



Makalu Trek

Trip Facts

Difficulty Strenuous / Challenging	Max Altitude 5,350m/17,552ft	Accommodation Standard Hotels (Kathmandu) & Wilderness Tea houses / Lodges	Meals
Activity -	Best Season Autumn (Sept–Nov) & Spring (Mar–May)	Start / End Point	Duration 16-19 Days

Trip Overview

The **Makalu Region** is a breathtaking theater of rock, ice, and deeply rooted human tradition. Towering over this pristine wilderness is **Mount Makalu (8,485m)**, the world's fifth-highest peak. This terrifyingly beautiful pyramid of black granite and hanging glaciers shares the skyline with Everest, Lhotse, and Chamlang. Yet, the true soul of this high-altitude sanctuary lies in its absolute isolation. This remoteness has perfectly preserved the ancient way of life of its mountain communities.

As you journey up the deep glacial trough of the **Barun Valley**, you will pass through the ancestral homelands of the indigenous **Rai people** in the lower terraced hills. You will then ascend into the high-alpine domains of the **Sherpa** and the rare, resilient **Shingsawa (Lhomi) communities**. Here, vibrant Buddhist monasteries, prayer-flag-strewn stone villages, and centuries-old trans-Himalayan trading traditions thrive under the shadow of the world's most formidable peaks, offering a profound journey into the spiritual heart of the Himalayas.

The **Makalu Base Camp Trek** is an elite wilderness expedition leading directly to the foot of Mount Makalu (8,485m). This peak is world-renowned for its iconic knife-edge ridges and imposing granite walls. Located in the remote northeastern corner of Nepal bordering Tibet, this **strenuous restricted area trek** sits entirely within the protected boundaries of **Makalu Barun National Park**. It is the ultimate choice for experienced trekkers looking to immerse themselves in raw alpine landscapes completely free from commercial crowds.

Spanning **16 to 20 days** and covering a rugged round-trip foot distance of roughly **150 km (93 miles)**, the trail showcases the world's deepest altitudinal diversity. It climbs steeply from lush, tropical river valleys and dense bamboo forests into a spectacular high-altitude alpine world. Along the way, trekkers cross a series of challenging mountain passes—including the dramatic **Shipton La (4,216m)**—before dropping into the glacier-carved Barun Valley, a vital sanctuary for rare wildlife like the **Red Panda** and **Snow Leopard**.

The journey culminates at **Makalu Base Camp sitting at 4,870 meters (15,978 feet)** above sea level. From this wild amphitheater, you enjoy a jaw-dropping, close-up panoramic view of Makalu's colossal south face. You will also witness unmatched vistas of the majestic eastern face of **Mount Everest (8,848m)** and **Lhotse (8,516m)**. Supported by rustic, pioneer



teahouses and managed seamlessly by **Himal Trek Nepal**—including your domestic flights to Tumlingtar and 4x4 overland jeep transfers—this raw, off-the-beaten-path itinerary delivers an unparalleled balance of true isolation and massive Himalayan scale.

Trip Itinerary

- Day 01** - Arrive in Kathmandu (1,350m) & Later Trek Briefing
- Day 02** - Kathmandu Preparation & Permit Processing
- Day 03** - Fly to Tumlingtar & Drive to Chichila (1,840m)
- Day 04** - Chichila to Num (1,500m)
- Day 05** - Num to Seduwa (1,540m)
- Day 06** - Seduwa to Tashigaon (2,100m)
- Day 07** - Tashigaon to Khongma Danda (3,560m)
- Day 08** - Acclimatization Day at Khongma Danda (3,560m)
- Day 09** - Cross the Shipton La Pass to Dobato (3,700m)
- Day 10** - Dobato to Yangle Kharka (3,620m)
- Day 11** - Yangle Kharka to Shersong (4,572m)
- Day 12** - Hike to Makalu Base Camp (4,870m) & Return to Yangle Kharka (3,620m)
- Day 13** - Yangle Kharka to Dobato (3,700m)
- Day 14** - Re-cross the Shipton La Pass to Khongma Danda (3,560m)
- Day 15** - Khongma Danda down to Tashigaon & Seduwa (1,540m)
- Day 16** - Seduwa to Num & Drive to Tumlingtar (475m)
- Day 17** - Fly from Tumlingtar back to Kathmandu
- Day 18** - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 3 nights accommodations during Kathmandu stay in twin sharing basis.



- Internal Flights & Ground Transit: 1. Round-trip domestic flights between Kathmandu and Tumlingtar. 2. Airport transfers via private vehicle in Kathmandu.
- Required Permits & Fees: 1. Makalu Barun National Park Entry Permit. 2. Makalu Rural Municipality Local Permit. 3. TIMS (Trekking Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges for 14 nights.
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the teahouse menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single Supplementary fee
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between \$3 to \$7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost \$2 to \$5 USD per full charge. 3. Wi-Fi / Connectivity: Wi-Fi prepaid cards cost roughly \$5 to \$10 USD for a set amount of data only on limited places during trek. 4. Drinking Water: Bottled water costs \$1 to \$4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around \$1 to \$2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items or trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening

FAQs

Booking, Permits & Logistics with Himal Trek Nepal

• **Mandatory Guide Policy:** Makalu is highly remote; Himal Trek Nepal provides fully certified mountain guides mandatory for navigating this rugged, backtracked terrain safely. • **All Permits Handled:** We organize all logistics, including your Makalu Barun National Park Entry Permit and mandatory local government registration documents. • **Best Trekking Seasons:** October to November gives the most stable weather and clear views, while April to May offers warmer spring climbing conditions. • **Getting to the Trailhead:** We manage all complex logistics, including your domestic flight from Kathmandu to Tumlingtar followed by an overland jeep drive.

On the Trail: Wild Accommodation & Amenities

• **Basic Teahouses & Camping:** Accommodation is exceptionally rustic and basic; some sections may require fully serviced wilderness camping managed by our expedition crew. • **Connectivity & Wi-Fi:** Internet and cellular signals are virtually non-existent; our guides carry satellite communication devices for emergency contact. • **Power & Charging:** Charging is solar-dependent and highly limited or unavailable at upper camps; bringing high-capacity, cold-resistant power banks is crucial. • **Safe Drinking Water:** Our team provides fully boiled and purified water daily; maintaining strict hygiene is our top priority in this wilderness area. • **Expedition Style Support:** Due to the severe terrain, we provide a comprehensive team of porters and kitchen staff to carry and prepare all supplies.

Health, Safety & Extreme Challenge



• Highest Trekking Point: Reach the spectacular Makalu Base Camp sitting at 4,870 meters (15,978 feet), surrounded by sheer, towering granite faces. • Trek Difficulty Level: Makalu is rated as strenuous and physically punishing; it requires previous high-altitude trekking experience and superb physical conditioning. • Altitude Sickness Mitigation: The ascent is steep and rapid; our guides monitor your oxygen saturation levels daily and employ strict acclimatization schedules. • Mandatory Travel Insurance: Your policy must explicitly cover emergency helicopter evacuation up to 6,000 meters with no geographical restrictions for remote Nepal. • Essential Packing List: Pack heavyweight thermal layers, a -20°C rated sleeping bag, a mountaineering-grade down jacket, and heavy-duty trekking boots