

Makalu Base Camp Trek

Duration: 14 days
Difficulty: Moderate

PAN No. 601340433
NMA. AM#1171, TAAN
NRB No. 1573/021/072
Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 4870m

Season: Spring & Fall

Accommodation: Teahouse

Overview

Let Incredible Himalayan Sherpa Adventure take you to the remote Makalu area on a trek through regions far-off the beaten trek. **Enjoy some true Himalayan wilderness and unparalleled views of Makalu.**

At 8,485m, Makalu is the 5th highest mountain in the world and its striking shape can be spotted from far away. In the early days of Himalayan exploration, it was frequently confused with Everest due to a very high prominence. But since then, it has played an important part in mountaineering history itself. While only 20km away from Everest, the region feels completely different. Wild, remote and far less busy. **You'll have to dispense with the amenities and infrastructure offered in the Everest region but in return you'll receive a true Himalayan adventure.** The ideal trip to get some distance from everything 'usual'.

At Incredible Himalayan Sherpa Adventure we pride ourselves being very experienced in successfully and safely executing even these remote trips that require a more sophisticated logistical arrangement. The physical aspects of this trip can be quite demanding, particularly because of the lack of facilities. This trip is therefore only advisable for travellers with good physical fitness. But don't let that deter you. Walking the remote trails and standing at Makalu base camp at high altitude without the hustle-bustle that you can sometimes encounter at Everest base camp make it more than worthwhile.

Highlights:

- + Admire the stunning shape of Makalu, one of the highest peaks in the world
- + Enjoy the remote Himalayas and unspoiled nature
- + Embark on your own private adventure

Itinerary:

Day 01: Arrive Kathmandu

A representative of IHSA will welcome you at the airport and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.
[Overnight at hotel]

Day 02: Kathmandu Tour

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites-Swayambhu, Boudha, Pashupatinath. Return to hotel and trek preparation.

[Included: Bed and Breakfast]

Overnight at hotel

Day 03; Scenic flight Tumlingtar + drive to Num

We fly to Tumlingtar (520m). From here our journey begins. We pass through picturesque villages on the way to Mane Bhanjang (1100m). The journey already offers marvellous views of Makalu before we reach Num.

[Included meals: Lunch and Dinner]

Overnight at hotel

Day 04; Path to Tashigoan

Num is set above the Arun Kosi river, affording us good views over the valley towards Seduwa. On a clear day, we will see as far as the peaks flanking the Shipton La pass. After several hours along the trail, we'll reach Seduwa (1540m). The path climbs gently northwards past farmland and small forests to our destination **Tashigoan** (2070m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 05; Journey onward to Khongma

Tough day ahead: our trek involves a 1400m climb on a very steep trail. Starting from Tashigaon, climb over a ridge and continue along a steepening path. The last stage to **Khongma** (3560m) is a relatively draining climb over a rough path. Eventually, we'll reach Khongma where we get a well-deserved afternoon tea.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 06; To Dobato

From Khongma, our walk continues along challenging sections of the trail but with remarkable views. We'll encounter an interesting lake- the Thulo Pokhari (Big lake). We continue to the Keke La (4150m), the last steep climb of the day. The trail dips into a Rhododendron filled forest before we reach **Dobato**.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 07; To Yangle Kharka

The trail to Mumbuk is gentler relative to what we experienced in previous days. We follow a long slope down to the Barun Valley, a natural path towards today's destination. We reach **Yangle Kharka** (3600m) after crossing the Barun.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08; To Langmale Kharka

From Yangle Kharka, we follow the trail to Nghe Kharka (3750m). We pass rocky terrain and various herder huts until we reach the final climb up to **Langmale Kharka** (4400m) where we stop for the day.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 09; Journey to Makalu Base Camp

From here, the trail further follows the (now very small) Barun Khola. Because there is plenty of water streaming down from the glacier, this area is used for herding. We follow the moraine until we finally reach a spectacular viewpoint that gives us clear sight of Makalu and its spectacular summit pyramid. No doubt, this is one of the most spectacular viewpoints in Nepal.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Makalu Base Camp Trek

Duration: 14 days
Difficulty: Moderate

Day10; Return to Yangle Kharka

We retrace our steps down the Barun Valley to the lodges and campsite at Yangle Kharka.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day11; Trek to Khongma

We return to Khongma.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day12/13; Descend to Tumlingtar & flight to KTM

We retrace our steps from the first day. The continuous walking downhill puts a strain on the knees and trekking poles will come in very handy. We take frequent stops where we can have a relaxed tea.

[Included: Breakfast+Lunch+Dinner & Bed and Breakfast in Ktm]

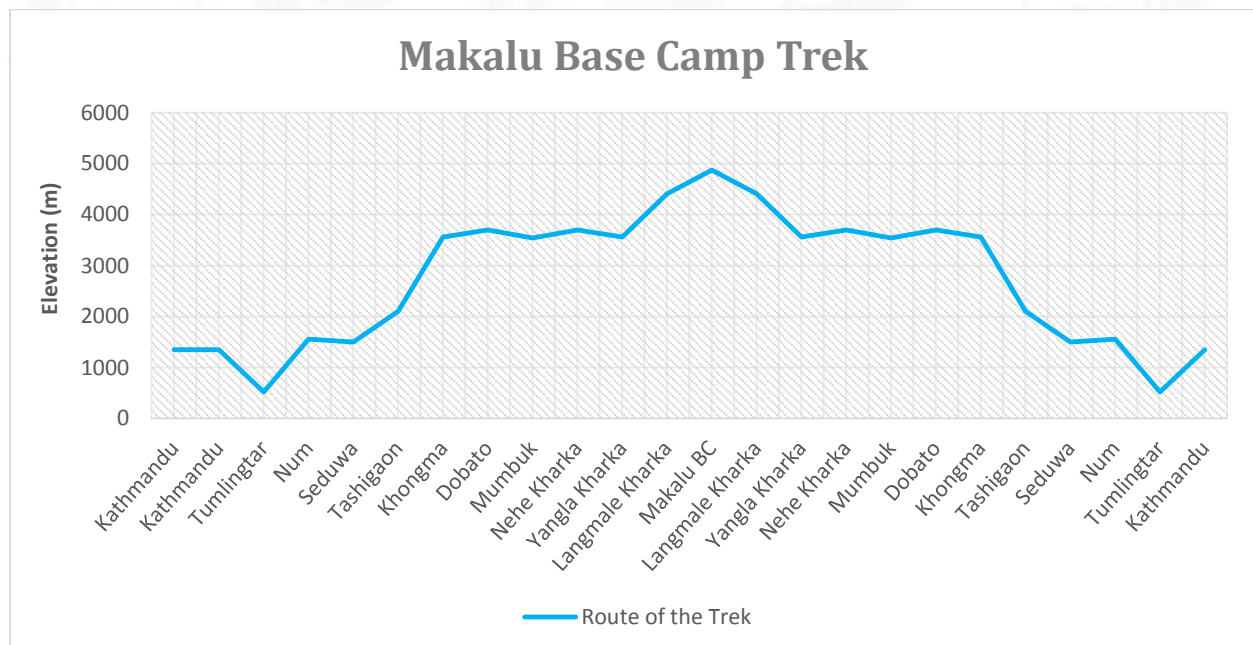
Overnight at teahouse & hotel in Ktm

Day 14: Final departure

A representative of IHSA will drop off you at the airport by private vehicle

[Included: Breakfast]

Altitude Profile



Price:

Euro 1400 per person with group of size 2

Note: includes your hotel in Kathmandu and accommodation, breakfast, and dinner throughout the trek. For details see below.

Makalu Base Camp Trek

Duration: 14 days
Difficulty: Moderate

Group Discount:

There is a further discount for larger groups. Please **contacts us** for details.

Trek Duration:

Standard itinerary – 14 days. Can be shortened or extended depending on time and Fitness.

Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu [upgrade possible]
- + Half day sightseeing in Kathmandu by private vehicle and professional English speaking guide
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + Flight from KTM to Tumlingtar & return+sharing jeep to Num & return
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + Trekking permit and TIMS card
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

Makalu Base Camp Trek

Duration: 14 days
Difficulty: Moderate

Additional Options:

+ Hotel upgrade in Ktm: [35 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to Kanchenjunga Trek]

If you prefer to extend the trip and continue to **Kanchenjunga Trek** rather than return to Kathmandu, this can also be arranged.