

# Makalu Base Camp Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Strenuous

**Trip Style:** Trekking

**Transport:** As per Itinerary

**Food:** Breakfast, Lunch & Dinner (BLD)

**Group Size:** Min 1 Pax

**Max Elevation:** 5,100 m

Makalu Base Camp Trek is a very tough and adventurous trek in the Himalayas. Many adventure enthusiasts have named Makalu Base Camp Trek 23 Days as one of the best trekking trails that Nepal has to offer. During the trekking, you get to experience off-the-beaten trails, gorgeous scenery, dense forests, picturesque villages, stunning views of Himalayan mountains, and tranquil trail. The best thing about Makalu Base Camp Trekking is that it offers less-crowded trail, unlike other famous treks of Nepal. Even though [Everest Base Camp Trek \(http://Everest Base Camp Trek\)](http://Everest Base Camp Trek) is the most famous trek, Makalu Base Camp Trek is the most stimulating trek.

Makalu Base Camp Trek traverses one of the very undeveloped and isolated parts of Nepal. The trail leads to the lap of the world's fifth highest mountain, Mt. Manaslu, which is explored by very few travelers. During the trek, you pass through several villages, where you will get to see the rich culture and lifestyle of the local community. The landscape you get to behold is unbelievable.

As the trail moves through Makalu Barun National Park, you get to see a wide range of vegetation and might be a few wildlife. Likewise, Makalu Base Camp Trek 23 Days offers



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stunning views of snow-capped mountains like Mt. Everest (8,848 m), Mt. Lhotse (8,516 m), Mt. Kanchenjunga (8,586 m), Mt. Makalu (8,481 m), Mt. Baruntse (7,162 m), Mt. Chamlang (7,319 m), etc.

## Highlights

- Adventurous and off-the-beaten trekking experience
- Get to see a wide range of flora and fauna as the trail passes through Makalu Barun National Park
- Trek through beautiful villages observing rich culture and lifestyle of locals
- Reach the base of 5th highest mountain in the world, Makalu Base Camp
- Cross Shipton La Pass ( 4,257m)
- Witness gorgeous landscape and tempting views of the Himalayas

## Day to Day Itinerary

**Day 1: Arrive in Kathmandu.**

**Day 2: Sightseeing and preparation day.**

**Day 3: Fly from Kathmandu to Tumlingtar & drive to Chichira (1,850m).**

**Day 4: Trek to Num (1,505m).**

**Day 5: Trek to Seduwa (1,530m).**

**Day 6: Trek to Tasi gaon (2,065m).**

**Day 7: Trek to Khongma Danda (3,562m).**

**Day 8: Acclimatisation day.**

**Day 9: Climb over the Shipton-La (4,257m) and decent to Dobato (3,865m).**

**Day 10: Trek to Yangri Kharka (3,610m).**

**Day 11: Trek to Langmale Kharka (4,400m).**

**Day 12: Trek to Makalu Base Camp (4,800m).**

**Day 13: Explore Makalu Base Camp.**

- Day 14: Trek back to Yangla Kharka.**
- Day 15: Trek to Dobato.**
- Day 16: Trek to Khongma Danda.**
- Day 17: Trek to Tashi Gaon.**
- Day 18: Trek to Seduwa.**
- Day 19: Trek to Num.**
- Day 20: Trek to Chichira & drive to Tumlingtar.**
- Day 21: Fly back to Kathmandu.**
- Day 22: Leisure time in Kathmandu.**
- Day 23: Fly back home.**

## **Cost Includes**

- Arrival and departure transfer services to/from both airport as per itinerary
- Three-star or similar hotels for accommodation in Kathmandu
- Experienced and government-licensed trekking guide, Experienced cook & all the staffs during the trekking
- Schedule flight tickets for Kathmandu-Tumlingtar-Kathmandu
- All the camping equipment like; cooking utensils, Tent, kitchen tent, dining tents, toilet tents, tables, chairs and sleeping tent twin basis
- 3 meals a day (breakfast, lunch & dinner with tea/coffee) during the journey
- Welcome & farewell dinner in a typical Nepali restaurant
- All the food and fuel for trek
- All necessary permits for Makalu base camp trek
- All wages, equipment, medicals, and accidental insurances for involved staffs
- First Aid medical kits
- Satellite phone carrying by Guide for communication and available for members with the cost of US\$ 3 per minute call
- Emergency Oxygen, mask, and regulator provided on requirement of guest with appropriate charge

- Complete pre-departure information
- Flight ticket reconfirmation
- Visa extension procedure services (if necessary)
- Free Ascent Trails T-shirt, brochure, duffel bag, etc

## Cost Excludes

- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Tips and gifts for staff
- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “**COST INCLUDES**” section