

**Lama Adventures Pvt. Ltd.**

# Makalu Base Camp Trek

<b>Difficulty</b>	<b>Duration</b>	<b>Region</b>	<b>Max. Altitude</b>	<b>Type</b>	<b>Group Size</b>	<b>Accommodation</b>
Moderate	20 Days	Makalu	4870m	Trekking	2-20 pax	Lodges, Hotels and Camp

## Overview

Makalu is the fifth highest mountain in the world yet the trek to this region is not so common due to its relative inaccessibility. The trek to Makalu Base Camp starts with a flight to Tumlingtar in the mid-eastern region. This is a high altitude trek that takes a remote route that encompasses some of the best that Nepal has to offer. This trek is ideal for nature-loving people who want to experience a variety of landscapes and cultures, as well as uncommon views of some of the world's tallest mountains, including Everest.

The trail traverses through a lush tropical jungle into the alpine high altitude forest. There are an array of migratory birds throughout the region, coupled with red panda, Himalayan black bear and stunning flora throughout the entire journey. The dramatic landscape has played a significant role with regard to the diversity of cultures and religion. You will have an opportunity to experience and interact with Kirati, Sherpa and Majhi indigenous communities to learn about their culture and what the Arun river means for their people.

The trek starts in a terraced farmland inhabited by the Rai people, an ethnic group found predominantly in the hills of eastern Nepal. As the trail ascends, you will pass through rhododendron forests and cloud forests, through some of the last areas of pristine forest and alpine meadows in Nepal.

As you get higher, you will pass steep cliffs, glaciers and spectacular waterfalls. At higher elevations, the Sherpa people have their home who predominantly reside near Everest. From Makalu Base Camp there are spectacular views of the rarely seen Kangshung face of Everest, as well as Lhotse, Chamlang, and Kanchenjunga in the far east. The Makalu Barun National Park is the eighth largest in Nepal, covering 2,330 sq. km, and is home to some of the rarest flora and fauna in Nepal, including the Red Panda.

## Itinerary

## **Days 1: Arrival in Kathmandu**

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

## **Days 2: Sightseeing around Kathmandu**

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

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## **Day 03: Flight to Tumlingtar**

We fly to Tumlingtar after breakfast and meet the rest of the crew members who will also be joining us for the trek.

## **Day 04: Drive to Num**

Next, we drive to Chichira, a small Gurung settlement. Then, we head towards Num driving through the picturesque villages and lush mountain forests. A ridge line with great views on both side and perched on the end, this is Num for us. Overnight in Num.

## **Day 05: Trek to Dhomjang**

Trek to Dhomjang (1890m).

Tent Camp - Breakfast / Lunch / Dinner.

**Day 06: Trek to Chamlingma**

Trek to Chamlingma (2448m).

Tent Camp - Breakfast / Lunch / Dinner.

**Day 07: Trek to Bagare**

Trek to Bagare(2912m).

Tent Camp - Breakfast / Lunch / Dinner.

**Day 08: Trek to Yangle**

Trek to Yangle (3600 m).

Guest House - Breakfast / Lunch / Dinner.

**Day 09: Trek to Langmale**

Trek to Langmale(4400 m).

Guest House - Breakfast / Lunch / Dinner.

**Day 10: Trek to Makalu Base Camp**

Trek to Makalu Base Camp (4, 8700 m).

Guest House - Breakfast / Lunch / Dinner.

**Day 11: Trek to Yangle**

Trek to Yangle (3600m).

Guest House- Breakfast / Lunch / Dinner.

**Day 12: Trek to Dobate (3800m)**

Trek to Dobate (3800m).

Guest House - Breakfast / Lunch / Dinner.

**Day 13: Trek to Khongma**

Trek to Khongma (3470m).

Guest House - Breakfast / Lunch / Dinner.

**Day 14: Trek to Tashi Gaon**

Trek to Tashi Gaon (2,100 m).

Guest House - Breakfast / Lunch / Dinner.

**Day 15: Trek to Pukuwa**

Trek to Pukuwa (1,200 m) .

Guest House - Breakfast / Lunch / Dinner.

**Day 16: Trek to Bamling**

Trek to Bamling (370 m).

Guest House - Breakfast / Lunch / Dinner.

**Day 17: Trek to Tumlingtar**

Trek to Tumlingtar (410 m).

Guest House - Breakfast / Lunch / Dinner.

**Day 18: Back to Kathmandu**

Fly/Drive back to Kathmandu.

Hotel - Bed / Breakfast.

**Day 19: Free Day**

Just relax at your luxurious hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur.

Hotel - Bed / Breakfast.

### **Day 20: Final Departure**

Travel back home from Kathmandu.

## **Inclusion / Exclusion**

### **Cost Includes**

Arrival and departure  
Kathmandu Hotel 4 night 3star category  
Kathmandu Taplung and Taplung Kathmandu  
Local Bus Ticket  
3 times meal in trekking duration  
Kanchanjunga special permit  
Kanchanjunga National park fee  
Guide and Porter

### **Cost Excludes**

Kathmandu Lunch and Dinner  
Kathmandu Activity  
Bar bill/Water and extra bill during  
trekking period  
Tips to Porter & Guide