

Makalu Base Camp Trekking

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Makalu base camp trek provides a high mountain feel with sherpa settlements and some outstanding vistas of major peaks to the east of Everest. Mount Makalu (8,481m) is the fifth highest mountain in the world and lies on the Nepal and Tibet border.

We will fly from Kathmandu to Tumlingtar then start trekking the Arun River valley past some beautiful farm houses along with small temples, Gompas and extremely colourful vegetation and flowers.

Many different ethnic groups live here. We continue on to Seduwa and Num to cross the Barun La (4110 meters) to enter the upper Barun Khola Valley for close up views of Makalu (8463 meters) and Chamlang (7317 meters). This trekking is not particularly difficult although one should bear in mind it is a long trek.

Itinerary

Day 01: Arrival in Kathmandu and transfer to Hotel.

On arrival in Kathmandu Airport, You would be met and received by our representative & transfer to the hotel. Overnight at the hotel.

Day 02: Kathmandu Sightseeing

After breakfast, proceed for a city tour of Kathmandu visiting Durbar Square, a complex of palaces, courtyard and temples, built between the 12th and 18th centuries, used to be the seat of the ancient Malla kings of Kathmandu. In the afternoon visit the Swayambhunath Stupa and Patan City. Swayambhunath Stupa, atop the hillock is one of the holiest Buddhist sites in Nepal enlisted in the World Heritage Site. Patan City is an enchanting melange of palace buildings, artistic courtyard and former palace complex. One remarkable monument here is a 16th century temple dedicated to the Hindu God Lord Krishna, built entirely of stone.

Day 03: Fly from Kathmandu to Tumlingtar & Trek to Chichira (1,980m): 9/10 hours

After breakfast, we will be escorted to the domestic terminal of Kathmandu airport for morning flight to Tumlingtar, a gateway destination from where our trek begins. After an adventurous 50 minute flight above the breathtaking green and white mountains, we reach the Tumlingtar airport. Upon arrival at Tumlingtar, we meet our other crew members and after some arrangements, we trek towards Chichira which takes 3-4 hours. Overnight at Chichira.

Day 04: Trek Chichira to Num (1,560m): 6/7 hours

We start early in the morning and head towards Num right 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. Overnight in Num. .

Day 05: Trek Num to Seduwa (1,500m): 6/7 hours

Seduwa village is situated in parallel to Num. A steep descent down through the forests and terraced plots of land takes us to Barun river. We cross the river and follow an equally steep ascent up the other side again. Often quite hot – the forest on the valley sides offer a bit of shade. This is where Makalu Barun National Park starts and where we register our permits. We camp right at the top of the village. Overnight in Seduwa.

Day 06: Trek Seduwa to Tashigaon (2,100m): 4/5 hours

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 a breathtaking Himalayan panorama. Overnight in Tashigaon.

Day 07: Trek Tashigaon to Khongma Danda (3,500m): 6/7 hours

This will be a tough day with an elevation over 1400 meters on a steep trail. 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. Overnight in Khongma Danda.

Day 08: Acclimatization / Rest Day

We rest for the day and acclimatize ourselves with the atmospheric level in the high terrains before we go further up. The day off will allow some bodily rest before we take on crossing of the Shipton La the next day. For those who wish to explore the nearby surroundings can walk around the area. Overnight in Khongma Danda

Day 09: Trek Khongma Danda to Dobate: 6/7 hours

Climb towards the summit of the Shipton La 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 down through the beautiful valley to Dobate.

Day 10: Trek Dobate to Yangri Kharka (3,557m): 6/7 hours

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 it is steep and arduous with the possibility of rocks falling and landslides during the trek. We then take a pleasant walk, slowly gaining altitude until we arrive at Yangri Kharka (pasture land) situated at the base of the valley.

Day 11: Trek Yangri Kharka to Langmale Kharka: (4410m): 5/6 hours

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 significance rise in the scenic Himalayan views

Day 12: Trek Langmale Kharka to Makalu Base Camp: (4870m): 6/7 hours

Today is the day we make it to the Base Camp. Make sure that we acclimatize well before walking up to the 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. Majestic Himalayan panorama surrounds us as we make our way to the camp.

Day 13: Explore Makalu Base Camp

The Base Camp is a rocky barren place with a large Barun Glacier beyond, where we get the chance to take in the breathtaking views of the summit. From here we will have a magnificent south face view of Makalu and see the complete panorama of Everest and Lhotse. We can explore the surrounding lakes, glaciers and go for a short trek up from here if we wish or celebrate our accomplishment at the camp itself.

Day 14: Trek Makalu Base Camp to Yangri Kharka: 6/7 hours

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 Shershong, Langmale Kharka, Merek and descend down the valley finally stopping at Yangri Kharka. Overnight at Yangri Kharka.

Day 15: Trek Yangri Kharka to Dobate: 6/7 hours

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

Day 16: Trek Dobate to Khongma Danda: 5/6 hours

We begin the trek with a steep climb from Dobate to Mumbuk (Nambuk) and through a forest of firs and rhododendrons. We then cross the Keke La, Tutu La (Shipton's Pass) and Kauma La en route. We then descend to Khongma Danda again.

Day 17: Trek Khongma Danda to Tashigaon: 4/5 hours

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

Day 18: Trek Tashigaon to Seduwa: 4/5 hours

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

Day 19: Trek Seduwa to Num: 5/6 hours

We further trek through the forest for about 5 to 6 hours from Seduwa to Num. The trail goes up and down and passes through dense forests and Sherpa villages as we move downwards.

Day 20: Trek Num to Tumlingtar: 6/7 hours

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.

Day 21: Tumlingtar to Kathmandu: 50 minute flight

Today, we fly back to Kathmandu after our long trek in the mountains. We can rest and relax throughout the day at the hotel.

Day 22: Warm Departure

After Breakfast transfer to the airport for your next destination.