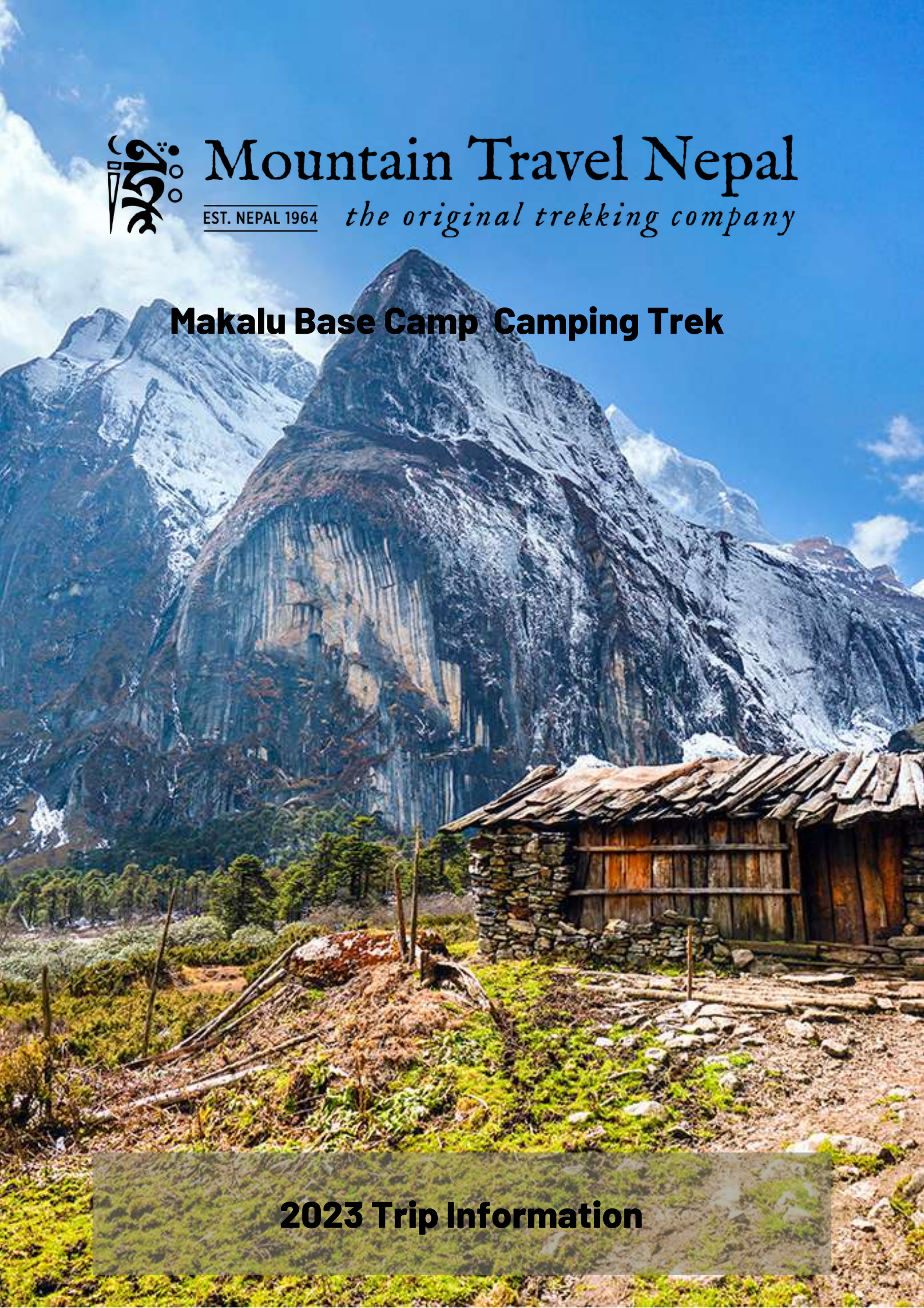
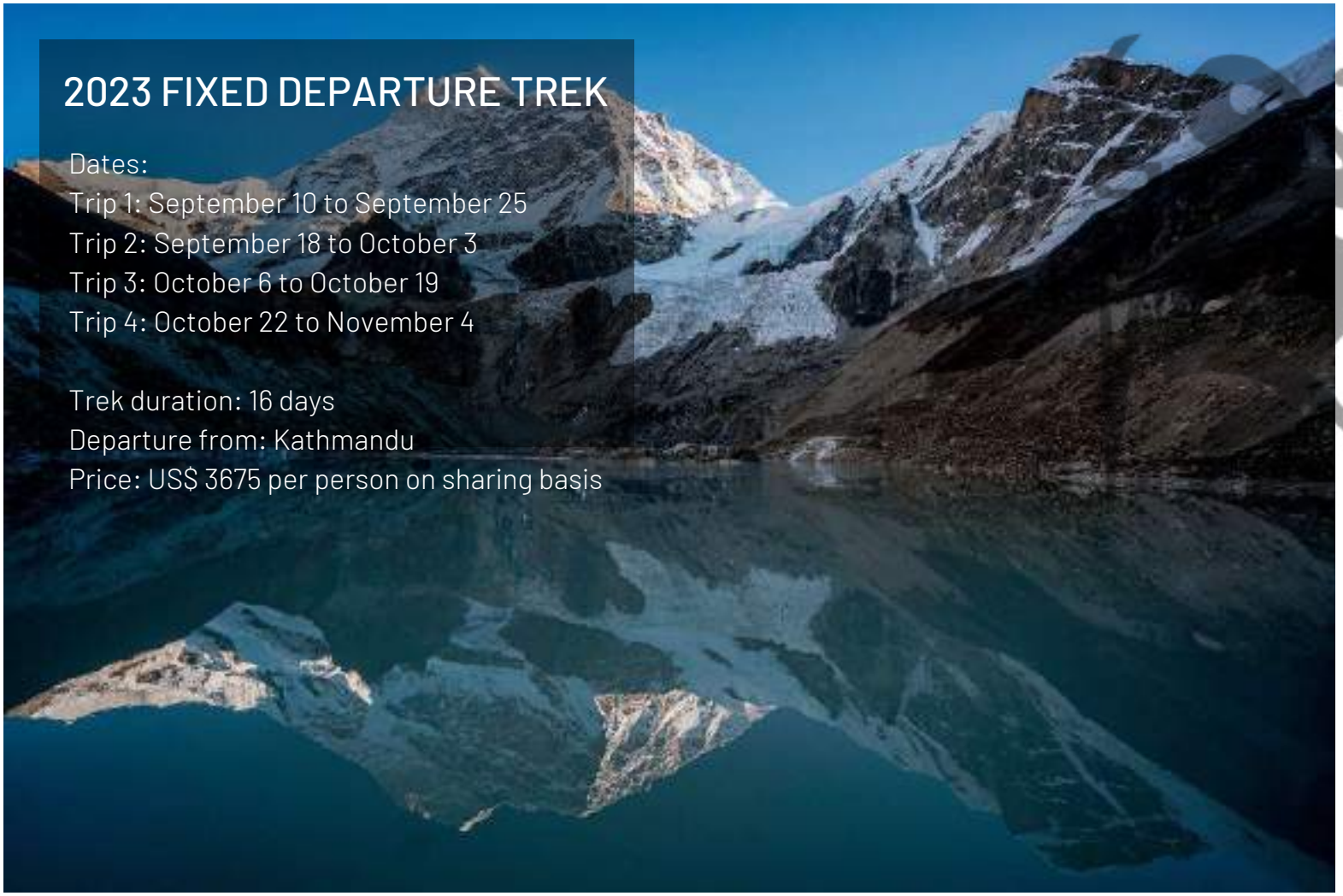


Mountain Travel Nepal

EST. NEPAL 1964 *the original trekking company*

Makalu Base Camp Camping Trek

2023 Trip Information



2023 FIXED DEPARTURE TREK

Dates:
Trip 1: September 10 to September 25
Trip 2: September 18 to October 3
Trip 3: October 6 to October 19
Trip 4: October 22 to November 4

Trek duration: 16 days
Departure from: Kathmandu
Price: US$ 3675 per person on sharing basis

Have you ever dreamed of having the Himalayas in their entire splendor just to yourself? Perhaps you have already done a tea house trek or two in Nepal, and you want something more challenging and remote for your next adventure. If this is the case, look no further.This 16 day trek is the Base Camp Trek of world's fifth highest mountain located in Makalu-Barun National Park. The destination is Makalu Base Camp and the rugged trails bring us to one of the most far off regions in Nepal. Tourism is very limited here, and you will meet very few other trekkers. The trek is strenuous but extremely rewarding.

Trek outline

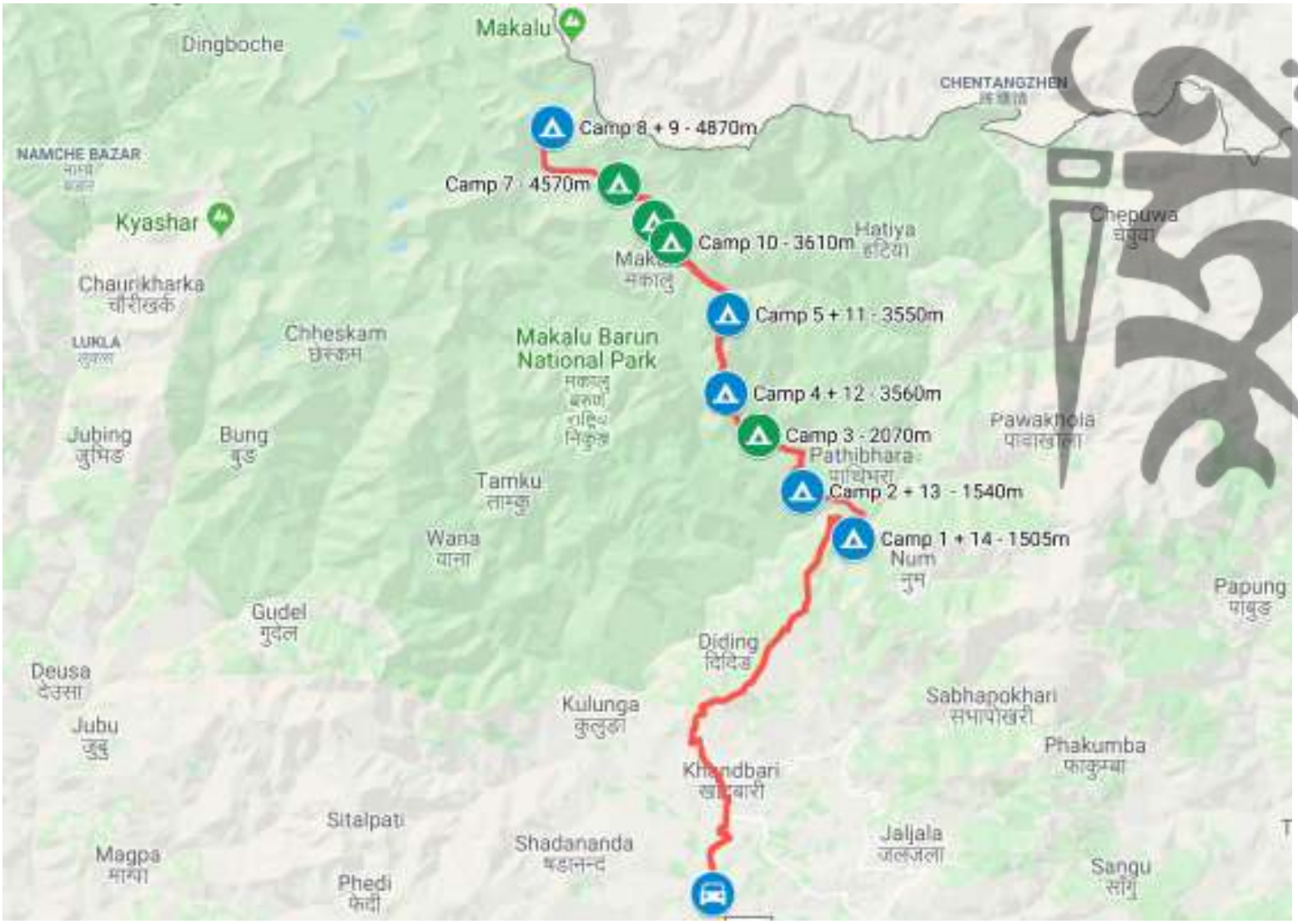
We meet in Kathmandu, the capital of Nepal, two days before departure to the mountains for introductions to the other team members and your guide. Here we will give you a briefing on trek preparations and we will answer any questions you may have. After the meeting, your guide will be available to help you with any last minute shopping or packing tips.

For your first days in Kathmandu, we will be happy to help you with your hotel booking, sightseeing arrangements or any activities you may be interested in. Let us know in advance and we will make sure that your stay is made as easy and comfortable as possible.

Our journey commences with a thrilling fifty minutes flight from Kathmandu to Tumlingtar in eastern Nepal. From the aircraft, we enjoy the scenic panorama of the Himalayas including Everest (8,848m), Makalu (8,463m), Cho Oyu (8,153m), Lhotse (8,501m) and Lhotse Shar (8,393m). From Tumlingtar we drive for approximately six hours on gravel road to the village Num where we meet the full team and settle into our camp.

The first couple of days on the trek is at a relatively low altitude, and will be hot. The forest in the valley provides some much welcomed shade, as we move along the rugged trails through the terraced farmland. We enter Makalu-Barun National park on the first day.

From here on the trekking gets tougher as we start climbing towards Shipton La Pass, which we will pass



on the fourth day. Climbing up through the forest onto the ridge, we pass numerous small streams and lakes. The trail towards the pass is demanding, but we are rewarded with marvelous views of Chamlang (7321m), Peak 6 (6,524m) and Peak 7 (6,758m).

We now enter the stunning Makalu Barun Valley, as we make the steep descend to the Barun River. The trail alternates between steep ascents and pleasant walks up through the valley. On the eighth day we reach Makalu Base Camp, surrounded by glaciers and snow-capped mountains. It is important to adhere to medical guidelines to avoid altitude sickness here; first and foremost to walk slowly and stay hydrated.

On the ninth day of the trek it is time for exploration and celebration. You may want to take an easy day with just some short strolls from the camp, or you may want to explore the glacial lakes and views further up the valley. The evening will be time for celebrating our accomplishments so far.

For the next five days we retrace our trail back through the valley. As we make our way down, we can enjoy seeing everything again but from a different perspective.

After spending the night in the village Num on the fourteenth trek day, we drive back to Tumlingtar where we spend the night at a local guesthouse. We fly back to Kathmandu the following morning, where we can rest and relax at our hotel.

This exceptionally beautiful but tough route is especially known for its views of towering Himalayan peaks, biodiversity, and unique and unspoiled cultural heritage.

Along the way we find settlements of Rai, Sherpa, and Bhote. These ethnic groups are all farmers, and though they are isolated and often economically poor, they preserve a rich cultural heritage.

We camp in selected areas with access to water and enough space for the tents. This is usually a clearing in the forest used by the local herders to graze their cattle, or a meadow outside the village.

Here you may enjoy a well-deserved shower, followed by sundowners or some relaxing time with a book. Every day culminates with a delicious three course dinner and tales shared around the campfire.

This is a challenging trek and we recommend it only for experienced trekkers or people with a reasonably good physical condition. Expect to carry your personal pack with what you need while trekking. Our porters will carry everything else.

Itinerary

Day 1: Fly, Kathmandu / Tumlingtar (50 mins flight) / drive to Num 4-5 hours

Day 2: Num – Seduwa (1540m), 6-7 hours walk

Day 3: Seduwa to Tashigoan (2070m), 4-5 hours walk

Day 4: Tashigoan – Khongma

Danda (3560m), 6-7 hours walk

Day 5: Khongma – Mumbuk (3550m),

Day 6: Mumbuk – Nghekharka (3750m)

Day 7: Nghekharka to Merek (4570m)

Day 8: Merek to Makalu Base Camp (4870m)

Day 9: Explore around Makalu Base Camp

Day 10: Return to Yangri Kharka (3610m), 6-7 hours walk

Day 11: Return to Dobate, 6-7 hours walk

Day 12: Return to Khongma, 5-6 hours walk

Day 13: Return to Seduwa,

Day 14: Return to Num

Day 15: Drive to Tumlingtar, 4-5 hours drive

Day 16: Fly Tumlingtar to Kathmandu, 50 mins flight

Private groups vs. fixed departure

If you are a group of 6 or more people, we can arrange this trek on your convenient dates. This will be a private departure, just for your group.

If you are just 1-3 people traveling together, please sign up for one of our fixed departures, where you will be joining a small group of other trekkers. The maximum group size will be 6 people.

If you need any help or recommendation for arranging hotels, activities, transport, etc. for your trip in Nepal, please feel free to contact our team in Kathmandu at any time.

Why choose Mountain Travel Nepal

Pioneering the industry since 1964, Mountain Travel Nepal has some of the most experienced guides in the country. We create bespoke treks for the discerning intrepid traveller. Our signature full-service camping treks and expeditions are curated to deliver on your dreams.

Our destinations are truly off-the-beaten-track, and our team serves you with the utmost pride and professionalism.

Join us for an unparalleled Himalayan experience that allows for a deep connection with nature and authentic interactions with the world around you.

The food

We focus on combining taste, healthiness and sustainability. Each meal has been thoughtfully crafted in order to give you the energy you need for an active day.

We cater to vegetarians and vegans, and will adapt the menu to any dietary restrictions you may have.

The equipment

We will provide all communal equipment including sleeping tent, dining tent, toilet and shower tent, chairs and tables. We also provide your personal sleeping bag and camping bed. For your personal equipment we will provide a detailed list of required equipment.

Trek price

The price for the 16 days/15 nights full service camping trek is US$ 3675 per person.

The price includes the following:

- Service of one English speaking trekking guide
- Service of two assistant guides
- Service of one cook
- Service of full porter team of 20+ porters
- All meals on trek
- All tea/coffees on trek
- All communal camping equipment (sleeping tent, dining tent, chairs, tables, shower tent, toilet tent, etc.)
- Personal equipment: sleeping bag, liner, camp cot
- Mountain Travel duffel bag (which you may keep after trek)
- All necessary trekking permits
- Trek staff insurance
- Airfare Kathmandu/Tumlingtar/Kathmandu
- Jeep ride Tumlingtar/Num/Tumlingtar
- Applicable Government taxes

The above cost does not include:

- Hotel accommodation and meals in Kathmandu
- Any purchases of a personal nature such as bar bills, laundry, etc.
- Personal insurance in case of emergency
- Air travel to and from Nepal
- Entry visas for Nepal
- Personal clothing and trekking equipment
- Any rescue costs or costs of early departure
- Gratuities to guides and Sherpa staff

Deposit

All bookings are made in good faith. Once we have received your booking we will send you an invoice giving payment details. We will require an advance deposit of US$ 200 per person in order to hold your booking on a secure basis with the balance to be paid prior to your arrival in Nepal.

Our cancellation policy

Arrangements may be cancelled at any time. The cancellation must be communicated to us in writing.

Since cancellation incurs administrative costs, we will retain any deposit paid and in addition will apply cancellation charges as follows:

Period before departure within which written cancellation is received, and sum of cancellation charge shown as a percentage of the package price:

- More than 60 days: Deposit only
- 31-60 days: 50%
- 15-30 days: 75%
- Less than 15 days: 100%

Passport copy and photograph

For the trekking permit we will need your passport photograph and a copy of your passport

Book this trek

Join us on this trek by sending and e-mail to info@mountaintravelnepal.com with subject line "Makalu Base Camp Camping Trek" and the following information:

- Your full name
- Which fixed departure date you prefer
- How many people you are

We will get back to you within 24 hours to finalize the booking and help you with any other arrangements you may need.

For any questions feel free to write to us or call us at any time! Our phone number is: +977 1 4511225

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