

Makalu Base Camp Trek

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

Destination Nepal	Activity Trekking in Nepal	Duration 19
Region Remote area	Max. Altitude 4870m	Best Season March - May & September to November
Group Size 8	Moderate to Challenging	

Trip Highlights

- Panoramic view of the stunning Mount Makalu, the fifth-highest mountain in the world
- Explore rare wildlife like Red Pandas, Snow Leopards, Musk Deer, Wild Boar, Himalayan Thar, etc
- Warm hospitality from the local community of people from various ethnicity like Rai, Sherpa, Bhotiya, etc.
- The picturesque view of many 8000 meters from the peak such as [Mt. Everest](#) in the west and [Mt. Kanchenjunga](#) in the east.
- A taste of life in the Himalayas, including various forms of cultural festivities and local cuisines
- Lush forests, Himalayan glaciers, high passes, and rare wildlife along the snowy mountain trails.

Makalu Base Camp Trek Overview

Makalu Base Camp Trek that explores the remote vibrant surrounding of the fifth tallest mountain in the world, Mt. Makalu (8,463 meters), is the best way to explore the off-beaten, less explored part of the Himalayas. The rural culture, terraced farmlands, lush first, rare wildlife, and unprecedented views of the Himalayas from the country's Far North East prospects away from the mainstream crowded routes make it a valuable experience of high Himalayan exploration.

Explored by Eric Shipton for the first time in the 1950s, this trekking is an ideal expedition for nature lovers who want to explore the solitary route in the Makalu Barun National Park and Conservation Area

without compromising on the exhilarating adventure part. Passing through the lush green forest (rhododendron, pine, and Mongolia), you will be able to enjoy the vibrant culture and traditions of the high-Himalayan civilizations. This isolated walking trail will also reward you with spectacular views of the gems in the Himalayas, like Makalu, Everest (on the East), Lhotse, Chamlang, and [Kanchenjunga](#) (on the west), including other adjacent peaks.

Himalaya Discovery's 19-Days Makalu Base Camp Trek is an exciting way to explore the remote part of the Himalayas that also get in touch with the ambiance of mother nature. Starting your adventure from Num, you will trek along the major highlight of this expedition, like Seduwa, Tashigaon, Khongma, Yangri Kharka to Makalu Base Camp (4,870 meters) and, of course, one of the major highlights of this expedition, Shipton La Pass (4,210 meters), named after the first explorer of the region.

What to Expect?

'Moderate to hard' is how the Makalu Base Camp trip has been classified. Everyone may find the off-the-beaten-path rough terrain, high elevation points, weather, and long walking distances tough, but especially ill-prepared trekkers. Unlike other busy mainstream routes, this expedition's remoteness has fewer teahouses along the trail.

The Makalu Base Camp trek goes through the remote and underdeveloped areas of Far Eastern Nepal. Because of this, it is regarded to be much more difficult than other trekking expeditions in Nepal such as [Everest Base Camp Trek](#) and [Annapurna Base Camp Trek](#).

Some factors that make the trek difficult are:

1. **Altitude sickness**- In any high-altitude expedition, the ascent presents a significant obstacle because it might cause Acute Mountain Sickness (AMS). It may potentially be fatal if sufficient safety precautions aren't taken. Even though this trekking expedition does not involve the same elevation jumps as the trip to the world's highest base camp, EBC, it is crucial to be adequately prepared to handle this problem. The Makalu Base Camp journey takes you to the greatest elevation point of 4,870 meters, from Tumlingtar, where your experience begins at a height of 405 meters. You will need to be specially prepared for this remote expedition, where you must spend a substantial number of days above 3000-4000 meters, as there is a risk of altitude sickness on any trip above 2,500 meters. In any high-altitude trekking journey, the best strategy to combat altitude sickness is to acclimate correctly, get adequate rest, eat well, and remain hydrated.
2. **Trek distance**- For beginners who haven't properly prepared, the trekking distance of this isolated adventure is another huge problem. The long days of walking on this expedition continually put the participants' stamina and degree of endurance to the test. Every day, on average, you will walk for five to seven hours and cover a distance of roughly 15 miles. Thus, to effectively complete this remote Himalayan excursion, physical stamina, and strength are essential. It is difficult to successfully navigate the steep portion with its frequent uphill climbs and downward descents on the rough terrain. The moderate to hard' paths of this adventure are not a major concern, though, even for inexperienced trekkers, with the correct amount of planning.
3. **Basic logistics**- Unlike other famous trekking expeditions in Nepal, it is difficult to find even basic accommodation and food services in this remotely located Makalu Base Camp Trek. You will have to make do with the minimal amenities offered in the teahouses along the way.

because this breathtaking path has only recently caught the attention of trekking enthusiasts. Unlike other famous trekking expeditions in Nepal, it is difficult to find even basic accommodation and food services in this remotely located Makalu Base Camp Trek. Expect nothing close to 3-star amenities or Western food during this remote expedition; in addition, upper regions are technologically deficient due to a lack of adequate transportation. So, think of this excursion as a leisurely adventure that involves exploring only natural pathways apart from modern haste and technology. The road is challenging, but what remarkable journey is without obstacles? Along the Himalayan paths, you will experience many ups and downs, but you will also be surrounded by magical beauty. You will have a magnificent excursion full of rich flora and fauna, beautiful mountains, local cuisine, and a rich Sherpa culture, among other things.

Food and Accommodation

Due to the [remote](#) location of Makalu Base Camp Trek, there are only **basic food and accommodation** found in the region as there aren't yet enough teahouses with the required facilities spread all along the paths. You won't be able to enjoy the comprehensive menus, including Western cuisine, like the popular trekking routes in the nation, so food and lodging in these areas are very basic.

The menu consists mainly of the following items:

- Daal Bhaat Tarkari,
- Noodles
- Choices of soups
- Prepared meats
- boiling and scrambled eggs
- Toast with butter or jam
- bread
- Parathas
- coffee and tea

You shouldn't drink the water from the streams. The safest option for consuming water would be to consume boiled water at the teahouses rather than spending a lot of money on expensive plastic mineral water bottles. To make the tap water accessible along the way drinkable, you might also bring water-purifying tablets and solutions.

If you are not accustomed to exploring rural regions, the hotel options in the Makalu Base Camp Trek may be a minor issue. There are few teahouses along the route and they can get quite crowded during the busiest hiking seasons, like fall and spring.

Since there aren't many teahouses along the trail and it's difficult to find stores in between stops, you should have your essentials with you on your expedition.

Makalu Base Camp Permit

Trekking permits are necessary in several areas of the [Makalu](#) area. You must confirm the types of permits you'll need based on the itinerary you choose. You require a limited area permit to enter the restricted areas in the nearby areas of **Kimathangka, Chepuwa, Hatiya, and Pawakhola**.

Two different permits are required for the Makalu Base Camp Trek:

1. Makalu Barun National Park Conservation Area Permits
2. Makalu Rural Municipality Permit.

Best Time to Trek

The best time for Makalu Base Camp Trek is said to be Spring and Autumn seasons. For any high-altitude adventure in the nation, such as hiking and mountaineering, spring is often the busiest time of year. This time of year, the Himalayan region is at its most beautiful; the bottom part of the trail is covered in wildflowers, vibrant rhododendrons, and magnolias. You may appreciate the expansive vistas of the clear mountain to the horizon in spring since the weather is consistent and clear.

Similar to spring, autumn is another season that may be used for this isolated excursion and rewards the hikers with cold, clear weather. The experience is more thrilling in this season since the mountain scenery is at its best in the autumn with clear skies and the absence of fierce burning sun accompanied by cold chilly mornings and nights. You will also get to experience the major festivals of Nepal like Dashain, Tihar, and Chath if you travel during the Autumn season.

The Makalu Base Camp hike is also possible during the **off-season**, such as the **winter** months ([December](#), [January](#), and February) and the **monsoon** months ([June](#), [July](#), and [August](#)). However, the monsoon is the least advisable time of year for a high-altitude adventure because of additional difficulties like treacherous muddy-slippery routes, landslides, aircraft cancellations, and trip delays.

Likely, the winter blizzards, icy routes, and harsh climate conditions add to the difficulty of this remote adventure. Therefore, if you have never hiked at a high altitude, it would be better if you avoid traveling to the Makalu region during the off-season.

Itinerary

Day 01: Arrival in Kathmandu.

Welcome to the Himalayas!

When you arrive at Tribhuvan International Airport (TIA), a representative from our company will meet you there. You will be driven to the appropriate hotel, where a member of our staff will help you check-in. This day can be used to wander through the vibrant capital city and discover local attractions.

We will have a welcome dinner party to honor our collaboration in the evening, and your guide will provide a quick rundown of this lovely trekking trip along with key details and pointers.

Highest Altitude:

1400m

Day 02: Explore the heritage sites.

You will explore the cultural opportunities of the Kathmandu Valley on the second day of your Makalu Base Camp Trek tour. The major tourist attractions in the nation's capital as well as the ten UNESCO World Heritage Sites—seven of which are in the Kathmandu Valley—will be the focus of your journey today.

You will have enough time to explore the capital after seeing the main tourist attractions to buy souvenirs. If you haven't already done your shopping for the gear you'll need for the walk, you can utilize your arrival and exploring days to do so.

Day 03: Fly to Tumlingtar, drive with private jeep to Num.

Your journey will begin early on this day as you board a domestic flight in the early morning toward the city of Tumlingtar. The Himalayas are approached from the Far Eastern side at Sankhuwashabha, and this brief scenic flight provides an excellent view of the mountain peaks as well as enchanted vistas of the nation's hillside, rivers, and valleys.

You will briefly experience the hospitality of this traditional and cultural civilization of Sankhuwasabha after arriving in Tumlingtar. From there, you will take a private jeep in the direction of Num, going via the communities of Khandbari and Chichila. You will spend the night in Num, a settlement perched on a high ridge, where you can take in the stunning views of the Makalu peaks, Jalajala Himal, and other massifs.

Trek Duration	Highest Altitude:
4 - 5 hrs	1572m

Day 04: Trek to Seduwa.

Your Makalu Base Camp Trek will begin on the fourth day with a series of ascents and descents along the Barun River as you make your way toward Seduwa Village after an early morning breakfast. Before ultimately entering the Makalu Barun National Park, you will have to cross this Arun River tributary river several times.

From this point on, you will progressively rise upward, passing the Runmura Village on your route to Seduwa Village, over small terraced farms and rugged roads. You will sleep here tonight while admiring the beauty of Makalu Barun National Park and the massifs of the Himalayas in the distance.

Trek Duration	Highest Altitude:
5 - 6 hrs	1530m

Day 05: Trek to Tashigaon.

The final village before reaching this amazing Himalayan experience is the lovely Sherpa village of

Tashigaon, where your trip on the Makalu Base Camp Trek expedition will take you today. You will pass through several tiny settlements, paddy farmlands, and waterways on this day as you make your way into Tashigaon.

You get to experience the breathtaking view of majestic Himalayan peaks from here. You will sleep here tonight while appreciating the kindness of this high-altitude society influenced by Buddhist culture.

Trek Duration	Highest Altitude:
5 - 6 hrs	2065m

Day 06: Trek to Khongma.

On the sixth day of your Makalu Base Camp Trek, you will leave behind the final village and travel through a picturesque route lined with rhododendron, oak, and pine trees. Today's trip is challenging because you have to climb to an elevation of about 1,497 meters. You pass lush woodlands behind as you enter Chipola along the trail to Khongma.

Then, you'll keep climbing toward Dhara (2,867 meters), a well-known tea store location, where you'll stop for lunch. You will go to Unshisa (3,200 meters), a sizable rock formation, during the final portion of the walk. From here, it is a difficult ascent on stone stairs until you reach Khongma Dada, the summit of the ridge. You may enjoy stunning views of Mounts Kanchenjunga in the East and Makalu in the North, as well as other nearby summits, from the Khongma Ridge.

Trek Duration	Highest Altitude:
5 - 6 hrs	3562m

Day 07: Trek to Dobate via Shipton La Pass.

Your ability to tolerate the high-altitude environment and your degree of endurance are both put to the test on this day of your Makalu trek. One of the three major altitudes of this expedition above 4,000 meters, the Shipton La Pass, at an elevation of 4,210 meters, serves as the starting point of this lengthy day's walk. You will hike downwards to Dobate Valley passing the trails of Kalo Pokhari (3,930 meters) and crossing Keke La Pass(4,170 meters).

Stunning peaks such as Mt. Chamlang (7,319 meters), Peak 6 (6,524 meters), and Peak 7 (6,758 meters) could be seen really closely from here. As you prepare for tomorrow's exciting journey, you will take a nap here tonight.

Trek Duration	Highest Altitude:
6 - 7 hrs	4210m

Day 08: Trek to Yangri Kharka.

On the eighth day, your journey will begin early in the morning and follow the Barun River through lovely rhododendron and pine forests. You will need to pay close attention to your footing because the first part of this trek's route is steep and challenging. You will hike uphill on a more stable path that gradually expands into Yangri Kharka after two hours of the steep and taxing route.

Trek Duration

5 - 6 hrs

Highest Altitude:

3560m

Day 09: Trek to Langmale.

Leaving Yangri Kharka behind, you will hike through dense forests and along several yak pasturelands where you might see yaks grazing. After a 2- to 3-hour journey, you will begin to see the attractive peaks rising on the horizon, despite the steep valley walls blocking your view of the Himalayas. Following your arrival at Merek, you will travel uphill to the Langmale Kharka, where the Himalayan views will gradually start to open up more.

The magnificent views of Makalu V, Makalu VI, and Makalu VII, as well as other nearby Himalayan peaks, will reward you for your strenuous trekking day. You'll remain here tonight to get ready for tomorrow's big event.

Trek Duration

5 - 6 hrs

Highest Altitude:

4300m

Day 10: Trek to Makalu Base Camp.

The most anticipated phase of your journey is almost here; today you will scale the foothills of Mt. Makalu, the fifth-tallest mountain in the world. You will depart the Langmale Kharka and head towards Shershong during the first leg of today's major expedition. From there, you must traverse an icy section before continuing on a smooth, steadily ascending trail that leads to Makalu Base Camp.

The beauty of Mt. Makalu will beckon you closer as you traverse the path encircled by the majestic Himalayan peaks. You will spend the night at the foothills of Mount Makalu after experiencing the thrilling sensation of the Himalayan expedition up close today (camping site at MBC).

Trek Duration

4 - 5 hrs

Highest Altitude:

4870m

Day 11: Rest day for discovery around Makalu Base Camp.

We realize that rushing to wrap up the excursion wouldn't do justice to this Himalayan journey after

being so near to the splendor of the Himalayas. Today, you get to acclimatize and explore the nearby areas. On this day, you can take in the Himalayan splendor from the perspective of the Makalu region. Don't forget to add Barun Glacier to your list of explorations, as well as the surrounding surroundings and the region's renowned extraordinarily diverse flora and fauna.

Breathtaking views of Mt. Everest, Mt. Lhotse, Lhotse Shar, and several other peaks in addition to Mt. Makalu will amaze you. Additionally, you will end your exploration for the day at the Makalu Base Camp, where you may enjoy one more day in the breathtaking foothills of the fifth-tallest peak in the world.

Highest Altitude:

4870m

Day 12: Trek to Yangri Kharka.

Today is the final day of your Makalu Base Camp Trek, which marks the end of your Himalayan expedition. After taking in the majesty of Mt. Makalu up close, you will return to Yangri Kharka by following the same route you took to get there. You will gradually lose sight of the Himalayan panorama as you approach Merek and begin to descend the valley, hiking beneath imposing high walls.

After that, you will gradually make your way into Yangri Kharka by passing through various yak pastures and following the Barun River's path. It is a simple walk, trekking downhill to Yangri Kharka, as you pass through lush rhododendron and pine forests. You will stay overnight in a tea house or lodge at Yagri Kharka.

Trek Duration

5 - 6 hrs

Highest Altitude:

3560m

Day 13: Trek to Dobate.

Backtracking from Yangri Kharka to Dobate, you'll walk along the path that parallels the stunning, roaring Barun River. You will find that walking is much simpler than it was in the climbing scenarios because today is another falling day. Before reaching Dobate, you will have passed through several beautiful landscapes, including alpine and rhododendron woods, as well as rocky ridges and a few small streams.

If you're lucky, you could even get to see Makalu National Park's famous fauna, including grazing yaks on pastures, mountain deer, snow pigeons, and other high-Himalayan attractions.

Trek Duration

5 - 6 hrs

Highest Altitude:

3070m

Day 14: Trek to Khongma.

It's going to be a long day of hiking today as part of your Makalu Base Camp trip expedition. You will ascend to Keke La Pass during the first leg of today's journey, then backtrack along the edges of the Kalo Pokhari. Finally, you will cross the Shipton La Pass and begin the long descent to Khongma.

It is a long trek, passing through lush forests filled with rhododendrons and fir, stunning scenarios of the magnificent Himalayan range, rare wildlife, and thrilling routes. Even though you go through a lot of physical endurance, the experience of passing through such mountain trails will be memorable.

Trek Duration	Highest Altitude:
6 to 7 hrs	3562m

Day 15: Trek to Tashigaon.

On our journey back to Tashigaon, we travel through lush forests and pass a few lakes. We leave Makalu Barun National Park after 5 hours of trekking along high rocky trails to the charming Sherpa village of Tashigaon. Overnight in Tashigaon at a lodge.

Trek Duration	Highest Altitude:
4 - 5 hrs	2065m

Day 16: Trek to Seduwa.

You will move towards Seduwa after leaving the final settlement on the way to the Makalu Base Camp Trek. You will return to the same route with gushing streams, local villages, and gazing landscapes. You will enjoy the spectacular vistas of Mt. Makalu, Mt. Jaljala, and other nearby Himalayan peaks on this lovely day's trip along the Arun River.

Seduwa Village will be your final high-altitude resting location before reaching the foot of the Makalu region tomorrow. Take in the spectacular vistas and scale of the Himalayas while here.

Trek Duration	Highest Altitude:
6 - 7 hrs	1530m

Day 17: Trek to Num, drive to Tumlingtar with private jeep.

You will return to the expedition's starting site for the Makalu Base Camp Trek on this day by following your original route. The first section of the hike takes you through a moderate trek toward Rumura Village and down a picturesque road past terraced farms and rocky trails that lead to Makalu Barun National Park. The Barun River will be crossed multiple times throughout the final section of your walk, and Num will be reached after ascents and descents along the swift river.

After you reach Num, you will take a short break and then begin your journey towards Tumlingtar via Jeep ride. You can pass through settlements such as Khandbari and Chichila along the way while soaking up the panoramic views of Mt Makalu, Mt Kanchenjunga, Mt Jannu, etc.

Trek Duration	Highest Altitude:
5 - 6 hrs	1572m

Day 18: Fly back to Kathmandu.

The time has come for us to bid farewell to this wonderful journey; today is the day you bid farewell to this investigation of the lonely and uninhabited Himalayan region. You'll end this lovely journey by boarding an early-morning flight back to the city. When you finally reach Kathmandu, you will have traveled through several lovely valleys, lush hills, and roaring rivers while taking in the breathtaking vistas of the Himalayas on your back.

Following your arrival in Kathmandu, you will be driven back to your lodgings. After a good night's sleep, you can use the following day to see any significant landmarks you missed the previous day or to stroll through the busy city collecting mementos to remember your fantastic experience. A farewell banquet will be held by Magical Summit to celebrate your successful expedition.

Trek Duration	Highest Altitude:	Meals:
50 mins	1400m	Farewell dinner

Day 19: Fly home.

It's time to put your experience to an end. According to your flight schedule, our representative drop you at the TIA airport. Make sure to allocate enough time to get to the airport three hours before your flight is scheduled.

We appreciate you picking us up for your vacation and look forward to seeing you again. Enjoy a secure journey!

Final Say,

The Makalu Base Camp trip is a very traditional and well-known trek that you should do at least once in your lifetime if you consider yourself to be a true explorer and like to be pushed.

The journey is more challenging than anticipated, but the feeling of completion will bring you ten times more satisfaction and joy.

In addition, it's worthwhile to visit since it provides a breathtakingly beautiful setting, views of snow-capped mountains, a variety of flora and ecosystems, a warm welcome from the local ethnic population, and, of course, an unforgettable experience.

Price Includes

- Airport transfers pick-up and drop-off.
- Makalu National Park permits & Trekkers Information Management System(TIMs card) permits.
- Both ways airfare Kathmandu - Tumlingtar - Kathmandu with including airport transfer.
- Three meals a day (breakfast, lunch, dinner) during the trek.
- Tea / Coffee three times a day.
- Fresh fruit every evening after the dinner
- All accommodations during the trek.
- English speaking native Sherpa trek guide.
- Strong and helpful porters to carry your luggage during the trek (1 porter for 2 trekkers).
- Arrangement of emergency helicopter service which will be paid by your Travel Insurance company.
- Transportations, accommodation, wage, food, insurance, equipment for the guide & porter.
- All necessary paper works and entry permits.
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner at typical Nepali restaurant after the trip completion in Kathmandu.

Price Excludes

- International airfares and Nepal visa.
- Any personal medical or evacuation expenses incur.
- Tips for the guide & porter (tipping is expected).
- Any others expenses which are not mentioned on the 'price includes' section.

Address

Bijeshwori Swayambhu
Kathmandu, Nepal