

Makalu base camp trek

URL: <https://himalayan360.com/trip/makalu-base-camp-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking

Start / End Point

Kathmandu / Kathmandu

Trip Type

Trekking Trip

Route

Kathmandu-Tumlingtar-Num-Seduwa-17
Tashigaon-Khongma Danda-Dobate-Yangle
Kharka-Langmale Kharka-Makalu Base Camp-
Kathmandu

Duration**Destination**

Nepal

Language

Nepal

Per Person From

USD 1,299

Region

Makalu Region Trek

Max. Altitude

4,870M/15,978FT

Group Size

2 - 20

Best Season

Mar, Apr, May, Sep, Oct, and Nov

Activities

6 hours per day walk

Trek Distance

121.8KM/75.6Miles

Transportation

Flight and jeep

Accommodation

Teahouse, 3-Star Hotel

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Challenging

Highlights of Makalu Base Camp Trek

- Scenic mountain flight from Kathmandu to Tumlingtar, offering aerial views of Nepal’s eastern Himalayas.
- Journey through the Arun and Barun river corridors, known for waterfalls, gorges, and hanging valleys.
- Trek inside the protected Makalu Barun National Park, recognized for its exceptional ecological diversity.
- Opportunity to observe rare Himalayan wildlife, including red panda, musk deer, Himalayan tahr, and high-altitude birdlife.
- Experience authentic village life in Num, Seduwa, and Tashigaon.
- Cross high mountain passes such as Shipton La, which offer sweeping views of glaciers and surrounding peaks.
- Reach Makalu Base Camp (4,870M) and enjoy close-up views of the Makalu Glacier and the mountain’s south face.
- Stay in rustic teahouses and lodges that showcase local hospitality and mountain lifestyle.
- Follow a less-traveled, expedition-style route ideal for trekkers seeking solitude and challenge.

Makalu Base Camp Trek cost

The Makalu Base Camp Trek costs range from USD 1,299 to USD 1,770 per person, depending on your group size. At Himalayan360, we offer flexible pricing based on how many people are in your group:

Group Size	Price per person (USD)
2- 2	1,770
3 - 6	1,650
7 - 16	1,540
17 - 25	1,299

Want to talk about the itinerary or ask something specific? You can [contact](#) or email us anytime — we’re available 24/7 to assist you.

Note: The above prices include your main trekking expenses, which are meals, accommodation, transportation, guide, and porter services. There will be additional costs during the trip for items such as personal gear, tips, and beverages. Let us know how many people are in your group, and we’ll give you the best possible price for an unforgettable experience!

17 Days Makalu Base Camp Trek day by day Itinerary

Day 01: Arrival at Tribhuvan International Airport in Kathmandu and transfer to hotel

Day 1 is the easy and relaxed start of your Makalu Base Camp adventure. *You'll arrive at Tribhuvan International Airport in Kathmandu (1,400M), where our representative will be waiting to welcome you.* From here, you'll be transferred straight to your hotel in **Thamel**. After checking in, you can take a well-deserved rest or step out to explore Thamel's buzzing streets, trekking shops, cozy cafes, and small cultural corners. While exploring, you might notice how everything here feels geared toward trekkers, from gear stores to little coffee spots filled with travel stories.

That said, this day is mainly for rest and preparation. No trekking yet, no pressure, just giving your body time to recover from travel and your mind time to shift into adventure mode. In the evening, we'll gather for a warm welcome dinner, usually a comforting plate of Dal Bhat, which is not just food but a big part of trekking culture in Nepal. It's a simple, hearty way to kick things off and connect with the team before the real journey begins. You'll spend the night in a comfortable 3-star hotel.

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

N/A

Accommodations:

3-star hotel

Day 02: Fly to Tumlingtar and drive to Num

Your day begins early with a hotel pickup and a short transfer to the domestic terminal in Tribhuvan International Airport. After check-in and a quick security process, you board a small aircraft heading to Tumlingtar, the main gateway to the Makalu-Barun region. This 35-minute flight is one of those moments you'll remember. As the plane climbs over the Himalayan foothills, you will notice stunning mountain views (*Ganesh Himal, Mt. Makalu, and on clear days, even Mt. Kanchenjunga*) opening up below. It's like a sneak preview of the giants you'll be walking toward later on the Makalu Base Camp trek route.

Once you land in Tumlingtar, the change in atmosphere is immediate. The air feels warmer and more humid compared to Kathmandu, and you'll officially be in eastern Nepal. *Here, you meet your trekking crew and continue the journey by 4x4 jeep to Num.* You will first reach **Khandbari**, the region's main administrative town. Then you will continue along the terraced hillsides, farms, and small villages toward **Chichila (1,900M/ 6,233FT)**. At Chichila, your permits are checked at a small police post before entering more remote areas of the **Makalu Barun National Park**.

From Chichila onward, things get a bit rough. The road turns rocky and uneven as the jeep traverses steep hillsides toward Num. But the views get better with every turn, with forested slopes and distant Himalayan ridgelines framing the route. By mid to late afternoon, you will arrive in Num, a ridge-top village that marks the official starting point of the Makalu Base Camp trekking trail. After checking into a simple teahouse, you'll enjoy a hot dinner and sit down for a briefing with your guide. We will talk about what's coming next, especially the big descent to the Arun River and the climb up to Seduwa the following day.

Highest Altitude:

1,572M/5,157FT | Num

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house

Flight Hours:

35Min

Day 03: Trek from Num to Seduwa

The first walking day of the Makalu Base Camp Trek begins with a tough wake-up call: a long and steep descent from Num. Right after breakfast, you will follow stone steps that drop sharply through forests and cardamom fields, all the way down to the **Arun River (770M/2,526FT)**. This section of the Makalu Base Camp trekking route quickly shows how deep and dramatic the valleys are in this region.

After around 2 hours of descent, you will reach the Arun River and cross the first major suspension bridge of the trek. Down in the valley, the air feels warm and humid, and the sound of the rushing river fills the gorge below. From here, the challenge really begins. The trail climbs steadily on stone staircases and dirt paths toward **Seduwa**, and this ascent usually takes 3 to 4 hours. In this section, trekking poles and a steady pace are necessary, as the climb is long and continuous.

As you ascend, the scenery changes beautifully. The trail passes through giant bamboo forests, mixed subtropical vegetation, and small rural settlements. Along the way, you will see traditional houses, terraced fields, grazing goats, and hillside tea shops where you can stop briefly to rest. This part of the Makalu Base Camp trek offers a close look at daily village life, with locals working in the fields and children walking to school.

Just before reaching Seduwa, you will officially enter **Makalu Barun National Park**, one of Nepal's most diverse protected areas. Our guide completes the permit registration at the park checkpoint, an important step in the Makalu Base Camp trekking itinerary. A short final climb then brings you into Seduwa, a peaceful, spread-out village with a school, small shops, and several family-run teahouses. After checking into the teahouse, you will settle in for the evening and enjoy a hearty dal bhat dinner.

Distance:

6-7Hours

Highest Altitude:

1,572M/5,157FT | Num

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or lodge

Trek Distance:

8KM/5Miles

Day 04: Trek from Seduwa to Tashigaon

Today's walk on the Makalu Base Camp Trek feels gentler compared to the tough ups and downs of the **Num** to **Seduwa** day, but to be real, it still keeps you working. After leaving Seduwa, the Makalu Base

Camp trekking route climbs steadily through scattered farms, cardamom plantations, and traditional village homes. You might notice long mani walls lining parts of the trail, adding a calm, spiritual feel to the walk as prayer stones quietly guide your steps forward.

Walking for about 2 hours, you will reach **Chakse Danda (1,900M/6,233FT)**, a small ridge-top village that makes a natural place to pause and catch your breath. From here, the trail settles into a gentle rhythm as it winds through dense rhododendron and bamboo forests. You'll hear cuckoos, laughing thrushes, and barbets calling from the trees, which makes this stretch feel peaceful and alive. There are a few short stream crossings on wooden bridges, and that being said, the trail can feel slower than expected as it twists in and out of small side gullies.

As the day winds down, the route drops briefly to a wooden or log bridge before one final climb begins. This last section is a series of stone steps that lead you up to Tashigaon, the last permanent settlement on this side of the Makalu Base Camp trek route. The climb isn't long, but after a full day of walking, you'll definitely feel it in your legs. Overnight in **Tashigaon**.

Distance:

7Hours

Highest Altitude:

2,100M/6,890FT | Tashigaon

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or lodge

Trek Distance:

8.69KM/5.4Miles

Day 05: Trek from Tashigaon to Khongma Danda

This is one of the most demanding days on the Makalu Base Camp Trek. You will feel the challenges right from the start. Leaving Tashigaon behind, the Makalu Base Camp trekking route heads almost straight uphill on long stone steps. After crossing a small wooden bridge, the trail slips into dense rhododendron forest, and if you're trekking in spring, you will notice the trees bursting with red, pink, and white flowers. That splash of color really helps distract you from the steady climb.

Soon, you will reach **Dhara (2,867M/9,406FT)**, a small spot named after its natural water source. This is where you will stop for lunch, and that being said, it's also the last reliable place for refreshments before reaching **Khongma Danda**. You may also stop for lunch at Danda Kharka. From Dhara, the trail becomes noticeably steeper, climbing for about an hour to **Unshisa (3,200M/10,498FT)**. Here, a massive rock outcrop stands like a natural gateway, marking your entry into higher, more rugged terrain.

Beyond Unshisa, the path continues to rise on stone staircases through thinning forest and open pastures. Now let's talk about the views. *On clear days, you'll see Chamlang, Peak 6, and even distant Makalu starting to appear on the horizon.* The climb is slow and steady, and you might notice the air getting thinner as the landscape opens up. Eventually, you reach a stone rest area decorated with prayer flags, and from here it's about 45 more minutes to Khongma Danda.

Reaching Khongma Danda feels like a real milestone on the Makalu Base Camp Trek. This is the key staging point before crossing **Shipton La** and the high passes that lead into the remote Barun Valley.

Overnight in **Khongma Danda**.

Useful Info: *There are only a few basic lodges in Khongma Danda, and in colder months, there is a chance of snow around the teahouses.*

Distance:

6Hours

Highest Altitude:

3,500M/11,483FT | Khongma Danda

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or lodge

Trek Distance:

7.5KM/4.6Miles

Day 06: Acclimatization Day in Khongma Danda

Today is your first rest day on the Makalu Base Camp trek itinerary at Khongma Danda. It's a much-needed break after the big altitude gain yesterday. This day is all about acclimatization, letting our bodies adjust to the thinner air and helping prevent altitude sickness. You can take it slow and chill in the lodge, or, if you're feeling up for it, you can do a short hike to nearby ridges. Even a little walk gives you incredible views of Mount Makalu, Chamlang, and the surrounding peaks. When you see these mountains, you just can't help snapping a few photos.

You can also spend the day chatting with the locals, enjoying a hot cup of tea, and soaking in the culture. It's all part of the Makalu Base Camp experience. Further, the sunrises and sunsets from Khongma Danda are absolutely magical. The golden rays hit the snow-capped mountains, and the whole landscape seems to glow. You will also feel that the quiet, crisp air up here feels completely different from the lower valleys, and that's part of the charm of resting at this altitude.

Highest Altitude:

3,500M/11,483FT | Khongma Danda

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or Lodge

Day 07 : Trek from Khongma Danda to Dobate

On this day, you will cross four high passes and see snow-covered peaks nonstop all the way. Leaving Khongma Danda, the trail climbs through rhododendron bushes on stone steps for about an hour until you reach the first pass, **Khongma La (3,890M/12,762FT)**. From here, you get your first clear views of **Makalu, Chamlang**, and the nearby ridges. Then, from Khongma La, the trail goes down a little and then moves along the ridge. Soon, a steep climb takes you to **Sano Pokhari Danda (4,105M/13,467FT)**. When you look down, you'll see the small Sano Pokhari Lake shimmering below.

Next is the highest point of the day, **Shipton La Pass (4,216M/13,780FT)**. This high pass has a mani wall, a cairn, and a few simple stone shelters. The views here are amazing, and it feels like the top of the world. After spending some time at Shipton La, the trail goes down to **Kalo Pokhari (4,080M/13,385FT)**, a dark sacred lake. During the Janai Purnima festival, Hindu pilgrims come here for religious rituals. Then, a final, easier climb brings you to **Keke La (4,170M/13,681Ft)**, the last pass of the day. From here, the sweeping views of Chamlang, Peak 6, Peak 7, and distant Himalayan ranges are simply jaw-dropping.

From Keke La, the trail descends for about 45-60 minutes through rocky slopes and then into more forested terrain before reaching Dobate. There are a handful of cozy teahouses above the valley, and after such an intense day of crossing high passes, arriving at your lodge feels especially satisfying. To be real, this is the kind of day you'll remember long after the trek is over. Also, you will love every bit of hot food, a warm drink, and shelter that protects you from the wind.

Distance:

6Hours

Highest Altitude:

4,216M/13,780FT | Shipton La Pass

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or Lodge

Trek Distance:

8KM/4.8Miles

Day 08: Trek from Dobate to Yangle Kharka

Day 8 of the Makalu Base Camp Trek starts with a descent from Dobate through beautiful forests full of rhododendron and pine trees. Sunlight filters through the branches, making the trail feel almost magical. The path drops sharply toward the Barun River, so your guide will set a careful pace. In early spring or late autumn, there might still be snow or ice, and the rocks can be slippery, so it's all about taking steady steps and enjoying the forest.

Next, the Makalu Base Camp trek trail climbs gently past a large landslide area, showing how wild this valley really is. Soon, you will reach **Themathang Kharka (3,500M/11,482FT)**. This is a great place for a break or an early lunch. Just before Themathang, you'll see a beautiful waterfall falling from the cliffs above. From Themathang, the path moves gently and crosses a wooden bridge over the Barun Khola.

After that, the trail follows the valley with the river on your left. You'll pass open meadows, small forests, and grazing yaks. It's a peaceful stretch, with the mountains always in view. The air feels crisp, and every step brings you closer to the high alpine world ahead. After about 1.5 hours of walking, you reach Yangle Kharka. This is a wide, green pasture with several teahouses where you will stay for the night. From here, the trail will continue toward Langmale Kharka and eventually Makalu Base Camp.

Distance:

7Hours

Highest Altitude:

3,557M/11,670FT | Yangle Kharka

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or Lodge

Trek Distance:

9.7KM/6.2Miles

Day 09: Trek from Yangle Kharka to Langmale Kharka

Today, the Makalu Base Camp trekking path follows the Barun Valley gently upward, with the river flowing on your left. The air smells fresh with juniper and alpine plants. The path isn't too steep, and every turn gives a new view of the valley. Along the way, you'll see colorful prayer flags and mani walls, showing how much the local people respect this sacred land.

As you leave Yangle Kharka, tall cliffs rise on both sides of the valley, and the skyline fills with snow-covered peaks like Peak 4, Peak 6, Peak 7, Chamlang, and Hongku Chuli. About 2.5 hours later, the trail opens into wide pastures at Jhak Kharka and Yak Kharka. This section is a visual feast. You'll pass waterfalls, rock walls, sacred caves, and distant glaciers, making it hard not to stop for photos every few minutes. Soon, you will reach Merek, where a cozy teahouse is perfect for a break, tea, and soaking in the views.

From Merek, the trail climbs steadily for about two hours to Langmale Kharka, a high yak pasture and an important acclimatization stop before Makalu Base Camp. Arriving here feels like stepping into a new world. The lodge sits below Peak 7, with a mani wall covered in prayer flags in front. It's a peaceful place to rest, drink water, and get ready for the final push to the base camp. Also, the valley here feels very remote, where the mountains dominate everything, and time seems to slow down.

Distance:

8Hours

Highest Altitude:

4,410M/14,469FT | Langmale Kharka

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or lodge

Trek Distance:

10.5KM/6.5Miles

Day 10: Trek from Langmale Kharka to Makalu Base Camp

Today is the big day of the Makalu Base Camp Trek. It's the day you finally reach the base of the world's fifth-highest mountain, Mount Makalu. Leaving **Langmale Kharka**, the trail climbs gently, with the Barun River flowing on your left. Most of the path is sandy or gravelly, but some parts require careful steps over boulders. Every turn shows a new view of the valley, and that's fun, so you'll want to pause often for photos or just to enjoy the scenery.

As you move along the Makalu Base Camp trek route, the mountains keep revealing themselves. First, you'll see Peak 4, and then the massive ice-covered slopes and glaciers of the **Mahalangur Himal** surround you. After a few hours, you reach **Shershong (4,630M/15,190Ft)**, a wide meadow with a small stone hut. This is a classic spot for camping on longer Makalu expeditions and a perfect place to

rest. From here, the valley opens toward the cirque below Makalu, and the last stretch feels magical.

Then comes the first real view of Makalu itself, an enormous wall of rock and ice reaching 8,481M. The trail drops a little, crosses the Barun River on a small bridge, and climbs the final rise to the **Makalu Base Camp lodges (4,870M/15,978FT)**. You may spot Tibetan snowcocks, hill pigeons, black redstarts, and mountain finches along the way, but your eyes will mostly stay on Makalu's giant face towering above. Standing here, breathing the crisp mountain air and looking at this giant peak, you'll feel the full reward of your trek. You've walked through forests, rivers, pastures, and ridges to reach this point. Makalu Base Camp is one of those magical Himalayan moments you'll never forget.

Distance:

6Hours

Highest Altitude:

4,870M/15,978FT | Makalu Base Camp

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or lodge

Trek Distance:

8.5KM/5.3Miles

Day 11: Day Exploration in Makalu Base Camp

Today is all about enjoying the views at Makalu Base Camp and letting your body rest before the long trek down. Waking up here feels unreal. You see Makalu's huge south face, with icefalls, sharp ridges, hanging glaciers, and crevasses stretching high into the sky. On a clear day, you might even spot **Everest, Lhotse, Baruntse, and Nuptse** in the distance. It's like being surrounded by some of the tallest mountains in the world.

After breakfast, you can take a short walk toward the **Barun Glacier**. The glacier edge opens into a rocky valley that looks almost like the moon. You'll see ice formations, frozen pools, and rugged moraine fields. Huge rock walls and glaciers tower above, and the only sounds are the river and the occasional birds like Tibetan snowcocks and mountain finches. It's peaceful and magical.

If you're feeling energetic, you can do a classic acclimatization hike up to a viewpoint ridge at about 5,300M/17,388FT. You cross a log bridge over the Barun River and climb steep rocks and gravel for 2-3 hours. From the top, you'll get a stunning view of Makalu, Peaks 4, 6, 7, and even Everest, Lhotse, and Nuptse far away. Go slowly and watch for signs of altitude sickness.

For a gentler option, you can take a shorter trail past base camp to small glacial lakes or a small ridge with prayer flags above camp. Even this short walk gives amazing views of the mountains. By afternoon, you'll head back to your teahouse to rest, drink water, and enjoy the high-mountain peace as the evening light slowly changes the face of Makalu.

Highest Altitude:

4,870M/15,978FT | Makalu Base Camp

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or Lodge

Day 12: Trek back from Makalu Base Camp to Yangle Kharka

After catching one last sunrise at Makalu Base Camp, it's time to start the long trek down to **Yangle Kharka**. Leaving this high camp is a little bittersweet. *You get one final look at Makalu's huge south face, glaciers, icefalls, and crevasses before focusing on the downhill trail.* From below, the towering cliffs feel a bit smaller, but just as impressive. The first part of the descent takes about 1.5 hours to reach Shershong, a wide meadow with a small stone hut covered by a bright tarp.

It's a great place to stop, stretch, and enjoy the open views. From here, the trail gently winds down to **Langmale Kharka** in another 1-2 hours. This is perfect for a tea or early lunch, with Peak 7 still towering above you. From Langmale, the trail passes through high yak pastures near Merek, taking about 1-1.5 hours. You'll see grazing yaks, small stone huts, and colorful prayer flags.

The last stretch to Yangle Kharka takes 2-3 hours. The path follows the Barun River, passing meadows, yak pastures, and patches of rhododendron and pine. You'll notice the air feels warmer and the valley looks more familiar as you descend. By late afternoon, you will reach Yangle Kharka (3,557M/11,670FT). After a long day of descent, it feels incredible to finally relax and enjoy your surroundings.

Distance:

7Hours

Highest Altitude:

3,557M/11,670FT | Yangle Kharka

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or Lodge

Trek Distance:

19KM/11.8Miles

Day 13: Trek back from Yangle Kharka to Dobate

Today's walk on the Makalu Base Camp trekking trail is a mix of easy walking and a few challenges. After breakfast at Yangle Kharka, you will follow the Barun River downhill on a gentle path. The trail slowly descends through rhododendron and pine forests, with quiet yak pastures and wide valley views all around. It's a peaceful walk where you can really enjoy the scenery without feeling rushed.

After about 1.5 hours, you will reach Themathang Kharka. Just before the teahouse, you cross a wooden bridge decorated with prayer flags. This is a great place for tea and a short break. Now comes the more serious part of the day. From Themathang, the trail crosses a landslide-prone section that takes around another 1.5 hours. The path is narrow and exposed in places, so you need to walk carefully and follow your guide's pace. Once you're safely across, it's a relief knowing the hardest section is over.

After the landslide, the trail starts climbing again through dense rhododendron forest. This uphill can feel tougher than expected, especially after such an easy morning. The ground is rocky, and your legs will feel the effort. As you gain height, the climb slowly becomes easier, and the forest opens up. The final stretch gently crosses a small valley before the teahouses of Dobate appear through the trees. After a full day of easy walking, careful traversing, and a steady climb, Dobate offers a warm meal, rest, and a cozy place to sleep.

Distance:

7Hours

Highest Altitude:

3,557M/11,670FT | Yangle Kharka

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or Lodge

Trek Distance:

9.7KM/6.1Miles

Day 14: Trek back from Dobate to Tashigaon via Khongma Danda

You'll start Day 14 early because it's going to be a long walking day. After breakfast, you will retrace your steps across the high mountain passes, trekking from **Dobate** to **Tashigaon** via **Khongma Danda**. The climb back up is steady and demanding, especially in the thin morning air. But it feels different this time. You're stronger now, more confident, and the trail feels familiar compared to your first crossing. Reaching the highest point of the day at Shipton La is your last chance to soak in wide views of **Makalu**, **Chamlang**, and even **Kanchenjunga** shining in the distance.

After crossing the passes and reaching Khongma Danda, it's finally time to head downhill for good. The trail drops gently at first, then more steadily, winding through rhododendron and pine forests. These forest sections are especially pleasant, quiet, shaded, and filled with fresh mountain air, making the long descent feel lighter than expected.

As you lose altitude, the surroundings begin to feel more lived-in. Terraced fields appear along the hillsides, small settlements come into view, and you might hear distant voices or see locals working in their fields. By late afternoon, you will arrive back in Tashigaon, where your journey into the high Makalu region first began. You will settle into a teahouse for the night, enjoy a warm meal, and rest.

Distance:

7Hours

Highest Altitude:

4,216M/13,780FT | Shipton La Pass

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or lodge

Trek Distance:

15.5KM/9.6Miles

Day 15: Trek back from Tashigaon to Num and drive back to Tumlingtar

Day 15 is the last trekking day of your Makalu Base Camp adventure. You start the morning from Tashigaon, heading downhill through green forests and terraced fields. By now, everything feels different from the climb up. You will have warmer air, more plants, and a slower, calmer pace. The trail winds past small farms and traditional houses, reminding you that you're slowly returning to everyday life.

As you continue descending, the path gets steeper and brings you to the Arun River. This part can be tough on your knees, so going slow really helps. Soon, you will reach Num. Once you reach Num, the walking part of the trek ends. From here, you will take a jeep ride to Tumlingtar. The road is bumpy, dusty, and scenic, passing through hills, villages, and rivers. By the time you reach Tumlingtar, it's time to relax. This day feels like the end of a chapter: tired but proud, knowing you've completed one of Nepal's most remote and rewarding trek to Makalu Base Camp.

Distance:

5Hours

Highest Altitude:

2,100M/6,890FT | Tashigaon

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea house or lodge

Trek Distance:

16.7KM/10.3Miles

Day 16: Fly from Tumlingtar to Kathmandu

To officially complete the trek, you will take an early morning flight from Tumlingtar back to Kathmandu. As the plane soars above the mountains, peaks and valleys spread below you like a living map of the journey you just completed. You will see villages you passed through, now looking tiny from above.

Upon landing in Kathmandu, we'll transfer to our hotel in Thamel. The rest of the day is free for you to explore at your own pace. You can stroll through the bustling streets, hunt for souvenirs, or visit cultural spots that you missed at the start of the trek. That said, the evening is reserved for a warm farewell dinner, where we can share stories, laughs, and a toast to the amazing Makalu Base Camp experience.

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Breakfast,Dinner

Accommodations:

3-star hotel

Flight Hours:

35Min

Day 17: Transfer to the International Airport for your Final Departure

On the final day, it's time to say goodbye to Nepal, or at least until the next adventure. After breakfast, we'll transfer to Tribhuvan International Airport for your onward journey. You may feel a mix of emotions, pride for completing the trek, awe at the memories of the mountains, and a little nostalgia for the people and landscapes you've met along the way. As you board your flight, take one last look at the Himalayas and carry these memories with you. Safe travels, and remember the mountains will always be waiting for your next visit.

Meals:

Breakfast

Makalu Base Camp Trek Inclusion/Exclusion

Cost Includes

- Airport Transfer
- Kathmandu to Tumlingtar to Kathmandu, domestic flight
- Tumlingtar to Num to Tumlingtar Local jeep
- 2 Nights in Kathmandu in a 3-star hotel (sharing basis)
- 1 Night Tumlingtar in the lodge (sharing basis)
- 13 Nights in a mountain tea house or camping (sharing basis)
- **Meals:** 16 Breakfast, 14 Lunch, 15 Dinner
- One guide during the trek
- Makalu Barun permit fees
- Makalu Rural Municipality Permit
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Trek leader for more than 12 trekker groups
- Staff insurance, salary, equipment, food & clothing.
- **MEDICAL KIT:** Comprehensive Medical kit.

Cost Excludes

- International airfare
- Domestic flight cancellation fees after booked (if needed)
- Extra transfer which is not mentioned in itinerary
- Extra night accommodation in Kathmandu due to early arrival, late departure, or early return from the trek.
- Extra night during **Trekking**
- Porter for carrying bags
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- **Personal clothing and gear and Personal expenses:** Shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “**including**”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather

conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 1,770
3 - 6	USD 1,650
7 - 16	USD 1,540
17 - 25	USD 1,299

Makalu Base Camp Trek FAQ's

How does the Makalu trek compare to Everest Base Camp (EBC) in terms of difficulty?

While EBC is higher, Makalu is a significantly more challenging trek. The main difference is the unrelenting terrain; you will cross four high passes in a single day and deal with 1,700m elevation swings (like the Num-Seduwa V-curve) that simply don't exist on the EBC trail. Also, Makalu requires higher mental resilience due to its extreme remoteness. Thus, it is not easy to trek to Makalu Base Camp in Nepal.

Is it true that Makalu is a "hidden" mountain?

Yes, Makalu is often called a hidden mountain. Unlike Everest, which is visible from many points along its trek, Makalu's massive ridges block the view for most of the journey. You won't see the iconic pyramid-shaped summit until the final hours before reaching Base Camp. This makes the middle section of the trek mentally challenging, as you walk through deep wilderness without a clear visual goal.

What is the "Barun Landslide" and is it dangerous?

The Barun Valley has an active landslide area that lasts for about two hours of trekking. The trail here is made up of shifting boulders and loose scree, and it can change after heavy rain or monsoon. As your agency, we ensure our guides are updated daily on the safest path through this section, as the "trail" literally moves after every monsoon.

Can I do this trek solo under the 2026-2027 regulations?

Although some trekkers try, going solo is strongly discouraged and often blocked by park officials at Seduwa. Makalu-Barun National Park is a Strict Nature Reserve with almost no cell signal and very few trekkers. If you get injured or twist an ankle, help could take days to reach you. Licensed guides not only ensure your safety but also help with navigation, cultural understanding, and emergencies along the trail.

What happens if the tiny stone huts at Dobate or MBC are full?

At high altitudes like Dobate or Makalu Base Camp, there are only 2-3 small lodges, so they can fill up quickly during peak season. As a trusted agency, we coordinate with lodge owners in advance to secure your space or carry emergency tenting equipment to ensure you are never left without shelter.

Where does the trek start?

The trek typically begins with a 35-minute flight from Kathmandu to Tumlingtar, followed by a jeep drive to villages like Num or Chichila.

How much does the Makalu Base Camp Trek cost?

With Us, Himalaya 360, the Makalu Base Camp trek costs between USD 1,299 and USD 1,770 per person, depending on your group size.

Is Makalu Base Camp crowded?

The Makalu Base Camp trek is relatively less crowded compared to other popular treks in Nepal, such as the Annapurna and Everest Base Camp treks. The remoteness of the region and off-the-beaten path make it slightly less accessible, making it less crowded. You can witness the peaceful route and unspoiled natural beauty.

7 Rare Himalayan Wonders You'll Encounter on the Makalu Base Camp Trek

Here are seven "wow-factor" things that are genuinely only found on the Makalu Base Camp trekking route.

1. The Only View of Everest's Kangshung Face

On the Makalu Base Camp trekking route, you stand in one of the very few places in Nepal where you can see Everest's Kangshung Face, also known as the East Face. From high viewpoints near Makalu Base Camp and across the upper Barun Valley, the mountains line up in a rare and striking way. Everest, Lhotse, and Nuptse rise together on the distant horizon.

This is not the famous front view of Everest. It is the hidden side that very few people get to see. Also, let me tell you that you can't even see this East Face on the classic Everest Base Camp Trek. Most trekkers only hear about this side of Everest from Tibet. Thus, seeing Everest this way feels special, like discovering a secret place in the Himalayas.

2. Red Panda Forests of Makalu Barun National Park

The Makalu Base Camp trekking trail goes through a quiet temperate forest, where red pandas still live. It's rare to see them, but because the trail is calm and not crowded, you have a better chance here than on busier routes.

These forests are also home to Himalayan black bears and clouded leopards. Many kinds of flowers, orchids, and rhododendrons grow here as well. And these flowers especially bloom in the spring season (March to May), coloring the forest. Walking through these forests feels like a slow nature walk, where you keep looking around for wildlife, not just treating it like a normal trekking day.

3. The Untouched Barun Valley Glacier World

After Khongma Danda and Dobate, the Makalu Base Camp trek takes you into the Barun Valley, a wide U-shaped valley carved by glaciers. The valley has steep rock walls, hanging glaciers, and tall waterfalls that drop hundreds of meters from the cliffs.

Further, the upper Barun around Shershong, Langmale Kharka, and Makalu Base Camp feels almost like another world. You will see moraine fields, turquoise streams, icefalls, and small glacial lakes, with almost no villages or people.

4. The 3.5KM Wall of Ice (Makalu South Face)

Most base camps only let you see mountains from far away, but Makalu Base Camp puts you right at the bottom of a huge 3,500M (3.5KM) wall of rock and ice. It is one of the most intimidating and massive mountain faces in the world. The tall South Face towers above the lodges, and sometimes you can even hear the ice cracking.

It feels amazing to be able to see the 8,485M pyramid-shaped Makalu up close. Further, on clear days, the panorama expands to include the high-altitude titans Everest and Lhotse, giving you a rare “triple-crown” view that very few trekkers get to experience from this angle.

5. The World's Greatest Elevation Staircase

[Makalu Barun National Park](#) is the only protected area in the world that stretches from just 350-400M at the Arun River all the way up past 8,000M. That's wild, right? To be real, this is one of the coolest things about the Makalu Base Camp Trek. One day you're hiking through hot, lush bamboo forests, snacking on wild “golden raspberries” along the trail, and the next, just a few days later, you're in the frozen high-alpine zone where the ground is icy all year.

The scenery also changes each day: subtropical jungles turn into rhododendron forests, then into alpine meadows, and finally into rocky glaciers. It's like experiencing a botanical time machine. From jungle to glacier, from warm river valleys to icy high passes, every step is like a tiny adventure through a different ecosystem.

6. Living Himalayan Culture Far from the Road

There is no road beyond Num, and that changes everything. Every village along the trail that is Seduwa, Tashigaon, Khongma Danda, and Yangle Kharka still depends on foot trails, porters, and yaks. Life here moves at a slow, natural pace, just like it has for generations. As you walk higher, you might notice the culture slowly change. In the lower hills, you pass through Rai and Limbu villages with small farms and local temples. Higher up, you see Sherpa communities. The Sherpas here are different from those in the Everest region. They have their own dialect, clothing styles, and traditions.

Likewise, Tashigaon, often called the “Village of Auspiciousness,” really feels like a step back in time. You'll see terraced millet and cardamom fields below that slowly turn into yak pastures and summer grazing lands higher up. During the warmer months, herders live in simple stone huts, making butter and cheese while watching over their yaks. Similarly, this way of life changes with altitude and season, and you don't see it much on more developed trekking routes. It is one of the rare human “wonders” of the Makalu Base Camp Trek.

7. High Altitude Mountain Pass Shipton La Pass

Shipton La Pass is one of the most memorable points on the Makalu Base Camp trek. Reaching this pass feels like a big achievement; you can feel the altitude, but the views make every step worth it. From the top of the pass, you will see snow-covered peaks stretching in every direction. Mount Makalu and Mount Chamlang stand close together, and on clear days, even Kanchenjunga appears far in the distance.

The pass often holds snow, even during the main trekking seasons, so crossing it can feel a little challenging. Nearby, you'll also spot Kalo Pokhari, or Black Lake, sitting quietly below the pass. It's calm and peaceful, adding a special moment to the crossing.

The 3 PM Wind Rule in Barun Valley

On the Makalu Base Camp trek trail, there is an important rule called the "3 PM Wind Rule" that every trekker should follow. Since the Barun Valley is shaped like a U-shaped glacial long bowl, it works like a wind tunnel. When the sun heats the valley during the day, warm air rises fast, a process known as anabatic Wind, and hits the cold mountains. This creates strong winds in the afternoon.



By around 3 PM, the wind becomes very strong and blows straight into your face. The wind also lifts fine dust from old glacier rocks. This dust fills the air like a small dust storm. If you don't cover your mouth and nose, you may breathe in this dust, which can hurt your throat and cause a bad cough. The biggest danger, however, is the cold combined with wind. At almost 5,000M, the temperature may feel much colder than it looks. Even if the temperature shows 5°C, the strong wind can make it feel like -20°C. If you are sweaty, the wind can make your body lose heat fast, which can lead to mild hypothermia.

That is why experienced Sherpas start walking early in the morning, usually around 7 AM from Langmale. The goal is to reach base camp by 2 PM, before the worst wind begins. If you miss this window, the final kilometer of the walk can become the coldest, dustiest, and hardest section of the entire trek.

The Parts of Makalu Base Camp No One Told You About

The Barun Valley is full of amazing high mountain vistas, but getting there is not easy. You need more than a camera and a spirit of adventure to have a fruitful trekking experience. To help you stay safe and enjoy the trek, here is the list of the trail’s toughest hidden challenges and shared tips from experts on how to handle them.

Reality Check (Challenge)	Preparation Tip (Solution)
The 1,400M elevation jump: The trek jumps from Tashigaon (2,100M) to Khongma Danda (3,500M) in one day. It’s a steep climb that can feel much harder than it looks, especially for trekkers used to slower, gradual trails.	Practice climbing stairs with a weighted backpack for 4-6 weeks before the trek. On the trail, use the “Tortoise Pace”, slow, rhythmic steps without rushing.
Less oxygen at midpoint: By the time you reach Khongma Kharka, the air is thinner, and breathing gets harder. Most trekkers follow a “1” rhythm to cope with the altitude.	Follow 10 minutes walking, 2 minutes resting method. This prevents your heart rate from spiking and helps manage the early stages of altitude.
The “V-Shaped” Day (Num to Seduwa): A punishing 800M drop from Num to the bridge, followed by a 900M climb in humid, tropical heat to Seduwa.	Drink at least 3-4 liters of water with electrolytes to prevent cramping before you even reach the high-altitude zones.
Chakse Danda Stairs: Between Seduwa and Tashigaon, the trail climbs nonstop on stone steps for 1.6KM. It feels very vertical and is physically demanding, especially in the humid lower sections.	Use trekking poles to offload 20% of the weight from your knees.
Fast-moving clouds: Even in clear weather, Khongma Danda can get sudden, thick clouds that reduce visibility to almost zero.	Never trek alone. Always stay within eyesight of your guide.
Leeches in lower jungle: The lower forest sections, especially near Chakse Danda, can be full of leeches during wet weather. They are a constant nuisance in the first half of the day.	Wear long trekking pants and socks. Carry a small pouch of salt to safely remove them.

Four high passes in one day: On the high-pass day, you cross Kauma La, Keke La, Shipton La, and Tutola. The repeated ups and downs at high altitude drain your energy more than a single long climb.	Start before sunrise, carry enough high-calorie snacks and at least 2 liters of water, keep layers easy to add/remove, and mentally prepare for several “false summits” instead of just one pass.
Icy descent from Shipton La: The north-facing slope from Shipton La to Dobate can have ice or hard snow even when the climb up was dry.	Pack micro-spikes and know how to fit them quickly. Tighten boot laces before the descent and keep poles slightly longer for better balance.
Living landslide: A long, 2-hour section in the Barun Valley is an active landslide zone. The ground can shift underfoot.	Use trekking poles, and careful footing is needed.
Frozen water pipes: Above Langmale, water pipes often freeze at night.	Fill bottles with boiling water at dinner. Use them as hot water bottles inside your sleeping bag, then drink the water in the morning.
Tiny Base Camp: Makalu Base Camp (4,870M) has only about three small lodges scattered in a natural amphitheater of peaks.	Pre-book via your agency in peak season, carry a warm sleeping bag, personal snacks, and lower your expectations about menu variety and comfort.

Accommodation, Food, and Connectivity During the Makalu Base Camp Trek

On the Makalu Base Camp trek, you will stay in basic teahouses and lodges in the lower villages up to Tashigaon. These rooms usually have wooden beds and blankets, enough to rest after a long day of walking. As you go higher, lodges become simpler and fewer in number. Some nights may be spent in seasonal “ridge camps,” and in places like Dobato, there are very few stone huts. During peak season, if the lodges are full, you might need to walk an extra 1-2Hours to reach Phenmathang or set up a tent for the night.

Food is also simpler at higher altitudes. In lower villages, you can enjoy a variety of dishes like momos, thukpa, and Tibetan bread. Above Langmale Kharka, meals focus on energy-rich staples like dal bhat, boiled potatoes, and porridge. Prices also rise sharply because all food must be carried up from lower villages, so even a cup of tea or a packet of noodles can cost much more.

Likewise, talking about electricity & connectivity, electricity and connectivity are limited along the trail. Tashigaon is the last village where electricity is fairly reliable, so it’s a good place to charge your devices. Above Khongma Danda, you might find a very weak cell signal (depending on the provider), or disappear completely. Charging devices is often difficult or only possible if there is solar power at the lodges.

Trek Permits and Visa Requirements for Makalu Base Camp Trek

To enter Nepal for trekking purposes, you need a Tourist visa, which can be obtained on arrival at Tribhuvan International Airport in Kathmandu or at border entry points. Most nationalities can get a Tourist Visa on Arrival, which requires a valid passport, a passport-sized photo, and a visa fee. The visa costs \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days. You can also apply online in advance through the Department of Immigration’s website. Extensions can be made at the Immigration Office in Kathmandu or Pokhara.

Similarly, for the Makalu Base Camp trek, you require two primary permits: the Makalu Barun National Park Permit and the Makalu Rural Municipality Permit. The Makalu Barun National Park Permit is required to enter the national park, which protects the region’s biodiversity. The Makalu Rural Municipality requires all trekkers to obtain a local Makalu Rural Municipality permit to enter the Makalu region. These permits can be obtained from the Nepal Tourism Board office in Kathmandu or trekking agencies.

Trek Permit	Price (USD)
Makalu Barun National Park Permit	\$30 per person
Makalu Rural Municipality Permit	\$20 per person

Address

Address:
Galkopakha Marg - Kathmandu - Nepal