Makalu Base Camp Trek Itinerary

Day 1: Arrival at Kathmandu. Stay overnight at hotel.

We pick you up at Tribhuvan International Airport and drop you at the hotel in Kathmandu. Overnight at a 4-star hotel in Kathmandu.

Day 2: Full day sightseeing tour at Kathmandu valley and trek preparation. Stay overnight at Kathmandu.

After breakfast, we will move to Pashupati temple, which is one of the main temples of lord shiva. The main pagoda style temple has a roof, which all sides are covered in Silver, and exquisite wood carvings. Temples dedicated to several other Hindu and Busshists deities surround the temple of Pashupati. We will move to Bouddhanath stupa, which is one of the oldest and largest stupas in South Asia. Then, we take a drive about 20 minutes Kathmandu e Kathmandu Darbar Square, where we observe the living god "Kumari." It is also known Hanuman Dhoka Durbar square and then, we will move to Swayambhunath temple. Swoyambhunath Stupa, where Swayambhu means "Self-Created." The name comes from an external self-existence flame over which a stupa was later built. Back hotel for overnight based on bed and breakfast.

Day 3: Fly from Kathmandu to Tumlingtar and Drive to Num

This day starts with the early morning breakfast at your hotel and transfers to the domestic airport. This is the first step of our Makalu Base Camp Trek. We will fly from Kathmandu heading towards Tumlingtar enjoying the aerial view of landscapes and gigantic mountains. On reaching Tumlingtar, we will have lunch there and another 5-6 hours will be the ride to Num on private vehicles or tourist buses. While traveling, you can witness the beauty of Nepal closely enjoying the surrounding landscapes, terrains, streams, etc. After reaching Num, we will drop our bags at the teahouse and rest there.

Day 4: Trek to Seduwa via Arun Valley

Today, we will lose and regain altitude as we first climb down to the Arun River and then a big ascend to Seduwa. The descent to the Arun Valley can get a little tricky sometimes as we will pass through the rocky steps. The large Cardamom Gardens on the way are attractive. After crossing the suspension bridge over the Arun River, the remaining journey is a big climb up to Seduwa passing through groves of bamboo and settlements. Seduwa is a small village with a school, small shops, and scattered teahouses.

Day 5: Trek to Tashi Gaon

This day is a pleasant day ignoring harsh ascends and descends. The journey starts with a pleasant climb through the dotted farmlands, cardamom gardens, bamboo, and Rhododendron forests. Enjoying the surrounding scenery and listening to the call of cocos from trees, we will reach Chyaksa Danda, a place with schools and countable teahouses. Passing through the dense forests and small streams with comfortable wooden bridges, we will reach our destination of the day, Tashi Gaon.

Day 6: Trek to Khongma Village

After having breakfast at the teahouse, we will head towards Khongma Village. The journey starts with a pleasant climb through the rocky steps passing through the colorful Rhododendron forest and listening to the call of treepies and warblers from trees. After the walk of approximately 3 hrs, we will reach the only refreshment stop before Khogma village and will have lunch there. The rest of the journey is a pleasant climb through the stone rest stops, prayer flags, and mani walls all the way to Khogma village.

Day 7: Acclimatization day to Khongma Village

Khongma village located at an elevation of 3,637m is our acclimatization stop for the preparation for higher altitudes in the upcoming days. This day is necessary because the trekkers can get high altitude sickness so the body needs to acclimatize to the high altitude. The takes us out of risk of possible danger in the future. On this day, we will explore Khogma village or maybe explore Khogma La pass situated at the elevation of 3,890 m with an hour of a climb from the village.

Day 8: Trek to Mumbak

Day starts with the climb on the slightly steep trails penetrating through the Rhododendron forest all the way to the top of the hill. The top of the hill offers a magnificent view of mountains like Chamling (7290m), peak 7 (6195m), and Peak 6 (6739m). After having a rest and enjoying the surrounding view, the final push on the descending trail will lead us to our destination of the day, Mumbak village.

Day 9: Trek to Nhe Kharka

Today, we will lose and gain altitude as we will head towards Nhe Kharka situated at an elevation of 3700m. A descend of the first 500 m and then ascend on the sloppy muddy trails leading towards the glacial valley. Nhe kharka is a grassy plain area with limited teahouses and mesmerizing mountains and surrounding views.

Day 10: Trek to Sherson

We will gain almost 1500m of altitude on this day as we climb from 3700m to 4615m to Sherson. On this day, walking on the trail leading westwards, we will not have Rhododendron forest around us anymore as we will walk through the alpine tundra. The walk can get a little tricky as we gradually gain height but the journey stops on reaching Sherson because there are no teahouses stop in between. On reaching Sherson, we will rest at our teahouses enjoying the view of Pyramid Peak (7168m) and Peak 4 (6720m).

Day 11: Trek to Makalu Base Camp

The most exciting day of the trek as we will head towards your dream destination, Makalu Base Camp. The journey is a little easy as we climb on a minor pass of about 100m. On reaching Makalu Base Camp, we will be awarded a view of the south face of Mt. Makalu, the fifth-highest mountain in the world along with a clear view of Mt. Everest and Mt. Lhotse. We will spend the rest of the day in a teahouse located on the lap of Mt. Makalu enjoying the surrounding views.

Day 12: Exploration and rest day at Makalu Base Camp

Today, you will get to introduce yourself to the Makalu Base Camp area. There are plenty of options you can go for. The highly recommended one is to climb the ridge above the Makalu Base Camp up to the elevation of around 5300m. Passing through the rivers on the wooden bridge and following the trail for about 3 hours, this magnificent viewpoint will reward you with the surreal view of Mt. Everest, Lhotse, and Nuptse along with the dramatic view of Makalu, Peak 7, Peak 6, and Peak 4 too.
Another option may be a visit to the lakes beyond Makalu Base Camp.

Day 13: Trek back to Nhe Kharka

Today, we will descend on the trail following the footprint back to Nhe Kharka.

Day 14: Trek back to Mumbuk

Today, we will trek to Mumbuk retracing our steps back.

Day 15: Trek back to Khongma Village

We will trek to Khongma retracing our steps back.

Day 16: Trek back to Tashi Gaon

We will trek to Tashi Gaon retracing our steps back.

Day 17: Trek to Walung Phedi

After early morning breakfast and the end of the entry process for a permit at the National park office at Seduwa, we will continue our journey passing through the Rai village of Mulgaon and then we will cross the Suspension bridge over Isuwa Khola descending all the way to Walung Phedi, our destination of the day.

Day 18: Trek to Pukuwa

Today, after the early morning breakfast at Walung Phedi, we will head toward Pukuwa. The journey is on the trails passing through the dotted farmlands, forests, and streams to the spread-out Rai village. There, we will get to experience the traditional culture and lifestyle of the Rai community.

Day 19: Trek to Bumling

The journey today is through the forests following the rock trail to the Chhetri village of Bumling.

Day 20: Trek to Tumlingtar

Today, we will trek back to the place where we started our journey. Following the trail passing through the rice terraces, farmlands, forests, and small streams, we will reach Tumlingtar. This is the last day we trek in this long Makalu Base Camp trek. On reaching Tumlingtar, we will wash away our dirty bodies and clothes with a hot shower.

Day 21: Fly back to Kathmandu and Transfer to Hotel

On this day, we will fly back to Kathmandu from Tumlingtar after the morning breakfast. It will take about 30 min to reach Kathmandu from where we will transfer you to the hotel in Kathmandu. On reaching Kathmandu, you can spend the rest of your day the way you like to.

Day 22: Rest day in Kathmandu. Stay overnight at hotel.

Today you have your own time. You can visit any place where you want if you want to consult with us we will be there for your services. In the evening, we will have a great farewell dinner in a traditional Nepalese restaurant with varieties of cultural performances. Overnight at the hotel.

Day 23: Departure farewell.

On this day, according to your flight schedule, we will transfer you from your hotel to Tribhuvan International Airport with a heavy heart.

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