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Makalu Base Camp Trek

URL: <https://naatatravels.com/trip/makalu-base-camp-trek/>

Duration

20 Days

Per Person Cost

USD 3350

Difficulty

Strenuous

Group Size

1-16

Maximum Elevation

4870 meters

Accommodation

3-star hotel in Kathmandu and Teahouses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and all meals during the trek

Departure

Kathmandu

Trip Route

Makalu Base Camp

Makalu Base Camp Trek Highlights

Explore High altitude terrains, snow-clad landscapes, and ethnic Himalayan lifestyle.

Visit the Alpine forest in the high alpine terrain, orchids, rural farms, and market villages.

Around the World's fifth highest mountain, Mt Makalu(8481m).

High passes And walk into the virgin Barun Valley enriched with flora and fauna.

Trip Overview

The Makalu Base Camp Trek offers a fantastic journey into the pristine wilderness around the **fifth-highest mountain in the world**, Mt Makalu (8481m). This adventure begins by entering the lowest valley in the world. The trek is perfect for those who want to connect with nature and avoid crowded trails. It is a popular destination for solo trekkers.

Our adventure of thrill and beauty starts with an hour-long flight to Tumlingtar, and the trek embarks on from Chilchila. Furthermore, the trail follows the ridge above the Arun River. Moreover, the trail passes through yak pastures towards the endless ice fields of Mt. Makalu. Lushness with splendid rhododendron forests is the beauty of the lower reaches of the trail. In addition, the upper reaches consist of granite cliffs capped by hanging glaciers overflowing with waterfalls. During the trek, we are also privileged by the outstanding view of the rarely-seen Kangshung face of Everest. Also, we have beautiful views of the Kanchenjunga massif, Everest, Lhotse, Baruntse, and Chamlang.

The road less traveled

This Mt Makalu base Camp Trek takes us through the northeast of Nepal to the *rarely trekked trail routes that offer views of Mt Makalu and some glimpses of [Kanchenjunga Circuit Trek](#)*. Furthermore, more stunning views of Mt Khumbakarna appear as we enter the Makalu basin. This memorable journey of Makalu travel trip ends as we return through isolated Sherpa villages back to Tumlingtar and board the picturesque return flight to Kathmandu. The **22-day** exciting journey is for avid trekkers and nature lovers who seek refuge in the silence and serenity of nature.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Travel & Adventures will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Travel & Adventures. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1400 meters

Day : Guided sightseeing in Kathmandu

After breakfast, we will have a pre-trip meeting where you will be introduced to your Guide. During the meeting, you can provide yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the most significant Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy

Bagmati River.

Here, we see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally, funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, a collection of pagoda and shikhara-style temples grouped around a fifty-five-window palace of brick and wood. The attractions of the Bhaktapur Durbar Square are the Lion Gate, the Golden Gate, the Palace of Fifty-Five Windows, art galleries, and the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1400 meters

Day 3-4 hours: Fly to Tumlingtar and drive to Chichira

We fly to Tumlingtar after breakfast and meet the rest of the crew members who will also be joining us for the trek. Next, we drive to Chichira, a small Gurung settlement. We take a rest at Chichira as we need to be prepared for the next day's trek.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1980 meters

Day : Trek from Chichira to Num

We start early in the morning and head towards Num after a warm breakfast. A moderately paced walk through the picturesque villages and lush mountain forests will take us to Num. A ridge line with great views on both sides and perched on the end, this is Num for us.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1560 meters

Day 6-7 hours: Trek to Seduwa

A steep descent through forests and terraced farms takes us to the Barun River. We cross the river and follow an equally steep ascent up the other side again. Often quite hot – the forest in the valleys offers a bit of shade. This is where Makalu Barun National Park begins, and we register our permits. We camp right at the top of the village.

Accommodation

Tented camps

Meals:

Breakfast, lunch and dinner

Altitude:

1500 meters

Day : Trek to Tashigaon

Ascend the ridge bounded by the Ipsuwa Khola on the west and Kasuwa Khola to the east. Crossing the hillside through quiet villages and passing by small paddy fields, we reach the exotic village of Tashi Gaon. Once there, we are surrounded by breathtaking Himalayan panorama.

Time:

4-5 hours

Accommodation

Tented camps

Meals:

Breakfast, lunch and dinner

Altitude:

2100 meters

Day : Trek to Khongma Danda

This will be a bit of a tough day as we have to walk on a steep trail in higher elevation. We will ascend through forests to a stream and then onto a ridge. From here the trail gets even steeper and passes a Kharka (grazing land) and finally follows a series of rough stone stairs and small lakes ascending to the top of the ridge. From here it's a short way down to Khongma Danda.

Time:

6-7 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

3500 meters

Day : Acclimatization

The day off will allow some rest before we take on crossing of the Shipton La the next day. For those who wish to explore the nearby surrounding can walk around the area.

Accommodation

Tented camps

Meals:

Breakfast, lunch and dinner

Altitude:

3500 meters

Day : Trek to Dobate

Climb towards the summit of the Shipton La (pass) which takes a few hours to reach. After the lake Kalo Pokhari (3930m), pass over the Keke La at 4,170m. We can see the marvelous views of Chamlang (7321m), Peak 6 (6,524m) and Peak 7 (6,758m). After crossing the Keke La pass, we descend through the beautiful valley to Dobate.

Time:

6-7 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

3200 meters

Day : Trek to Yangri Kharka

From Dobate, we pass through the rhododendron forest, which leads to the Barun River and the upper reaches of the valley. We should be very careful during the first two hours of the trek as the trail is steep and arduous. We then take a pleasant walk, slowly gaining altitude until we arrive at Yangri Kharka, situated at the valley's base.

Time:

6-7 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

3557 meters

Day : Trek to Langmale Kharka

Following a moderate walk to the valley, we pass through yak pastures, lush forests and boulder fields. The valley walls tower imposingly above us during the start of the trek. We pass Merek as we make our way further up and notice a significant rise in the scenic Himalayan views.

Time:

5-6 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

4410 meters

Day : Trek to Makalu Base Camp

Today is the day we make it to the Base Camp. From Langmale Kharka we make our way up to Shershong and eventually to Makalu Base Camp. The trail is flat with icy glaciers and snow clad mountains accompanying us. Mount Makalu comes into view as we approach Shershong. As we make our way to the camp, we get to soak in the majestic Himalayan panorama surrounding us.

Time:

6-7 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

4870 meters

Day : Explore Makalu Base Camp

The Base Camp is a rocky barren place with the large Barun Glacier beyond it. From here we can see the magnificent south face of Makalu and the complete panorama of Everest and Lhotse. We can explore the surrounding lakes, glaciers and go for a short trek up where we may celebrate our accomplishment at the camp itself.

Accommodation

Tented camps

Meals:

Breakfast, lunch and dinner

Altitude:

4870 meters

Day : Trek to Dobate

From Yangri Kharka we descend through rock falls, green forests and valley, making our way towards Dobate. We follow the river banks of Barun as we descend down the trail.

Time:

6-7 hours

Accommodation

Tented camps

Meals:

Breakfast, lunch and dinner

Altitude:

3200 meters

Day : Trek to Tashigaon

The trek continues with frequent long and steep descent cutting through the hillsides. The trail takes us through thick forests and finally making it to the indigenous Sherpa village of Tashigaon.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2100 meters

Day : Trek to Seduwa

We retrace our steps as we exit the Makalu Barun National Park and descend to the Barun River. We then cross the hillside and come across villages and settlements as we move further down finally stopping at Seduwa again.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1500 meters

Day : Trek to Num

We leave Seduwa and trek through lush forests towards Num. The trail goes up and down and passes through dense forests and Sherpa villages as we move downwards.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1560 meters

Day : Trek to Tumlingtar

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

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1980 meters

Day : Fly to Kathmandu

Today, we fly back to Kathmandu after our long mountain trek. We have plenty of time in the afternoon to catch up with anything we feel we have missed. Tonight we will celebrate the success of our trip with a THANK YOU farewell dinner program hosted by Naata Travel & Adventures.

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Day : Final departure

Our trip concludes today. A Naata Travel & Adventures representative will drop us off at the airport for our scheduled flight.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Domestic flights (Kathmandu-Tumlingtar-Kathmandu)
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Tumlingtar in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Trip Information

Best Season for Makalu Base Camp

Makalu Base Camp Trek is quite fun but a little challenging, but if you want to double your fun and minimize your challenges, choose the appropriate season for trekking. For the trek of Makalu Base Camp in Nepal, you can divide the seasons based on the peak or off-season seasons. The *best time to go to the Makalu Base Camp* is **spring (March to May)** and **autumn (September to November)** because the weather is good, the clear skies and the views are stunning. It's also vital to pick a well-planned schedule

and a trustworthy trekking company, as this will improve your trekking experience.

Makalu Base Camp Trek Difficulty

Makalu Base Camp is one of the fun treks, but it is also equally **challenging**. However, *the difficulty level of this trek is based on the trekkers' experience and strength*. Certain factors, like high altitude, rough terrains, remote areas, etc., increase the difficulty level of the trek. The base camp trek takes you to an altitude of over **5000m**, which means there is a risk of altitude sickness.

So, to be safe from the high-altitude trek, you have to learn how to acclimatize correctly and also be sure to remain hydrated throughout the trek. Furthermore, strengthen your core before trekking by participating in additional cardiovascular and breathing exercises.

Packing List for Makalu Base Camp Trek

During any high-altitude Himalayan treks in Nepal, you should pay extra attention to the packing list. Although you must pack light for the trekking, some items are prerequisites. So here are some examples of packing lists for your trek.

1. Gloves
2. Trekking trousers and shorts
3. Baby Wipes
4. Face Towel
5. First Aid Kit
6. Underwear
7. Duffel Bag
8. Sleeping Bag
9. Sunglasses
10. Trekking poles
11. Beanie
12. Hand Sanitizer
13. Sunscreen
14. Toothbrush/toothpaste
15. Trekking shirts
16. Warm Thermal Socks
17. Backpack
18. Acetazolamide
19. Headlamp with extra batteries
20. Hiking boot
21. Lightweight Down Jacket
22. [Lip balm](#)
23. Moisture-wicking long-sleeve t-shirts (2)
24. Rain pants

Frequently Asked Questions

How difficult is the Makalu Base Camp Trek?

The Makalu Base Camp Trek is among the most challenging treks in Nepal. If you are a veteran trekker, you might not have any problem dealing with the Makalu Base Camp Trek, but if you are a beginner, the trek might become challenging but not impossible.

How long is the Makalu Base Camp Trek?

The trek from Kathmandu to Makalu Base Camp is about 500 kilometers. Hence, it might take from 18 to 25 days.

What is so special about Makalu Base Camp Trek?

The Makalu Base Camp Trek allows you to experience the daily lives of different people while exploring high-altitude terrains, snowy landscapes, lush forests, glaciers, glacial lakes, and stunning Himalayan peaks.

What is the best time for Makalu Base Camp Trek?

The best time for Makalu Base Camp Trek is Spring or Autumn. The Spring and Autumn seasons have ideal weather temperatures, and the trails are covered with flowers like rhododendrons and magnolias.

What foods and accommodations can we expect during Makalu Base Camp Trek?

During the Makalu Base Camp Trek, you will typically stay in the teahouse, and the food you will eat usually is organic local foods like Dal Bhat Tarkari, Soup, Stews, etc, or in some teahouses, western delicacies like Pizzas, Burgers, Momos, etc.

Do we need a guide and porters for Makalu Base Camp Trek?

Makalu Base Camp Trek is one of the most challenging treks, so hiring a guide for navigation and security is wise. Furthermore, the trek is full of challenging upward trails, so it is wise to hire porters if you want to trek these challenging trails.

Is the water in the Makalu Base Camp Trek safe?

Makalu Base Camp Trek lies in a rural area where all the water supplies are from tap water and pumps, so we recommend you don't drink the water. Instead, pack bottled water or request to boil the water in the teahouse you are staying in.

Will I need travel insurance before going on a Makalu Base Camp trek?

Although Travel insurance is not compulsory, it is vital for you to cover your medical expenses and also if you need a helicopter rescue. The helicopter rescue alone costs over \$5,000, and the additional medical expenses cost even more, so the travel insurance will help you cover these expenses.

What is the best season for trekking at the Makalu Base Camp Trek?

The best season for trekking the Makalu Base Camp Trek is either spring or autumn, whereas monsoon and winter are not ideal for hiking the Makalu Base Camp Trek.

Which permits do you need for Makalu Base Camp Trek?

Makalu Base Camp Trek lies in the Makalu Barun National Park. It would help if you got the Makalu Barun National Park Conservation Area permit to trek through the national park. This permit is required for all trekkers, no matter where they are from or how many people are in their group.

Is it possible to get a shower during the trek?

During the Makalu Base Camp Trek, you can get a shower for free, especially in the hotels, but if you reach the teahouse, you might have to pay for the hot water bath as the shower will not be available.

Do you get altitude sickness in the Makalu Base Camp Trek?

The altitude of Makalu Base Camp Trek takes you from 2500m to 5000m, so there is a chance of altitude sickness. If you trek over an altitude of 3000m, the risk of altitude sickness is relatively high.

Which medication is needed for altitude sickness in the Makalu Base Camp Trek?

The most common medication for the Makalu Base Camp Trek is Diamox, which trekkers can take within 1-2 days of the trek.

What kind of training is ideal for Makalu Base Camp Trek?

Makalu Base Camp is a challenging and strenuous trek, so you must be physically fit and have high stamina. Involve in the cardiovascular and breathing exercises to make your trek more fun and challenging.

How much does a Makalu Barun Conservation Area Permit cost for all visitors?

Here are the costs of the Makalu Barun Conservation Area permit, which vary among nationals. Here are the costs of the permits needed in the Makalu Barun Conservation Area Permit.

- NPR 100 per person - Makalu Barun Conservation Area Permit for Nepalese citizens.
- NPR 1500 per person - Makalu Barun Conservation Area Permit for SAARC citizens.
- NPR 3000 per person - Makalu Barun Conservation Area Permit for another foreign citizen.
- NPR 2000 per person - Makalu Rural Municipality Permit.

Address

Naata Travel and Adventures Pvt. Ltd.

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