

Trip Name : Makalu Base Camp Trek

Starting Point	Fly in KTM-Tumlingtar
Ending Point	Fly out Tumlingtar-KTM
Type	Fully Camping Trek
Grade	Hard
Duration	19 Days
Daily Walk	5-7 hours
People in Group	Minimum 2 and Maximum 12
Best Time	Mid-March to mid-May and September to mid-November
Max. Elevation	5000 mt.

### **Trip Highlights:**

- Magnificent views of Mt. Makalu, Mt. Chamlang, Mt. Everest, Mt. Lhotse and other great mountains
- Scenic mountain flight to/from Tumlingtar
- Adventurous Shipton la pass
- Great biodiversity considered to be the living laboratory

### **Trip Details:**

t. Makalu (8,463m/27,767ft), the fifth highest mountain on the earth lies in the Makalu-Barun National Park. This remote terrain stretches east from the Sagarmatha National Park; between the high plateau of Tibet and the deep subtropical gorge carved by the Arun River. Makalu Base Camp trekking is one of the remotest and adventure treks in Nepal and the large range of pristine ecosystems and cultures make this a classic trek too. Sherpa, Rai and Limbu people are the main settlers in this area. The spectacular views of rugged Himalayan peaks including Makalu, Chamlang (7,319m/24,013ft), Baruntse (7,129m/23,390ft) and the complete panorama of Everest and Lhotse are some highlights of Makalu Base Camp trekking. With very few modern facilities and amenities, the trek to Makalu Base Camp needs a well-supported and guided team with sensible equipment. This unique landscape shelters some of the rare species of animals and plants in Nepal. Over 3000 species of flowering plants, 440 species of birds and 75 species of mammals, including the endangered Clouded Leopard, Red Panda and Musk Deer have been recorded in this area. This remarkable biodiversity is considered to be the living laboratory for scientific study. This trek can be customized as wilder trek putting together the highest passes on the earth, the Sherpani Col (6,100m/20,014ft) and West Col (6,135m/20,129ft).

### **Weather in the Makalu-Barun region:**

Trekking in the Makalu-Barun valley is possible at a certain time of the year only and the best times to visit are from mid March to mid May and from the beginning of September to mid November. The winters are very cold while the summers are wet. The trails are blocked by the snow in mid winter. April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape. The views are simply great after the summer monsoons have cleared the atmosphere of dust.

### **High Altitude Warning:**

### **Experience Required:**

We have categorized Makalu Base Camp trekking as hard trek and are suitable for passionate trekkers who have courage to walk at least 5-7 hours each day. You might even need to walk 7 to 8 hours or more on

some days. However, if you have passions, good health with average physical fitness and self confidence, the Makalu Base Camp trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

### **How We Make This Trip Responsible?**

**Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.**

### **Cost Includes:**

- Makalu-Barun National Park permit and TIMS (Trekking Information Management System)
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Tumlingtar-Kathmandu and ground transfers to/from airport
- First aid kit box
- Emergency co-operation service

### **Complimentary:**

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

### **Cost Excludes:**

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

### **Add-Ons:**

#### **Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on

demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 224 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

### **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

### **Rafting in Nepal**

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**KaliGandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**BhoteKoshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

### **Bungy Jumping / Canyoning / Paragliding / Ultralight Flight**

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

### **Shopping Tours**

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

### **Trip Itinerary:**

#### **Day 01 : Fly Kathmandu to Tumlingtar (457m/1,500ft) and trek to Khandbari (1,040m/3,412ft).**

We take an hour flight to Tumlingtar where we meet our trekking crew and have a short briefing on the trek up to Khandbari. We will have lunch in the shade of Kabra Trees. We walk north towards Khandbari on a plateau for a while after which the trail begins climbing gradually to Khandbari. We stay overnight here. Trekking time 3-4 hours.

#### **Day 02 : Trek Khandbari to Chichila (1,920m/6,300ft).**

After breakfast we walk through many picturesque small villages, most of the walk is uphill and is through bamboo groves and a rhododendron forest. Our camp is at Chichila which is a small settlement of Gurung tribe. Trekking time 5-6 hours.

#### **Day 03 : Trek Chichila to Num (1,490m/4,888ft).**

Today we start walking with views of snow capped peaks in the distance with fantastic views of Makalu and the surrounding peaks. We then take a straight path with little ups and downs, through a forest. We stop for lunch after about 2 hours. We then start descending to reach Num. Trekking time 5-6 hours.

#### **Day 04 : Trek Num to Seduwa (1,510m/4,954ft).**

Today the trail descends steeply from Num through the cornfield at Lumbang. The country is particularly rocky with tiny terraces planted with corn and barley. We have a tough, steep climb to Seduwa. Trekking time 5-6 hours.

#### **Day 05 : Trek Seduwa to Tashi Gaon (2,070m/6,791ft).**

The trail crosses meadows and several streams and then climbs to the Sherpa village of Tashi Gaon the last permanent settlement in the Makalu valley. Trekking time 5-6 hours.

#### **Day 06 : Trek Tashi Gaon to Khongma (3,470m/11,385ft).**

Today's trek is very hard as the trail is steeper. We walk through the sparse forests along the ridge over a hillock and take a short descent to Khongma. Trekking time 6-7 hours.

**Day 07 : Trek Khongma to Mumbuk (3,400m/11,155ft).**

We again start today with a steep climb then through less steep rhododendron forests to the top of the ridge where we will have superb views of Chamlang (7,319m/24,013ft). We then continue through a forest of firs and rhododendrons to Mumbuk. We cross Shipton la pass (4,800m/15,749ft) and Keke la pass (4,127m/13,540ft) today. Trekking time 6-7 hours.

**Day 08 : Trek Mumbuk to Nghe Kharka (3,750m/12,303ft).**

Today the trail descends a steep gully with a stream for about 500 meters. The trail is ill defined and rocky with sloppy mud in places as it leads up the glacier valley. Nghe Kharka is located on a large open grassy plain where we can have the great mountain views. Trekking time 6-7 hours.

**Day 09 : Rest and acclimatisation day at Nghe Kharka.**

Nghe Kharka is a pilgrimage site for local people. We stay for two nights at Nghe Kharka for acclimatisation.

**Day 10 : Trek Nghe Kharka to Shershong (4,615m/15,141ft).**

Today the trail turns westwards and leaves the rhododendron forests for alpine tundra. There are excellent views of Pyramid Peak (7,168m/23,518ft). We gain sharp elevation today. Trekking time 7-8 hours.

**Day 11 : Trek Shershong to Makalu Base Camp (5,000m/16,404ft).**

Today is a gradual climb to a minor pass, about 100 meters. From here you will have magnificent south face views of Makalu also you will be able to see the complete panorama of Everest and Lhotse. Trekking time 4-5 hours.

**Day 12 : Return trek Makalu Base Camp to Nghe Kharka.**

We retrace our steps back down the Barun Valley after exploring Makalu Base Camp. Trekking time 7-8 hours.

**Day 13 : Return trek Nghe Kharka to Mumbuk.**

Today we continue descending back. Trekking time 5-6 hours.

**Day 14 : Return trek Mumbuk to Khongma.**

We trek across Shipton la pass (4,800m/15,749ft) and Keke la pass (4,127m/13,540ft) and descend to Khongma. Trekking time 5-6 hours.

### **Day 15 : Return trek Khongma to Tashi Gaon.**

Today's trek is quite long as we retrace our steps to Tashi Gaon. Trekking time 5-6 hours.

### **Day 16 : Return trek Tashi Gaon to Seduwa.**

We walk through farming settlements to the village of Rai which is spread out. We then continue through forests and past several streams. Trekking time 4-5 hours.

### **Day 17 : Trek Seduwa to Bumlingtar (1,160m/3,806ft).**

Today's trek takes us through the Sal and broad-leaved forests, cultivated fields and follows some spectacular high and exposed narrow tracks as it climbs over rocks. We camp at the Chhetri village of Bumlingtar. Trekking time 6-7 hours.

### **Day 18 : Trek Bumlingtar to Tumlingtar (457m/1,500ft).**

Today we follow the east bank of the Arun River and the route through Chyawabesi before reaching Tumlingtar. Trekking time 6-7 hours.

### **Day 19 : Fly Tumlingtar to Kathmandu.**

We take an hour breathtaking flight from Tumlingtar.

**Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.**