

Makalu Base Camp Camping Trek



Trip Overview

The Makalu Base Camp Trek is a challenging 22-day expedition through eastern Nepal's Makalu-Barun National Park, leading trekkers to the base of Makalu (8,463 m), the world's fifth-highest peak. Starting from Tumlingtar, the trail passes through Sherpa and Rai villages, dense forests, alpine pastures, and glacial valleys. Highlights include the Barun Valley, Shipton La Pass, Langmale Kharka, and Makalu Base Camp, with panoramic views of Everest, Lhotse, Chamlang, and surrounding Himalayan giants. Nights are spent in fully camping setups, supported by a trekking crew. This trek combines high-altitude adventure, cultural immersion, and pristine natural beauty, offering wildlife encounters, traditional village life, and spectacular viewpoints in one of Nepal's most remote regions.

Total Trip Days: 22 DAYS

Region: Makalu-Barun National Park (Eastern Nepal)

Max Altitude: 5,250 m (Makalu Base Camp)

Activity: Fully Camping

Difficulty: Fairly Challenging to Strenuous

Group Size: 2-10

Trip Highlights

- Trek to the base of Makalu (5,250 m) with spectacular Himalayan vistas
- Cross Shipton La Pass (4,170 m) and other high ridges
- Explore the Barun Valley, known for its diverse flora, glacial streams, and alpine meadows
- Immerse in Sherpa and Rai village culture and visit local monasteries
- Fully camping trek with meals and tents provided by support teams
- Panoramic views of Everest, Lhotse, Chamlang, and surrounding peaks
- Optional acclimatization hikes and exploration days at Makalu Base Camp
- Wildlife sightings: Himalayan snowcock, musk deer, and high-altitude flora
- Contingency and rest days in Kathmandu ensure flexibility for flights and recovery

Itinerary

Day 1:

Upon arrival at Tribhuvan International Airport, our team will receive you and transfer you to your hotel in Kathmandu. After refreshments, you can take a short walk around Thamel to soak in the vibrant atmosphere. Overnight at hotel in Kathmandu.

Day 2:

Today is dedicated to trek preparation and obtaining the Makalu-Barun National Park entry permits. While our staff handle logistics, you can enjoy a guided sightseeing tour of UNESCO sites such as Pashupatinath Temple, Boudhanath Stupa, and Kathmandu Durbar Square. In the evening, attend a trek briefing. Overnight at hotel in Kathmandu.

Day 3:

Take a scenic morning flight (50 min) to Tumlingtar, a small town in eastern Nepal. From here, a 3–4 hrs jeep drive winds through terraced hillsides and rhododendron forests to reach Chichila, a small picturesque village where we camp overnight.

Day 4:

Begin the trek with gradual ascents through lush forests and terraced farmlands. The trail provides sweeping views of distant ridges before descending steeply to Num village, perched on a hill ridge overlooking the Arun River. Overnight in tented camp.

Day 5:

A steep descent leads to a suspension bridge over the Arun River. From here, the trail climbs uphill through dense forests and cardamom plantations, eventually reaching Seduwa—the entry point of Makalu-Barun National Park. Overnight at tented camp.

Day 6:

Continue through rice fields and small villages, gradually ascending through forests of bamboo and rhododendron. After several ups and downs, reach the Sherpa village of Tashigaon, the last permanent settlement on this route. Overnight at tented camp.

Day 7:

A steep and challenging day with continuous uphill through forests and stone steps. Cross streams and climb ridgelines before reaching Khongma Danda, a ridge camp offering superb views of Makalu and surrounding peaks. Overnight at tented camp.

Day 8:

A rest day to acclimatize before crossing Shipton La. Optional short hikes on nearby ridges provide better views of Chamlang, Peak 6, and Peak 7. Overnight at tented camp.

Day 9:

A demanding day crossing multiple passes, including the famous Shipton La (4,170 m). The trail climbs steeply, with stone steps leading to stunning viewpoints of Kumbakarna Range and Makalu. Descend carefully through rocky terrain to reach Dobate. Overnight at tented camp.

Day 10:

Descend through rhododendron forests into the Barun Valley. Cross small streams and continue along the valley floor, gradually ascending to Yangri Kharka, a lush pastureland often dotted with yak herders' camps. Overnight at tented camp.

Day 11:

Follow a trail along the Barun River, with steep cliffs and waterfalls surrounding the valley. The vegetation thins as you gain altitude, entering alpine terrain. Camp at Langmale Kharka, a high pasture offering breathtaking mountain vistas. Overnight at tented camp.

Day 12:

A steady climb through moraine fields and rugged terrain leads to Makalu Base Camp, the highlight of the trek. Surrounded by Everest (north face), Lhotse, Chamlang, and Makalu itself (8,485 m—the world's 5th highest peak), the setting is spectacular. Overnight at base camp in tented camp.

Day 13:

Spend a full day exploring Makalu Base Camp. Options include climbing a viewpoint ridge for panoramic views, exploring glacial lakes, and photographing the grand south face of Makalu. Overnight at base camp in tented camp.

Day 14:

Retrace your steps, descending gradually to Langmale Kharka. The downhill trek feels easier, allowing more time to admire the dramatic cliffs and glaciers along the Barun Valley. Overnight in tented camp.

Day 15:

Continue descending along the Barun River, passing grazing pastures and alpine streams until you reach the familiar meadows of Yangri Kharka. Overnight in tented camp.

Day 16:

Climb steadily back through forests and rocky terrain, camping again at Dobate. Overnight in tented camp.

Day 17:

Retrace your steps, ascending back over Shipton La and nearby passes

before descending to Khongma Danda. A physically demanding day with lots of ups and downs. Overnight at tented camp.

Day 18:

A long descent through forested slopes and stone steps brings you back to the Sherpa village of Tashigaon. Enjoy the hospitality of locals again after many days in the wilderness. Overnight in tented camp.

Day 19:

Descend further into lush forests and terraced farmlands. Camp once again at Seduwa, where the Makalu-Barun National Park entry checkpoint is located. Overnight in tented camp.

Day 20:

Retrace the steep descent to the Arun River and climb back up to Num village. Overnight at tented camp.

Day 21:

Leave the trekking trail and take a jeep drive through terraced hills and small villages, eventually reaching Tumlingtar. Overnight in tented camp or local lodge.

Day 22:

Take a morning flight back to Kathmandu. Depending on your schedule, transfer to your hotel for leisure

Day 23:

This is a contingency day to take some rest in Kathmandu and make sure we do not miss our international flight if there is some delay in arriving in Kathmandu due to some unavoidable circumstances during the trek.

Day 24:

Take a flight back to your onward destination after your rewarding three weeks in Nepal.