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Makalu Base Camp Trek

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

Trip Code

NBT 038

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu/Kathmandu

Duration

20

Per Person From

USD 1,760

Accommodation

Tea-Houses/Lodges

Region

Makalu

Max. Altitude

4,812m./15,787 ft

Nature Of Trek

Tea House to Camping

Best Season

September, November, March, May

Activity Per Day

4-7 Hours

Transportation

Both way Domestic Flight

Tea-Houses/Lodges

Breakfast, Lunch, and Dinner

Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Makalu Base Camp Trek Via Arun Valley

- Experiencing Nepal’s pristine natural beauty while passing through the least explored trekking routes.
- Feeling a sense of accomplishment after reaching the base of the world’s fifth-highest peak, Mount Makalu.
- Appeal to your eye with a view of majestic peaks from different vantage points, including Mount

Everest, Makalu, Kanchenjunga, Lhotse, and Baruntse.

- Visit the traditional villages of Rai and Sherpa while experiencing their culture and hospitality.
- Challenge yourself with a thrilling Shipton La Pass at 4216m along the way.
- Trek through varied landscapes, from subtropical forests to glacier rivers to rugged terrains.
- Passing through the stunning River Valley while appreciating deep gorges and hills.
- Witness the mesmerizing view of the rising sun over the tip of the mountain peaks from different viewpoints.

Trip Overview

Makalu Base Camp Trek, Nepal Base Camp Treks presents an adventurous and assertive Makalu Base Camp Trekking, where this exciting walk leads you from warm paddy fields to alpine hills of cooler climate and beyond to arctic zone of remorseless snow-ice and glaciers at Barun Valley and Makalu base camp. Mt. Makalu stands as the world's fifth highest peak, where climbers must face tremendous challenges to conquer the summit at 8,463 m / 27 766 ft high, regarded as one of the most challenging and technical peaks to climb. Our Makalu Base Camp Trek starts with a scenic short flight to the warm areas of Tumlingtar at Arun Valley; our adventure begins heading to the higher, more excellent regions through attractive villages and towns of Khadbari-Manebhanjyang-Chichela and Num village of the mixed tribe of mid-hill peoples with Kirat Rai-Sherpa-Gurung-Magar-Tamang and few Newars.

From Num, the walk leads down and uphill to reach the last permanent Sherpa village at Tashi gaon after Seduwa, and then into pure wilderness within the pristine surrounding of the alpine forest of tall rhodendron-magnolia-oaks-pines and fir tree lines trekking in Himalaya. As the walk progresses, leaving the tree lines, reaching higher areas of Kaungma Danda at 3,556 m high and crossing Tutu-la and Shipton la passes at above, 200 meters passes around glacial lakes to get into beautiful Barun valley area enclosed within high rocky cliffs and mountains and then finally reaching our highlight and leading destination at Makalu Base Camp with its south base camp.

Exploring isolated and mountainous area at Makalu Base Camp Trek with views of towering Makalu-Chamlang-Barun and as far towards the West with views of Mt. Everest and its rare East Face, including Lhotse. After a most exciting time with grandeur views of high mountains, our walk leads downhill back to Num for a thrilling drive to Tumlingtar, where this marvelous adventure Makalu Base Camp Trekking concludes, and then taking a super scenic flight back to Kathmandu

Trip Itinerary

Day 1: Arrival in Kathmandu and Transfer to Hotel

On reaching Kathmandu International Airport via various respective airlines, our Nepal Base Camp Treks guide or staff will welcome you warmly and then provide a short drive to your hotel in the heart of Kathmandu. After checking in your hotel rooms and getting refreshed, join us at the hotel lobby for a group briefing and orientation program where our guide will inform you about hotels, Kathmandu, Nepali

culture, Makalu Base Camp Trekking with a welcome dinner in a pleasant authentic Nepalese restaurant with culture program.

Trek Distance:

Airport to Hotel Transfer

Trek Duration

20 minutes by Private Car

Highest Altitude:

Kathmandu (1,400 m / 4,593 ft)

Meals:

Welcome Dinner

Accommodations:

International Guest House in Kathmandu

Day 2: In Kathmandu with sightseeing tour and trek preparations.

In Kathmandu morning after breakfast and at given time our city guide will pick you up for sightseeing tour around places of interest around Kathmandu old part of the city, Kathmandu is famous for world heritage sites with tour of Pashupatinath a holy temple, Bouddhanath Stupa a Buddhist pilgrimage spot or tour of Kathmandu old Durbar (palace) Square and ancient 2,500 years old Swayambhunath, afternoon free for Makalu Base Camp Trekking preparation.

Trek Distance:

Sightseeing by Private Vehicle

Trek Duration

4-6 Hours

Highest Altitude:

Kathmandu (1,400 m / 4,593 ft)

Meals:

Breakfast

Accommodations:

International Guest House in Kathmandu

Day 3: Fly to Tumlingtar (448 m / 1,470 ft)

Makalu Base Camp Trekking starts with short drive to Kathmandu domestic airport for short scenic flight to warm areas of Arun valley at Tumlingtar, during 45 minutes flight grand panorama of mountains with Everest and Makalu, on reaching at Tumlingtar where you will join with our other crew members and porters for this wonderful adventure to Makalu base camp.

At Tumling overnight in a nice lodge, the temperature here of semi -tropical located on the shelf and a plateau above Arun River, afternoon free to explore this interesting town / village.

Highest Altitude:

Tumlingtar (448 m / 1,470 ft)

Flight Hours:

45 Minutes

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Airport Guest House in Tumlingtar

Day 4: Drive to Num (1,560 m / 5,118 ft)

From Tumlingtar starting the morning with a scenic interesting drive heading to the mid hills passing many farm villages and the large town of Khandbari, drive continues on the hill ridge rough dirt road leading higher to Chinchela village from here a long descend to Num village slowly turning into a town with the motor reaching this village few years back, at Num overnight in lodge or in tents with grand views of surrounding landscapes and peaks of Jalajala Himal and Makalu.

Trek Distance:

34 km / 21 miles

Trek Duration

5-6 hours by jeep

Highest Altitude:

Num(1,560 m / 5,118 ft)

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Num Guest House in Num

Day 5: Trek from Num to Seduwa

Today our first day walk starts with downhill and up to Seduwa village, a steep descend to the bridge over raging Arun River around this place quite tropical, and then with a climb towards farm fields and small villages of Runmura, here with lunch break and then with a gradual climb to reach overnight stop at Seduwa village, a small place with primary school and small health post with views of Num across the ridge and of other adjoining hills of Bhojpur and Jalajala rocky peaks.

Trek Distance:

8.5 km / 5.3 miles

Trek Duration

5-6 hours

Highest Altitude:

Seduwa (1,560 m / 5,118 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Seduwa Lodge in Seduwa

Day 6: Trek from Seduwa to Tashi Gaon

After Seduwa village, morning walk on undulating winding trail to Tashigaon a Sherpa village, the last village before Makalu base camp, walk leads through farm areas with nice terraces of millet, a major crops after rice and wheat's of this area, and then for 3-4 hours of good trek reaching at Tashigaon for lunch and overnight camp with time to visit the local village around, which is quite interesting. The Sherpa of this area is quite different to Khumbu highlanders

Trek Distance:

7 km / 4.3 miles

Trek Duration

4-5 hours

Highest Altitude:

2,070 m / 6,791 ft

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Sherpa Guest House in Tashigaon

Day 7: Trek to Kaungma Danda

Leaving Tashigaon the last village for a week long, morning walk leads on gentle path into thick forest of rhododendron, oaks and tall pines trees passing many cattle herder's temporary shelters of shades and stone huts after few hours of pleasant walk stopping for lunch on the grassy meadow and summer pasture ground.

Afternoon walk with steep climb for few hours to reach at Kaungma ridge top, as the tall trees gives away for smaller rhododendron and juniper bushes and small birch trees.

This high ridge offers excellent views of Kanchenjunga mountain range and of Mt. Makalu with adjoining peaks, from here in complete wilderness.

Trek Distance:

7.5 km / 4.7 miles

Trek Duration

6-7 hours

Highest Altitude:

3,470 m / 11,385 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Mountain Lodges in Kaungma Danda

Day 8: Trek from Kaungma Danda to Mumbuk

From Kaungma Danda, a morning walk on a ridge line following a gradual path with few ups and downs, reaching the icy ponds of Thulo Pokhari (big) with Sano Pokhari (small) after crossing Tutu-la and Shipton la at above 4 453 meters passes, and then downhill back into the forest with views of Khumbakarna Himal range of mountains towards north, overnight camp on level ground in the middle of tall trees.

Trek Distance:

6 km / 3.7 miles

Trek Duration

5-6 hours

Highest Altitude:

3,470 m / 11,385 ft Cross shpton La

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Mumbuk Lodge in Mumbuk

Day 9: Trek from Mumbuk to Nghe Kharka

Today's walks lead to scenic Barun Valley, famous for rare species of vegetation- plant, and herb,s including wild-life; starting the morning down-hill for an hour and crossing a small stream to reach Barun Valley, walking with gentle up views of peaks on both sides of the valley passing few Sheppard's shelters with a small Buddhist Gompa (monastery) after a pleasant walk of 5 hours reaching at Nehe Kharka for overnight camp around Barun valley.

Trek Distance:

9 km / 5.6 miles

Trek Duration

6-7 hours

Highest Altitude:

3,750 m / 12,303 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Sherpa Hotel in Nghe Kharaka

Day 10: Trek from Nghe Kharka to Shersong

From Barun valley walk to Shersong leading at the end valley near Makalu base camp leading on gentle uphill crossing streams with great views of Mt. Makalu and Baruntse peaks, after a nice walk of 5 hours reaching at our destination at Sherson for two nights camps.

Trek Distance:

8 km / 5 miles

Trek Duration

6-7 hours

Highest Altitude:

4,615 m / 15,141 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Basic Teahouse in Shersong

Day 11: Rest Day / Acclimatization at Shersong

Rest and acclimatization day to soak with the views of Mt. Makalu, Baruntse peaks with peak IV, morning an optional hike for excellent views of Mt. Everest with rare East Face known as Kanshung face with Lhotse.

Trek Distance:

Makalu Base Camp Viewpoint

Trek Duration

3-4 hours round trip

Highest Altitude:

up to 5,200 m / 17,060 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Basic Teahouse

Day 12: Trek from Shersong to Yangle Kharka

Retrace the journey back on the Barun valley to Yangle Kharka enclosed within high rocky cliffs with views of cascading waterfalls after a descend reaching the overnight camp at cow herders temporary summer grazing place at Yangle-Kharka.

Trek Distance:

12 km / 7.5 miles

Trek Duration

6-7 hours

Highest Altitude:

3,615 m / 11,860 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Basic Teahouse in Yangle Kharka

Day 13: Trek to Mumbuk

After a wonderful time at Barun valley, walk leads past the valley with a climb to reach back into thick woodland at Mumbuk for overnight camp.

Trek Distance:

12 km / 7.5 miles

Trek Duration

6-7 hours

Highest Altitude:

3,615 m / 11,860 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Mumbuk Lodge in Mumbuk

Day 14: Trek from Mumbuk to Kaungma Ridge

On the same trail back to Khoma ridge morning walk with a climb for an hour or more through forest on reaching the hill top ridge leaving the tree lines, and passing the ponds and over Tutu la and Shipton la reaching at Khoma ridge for overnight camp.

Trek Distance:

6 km / 3.7 miles

Trek Duration

5-6 hours

Highest Altitude:

3,470 m / 11,385 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Mountain Lodges in Kaungma Danda

Day 15: Trek to Narbu Gaon - 1,310 m / 4,298 ft via Tashi Gaon

From Narbugaon, our last day walk of this beautiful adventure leading downhill with a few short up to Seduwa gaon. After a rest here, continue to descend on a steep path to the Arun River; after crossing a bridge, it is a steep climb for a few hours to reach Num village for the last overnight around the high hills of Makalu.

Trek Distance:

13 km / 8 miles

Trek Duration

6-7 hours

Highest Altitude:

1,310 m / 4,298

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Narbu Lodge in Narbu Gaon

Day 16: Trek to Num via Seduwa - 1,560 m / 5,118 ft

After a beautiful time on the high hills and mountains with farm villages, from Num, take an exciting drive on the rough road, passing past villages with beautiful views of surrounding green hills and peaks; after a few hours of driving, reaching Khadbari, a significant town and headquarter of Sanka Samba district of Makalu region. From here, an hour downhill back to Tumlingtar is in the comfort of a lovely lodge.

Trek Distance:

11 km / 6.8 miles

Trek Duration

6-7 hours

Highest Altitude:

1,560 m / 5,118 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Seduwa Lodge in Seduwa

Day 17: Drive back to Tumlingtar - 448 m / 1,470 ft

From Tumlingtar with an early breakfast, then bid farewell to the rest of the camping staff and porters; our leading guide walked to Tumlingtar's small airport for a sweeping flight to Kathmandu; after a beautiful flight with views of snow-clad peaks, reached Kathmandu then transfer to your hotel with rest of the day free at leisure.

Trek Distance:

34 km / 21 miles

Trek Duration

5-6 hours

Highest Altitude:

448 m / 1,470 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Kanchanjunga Hotel in Tumlingtar

Day 18: Fly to Kathmandu and transfer to hotel

Nepal Base Camp Trek reserves this day as a contingency or free day in case of flight delay and cancellation at Tumlingtar, which can sometimes occur due to inadequate and unfavorable weather conditions beyond our control.

If all goes well, use this spare day for an optional tour at places of interest around the old heritage sites of Kathmandu-Patan or Bhaktapur. The rest of the day is free for individual activities and shopping for souvenirs.

Trek Distance:

Approximately 6 km (3.7 miles)

Trek Duration

Around 20-30 minutes, depending on traffic

Highest Altitude:

1,400 m / 4,593 ft

Flight Hours:

45 minutes

Meals:

Breakfast, Lunch and Welcome Dinner

Accommodations:

Taleju Boutique Hotel in Kathmandu

Day 19: Sightseeing Of Bhaktapur Durbar Square (UNESCO World Heritage Site)

Trek Distance:

13 km (approx. 8 miles)

Trek Duration

30 to 60 minutes (depending on traffic)

Highest Altitude:

1,401 meters (4,596 feet) above sea level

Meals:

Breakfast

Accommodations:

Taleju Boutique Hotel in Kathmandu

Day 20: Final International departure homeward bound.

On your last day in amazing Nepal, with an incredible adventure around Arun and Barun valley and Makalu Base Camp trekking, our staff will transfer you to Kathmandu International Airport for your final flight back homeward bound or to your respective countries.

Trek Distance:

6 kilometers/6 kilometers

Trek Duration

Car: 20-30 minutes (depending on traffic conditions)

Highest Altitude:

1,400 m / 4,593 ft

Meals:

Breakfast and Transportation

What's Included in Makalu Base Camp Trek Price

- Private car/Transportations On Arrival/Departures in Kathmandu
- Sightseeing Transportation with Guide in Kathmandu
- 4 nights Boutique hotel with breakfast in Kathmandu
- Meals at your Choice during the trek (Breakfast, Lunch, & Dinner
- Choice of Hot Tea/Coffee during the trek
- Makalu Valley trekking Permit, TIMS, and Local Entrance Fees
- An Experienced Mountain guide (Government License Holder)
- Local Strong Porter (above two people) from Pokhara
- Down Filled Sleeping bag to use during the trek
- Down Filled Jacket to use during the trek
- Waterproof Duffel bag to use during the trek
- Seasonal fruits, Dry fruits, and Cookies during the trek
- No extra charge for food during the trek
- Trekking Insurance for guides and porters
- Your insurance will pay Emergency Helicopter Rescue
- All Medical supplies (first aid kit will be available) on the trek
- All government taxes& service charges of Nepal Base Camp Treks

What is Not Included In The Makalu Base Trek Package

- Meals/Accommodation in Kathmandu
- Deserts (cakes, bakes and pies)
- Bottled drinks, Boiled Water
- Personal Expenses any type
- Travel insurance and evacuation insurance
- Tipping for Guide and Porter Appreciate

Group Discounts Available

No. of Persons	Price per Person
2 - 3	USD 1,800
4 - 5	USD 1,780
6 - 7	USD 1,760
8 - 9	USD 1,740
10 - 15	USD 1,690
15 - 20	USD 1,670

Trip Information

Why Take Makalu Base Camp Trek

Makalu Base Camp Trek is a unique experience in Nepal's Himalayas that offers a different experience among trekkers, offering everything that anyone can seek. But what makes Makalu Base Camp Trek genuinely different from other treks? What does the trek offer besides natural beauty, challenges, and cultural beauty? Well, here is the answer:

Barun Valley

Located at the base of Mount Makalu in the Sankhuwasabha district, Barun Valley was created by the Barun River. Lying within the Barun National Park, the valley is home to varied plants, animals, and inhabitants, including over 3,000 species of flowering plants. Thus, the valley is the ultimate reason why trekkers prefer the Makalu Base Camp Trek, as it is part of the journey that provides a chance to appreciate the pristine beauty of nature.

Shipton La Pass

One of the prominent highlights of the Makalu Base Camp trek is the high-altitude Pass of Shipton, La. At

an elevation of 4216m above sea level, the Pass to Shipton is challenging, but its reward is indescribable. The top of the Pass offers a panorama of Mount Makalu, Everest, and Lhotse, making every step while reaching the Pass worthwhile. Further, Shipton also offers trekkers a sense of accomplishment, making it a key reason to choose the Makalu Base Camp Trek.

Swiss Base Camp

Located en route to Makalu Base Camp (MBC), Swiss Base Camp is the key point for rest and acclimatization for the trekkers heading to MBC. The base camp is at an elevation of 5,250 m, which is quite challenging, but its invigorating experience makes every pain forgettable. Moreover, reaching the Swiss Base camp keeps trekkers energized and enthralled with the natural beauty the base camp is surrounded by.

Shiva Dhara

Shiva Dhara, along the Makalu Base Camp trek, is a lesser-known but culturally significant location of Makalu Rural municipality. It is the holiest tap of Lord Shiva and is about 500 feet high. Yet, getting to Shiva Dhara is tough, as visitors have to climb an extremely dangerous cliff to reach it. This holiest tap welcomes trekkers and pilgrims alike, making it one of the reasons to trek to Makalu Base Camp.

Makalu Barun National Park

The Makalu Base Camp trek's key attraction is the Makalu National Park, the only protected area with an elevation gain of more than 8,000 m in the world. Spanning an area of 1500 square km, the national park is a habitat for a wide diversity of flora and fauna, offering a glimpse of rare species of wildlife and plants throughout the journey. Moreover, the park's diverse landscape, from tropical forests to alpine meadows, makes the trekking more enchanting with a stunning harmony of nature.

View Point East of Makalu Base Camp

Viewpoint east of Makalu Base Camp is an area that shouldn't be missed while going on a Makalu Trek. The viewpoint of the east offers trekkers a unique perspective of the Himalayas, especially the panorama of Mount Everest's rarely seen eastern face (Kangshung Face). Besides Everest, the viewpoint offers a view of Mount Lhotse, Chamlang, Baruntse, and Makalu. Glaciers, high-altitude lakes, and the rugged mountain terrain enhance the trek's visual appeal.

Furthermore, there are two viewpoints east of Makalu Base Camp: Lower View Point East of Makalu Base Camp and Upper View Point East of Makalu Base Camp. While the lower viewpoint lies at 5300m, the Upper one lies at 5735m above sea level. Likewise, reaching the Upper view of the east of Makalu Base Camp takes 2 2-hour hike from the lower viewpoint, gaining approximately 435m.

Diverse Culture of Makalu Barun Valley

The journey to Makalu Base Camp takes trekkers through the Makalu Barun Valley, home to diverse ethnic groups. It offers trekkers the opportunity to learn and experience the distinct cultures of Indigenous communities like the Sherpa, Rai, Limbu, and Tamang. Moreover, each community has its own traditions, culture, and lifestyle, making the trip culturally enchanting.

- **Sherpa:** Sherpas are the main ethnic group living in Nepal's Himalayas, including Makalu Barun

Valley. They are known for their mountaineering skills and deeply rooted Buddhist traditions. They live in higher areas and celebrate Losar, the beginning of the Tibetan New Year.

- **Rai and Limbu:** Rai and Limbu are other prominent ethnic groups of Makalu Barun Valley with their own culture and tradition. Both communities follow Kirat Mundhum and are known for their farming skills. Likewise, they enthusiastically celebrate the Sakela festival, an accession of harvesting.
- **Tamang:** Tamang communities have a long history in the Makalu region. The communities follow Buddhism and are famous for their dress code, traditional music, and dance. They celebrate Lhosar, a Tibetan New Year, and have a strong sense of community and kinship.
- **Other Indigenous:** Magar, Gurung, Newar, Chettri, and Brahmin are other Indigenous of the Makalu Barun valley. These communities are hill tribes that live at lower elevations. Each has different traditions and cultures and showcases different lifestyles.

Mount Makalu - World's 5th Highest Peak

Nepal has eight of the 14 mountains in the world, which are over 8,000m; Makalu (8,485m) is one of the prominent ones and stands as the world's fifth highest peak. In the Mahalangur range of the Nepal Himalayas, the mountain is 20 km east of Everest in the Khumbu Valley. Identified as the world's fifth-highest mountain in the 1850s, Lionel Terray and Jean Couzy of a French expedition summited the mountain first on May 15, 1955.

Mount Makalu, with its perfect pyramid shape and four sharp ridges, attracts adventure seekers worldwide. Two beautiful mountains surround the mountain: Kangchungtse (Makalu II 7,678 m) at 3 km north-northwest and Chomo Lonzo (7,804 m) at 5km north-northeast. Likewise, Nepal and Tibet border Makalu's summit ridge. However, the climb to Mount Makalu presents daunting challenges and is known as one of Earth's most technically demanding climbs. Thus, the mountain peak has a success rate of only 34%, with 35 deaths.

Makalu Base Camp Cost

It costs around \$1100 to trek to Mount Makalu Base Camp. However, the cost varies on various factors, including the duration of the trek, the size of the group, the level of preferred luxury, and the demand for additional services. Yet, trekkers can get an exclusive discount if they travel in a group and book early with Nepal Base Camp Treks.

Mount Makalu Cost Factors

The Mount Makalu base Camp trek cost factors are numerous, and each of them changes the overall price of the package. The factors that affect the cost of Mount Makalu include:

- **Size of group:** One significant factor affecting the cost of the Makalu trek is group size. Trekkers who are in a group get a discount compared to those who are solo. Moreover, the more travelers in a group, the more they can expect to get a discount and reduce the trip's overall cost.
- **Duration of the trip:** The trekking length also varies with the cost of the Makalu Base camp trek. The longer stay on a journey means extra costs for accommodation and meals and vice versa.
- **Trekking season:** The time of year you travel also affects the cost of the Makalu trek. Due to demand and supply forces, the price of accommodation and meals is comparatively less than in peak season.
- **Permit cost:** Permit is another cost factor of Mount Makalu Trek. The route you are trekking through determines the permit cost. Likewise, your permit cost also varies depending on your nationality.

- **Chosen Transportation:** The journey to Makalu involves reaching Tumlintar, which serves as the starting point of the trek. To get to Tumlintar, travelers can choose ground or air transportation. Both options have different costs, and the costs vary accordingly.
- **Trip Customization:** The customization option of the trip package also affects the Makalu Base Camp trek cost. Preferences for extension, shortening, any special requests, and luxury affect the overall cost of the package.

The expenses that the Makalu Base Camp Trek doesn't cover include:

- **Snacks and Drinks:** USD 5-10 per day
- **Charging:** USD 1-2 per device
- **Wi-Fi:** USD 2-4 per day/device
- **Hot shower:** USD 4- 8 per pax

Makalu Base Camp Trek Difficulty

The Makalu Base Camp trek is one of the most challenging treks in Nepal's Himalayas and is designed for experienced trekkers. The trek fits the trekkers with knowledge about high altitudes and previous trekking experience. The trek is strenuous due to the isolated trail, unpredictable weather, rugged terrain, altitude-related issues, and physical demands.

Isolated Trek

The trek to Makalu Base Camp lies in a remote and isolated area of the Makalu region, making it physically demanding. Unlike other popular treks in Nepal, like Everest Base Camp, the Makalu trek's trail is less crowded, making it both blessing and challenging. Further, an isolated trail means remoteness, meaning limited facilities, communication, and rescue in case of emergencies.

Unpredictable Weather

The weather in the Himalayas is unpredictable and changes frequently, making the journey difficult. The trek takes trekkers through various climatic areas, from warm lowlands to freezing high-altitude regions. The frequent change in weather makes the trek dangerous with sudden winds, snowfall, and sometimes rainstorms. Thus, packing gear that fits every kind of weather is crucial, and checking the weather forecast daily is also mandatory.

Rugged Terrain

The rugged terrain of the Makalu region is one of the major factors making the trek challenging. The journey passes through mixed sections with steep ascents, narrow paths, rocky trails, and the crossing of glacier rivers. The trail to Makalu Base Camp is the least developed, making the trek physically and mentally challenging.

Altitude sickness

Altitude sickness, also known as Acute Mountain sickness, is the major factor making the trek to Makalu Base Camp difficult. The concern of altitude sickness begins as trekkers get above an elevation of 2500m,

and the trip to Makalu takes place above 5000m, adding the risk of altitude-related issues. Proper acclimatization, staying hydrated, consuming a balanced diet and nutritious food, and listening to your body can help trekkers tackle the issue.

Physical fitness

Physical fitness is key to completing the trek to Makalu Base Camp. The journey takes 2-3 weeks to complete and involves walking 5-6 hours daily. Likewise, trekkers need strong leg muscles, good stamina, and a cardiovascular system. Thus, the trek can be challenging for trekkers who are not physically in good condition and haven't been involved in exercise practices.

Makalu Base Camp Trek Permits

One of the most essential things trekkers should not overlook while deciding to trek in Nepal's Himalayas is obtaining the necessary permits. Thus, trekkers must be prepared with all necessary permits before setting foot on a trekking destination. The required trekking permits for the Makalu base Camp trek include:

Makalu National Park Conservation Area Permit

The foremost permit needed for trekking in Makalu Base Camp is the Makalu National Park Conservation Area Permit. As most of the trekking journey takes place within the national park, obtaining a specific permit is mandatory. The cost of Makalu National Park and Conservation Area Permit varies depending on the trekkers' nationality:

Nationality	Cost
SAARC Nationals	USD 15 Per person
Other Nationals	USD 30 Per person

Makalu Rural Municipality Permit

Another mandatory permit needed for the Makalu Base Camp trek is the Makalu Rural Municipality Permit. This permit is required to enter the Makalu region. The cost is USD 20, the same for all nationalities.

Restricted Area Special Permit

Apart from the Makalu Conservation Area permit and Manalsu Rural Municipality Permit, some areas of the region require a Restricted Area Permit (RAP). Thus, the requirement of the RAP depends on the trekking route. If trekkers prefer to take the itinerary that passes through the Kanchenjunga Base Camp route via the villages of Chepuwa, Hatiya, Kimathangka, and Pawakhola, RAP is mandatory. Moreover, the permit costs USD 10 per week per person for the first 4 weeks and then an additional USD 20 per week per person for additional weeks.

A Typical Day in Our Trek

A typical day throughout the Makalu Base Camp Trek starts with a fresh morning with crisp air and the soothing sound of birds chirping and sometimes of a flowing river. Generally, our guide or porter greets

you good morning with a warm morning tea or coffee in your bed at 6:00 am. By 7:00 am, we will finish our morning meal while appreciating the area's untouched beauty.

After breakfast, pack your backpack and make your way toward the day's destination. After an hour or 45 minutes of walking, we'll rest for 3-5 minutes. We'll get to the lunch point after 2-3 hours of walking. Lunch will be held around 11-12 am and have a 40-minute break. After the lunch break, the trail continues and gets to the day's destination around 4-5 pm.

After checking in at the day's overnight point, we'll freshen up, rest, and have dinner. You can order anything from the menu and set a time for dinner with the team. After finishing dinner by 8 pm, we'll go to bed early. Our guide will ask you about the day and any difficulties you are facing. Afterward, we'll go to sleep and repeat the same each day. However, each day comes with different challenges and rewards, making the journey remarkable.

Accommodation Option

Terreikers don't have to worry about the accommodation facilities during their trek to Makalu Base Camp, as Nepal Base Camp Treks take responsibility for your lodging throughout the trek. We provide you with the best options without compromising on quality and service. Yet, here is a brief about the accommodation options during the trek:

Tea Houses

Tea houses are a common accommodation option during the trek to Makalu Base Camp. The accommodation is basic but set in a location with a spectacular view of the area. The tea houses have twin shared rooms with a common bathroom and a heated communal dining room. Moreover, pillows, mattresses, and blankets are available in bed for a warm sleep.

Camping Trek to MBC

A camping option is also available for trekkers who prefer to experience exceptional involvement during the Makalu trek. Imagine walking long hours in rugged terrain with lots of difficulties and ending the day by gazing at the stars up close and falling asleep; sounds impressive, right? The camping also offers the same experience. However, trekkers should carry extra equipment if they plan to camp, which adds to the trek's difficulty due to heavy loads.

Water Sources Around Trek

The trail to Makalu Base Camp has plenty of water sources, from natural sources to taps and piped water. Rivers, streams, and waterfalls are natural sources available throughout the trek to Makalu. In addition, the Kali Gandaki River is the prominent water source that follows the journey to Makalu. Likewise, many villages have taps or piped water where trekkers can refill their bottles. Moreover, tea houses along the way also offer drinking water at an extra cost.

Furthermore, drinking water directly from a tap, pipe, or any source is not recommended. The water can be hazardous and cause water-borne diseases. Thus, purifying water before consuming it is mandatory. Water purification tablets, portable water filters, and boiling water are some ways to ensure the safety of drinking water.

Internet/Communication

The journey to Makalu Base Camp takes place in Nepal's remote and isolated area, where Internet and communication are limited. For Internet connection, Wi-Fi and mobile data are two popular options. However, Wi-Fi is inaccessible throughout the trail, so buying a data pack is reliable. Yet, Wi-Fi facilities are available in the villages of Tumlingtar, Num, Seduwa, and Tashi Gaon. Moreover, trekkers can use satellite internet for uninterrupted connectivity.

The use of NCELL and NTC sim helps people stay connected in Nepal; however, the sim signal is unavailable at higher elevations, especially in the Makalu region, due to its remote location. Likewise, some trekker groups or trekking agencies carry satellite phones.

How To Reach Makalu Base Camp

One of the easiest ways to reach the starting point of Makalu Base Camp is to get to Tumlingtar first and then to Num via Khanbari.

Kathmandu via Tumlingtar

The journey to Makalu Base Camp begins with a scenic flight to Tumlingtar from Kathmandu. The 35-minute flight offers a bird's-eye view of Nepal's stunning landscape. Buddha Air provides one daily flight to Tumlingtar from the domestic airport of Kathmandu, which leaves at 9:20 a.m. and returns at 10:20 a.m. The flight costs USD 153 each way.

Tumlingtar to Num

From Tumlingtar, the journey moves to Num via Khandbari in a scenic drive the next day. It takes another 30-40 minutes to drive from Tumlingtar to Khandbari on a steep tarred road. Passing through Khandbari, the road condition is reasonable for the first half an hour and very rough and uncomfortable for another 3 to 4 hours.

Best SEASON FOR THE MAKALU BASE CAMP TREK

The foremost factor determining how smooth a journey will be is the season you are going to trek the trip. Thus, choosing the best time to trek is crucial for Makalu Base Camp Trek. Generally, spring and autumn are the finest times for the trek, and they offer an ideal time for trekking. In contrast, monsoons and winters are not ideal times due to the challenges it provides.

The seasons of Spring (March to May) and Autumn (September to November) come with clear skies, stable weather, and incredible views. Spring has a warm temperature and adds vibrancy to the journey with a blossom of rhododendrons on the trail. Likewise, the weather is dry, and the temperature is moderate, with cool nights. Moreover, monsoons come with heavy rainfall, and winter comes with freezing temperatures, making the seasons less preferable for trekking.

Travel Insurance

You are trekking in one of the most challenging destinations in Nepal, Makalu Base Camp and everyone has one fear of getting injured or even one fear of serious issues. In such cases, buying travel insurance before starting the trek can provide peace of mind. Also, travel insurance is one of the crucial documents

needed to begin the trek to Makalu Base Camp.

The remote location of the region, with limited facilities, the risk of altitude sickness, and the need for emergency evacuation, makes it crucial to purchase travel insurance for the MBC trek. However, travelers should ensure that their travel insurance covers medical coverage, trip cancellation coverage, lost or stolen gear coverage, high-altitude coverage (up to 5000m), and 24/7 assistance.

How To Prepare For Makalu Base Camp Trek

Proper preparation is key for a successful trek to Makalu Base Camp. A proper preparation involves acclimatization, pre-preparation, and physical fitness:

Acclimatization

Acclimatization is pivotal for a successful trek to Makalu. As the journey poses a risk of altitude sickness due to higher elevation, involving acclimatization day, letting your body adjust to changes in temperature is essential. Some ways to acclimatize appropriately include:

- **Stay hydrated:** drink 3-4 liters of water daily as it helps minimize the risk of altitude sickness by increasing the efficiency of red blood cells in collecting oxygen in the lungs and helps in breathing. Climb high, sleep low: If you add an acclimatization day, follow the rule of climbing high and sleeping at a low elevation. This includes ascending to a higher altitude during the day and sleeping at a lower altitude.
- **Listen to your body:** Listening to your body is important during the trek to Makalu. If trekkers feel any of the symptoms of altitude sickness or any sort of unease, they should immediately inform their guide and stop ascending. Likewise, they should descend to a lower elevation if the condition doesn't improve.
- **Eat Well:** Consuming a proper diet with nutritious food is another way of acclimatization. Likewise, trekkers should avoid smoking, caffeine, and alcohol.

Prepare yourself beforehand

Preparing yourself beforehand for the Himalayas adventure is critical, especially if you are trekking Makalu Base Camp. Preparing yourself beforehand for the trek involves:

- **Hiking practice:** Trekkers should practice hiking nearby trails that are uphill at least once or twice a week. This helps trekkers to prepare for the challenges that arise during the trek.
- **Pack Right and early:** Packing higher gear and equipment before starting the trek is essential. Consider buying gear a month ago as last time purchasing may not cover all the required items.
- **Check Weather:** Before booking the trek, consider checking the weather forecast, as unsuitable weather causes risks during the trek. Yet, prepare for the sudden change in weather.
- **Prepare mentally:** Mental preparation is a prerequisite for the trek to Makalu Base Camp Trek. Likewise, if you are mentally prepared, the chance to succeed in the trek increases by 70%.

Physical Training

Trekking in Makalu is indeed a once-in-a-lifetime experience. However, the challenging sections and nature of the trek demand physical fitness. Thus, physical training is most important in preparing for the Makalu trek. Endurance, cardiovascular, strength, and leg muscle training are needed for the trek to

Makalu Base Camp. Further, Endurance Training includes running, jogging, squats, lunges, push-ups, and planks. Jumping jacks and ropes, stair climbing, rowing, and playing tennis come under Cardio exercise. Lifting weights, resistance bands, and body weight exercises come under strength training. Squats, deadlifts, Bulgarian split squats, and calf raises help in leg muscle training.

Guide and Porter

Guide and Porter are valuable assistance throughout the trek to Makalu Base Camp. Hiring them means transferring your trouble to others, and you just freely walk, enjoying the view of the mountains. Hiring a guide is mandatory for the trek to Makalu as the journey takes place within a restricted area of Nepal, requiring the licensed guide to assist you along with a group of at least two people. Hiring guides are worth your money as they help you in every step regarding safety, local insights, emergency assistance, and logistics.

Porter is the underrated hero of the Himalayas, who lets trekkers walk freely while carrying heavy backpacks. The trail to Makalu makes the journey challenging, and carrying heavy loads adds to the trek's difficulty to an extreme level. But when you hire Himalaya's hero, Porter, you don't need to face that difficulty. Porters carry trekker's equipment and let you walk freely on the tough sections of the Makalu region.

Tipping Culture

Tipping is a token of love from the guest and is completely optional. It is a way to show appreciation and gratitude towards guides and porters' hard work and dedication. Likewise, tipping encourages guides and porters to provide excellent service to other trekkers. Generally, the tipping amount depends on how happy the guest is, the trekking duration and the trail, the group size, and the trek's difficulty. Yet, trekkers tip USD 15-20 per day to a guide and USD 10-15 to a porter. Moreover, it is usually given at the end of the trek.

Private or Group Trek

Choosing between a private or group trek depends on the trekker's personal preferences. However, even if you choose a private group, you must be in a group of at least two people due to the restrictions of the area. Here are a few things to consider about private or group treks:

Private Trek

Unlike other treks in Nepal, the private trek for Makalu trek involves trekking with your own team/group, and don't think about trekking solo as it is impossible in the region. The private trek offers more customizable options with your own buddies, making the overall experience remarkable. However, the private trek is quite expensive compared to the group one due to the customizable option.

Group Trek

If you are a solo traveler and want a group to experience the beauty of the Makalu region, Nepal Base Camp Trek mixes you with other groups. The group trek is a valuable opportunity to connect with fellow trekkers from around the world. Moreover, the cost of a group trek is less than that of a private one.

Things to Consider For Makalu Base Camp Trek

Trekking in one of the challenging destinations requires thorough consideration, including:

Visa & Passport

To embark on the trek to Makalu Base Camp Trek, travelers must obtain a visa to Nepal and have a valid passport with at least 6 months of validity. It's a hassle-free process for Nepal's visa, as tourists can fill out the form online or even after landing at the airport. The visa-on-arrival makes it convenient to obtain Nepal's visa. Moreover, trekkers coming to Nepal for the Makalu Base Camp trek should consider that they must purchase a visa per their stay duration as the cost of a 15-day stay is USD 30, USD 50 for 30 days, and USD 125 for a 90-day stay.

Currency Exchange

One of the most important things to consider before trekking to Makalu is to exchange enough cash in Kathmandu. As the trek is in a remote location where the basic facilities are still unavailable, thinking about the availability of a money exchange center is just a delusion. Moreover, trekkers need Nepali rupees for everything on the trail. Thus, exchanging necessary cash before flying to Tumligtar is essential.

Luggage

Managing luggage is a key consideration before embarking on the Makalu Base Camp Trek route. Make sure to stay within the limit of 12 kg, as porters usually carry up to 23kg of luggage for two trekkers. Likewise, carry only necessary items and avoid unnecessary packing. Thus, pack your luggage smartly and stick to essential items only for an easier and more enjoyable trip.

Packing list for Makalu Base Camp Trek

A well-prepared packing list is mandatory for a safe, smooth, enjoyable, and successful journey in Makalu Base Camp. Here's a comprehensive packing list for the Makalu Base Camp Trek:

Clothing

- Thermal base layer set
- Down jacket
- Fleece jacket
- Lightweight thermal tops
- Waterproof and windproof jacket
- Waterproof pants
- Hiking shirt and pants
- Microfleece Buff
- Gloves

Headwear

- Woolen Hat
- Sun Hat
- Sunglasses

Footwear

- Hiking Boot
- Hiking socks
- Gaiters (not mandatory)

Other gear and equipment

- Duffle bag
- Daypack
- Sleeping bag
- Trekking pole
- Rucksack

Additional accessories

- Reusable water bottle
- Trash bags
- Trekking map
- GPS
- Charger
- Headlamp
- Camera
- Power bank
- Camera

Why Book Maklalu Base Camp Trek With Us

Selecting a reliable and trustworthy one for your journey to Makalu Base Camp. What do you look for in a trekking agency to be like so that you can trust them and decide to go trekking with them? Well, that must be a company with good customer reviews and satisfaction, an affordable reputation, years of experience, and an easy process to work with. If so, look no further, as Nepal Base Camp possesses all the qualities.

We have a highly experienced team that is not only knowledgeable but also polite and responsive. We value customers' money and make every penny worth it. Likewise, Nepal Base Camp Trek follows through on its promises and will be there to assist you 24/7, ensuring your safety. Further, we follow responsible tourism and offer customizable facilities.

Address

Nepal Base Camp Treks Pvt. Ltd

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal