

## Makalu Base Camp Trek - 19 Days

Have you ever dreamed of trekking to the base of one of the world's highest peaks, walking through untouched wilderness, and experiencing authentic Himalayan culture? If so, the Makalu Base Camp Trek might just be your perfect adventure. This is a very different journey right into the heart of Nepal's eastern Himalayas, offering a panorama of views of Mount Makalu—the world's fifth-highest mountain—along with a tapestry of pristine landscapes, diverse ecosystems, and rich cultural heritage.

Thus, for those enthusiasts who are looking forward to some off-Beat destination this trek is a surprise package. Forget crowded trails and commercialized routes—this is trekking as it's meant to be: I shall check real, unadulterated, and breathtaking. Now, let's go deep into every aspect required to know for making your Makalu Base Camp trek most memorable.

### Explore the Wonders of Mount Makalu and Beyond

This amazing trek focuses on Mount Makalu the world's fifth tallest mountain. The rising slopes of the mountain up to the top form a system of pyramids which evidence the forces and the greatness of Nature. However, the process involved is not only equal to reaching the base of such a colossal mountain as we naturally tend to think. Along the way, you'll encounter:

- **Makalu-Barun National Park:** A UNESCO-recognized biodiversity hotspot teeming with rare wildlife, including red pandas, snow leopards, and Himalayan tahr.
- **Diverse Landscapes:** From tropical river valleys and dense rhododendron forests to alpine meadows and glacial moraines, the trail offers a constantly changing tapestry of terrain.
- **Stunning Views:** In addition to Mount Makalu, you'll witness panoramic vistas of other Himalayan giants like [Everest](#), Lhotse, and Baruntse.
- **Traditional Villages:** The trek passes through charming Rai and Sherpa settlements, where you can experience authentic Himalayan hospitality, age-old traditions, and cultural richness.

### WHAT MAKES MAKALU BASE CAMP TREK UNIQUE?

Unlike many other treks in the higher Himalayas, the Makalu Base Camp Trek is still a relatively unspoiled experience. The trails are comparatively unspoiled and the experience, therefore more real. No fancy hotels, no masses of tourists and other people, only the tremendous mountains of the Himalayas and yourself.

Here are a few standout features that set this trek apart:

- **Remote Solitude:** That is, you will actually spend several hours on the trek without coming across any other group of trekkers, an amazing feature in the current world of trekking.
- **Challenging Passes:** Crossing high-altitude passes like Shipton La and Keke La will test your limits but reward you with unparalleled views.
- **Pure Adventure:** The ruggedness of the trail adds an element of unpredictability, making every day an adventure in itself.

## BEST TIME TO TREK TO MAKALU BASE CAMP

The best time to embark on the Makalu Base Camp Trek is during the **spring (March to May)** and **autumn (September to November)** seasons. These periods offer:

1. **Stable Weather:** Days are turnover and cool weather up high makes it perfect for trekking.
2. **Breathtaking Views:** Enjoy unobstructed panoramas of Makalu and surrounding peaks.
3. **Vibrant Flora:** During spring, what catches the eye includes rhododendron; in autumn there are green trees and scenes of harvest.

### Spring (March to May)

People also prefer Spring season especially trekkers because of the favorable weather and the different colors of the environment. The weather is warm to hot in the daytime, flowers and dense forest add vibrancy to the trails. It also an equally good time for taking photographs.

### Autumn (September to November)

It is vivid that autumn is rather favorable in terms of weather, as well as terrain – there is no fog or rain. The feeling of snow on mountains can be seen clearly; the climate is quite pleasing than before to the trekkers. This is the best season for those people who want to have calm and visually beautiful route during the trekking.

Avoid trekking during the monsoon (June to August) due to heavy rains and slippery trails, as well as winter (December to February) unless you're an experienced trekker prepared for snow and extreme cold.

## WHY CHOOSE THE MAKALU BASE CAMP TREK?

- **Off-the-Beaten-Path Adventure:** Although there are many teahouse's treks available namely [Everest Base Camp Trek](#), [Annapurna Circuit Trek](#), but Makalu Base Camp Trek is less crowded. It will seem that you are the only person on earth with nothing else but themajestic scenery and the sound of your step.
- **A Photographer's Paradise:** The trek is a visual feast. From the bulky forest green of the lowlands to the icy white snow of the towering mountaintops every scene looks like it could be photographed and turned into a picture postcard. And whether you are an amateur with a smartphone or a very advanced user with a DSLR, there will be enough beautiful things around to photograph.
- **Challenging Yet Fulfilling:** Makalu Base Camp Trek is not easy one, there are steep climb, harsh terrains and even the climate is unpredictable. But with each of them comes a pay off, be it the sight of the mountains at sunrise, the heat of the fire in a tea house or the satisfaction at having reached base camp.
- **Rich Cultural Encounters:** The trail passes through many villages where the inhabitants are from Rai and Sherpa origin and still follow a culture practiced for generations. This way, when traveling, for instance, from one region to another or from one town to another or even from one tea garden to another, you can get a feel of the local tea house which provides an opportunity to fully engage with these friendly people; know more about their traditions, celebrations and their lifestyle in general.
- **Environmental Conservation:** The trek is located in the Makalu-Barun National Park and Conservation Area where it is highly important that conservation of the area's special biogeographic characteristics is upheld. Two, you are supporting sustainable trekking and conservation of one of the most beautiful environments of Nepal.

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**Contact us** now to reserve your spot or for *Customized Itinerary* and get more information on this epic journey into the heart of the Himalayas.



## PRICE INCLUDES

- 3-night hotel in Kathmandu on a bed-and-breakfast basis
- Domestic flights from Kathmandu - Tumlingtar and return airfare
- One expert trek leader with a local assistant
- All meals ( the best and healthiest food in the local tea houses) And accommodations
- Trekking permit and national park fees
- Trekking equipment -Mattresses, Member tents, and Kitchen utensils.
- Three-time meals during a trek, along with Tea/coffee and snacks.
- Staff's salary, food, insurance, and clothing.
- Farewell dinner in Kathmandu.

## PRICE EXCLUDES

- [Nepal Visa](#)
- International flights
- Personal expenses and meals in Kathmandu.
- Travel insurance (It's mandatory to have for Rescue and evacuation ).
- Tips and gratitude for staff and guide.
- Donation and local entrance fee.
- Extra baggage weight on domestic flight
- Personal expenses like Alcohol, Local fabric, and Local monuments.

## ITINERARY IN DETAIL

### Day 1: Day 1: Arrival in Kathmandu (1,400m)

**Activity:** Arrival at Tribhuvan International Airport. Transfer to your hotel, trek briefing, and preparation.

**Highlight:** Explore Kathmandu's vibrant streets and ancient sites like Swayambhunath and Durbar Square.

### Day 2: Day 2: Fly to Tumlingtar and Drive to Chichila (1,980m)

**Flight Duration:** 40 minutes; Drive: 3–4 hours.

**Highlight:** A scenic flight with aerial views of the Himalayas, followed by a drive to the starting point of your trek.

### Day 3: Day 3: Trek to Num (1,560m)

**Duration:** 5–6 hours.

**Trail Overview:** A mix of gentle ascents and descents through terraced fields and small settlements.

**Highlight:** Stunning views of the Arun Valley.

### Day 4: Day 4: Trek to Seduwa (1,500m)

**Duration:** 5–6 hours.

**Trail Overview:** A steep descent to the Arun River followed by a climb to Seduwa village.

**Highlight:** Entry into the Makalu-Barun National Park region.

### Day 5: Day 5: Trek to Tashigaon (2,100m)

**Duration:** 4–5 hours.

**Trail Overview:** A steady ascent through forested trails and picturesque villages.

**Highlight:** Tashigaon, the last settlement before entering higher altitudes.

### Day 6: Day 6: Rest and Acclimatization at Tashigaon

**Activity:** Spend the day acclimatizing and exploring the village.

**Highlight:** Interact with locals and prepare for the demanding sections ahead.

### Day 7: Day 7: Trek to Khongma Danda (3,560m)

**Duration:** 6–7 hours.

**Trail Overview:** A steep ascent through rhododendron and oak forests.

**Highlight:** Panoramic views of the surrounding peaks.

### Day 8: Day 8: Cross Shipton La Pass (4,170m) and Trek to Dobate (3,650m)

**Duration:** 7–8 hours.

**Trail Overview:** Cross Shipton La and other high passes with breathtaking vistas.

**Highlight:** Glacial streams and alpine scenery.

### Day 9: Day 9: Trek to Yangri Kharka (3,550m)

**Duration:** 6–7 hours.

**Trail Overview:** Gradual descents along riverbanks and through yak pastures.

**Highlight:** Lush greenery and serene landscapes.

**Day 10: Day 10: Trek to Langmale Kharka (4,410m)**

**Duration:** 5–6 hours.

**Trail Overview:** Gentle climbs along the Barun River Valley.

**Highlight:** Spectacular views of towering peaks.

**Day 11: Day 11: Trek to Makalu Base Camp (4,870m)**

**Duration:** 6–7 hours.

**Trail Overview:** A gradual ascent with increasingly rugged terrain.

**Highlight:** Arrive at Makalu Base Camp, surrounded by majestic Himalayan giants.

**Day 12: Day 12: Explore Makalu Base Camp and Rest**

**Activity:** Spend the day soaking in the views and exploring the base camp area.

**Highlight:** Up-close views of Mount Makalu and surrounding glaciers.

**Day 13: Day 13: Trek to Langmale Kharka (4,410m)**

**Duration:** 5–6 hours.

**Day 14: Day 14: Trek to Yangri Kharka (3,550m)**

**Duration:** 6–7 hours.

**Trail Overview:** Gradual descents along riverbanks and through yak pastures.

**Highlight:** Lush greenery and serene landscapes.

**Day 15: Day 15: Cross Shipton La Pass (4,170m) and Trek to Dobate (3,650m)**

**Duration:** 7–8 hours.

**Trail Overview:** Cross Shipton La and other high passes with breathtaking vistas.

**Highlight:** Glacial streams and alpine scenery.

**Day 16: Day 16: Cross Khongma Danda (3,560m) and Trek to Tashigaon (2,100m)**

**Duration:** 6–7 hours.

**Trail Overview:** A steep ascent through rhododendron and oak forests.

**Highlight:** Panoramic views of the surrounding peaks.

**Day 17: Day 17: Trek to Num and Drive to Tumlingtar**

**Duration:** 6–7 hours.

**Trail Overview:** A steady ascent through forested trails and picturesque villages.

**Highlight:** Tashigaon, the last settlement before entering higher altitudes.

**Day 18: Day 18: Fly Back to Kathmandu**

A final aerial view of the mountains before returning to the hustle of Kathmandu.

**Day 19: Day 19: Departure**

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Farewell to Nepal, carrying memories of your incredible adventure.



## FAQ

### 1. What is the altitude of Makalu Base Camp?

Makalu Base Camp is situated at an altitude of 4,870 meters (15,978 feet).

### 2. Is the Makalu Base Camp Trek worth it?

Absolutely! This trek offers untouched beauty, stunning mountain views, and an off-the-beaten-path adventure for those who seek solitude and challenge.

### 3. What is the best route to Makalu Base Camp?

The standard route begins in Tumlingtar, passing through villages like Chichila, Tashigaon, and Yangri Kharka before reaching the base camp.

### 4. How long does it take to reach Makalu Base Camp?

On average, it takes about 9–12 days of trekking to reach Makalu Base Camp, depending on the pace and itinerary.

### 5. Can beginners do the Makalu Base Camp Trek?

While challenging, with proper preparation, determination, and a guide, intermediate trekkers can complete the trek successfully.

### 6. Where is Makalu Base Camp located?

Makalu Base Camp is located in eastern Nepal, within the Makalu-Barun National Park. It lies at an altitude of 4,870 meters (15,978 feet), at the base of Mount Makalu, the world's fifth-highest peak.

### 7. How long is the Makalu Base Camp Trek?

The trek typically takes 19 days, including travel to and from Kathmandu, acclimatization days, and the return journey. The actual trekking portion is about 15 days.

### 8. How difficult is the Makalu Base Camp Trek?

This trek is considered challenging due to its remote trails, steep ascents, high altitudes, and rugged terrain. Prior trekking experience and physical fitness are recommended.

### 9. Do I need a guide for the Makalu Base Camp Trek?

While it's possible to trek independently, hiring a guide is highly recommended due to the remote nature of the trail, limited signage, and safety concerns. Guides can also help with permits and logistics.

### 10. How much does the Makalu Base Camp Trek cost?

The trek costs around \$1,500–\$2,000 per person, including permits, guide and porter fees, transportation, accommodation, and food.

### 11. Are there hidden costs to be aware of?

- Hot showers, charging electronic devices, and boiled water are available at tea houses for an additional fee.



- Tips for guides and porters are customary (10–15% of their total pay).

## **12. Do I need travel insurance for this trek?**

Yes, comprehensive travel insurance that covers high-altitude trekking (up to 5,000m), helicopter evacuation, and medical emergencies is essential.

## **13. What are the high passes on the trek?**

You'll cross challenging passes like Shipton La (4,170m) and Keke La (4,127m), offering incredible panoramic views but requiring good physical fitness.

## **14. How do I acclimatize properly during the trek?**

The itinerary includes acclimatization days at Tashigaon and Yangri Kharka to help your body adjust. Go slow, hydrate well, and avoid exerting yourself unnecessarily.