



## **Makalu Barun National Park Itinerary**

### **Day 1: Khandbari (1036m)**

Every day, take a 30-minute flight with either Buddha Air or Yeti Air from Kathmandu to Tumlingtar. Upon arrival, you will be greeted and received by the staff of MAST at the airport. Afterwards, hop on a jeep for a 15-minute ride to the Khandbari hotel, where you can relax and unwind in your room. Take some time to explore the Khandbari bazaar area and purchase any necessary items. You will then be introduced to your porter guide and spend the night at the Khandbari hotel.

### **Day 2: Drive from Khandbari to Num (1500m)**

After enjoying breakfast around 8 AM, board a reserved jeep and embark on a 38 km journey to reach Num (1500m). During the journey, the jeep will take you through Khandbari, Manebhangyang, Arun Than Bhotebas, Chhyankuti, and finally Chichila. At Chichila, take a break and grab a snack at one of the local tea houses. Marvel at the breathtaking natural beauty of the Himalayan range, including the majestic Mt. Makalu (8463m) to the north. After taking a rest, continue your journey, passing through Hururu, Mude, and finally arriving at Num around 2 PM after approximately 4 to 5 hours of travel. Find a comfortable tea house and prepare for an overnight stay.

### **Day 3: Trek from Num to Seduwa (1540m)**

Start your day with a filling breakfast at the tea house in Num at around 8 AM. Begin your trek down to the Arun river, being mindful and cautious as you go. Cross the suspension bridge over the river, and then make your way uphill, passing through Lumluma. Your destination is Seduwa, which will take approximately 4 to 6 hours of trekking to reach. Find a cozy tea house in the Seduwa village for your overnight stay. Take some time to explore the village, including a visit to the secondary school if you're interested. Don't forget to visit the Makalu Barun National Park

### **Day 4: Trek from Seduwa to Tasi Gaum (2070m)**

Have your big breakfast at around 8 am at the tea house, and start your next day trekking. Trek through meadows, and farms up to Tasi Gaun (4 to 6 hours trekking). Enjoy trekking slowly with sightseeing. The rural scene on both sides of the trekking trail will be welcoming you. Get Tasigaun in the evening, find one of the best tea houses, and have good accommodation there

### **Day 5: Trek from Tasigaun to Khongma (3550 m)**

After breakfast at the tea house around 8 AM, set off on your trek. Take your time and pace yourself, as the journey will take approximately 4 to 6 hours. Make sure to conserve your energy, as there will be a significant elevation gain. Arrive at Khongma in the evening and find a comfortable tea house for your overnight stay.

## **Day 6: Trek from Khongma to Dobato (3,510m)**

After your breakfast at 8 am at your tea house, trek up to Dobato for 4 to 5 hours. Today you have to cross Ghenguru La (4045m), Shipton La (4216m), Keke La(4150m). You will also enjoy observing the neutral beauty of Chamalang, Peak 6 (6739m) peak 7 (6105m) Find the tea house there for food and accommodation.

## **Day 7: Trek from Dobato to Yangre Kharka ( 3557m)**

Fuel up with a nutritious breakfast at the tea house around 8 AM, and then set off on your trek. It will take approximately 4 to 5 hours to reach Yangre Kharka. Upon arrival, find a comfortable tea house for food and accommodation.

## **Day 8: Yangre Kharka Rest Day. Exploration day. ( 3557m)**

This is your rest day for acclimatization. Have enough rest and also enjoy the natural beauty around the place. Food and accommodation at the tea house there.

## **Day 9: Yangre Kharka Rest Day Exploration day . ( 3557m)**

Today is dedicated to exploring and appreciating the natural beauty of the area. Make sure to take in all the sights and sounds of the surroundings. For food and accommodation, utilize the facilities provided by the tea house in the area.

## **Day 10: Trek from Yangle Kharka to Dobato.**

Start your day with a hearty breakfast at the tea house in Yangle, and then begin your trek down to Dobato. The journey will take approximately 4 to 6 hours, so make sure to pace yourself accordingly. Upon arrival at Dobato, find a comfortable tea house with a room that suits your needs. Enjoy a meal and drinks while taking in more of the sights and sounds of the area. Spend the night at the tea house for a comfortable overnight stay.

## **Day 11: Trek from Dobato to Khongma**

Start your day with a satisfying breakfast at the tea house Dobato and then embark on a 4 to 6-hour trek down to Khongma. Upon arrival, find a cozy room in one of the local tea houses and take some time to rest and refuel with delicious food and drinks. Spend the rest of the day exploring the area, including its various attractions and scenic spots. Conclude your day with a comfortable overnight stay at a tea house in Khongma.

## **Day 12: Trek from Khongma to Tasigaun**

Begin your day with a hearty breakfast at the tea house in Dobato before setting off on a 4 to 6 hour trek down to Tasigaun. Upon arrival, find one of the finest rooms available at a local tea house and take a well-deserved break, indulging in the delicious food and drinks on offer. Spend the rest of your day exploring the beautiful surroundings of Tasigaun and discovering its many sights and attractions. After a day filled with adventure and discovery, retire for the night in one of the comfortable rooms at the tea house and enjoy a peaceful, restful sleep.

## **Day 13: Trek from Tasigaun to seduwa Seduwa**

Begin your day with a nourishing breakfast at the tea house in Seduwa and then embark on a 4 to 6-hour trek to the same destination. Upon arrival, locate one of the finest tea houses and take some time to relax and

recharge with delectable food and drinks. Afterwards, continue your sightseeing journey and discover more of the stunning surroundings in Seduwa.

### **Day 14: Trek from Seduwa to Num , Drive from Num to Khandbari**

Following your breakfast at the tea house, it's time to begin your trek back to Chaulakharka. The trek typically takes 3 to 4 hours and offers a chance to take in the beautiful scenery along the way.

Upon arrival in Chaulakharka, you'll catch a reserved jeep for the 4-hour drive to Khandbari. During this scenic drive, you'll enjoy stunning views of the surrounding countryside and get a taste of the local culture and way of life.

Once you arrive in Khandbari, it's time to say goodbye to your porter guide who has been with you on your journey. Khandbari is a charming and bustling town, and you can spend the night at a hotel or homestay, relaxing and exploring the area at your leisure.

Overnighting in Khandbari is a great way to conclude your trek, as you'll have a chance to reflect on your experiences, meet new people, and sample the local cuisine.

### **Day 15: Drive from Khandbari to Tumlingtar, Flight from Tumlingtar to Kathmandu**

Begin your day with a hearty breakfast at the tea house or home, then catch a jeep and drive for approximately 20 minutes to reach Tumlingtar. Tumlingtar is a small town located in the Arun Valley, and is the starting point for many treks in the region.

From Tumlingtar, you'll prepare for your flight back to Kathmandu. You'll say goodbye to the staff at MAST company, who have helped make your trek a memorable one. Then, you'll board the plane and fly back to Kathmandu, where you'll arrive in just a short time.

The flight from Tumlingtar to Kathmandu offers stunning views of the Himalayas and is a great way to cap off your trek. Upon arrival in Kathmandu, you'll be greeted with the hustle and bustle of the city and will have plenty of opportunities to explore, shop, and experience the local culture.

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