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Makalu Base Camp Trek – 19 Days

Day-by-day itinerary

FROM
US$1,740
per person

DURATION	MAX ALTITUDE	DIFFICULTY	REGION	GROUP SIZE
19 days	**5,000 m**	**Hard**	**Makalu Region**	**Max 12**

Dates, prices and booking online: https://mounteverestgo.com/trip/makalu-base-camp-trek/

HIGHLIGHTS



Stand at Makalu Base Camp (5,000m) beneath the world's fifth-highest mountain (8,485m).



Cross the Shipton La (4,216m) and Tutu La passes with views into both the Arun and Barun valleys.

• Walk through the Makalu Barun National Park, one of Nepal's most biologically diverse protected areas.
• Witness sunrise on Makalu, Everest, Lhotse, and Chamlang from the high camps.
• Trek through Rai, Sherpa, and Lhomi villages far from the mainstream tourist trails.

ITINERARY AT A GLANCE

Day 1	Arrival in Kathmandu	1,400 m
Day 2	Fly to Tumlingtar & Drive to Num	1,560 m
Day 3	Trek to Sedua	1,500 m
Day 4	Trek to Tashigaon	2,100 m
Day 5	Acclimatization in Tashigaon	2,100 m
Day 6	Trek to Khongba	3,565 m
Day 7	Cross Shipton La to Mumbuk	3,550 m
Day 8	Trek to Yangle Kharka	3,600 m
Day 9	Trek to Merek	4,570 m
Day 10	Trek to Shersong	4,660 m
Day 11	Acclimatization & Hike to Makalu Base Camp	5,000 m
Day 12	Acclimatization & Side Hike	4,660 m
Day 13	Trek to Yangle Kharka	3,600 m
Day 14	Trek to Mumbuk	3,550 m

Day 15	Trek to Khongba	3,565 m
Day 16	Trek to Tashigaon	2,100 m
Day 17	Trek to Num & Drive to Tumlingtar	400 m
Day 18	Fly to Kathmandu	1,400 m
Day 19	Final Departure	

PLACES YOU'LL VISIT



Kathmandu 1,400 m

Kathmandu is the capital of Nepal and the gateway to every trekking region — a UNESCO World Heritage valley with 7 monument zones, the...



Makalu Base Camp 4,870 m

Makalu Base Camp sits on the moraine of the Barun Glacier directly beneath the soaring south face of Makalu (8,485m) — one of the...

INCLUDED

• All airport pickups and drops in private vehicle
• Kathmandu hotel (3 nights, B&B) with welcome and farewell dinners
• Domestic flights where applicable to itinerary
• All ground transport in private vehicle
• All necessary permits (TIMS, National Park, Conservation Area, Restricted Area where applicable)
• Three meals daily (BLD) during the trek with tea/coffee
• Tea house or camping accommodation during the trek
• Experienced English-speaking trekking guide and assistant guide for groups of 6+
• Porters (1 per 2 trekkers, 15kg luggage allowance) with full insurance
• Sleeping bag, down jacket, and duffel bag (refundable deposit)
• First-aid kit, pulse oximeter, and emergency oxygen
• Satellite phone for emergency communications
• All government and local taxes

Permits — all arranged by us

• Makalu Barun National Park Entry Permit (NPR 3,390), TIMS Card.

NOT INCLUDED

• International airfare to and from Kathmandu
• Nepal visa fee (USD 30 for 15 days, USD 50 for 30 days)
• Travel and high-altitude rescue insurance (mandatory)
• Personal trekking gear and clothing
• Hot showers, Wi-Fi, device charging, and alcoholic beverages
• Lunch and dinner in Kathmandu
• Tips for guide, porter, and driver (recommended 10-15% of trip cost)
• Costs from unforeseen events (weather, flight delays, route changes)

THE FULL ITINERARY

01 Arrival in Kathmandu

Altitude: 1,400 m **Accommodation:** 3-star hotel

Arrival at Tribhuvan International Airport. Transfer to hotel in Thamel. Evening welcome dinner and trek briefing.
Meals: Dinner · **Overnight:** Kathmandu (1400 m)

02 Fly to Tumlingtar & Drive to Num

Altitude: 1,560 m **Accommodation:** Teahouse or trekking lodge

Morning scenic flight to Tumlingtar airstrip in the eastern Arun valley. Drive to Num, the start of the trekking trail.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Num (1560 m)

03 Trek to Sedua

Altitude: 1,500 m **Accommodation:** Teahouse or trekking lodge

Descend steeply to the Arun river, cross a suspension bridge, and climb to the village of Sedua.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Sedua (1500 m)

04 Trek to Tashigaon

Altitude: 2,100 m **Accommodation:** Teahouse or trekking lodge

Climb through terraced fields and sal forest to Tashigaon, the last permanent Sherpa village before the high country.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Tashigaon (2100 m)

05 Acclimatization in Tashigaon

Altitude: 2,100 m **Accommodation:** Teahouse or trekking lodge

Rest day with optional hikes to nearby viewpoints. Important for acclimatization before the climb to higher camps.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Tashigaon (2100 m)

06 Trek to Khongba

Altitude: 3,565 m **Accommodation:** Teahouse or trekking lodge

Steep climb through forest to Khongba, a small settlement at the foot of the Shipton La.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Khongba (3565 m)

07 Cross Shipton La to Mumbuk

Altitude: 3,550 m **Accommodation:** Teahouse or trekking lodge

Cross the Shipton La (4,216m) and Tutu La (4,075m), then descend through rhododendron and birch forest to Mumbuk.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Mumbuk (3550 m)

08 Trek to Yangle Kharka

Altitude: 3,600 m **Accommodation:** Teahouse or trekking lodge

Descend into the Barun valley, following the river through forest and meadows to the grazing meadow of Yangle Kharka.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Yangle Kharka (3600 m)

09 Trek to Merek

Altitude: 4,570 m **Accommodation:** Teahouse or trekking lodge

Climb gradually through alpine meadows with expanding views of Peak 6, Peak 7, and Chamlang. Reach the small settlement of Merek.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Merek (4570 m)

10 Trek to Shersong

Altitude: 4,660 m **Accommodation:** Teahouse or trekking lodge

Continue up the Barun valley to Shersong, a seasonal herding camp just below Makalu Base Camp.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Shersong (4660 m)

11 Acclimatization & Hike to Makalu Base Camp

Altitude: 5,000 m **Accommodation:** Teahouse or trekking lodge

Hike up to Makalu Base Camp (5,000m), surrounded by the immense south face of Makalu, Baruntse, and the Makalu La. Return to Shersong for the night.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Makalu Base Camp (5000 m)

12 Acclimatization & Side Hike

Altitude: 4,660 m **Accommodation:** Teahouse or trekking lodge

Optional hike toward Hillary Base Camp or further exploration of the upper Barun valley. Backup day in case of poor weather.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Shersong (4660 m)

13 Trek to Yangle Kharka

Altitude: 3,600 m **Accommodation:** Teahouse or trekking lodge

Begin the descent, retracing steps through Merek and back into the forested valley.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Yangle Kharka (3600 m)

14 Trek to Mumbuk

Altitude: 3,550 m **Accommodation:** Teahouse or trekking lodge

Continue descending, climbing briefly back over the Tutu La pass to reach Mumbuk.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Mumbuk (3550 m)

15 Trek to Khongba

Altitude: 3,565 m **Accommodation:** Teahouse or trekking lodge

Climb back over the Shipton La and descend to Khongba.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Khongba (3565 m)

16 Trek to Tashigaon

Altitude: 2,100 m **Accommodation:** Teahouse or trekking lodge

Long descent through forest and terraced fields back to Tashigaon, where warmer air and a proper meal await.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Tashigaon (2100 m)

17 Trek to Num & Drive to Tumlingtar

Altitude: 400 m **Accommodation:** Teahouse or trekking lodge

Final trekking day, descending to Num and then driving to Tumlingtar for an overnight stay near the airstrip.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Tumlingtar (400 m)

18 Fly to Kathmandu

Altitude: 1,400 m **Accommodation:** 3-star hotel

Morning flight back to Kathmandu. Free afternoon for souvenir shopping and rest. Evening farewell dinner.
Meals: Breakfast · **Overnight:** Kathmandu (1400 m)

19 Final Departure

Transfer to the international airport approximately 3 hours before your flight. Optional extensions available.
Meals: Breakfast