hillsides. The trail takes us through thick forests. Finally, we will make it to the indigenous Sherpa village Tashigaon, after walking for about 4 to 5 hours.

#### **Day 18: Trek from Tashigaon to Seduwa**

Today, we will be leaving Makalu Barun National Park. Then, we will descend down to the Barun River and cross some traditional villages and hills to reach Seduwa. We have to walk for around 4 to 5 hours.

#### **Day 19: Trek from Seduwa to Num**



Thamel Chowk, Kathmandu, Nepal  
Tel: +977-9851180916  
E-Mail: [info@visitmount.com](mailto:info@visitmount.com)  
[www.visitmount.com](http://www.visitmount.com)

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We will begin our trek in early morning from Seduwa to Reach Num walking for 5 to 6 hours passing some Sherpa settlements and lush forests.

### **Day 20: Trek from Num to Tumlingtar**

Again, we will retrace our footsteps to Chichira from where we can savor the eye-catching vista of Mount Makalu for the last time. The final return leg of the trek will see us overnight at Tumlingtar. On the following, you have to be ready for an early departure to Kathmandu.

### **Day 21: Take a flight from Tumlingtar to Kathmandu**

We will be boarding a fifty minutes flight for Kathmandu. This is the ending of our trekking journey. You can rest and relax throughout the day at the hotel.

### **Day 22: Departure to airport**

Our representatives will be transferring you to the airport for the final departure to you homeland.