



Makalu Base Camp Trek

A legendary adventure to the foot of the world's highest peak.

● Trekking at a Glance

DURATION

20 Days

MAX ALTITUDE

4870m

BEST TIME

Mar - May & Sep - Nov

ACCOMMODATION

Hotel / Tea House

THE OVERVIEW

Makalu Base Camp Trek lies in the area of Makalu Barun National Park and Conservation Area in the heart of Eastern Nepal. The main point of this trek is Makalu Barun National Park in Solukhumbu and Sankhuwasabha district. Makalu Trek is formerly a restricted trekking area. Its extent in five major ecological zones where the lush tropical Arun Valley, dense forests of rhododendron and fir and alpine meadows can be found that lead to the mighty Barun glacier. Mount Makalu (8463m) the world's fifth highest peak; Chamlang Himal and Barun Valley are the major jewels of this Trekking region. Makalu Trekking Region and Everest...

01

Arrival in Kathmandu

Arrive in Kathmandu, where you will be greeted by your guide and transferred to your hotel. This is your first day to rest and acclimatize before starting your trekking adventure. You will also have a briefing on the trek and preparations for the days ahead.

ALT: 1,400m MEAL: Dinner

02

Fly from Kathmandu to Tumlingtar, Jeep Drive to Num

In the morning, you'll fly from Kathmandu to Tumlingtar. From there, you will drive by jeep to Num (1,505m), where the trek will begin. Enjoy the scenic drive through the foothills of the Himalayas.

ALT: 1,505m MEAL: Breakfast, Lunch, Dinner

03

Trek from Num to Seduwa

Trek from Num to Seduwa, a beautiful village nestled along the valley. Enjoy the lush greenery and terraced fields that are characteristic of this area.

ALT: 1,530m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

04

Trek from Seduwa to Tashi Gaon

Trek to Tashi Gaon, passing through dense forests and small villages along the way. The route offers views of the surrounding valleys and peaks.

ALT: 2,065m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

05

Acclimatization Day at Tashi Gaon

Acclimatize at Tashi Gaon to adjust to the altitude. You may explore the surrounding areas or rest to prepare for the coming days.

ALT: 2,065m MEAL: Breakfast, Lunch, Dinner

06

Trek from Tashi Gaon to Khongma

The trek from Tashi Gaon to Khongma is a challenging ascent through forests and alpine terrain. Reach Khongma for your overnight stop with stunning views of the surrounding mountains.

ALT: 3,582m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

07

Trek from Khongma to Yangri Kharka

Continue trekking to Yangri Kharka, a scenic location offering beautiful views of the Himalayas.

ALT: 3,610m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

08

Trek from Yangri Kharka to Yak Kharka

Ascend towards Yak Kharka, passing through meadows and yak herding areas. Enjoy views of surrounding peaks and the unique landscape.

ALT: 4,110m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

09

Trek from Yak Kharka to Shershong

Trek towards Shershong, the last village before reaching the base camp. As you approach the higher altitudes, the landscape becomes more rugged and dramatic.

ALT: 4,630m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

10

Trek from Shershong to Makalu Base Camp

Today's trek takes you to Makalu Base Camp, where you'll get a breathtaking view of Mount Makalu and the surrounding mountains.

ALT: 4,870m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

11

Acclimatization Day at Makalu Base Camp

Spend the day acclimatizing at Makalu Base Camp. You can explore the surroundings and enjoy the magnificent views of the high Himalayas.

ALT: 4,870m MEAL: Breakfast, Lunch, Dinner

12

Trek from Makalu Base Camp to Shershong

Begin your return journey as you trek back to Shershong, retracing the path taken earlier.

ALT: 4,630m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

13

Trek from Shershong to Jhak Kharka

Trek from Shershong to Jhak Kharka, enjoying the scenery along the way. The descent through alpine forests brings you to a lower altitude.

ALT: 4,120m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

14

Trek from Jhak Kharka to Mumbuk

Continue your descent towards Mumbuk, passing through beautiful forested areas and enjoying views of the surrounding peaks.

ALT: 3,550m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

15

Trek from Mumbuk to Khongma

Trek back up to Khongma, passing through several small settlements and gaining spectacular views of the valleys and peaks.

ALT: 3,562m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

16

Trek from Khongma to Tashi Gaon

Continue your trek back down, passing through alpine meadows and forested areas, to Tashi Gaon.

ALT: 2,065m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

17

Trek from Tashi Gaon to Num

Trek from Tashi Gaon back down to Num. The trek is mostly downhill, making for a quicker and easier day.

ALT: 1,505m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

18

Drive from Num to Tumlingtar

Drive from Num to Tumlingtar. Relax and enjoy the scenic drive as you descend to a lower altitude.

ALT: 400m MEAL: Breakfast, Lunch, Dinner

19

Fly from Tumlingtar to Kathmandu

Fly back to Kathmandu, where you can rest and relax after the trek. Enjoy the comforts of your hotel and perhaps take a walk around the city.

ALT: 1,450m MEAL: Breakfast, Lunch, Dinner

20

Departure

Your trip ends today. You will be transferred to the airport for your departure.

MEAL: Breakfast

END OF SERVICES

- What's Included

- Accommodation: Three standard hotels, twin-sharing basis
- Local guide & support staff
- Meals on the trek: Breakfast, Lunch, Dinner, Tea, Coffee (A day)
- Small adventure equipment
- Porter service (2 trekkers per 1 porter)
- First aid box
- All government and local taxes
- Makalu Barun National Park entry permits
- Pickup and drop from airport to hotel (private vehicle)
- Farewell group dinner
- Guide and porter insurance fee
- Kathmandu – Tumlingtar – Tumlingtar – Kathmandu flight ticket

- What's Not Included

- International airfare
- Personal expenses (phone calls, laundry, bar, lunch, Nepalese visa fee)
- Travel and rescue insurance
- Lunch and dinner in Kathmandu
- Tips for guide, porter, and driver
- Bills, battery recharge extra

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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