

Makalu Base Camp Trek



Overview

This trek takes you through isolated valleys and high mountain passes to the base of the world's fifth highest mountain Mt. Makalu. The majority of the trek route lies inside Makalu-Barun national park, famous for a beautiful and variant array of flora and fauna.

Here you will find some of Nepal's most amazing scenery, ranging from the sweeping Arun river valley, over the Barun La (4200m), to the remorseless Ice fields surrounding Makalu (8463 m).

Trekking through the Arun valley offers you the best opportunity to observe many of our country's bird species, including the Spiny Babbler, the only species of its kind in the world. Practically untouched, this region has much more to offer you besides birds and wildlife... find out for yourself!

Journey

The trek starts from the small hill town of Hile, accessible by road or air, or through Tumlingtar, the district headquarters of Sunkhwasabha. Makalu Base Camp trek starts at Tumlingtar and goes up towards Sedua and Num up the Arun River valley and crosses Shipton La Pass (4210 meters) into the upper Barun river valley to take a closer view of Makalu and Himal Chamlang.

This tour covers one of Nepal's farthest and most rare places. The valley of Barun is part of a large global protected area which contains 2330 sq. km of National Park and 830 sq. km of the protected territory in Nepal alone. The 8th largest national park in Nepal, Makalu Barun, is 2330 square metres. Km, and some of the uncommon flora and fauna, including Red Panda, are in Nepal.

In your journey, you shall pass through the terraced land inhabited by the inhabitants of Rai, which was mainly found in the hills of eastern Nepal, has an ethnic group.

You will encounter sheer granite peaks, glaciers and stunning waterfalls deeper in the mountains beyond Barun River Valley. The Sherpa community, an ethnically Tibetan tribe that resides mainly

around Everest, dwell on the higher elevations. The scarcely viewed Kangshung Everest as well as Lhotse, Chamlang and Kanchenjunga on the far east can be seen from Makalu Base Camp.

Highlights

- Find out more about the great ride to Makalu Base Camp where just a few people went.
- On one day of trekking, skip the Shipton La and three other high passes
- Discover Makalu Base camp for a whole day
- Reach complex ecosystems from 700 m to over 5 000 meters in various temperate zones
- Stay in tea houses on the way to the village and directly contribute to the local economy.

Trip Grade: Three (Strenuous)

A difficult trek or grade 3 from an altitude from 4000 m to 5550 m. The best of Nepal's trekking is category 3. You need some previous trekking activities and good health.

Climbing and descending are quite common walking experiences and you may also need to cross little glaciers. Walking in higher altitudes is more physically demanding than walking in lower altitudes, however, the pace of the trek will vary in compensation.

If you are in excellent health with average physical fitness and have strong determination, you will complete this trek successfully.

Exercising, particularly jogging and climbing stairs regularly for some weeks prior to your arrival is recommended to enhance your strength and fitness.

Past hiking experience would be an asset, but no technical skill is required. This kind of trip gives you a lifetime experience, a breathtaking stroll around the mountains.

Outline Itinerary (19 Days)

Day 1 : Arrival to Kathmandu & Transfer to the Hotel (1,400m)

Upon your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly received by our representative and transported to the hotel. Upon check-in and some refreshments, our senior mountain guide will give you a quick briefing on the Makalu Base Camp Trek.

Max Altitude Kathmandu (1,400 m)

Overnight Overnight at Himalayan Suite Hotel

Meal Dinner included

Day 2 : Fly from Kathmandu to Tumlingtar and drive to Num

This after breakfast, the village of Tumlingtar will take you 50 minutes on the flight to Tumlingtar in the East, where we start from the Arun valley on a steep highway. While in aircraft we can take advantage of the panoramic sites of large Himalayas in Nepal such as the Everest Mountain (8,848 m), the Macalu Mountains (8,563 m), the Oyu Mountains (7,451 ft), the Lhotse Mt. and the Shar mountain (8,481 ft.), the Kanchenjunga mountain, the Gaurishanker mountain, the Ganesh mountain range, the Langtang mountain range etc. When you get off the plane, take 4 hours on the gravel road and cross Chichila to Num, where we stay overnight.

Max Altitude Num (1,560 m)

Duration Fly- 50 mins, Drive-4 hrs

Overnight Overnight at Lodge

Meal Breakfast, Lunch and Dinner included

Day 3 : Trek to Seduwa

Today we go down a track that steeply descends from the village of Num through the Lumbang country side, but which descends steeply through a jungle to the Arun River suspension bridge (660 m). We climb steeply from the bridge to the original tea shop. Often pretty hot – the forest offers some shade in the valleys. Along the rocky road with small terraces planted with maize and barley, the climb to Seduwa (1460 metres), is long, steep and rough. Makalu Barun National Park starts in this area.

Max Altitude Seduwa (1,540 m)

Duration 7 hrs

Overnight Overnight at Lodge

Meal Breakfast, Lunch and Dinner included

Day 4 : Trek to Tashi Gaon

We will ascend over the Kasuwa Khola to Gyang (1,770 m) slowly from Seduwa. The walk to Hindrungma village and Rupisa is gentle through terraced fields and wooded areas. We pass by small fields of paddy, cross wild meadows and several rivers, then go up to the village of Sherpa in Tashi Gaon. Once here, the amazing Himalayan scenery surrounds us.

Max Altitude Tashi Gaon (2,070m)

Duration 5 hrs

Overnight Overnight at Lodge

Meal Breakfast, Lunch and Dinner included

Day 5 : Acclimatization at Tashi Gaun (rest day): camping

Today, we have a acclimatization day at Tashi Gaun and we are going to camp.

Max Altitude Tashi Gaon (2,070m)

Overnight Overnight at Tented Camp

Meal Breakfast, Lunch and Dinner included

Day 6 : Trek to Khongma

This will be a rough day because we will go on a steep climb uphill route. We'll climb up a river and then a ridge through the forests. The trail goes even steeper from here through a Kharka and finally takes a series of rough stairs of stone and small lakes up to the top of the ridge. It's a short route to Khongma Danda from here. The route extends through the desolate Barun Valley from Khongma. Khongma is near the La Pass ship. We're going to live in Khongma overnight.

Max Altitude Khongma (3,560 m)

Duration 6 hrs

Overnight Overnight at Lodge

Meal Breakfast, Lunch and Dinner included

Day 7 : Trek from Khongma to Mumbuk: Camping

Following steep turning points to 3840 meters, we ascend to Mumbuk for a time, where we see wonderful views of Chhamlang, Peak 6 and peak 7 of 6739 meters and 6105 meters. We climb up the ridge to the first Ghungre pass between the three bridges to reach the Barun Khola

by climbing up an escalator. We cross the first pass. From there we head up to Siffton La and down to Keke La (4150 m). This path crosses a valley lined with rhododendrons and eventually descends steeply into a tannin forest to Mumbuk.

Max Altitude Mumbuk (3,520m)

Duration 4-5hrs

Overnight Overnight at Tented Camp

Meal Breakfast, Lunch and Dinner included

Day 8 : Trek from Mumbuk to Nehe Kharka: Camping

We continue westward in the foggy forests at the bottom of the Barun Valley down 300 m from Mumbuk to a rocky gully. We pass several rivers, pass Barun and Yangle Kharka on the wooden bridge. Yangle Kharka is a wide meadow 3600 meters high, a fine place to camp. We make Yangle Kharka 's wide meadow our place to rest.

Max Altitude Nehe Kharka (4,320m)

Duration 5-6hrs

Overnight Overnight at Tented Camp

Meal Breakfast, Lunch and Dinner included

Day 9 : Trek from Nehe Kharka to Shershon

Your trip today is a little rough relative to the previous ones, as there are many altitudes. A long walk to the valley of Shershon. The steep rocks you will have to climb, so be attentive. On your way to Jhark, Ramara, and Mera, you will also see numerous waterfalls and many small settlements. After 6-7 hours of trekking and hiking you will finally reach Sherson and finish the trek that day.

Max Altitude Shershon (4720m)

Duration 6-7 hrs

Overnight Overnight at Tented Camp

Meal Breakfast, Lunch and Dinner included

Day 10 : Trek from Shershon to Makalu Base Camp

The route is just an hour and a half from Shershon to Makalu Base Camp. You will reach Makalu Base Camp on a short walk through the rocky mountain roads. You can enjoy the panorama and beauty of the Makalu Base Camp in enough time.

You return to Nehe Kharka from Makalu Base Camp after a while of appreciation and enjoy the stunning view of the mountains and glacier. At the Nehe Kharka we'll spend the night.

Max Altitude Makalu Base Camp (4,853 m)

Duration 4-5hrs

Overnight Overnight at Tented Camp

Meal Breakfast, Lunch and Dinner included

Day 11 : Trek to Yangle Kharka

Now our journey back home begins with our day trip to the Makalu Basic Camp. So we've started our trek after a heavy breakfast at

Shersong. We walk back up to the Barun Valley to the lovely Yangle Kharka camp.

Max Altitude Yangle Kharka (3,540 m)

Duration 8hrs

Overnight Overnight at Tented Camp

Meal Breakfast, Lunch and Dinner included

Day 12 : Trek to Mumbuk

When we got down from Shersong to Yangle Kharka the day before, we continued to go down the rocky falls and then climb the rocky gully to the Mumbuk trees.

Max Altitude Mumbuk (3,520 m)

Duration 6 hrs

Overnight Overnight at Tented Camp

Meal Breakfast, Lunch and Dinner included

Day 13 : Trek to Khongma

We start the walk from Mumbuk with a steep climb. The road climbs slightly and passes through the woods of rhododendrons. Instead we pass the Keke La River, Tutu La River, and Kauma La River en route. Next, we're going down again to Khongma Danda. Khongma Danda overnight.

Max Altitude Khongma (3,560 m)

Duration 6 hrs

Overnight Overnight at Lodge

Meal Breakfast, Lunch and Dinner included

Day 14 : Trek to Tashi Gaon

We are back to Tashi Gaon today on a long steep descent. The trek starts across the hillsides, with steep and sometimes long descents. The path continues to the ancestral Sherpa village of Tashi Gaon and takes us through thick forests. Six hours of easy walking takes us to Tashi Gaon, a culturally rich town where we will spend the night.

Max Altitude Tashi Gaon (3,520 m)

Duration 6 hrs

Overnight Overnight at Lodge

Meal Breakfast, Lunch and Dinner included

Day 15 : Trek to Num

The road climbs the hillside and goes through villages and cities when we eventually head down to Seduwa. We leave Seduwa further and walk along the lush forest in the direction of Num. The path goes up and down through thick woods and the villages of Sherpa as we walk down. Numbering overnight.

Max Altitude Num (1,560 m)

Duration 4-5hrs

Overnight Overnight at Tented Camps

Meal Breakfast, Lunch and Dinner included

Day 16 : Drive to Tumlingtar

We will take jeep that will drive us from Num to Tumlingtar. We will stay overnight at Tumlingtar.

Max Altitude Tumlingtar (1,000 m)

Duration Drive 4 Hrs

Overnight Overnight at Lodge

Meal Breakfast, Lunch and Dinner included

Day 17 : Back to Kathmandu

After having breakfast we transfer to the airport to fly back to Kathmandu. 50minutes of scenic flight will take us back to Kathmandu. Arrive Kathmandu and transfer to hotel.

Max Altitude Kathmandu (1,400 m)

Duration Flight (50 min)

Overnight Overnight at Himalayan Suite Hotel

Meal Breakfast included

Day 18 : Kathmandu Sightseeing Tour

Kathmandu sightseeing (Swoyambunath Stupa, Pashupati Nath Temple, Bouddhanath and Patan Durbar Square).

Max Altitude Kathmandu (1,400 m)

Duration 4-5 hrs

Overnight Overnight at Himalayan Suite Hotel

Meal Breakfast included

Day 19 : International Departure or join other trip

Our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home.

Meal Breakfast included

Include / Exclude

- All surface transfers as per itinerary
- Three star category hotel in Kathmandu (Himalaya Suite Hotel, or similar category) in twin sharing bed and breakfast basis
- Fooding, lodging and other expenses of trekking crew
- Transportation by bus
- All meals (B.L.D) and lodging for the clients in trek days
- Necessary permit, and national park fees
- Guided sightseeing tour in Kathmandu
- Necessary equipments (Sleeping bag, Jacket and trekking pole) during the trek.
- Insurance for all trekking staff.
- 30 min full body Massage in Himalayan Suite Spa
- Lunch and dinner in Kathmandu
- City sightseeing entry fee, Personal equipments and clothing
- Airfare and your insurances
- Cold and alcoholic drinks
- Personal expenses and tips to the crew



Himalayan Social Journey

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