



## Makalu Base Camp Trek

<b>Trip code</b>	
<b>Package name</b>	Makalu Base Camp Trek
<b>Duration</b>	16
<b>Max. elevation</b>	4870 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Domestic flight (kathmandu - Tumlingtar - kathmandu)
<b>Accommodation</b>	3***hotel in Kathmandu , Lodge + Tea house twin sharing bed basis during the Trek
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Tumlingtar - Num - Siduwa - Tashi gaun - Kongma - Dobate - Yangli Kharka - Langmale - Makalu Base Base Camp - Langmale - Dobate - Kongma - Tashi gaun - Num - Tumlingtar - kathmandu.
<b>Cost</b>	USD 2,110 per person

## Highlights

Seven valleys spread out from Mt. Makalu, the world's fifth highest peak.

Challenging and an outstanding trek in the eastern part of Nepal.

Most remote and unfrequented real adventures trekking route.

An amazing view including top of the world Mt. Everest (8,848.86m), Makalu, and others.

Scenic flight Kathmandu to Tumlingtar and end Lukla to Kathmandu.

## Overview

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**The Makalu Base Camp trek in the eastern part of Nepal is a trek of unsurpassed beauty, towering Himalayan peaks, biological diversity, and cultural heritage. This trek is a true adventure with scenery so beautiful that it will never tire you. The Makalu trek starts from Tumlingtar and follows the beautiful Arun River into the Makalu Barun National Park.**

**The panoramas from Ship ton pass and from above Makalu Base Camp are magnificent; especially at sunrise and sunset, the scene is even more sublime. Due to its isolation and remoteness, the Makalu trek still is a true adventure, even for experienced trekkers. It is regarded as a strenuous trek and it is almost impossible without previous experience.**

Makalu is one of the most popular and challenging parts of Nepal. It takes the thrilling adventure route in the Western part of Nepal that takes you to the homeland of the fifth highest mountain in the world- "Makalu Mountain" situated in the Makalu Barun National Park – towers on the northern boundary, straddling the borders of Nepal and Tibet.

Enjoy the amazing sensation of walking through the glacier-filled Makalu Barun Valley. Step into Makalu-Barun National Park and have the gratifying views of birds, blooming flowers, and animals. Get the soaring views of Everest, Kanchenjunga, and other mountains and peaks; move in and out of several culturally rich villages and cross the High Pass of Ship ton La.

It is rich in natural paradise which includes beautiful mountains. The skyline is a panorama of rugged Himalayan peaks, including Mt. Makalu (8,463m) fifth highest mountain in the world and the fourth highest in Nepal. Mt. Chamlang (7,319m), Mt. Barun Tse (7,129m). Mera Peak (6,654m) and Nepal known as Peak Hill. Recognized for its tremendous diversity of plants, animals, and people, the area contains 25 species of rhododendrons, 47 types of orchids, and 56 rare plants. Snow leopard, red panda, musk deer, and wild boar, is the wildlife found here.

Settlements of Rai, Sherpa, and Shingsawa (Bhote) are farmers. Though economically poor and isolated, they retain a rich cultural heritage. They hold the key to the preservation of the unique biological and cultural treasures of the Makalu Barun area. The sub-tropical valley floor of the mighty Arun River is in places densely forested, contrasting with the terraced slopes higher up, which are framed by villagers of diverse tribal groups. High pastures typify the upper slopes, which border the Makalu-Barun National Park, an important conservation area for many threatened species.

Regarding the accommodation and meals in this region, There are rustic lodges in the early stages of this trek but once we enter the national park we must organize a camping trek in the designated campsites at Kongma, Yangle Kharka, Merak, Takmaru, Mumbuk, Nghe Kharka, and Shershong.

The trek starts with a flight to Tumlingtar and heads up the Arun River valley to Seduwa and Num, then crossing Ship ton La Pass (4210 m) into the upper Barun River valley for a close look at Makalu and Chamlang Himal. This trek visits one of the most remote and unfrequented areas of Nepal.

The Barun Valley is a part of a huge international protected area under the agreement between the governments of Nepal and China, which comprises 2330 sq. km of National Park and 830 sq. km of conservation area in Nepal alone. Having a wide range of altitudinal and climatic variations, the Makalu Barun trekking offers a remarkable and diverse habitat for a rich variety of flora and fauna.

Plants of all major ecological zones: tropical, sub-tropical, temperate, alpine, and sub-alpine are found here and Makalu Barun National Park is the home to a rich variety of wildlife.

## Trip Itinerary

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### Day 1 : Fly Kathmandu to Tumlingtar (50 minutes flight) and drive to Num (1,500m) – 4 hrs drive

This day after having breakfast, we take a 50 minutes flight to Tumlingtar in eastern region, the starting point of our trek through Arun valley and landing on a steep mountain runway brings the village of Tumlingtar. When we are in aircraft we can enjoy the panoramic sights of great Himalayas of Nepal including Mt. Everest (8,848m), Mt. Makalu (8,463m), Mt. Cho Oyu (8153m), Mt. Lhotse (8,501m) and Mt. Lhotse Shar (8,393m), Kanchenjunga, Gaurishanker, Ganesh, Langtang etc., terraced land field, hills, forests, beautiful traditional villages. Lowering down from the plane, we will take 4 hours of drive through gravel road and cross Chichila to reach Num where we will stay overnight.

TumlingTar

### Day 2 : Trek to Seduwa (1,540m) -7 hrs walk

Today we continue along the trail descending steeply from Num village through the fields of Lumbang, the trail drops very steeply through a jungle to a suspension bridge over the Arun River (660 m). From the bridge we climb steeply to a primitive tea shop. Often quite hot – the forest on the valleys offer a bit of shade. Moving along the rocky path and tiny terraces planted with corn and barley, we make a long, steep, rough climb to Seduwa (1460m). This is where Makalu Barun National Park begins and where we register our permits.

Way to Seduwa

### Day 3 : Trek to Tashi Gaon (2,070m) – 5 hrs walk

Leaving Seduwa, we will make a gradual climb high above the Kasuwa Kholā to Gyang (1770m). It is a gentle walk through terraced fields and forested areas to Hindrungma village, and on to Rupisa. En route, we cross meadows and several streams, pass by small paddy fields and then climb to the Sherpa village of Tashi Gaon, the last permanent settlement in the valley. . Once there, we are surrounded by breathtaking Himalayan panorama. Overnight in Tashi Gaon.

Way to Tashi Gaon

### Day 4 : Trek to Khongma (3,560m) – 6 hrs walk

This will be a bit of a tough day as we have to walk on a steep escalating 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. From Khongma, the route stretches through the desolate Barun Valley. Khongma is located near to Ship ton La Pass. We will stay overnight at Khongma.

Khongba Danda

### **Day 5 : Trek to Debotay (3,650m) via Ship ton La – 8 hrs walk**

We will climb the difficult trail to reach the top of Ship ton La. Ship ton La offers the striking views of mountains and valleys. After the lake Kalo Pokhari (3930m), we 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 Debotay. Overnight in Debotay.

Way to Dobate

### **Day 6 : Trek to Yangle Kharka (3,600m) – 5 hrs walk**

Early in the morning, we will traverse the colorful woods of blooming 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 trek as the trail is steep and arduous. We then take a pleasant walk, slowly gaining altitude until we arrive at Yangri Kharka. It is situated at the base of the valley.

Yangle khark

### **Day 7 : Trek to Lang male 4400m – 4/5 hrs walk**

Following a steep 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. The route continues through plain land before escalating uphill to Lang male. En route, we will enjoy the spectacular view of Makalu Base Camp.

lang Male

### **Day 8 : Trek to Makalu Base Camp 4870m – 5/6 hrs walk**

Today is the day we make it to the Base Camp. Today, we will be walking through the route that exists at 5000m height. So, possibility of High Altitude Sickness exists in Makalu Base Camp. From Lang male Kharka we make our way up to Shershon 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 Shershon. We will follow the rocky trail to Makalu Base Camp. As we make our way to the camp, we get to soak in the majestic Himalayan panorama surrounding us. Makalu Base Camp offers spectacular views of various mountains and peaks. Overnight at Makalu Base Camp.

makalu Base camp

### **Day 9 : Explore Makalu Glacier and back to 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. Be cautious while walking through the glacier as the path will be made slippery by melting snow. This viewpoint of Barun Valley of Everest, Lhotse and Barun Tse is approximately 5,500m and is a far superior spot for taking in the awesome vista of peaks,

compared to lower down the valley. We will return back to base camp to stay where we may celebrate our accomplishment at the camp itself.

### **Day 10 : Trek to Yangle Kharka – 8 hrs walk**

We will leave Makalu Base Camp early in the morning. We descend down from the base camp and take our last glimpse of Makalu before turning the corner and heading back. On our way down, we pass through Shershon, Lang male Kharka, and Merek and descend down the valley finally stopping at Yangri Kharka. We will reach Yangle Kharka in about 8hrs of time where we will stay overnight.

### **Day 11 : Trek to Dobate – 6 hrs walk**

It takes six hours of easy trek descending trek to reach Mumbuk. The trail drops down through the rocky terrain. There will be change in topography from Mumbuk onwards as the sight shifts from barren moonscapes to lush green vegetation.

### **Day 12 : Trek to Khongma – 6 hrs walk**

We begin the trek with steep climb from Mumbuk. The route escalates a bit and traverses the woods of blooming rhododendrons. We then cross the Keke La, Tutu La (Ship ton's Pass) and Kauma La en route. Next, we descend to Khongma Danda again. Overnight in Khongma Danda.

Khognma

### **Day 13 : Trek to Tashi Gaon – 6 hrs walk**

Today we make a long steep descent back to Tashi Gaon. 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 Tashi Gaon. Six hours of easy trek will take us to the culturally rich village of Tashi Gaon where we will stay overnight.

### **Day 14 : Trek to Num – 5 hrs walk**

We will not have forgotten this path from the way in, as we re-trace our footsteps all the way back down to the river, only to be rewarded with a climb back up the opposite side to Num. Our trail crosses the hillside and come across villages and settlements as we move further down finally reaching Seduwa. Further 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. Overnight at num.

Num

### **Day 15 : Drive to Tumlingtar - 3 hrs**

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

### **Day 16 : Fly back to Kathmandu - 30 min**

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. In the evening you have free time

for refreshment and shopping etc.

## Inclusions

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### What is included?

- All ground transfers by private vehicle as per our itinerary.
- Everyday meals ( Breakfast – Lunch – Dinner with Cup of Hot Drinks ) during the trekking
- Three star Hotel in Kathmandu (including breakfast, and taxes)
- Guided sightseeing in Kathmandu (includes all entrance fees).
- All domestic airfares (Kathmandu - Tumlingtar - Kathmandu).
- National Park / Conservation Area Permit Fees (Makalu Barun Conservation Area).
- Guide, porters and their daily wages, insurance with all necessary lodging - fooding arrangements.
- Basis First aid kit .
- All the governmanet services tax .
- Porter service to carry your luggage (one porter for every two trekkers).
- Experienced and licensed trekking guide.

### What isn't included?

- All International Airfares / Airport taxes.
- Expenses of personal nature such as bottled drinks, mineral water, laundry and etc.
- Rescue and evacuation (helicopter operation) - if needed.
- Personal medical and travel insurance.
- Tips for staff and Gratitude.

### Complimentary