Makalu Base Camp Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**20 Days**
DIFFICULTY	**Basic**
MAX ALTITUDE	**4870m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,750 per person**

Trip overview

The Makalu Base Camp Trek is a remote and adventurous Himalayan journey that leads to the base of Mount Makalu, the fifth-highest mountain in the world. Known for its wild terrain, pristine nature, and low trekking traffic, this trek offers one of the most authentic and untouched wilderness experiences in Nepal.

The route takes trekkers deep into the eastern Himalayas, where dramatic landscapes, diverse ecosystems, and traditional mountain communities create a powerful sense of isolation and discovery. The highlight of the trek is Makalu Base Camp (4,870 m), surrounded by towering peaks including Makalu, Baruntse, Chamlang, and nearby Himalayan ranges.

This trek is ideal for experienced trekkers seeking a challenging, remote, and less-commercialized alternative to Everest or Annapurna routes.

Geography and Landscape

The Makalu Base Camp Trek is located in eastern Nepal within Makalu Barun National Park, one of the most biodiverse protected areas in the Himalayas. The journey typically begins with a flight to Tumlingtar, followed by a long trekking route through the Arun River Valley and into high alpine terrain.

The landscape is extremely diverse, ranging from subtropical forests and terraced fields in lower elevations to dense rhododendron and bamboo forests, waterfalls, and steep river valleys. As the trek ascends, the environment becomes increasingly rugged and isolated, with rocky cliffs, glacial moraines, and high-altitude wilderness dominating the scenery.

One of the defining features of the trek is its dramatic elevation gain and remoteness. The trail passes through nearly untouched ecosystems where wildlife such as red pandas, Himalayan thar, and diverse bird species can often be spotted.

At Makalu Base Camp, trekkers are rewarded with a stunning amphitheater of snow-covered peaks and glaciers, with close-up views of the massive south face of Makalu and surrounding Himalayan giants. The raw, untouched beauty of this region makes it one of the most dramatic trekking destinations in Nepal.

Climate and Best Time to Trek

The best seasons for the Makalu Base Camp Trek are spring (March–May) and autumn (September–November). These months offer the most stable weather conditions, clear skies, and the best visibility of the Himalayan peaks.

Spring brings blooming rhododendrons and lush vegetation in lower regions, while autumn provides crisp air and excellent post-monsoon clarity, making it the most favorable trekking season.

Winter (December–February) is extremely cold and snowy at higher elevations, making the trek more difficult and suitable only for highly experienced trekkers. The monsoon season (June–August) is not recommended due to heavy rainfall, landslides, and limited visibility.

Overall, autumn is considered the best time for safety, comfort, and clear mountain views.

People and Culture

The Makalu region is home to diverse ethnic communities, including Rai, Sherpa, and other indigenous groups who maintain traditional lifestyles closely connected to nature and the Himalayan environment.

Villages along the route are small and remote, with stone houses, terraced fields, and simple agricultural practices. Cultural life is deeply influenced by both animist traditions and Tibetan Buddhism, especially in higher-altitude settlements.

In the lower Arun Valley, trekkers experience rich cultural diversity with Rai communities known for their oral traditions, rituals, and festivals. As the trek progresses higher, Sherpa-influenced Buddhist culture becomes more prominent, with prayer flags, chortens, and small monasteries.

The combination of extreme wilderness, cultural diversity, and close-up views of Makalu makes the Makalu Base Camp Trek one of the most rewarding and adventurous trekking experiences in Nepal.

Highlights

- Makalu Base Camp (4,870m) – stand beneath the towering south face of Makalu Base Camp
- Shipton La Pass (4,200m) – remote high pass with spectacular Himalayan views Shipton La Pass
- Rare wildlife encounters – Himalayan tahr, red panda, and Danphe pheasants
- Sherpa & Rai culture – authentic village life in Tashigaon, Seduwa, and Num
- Makalu-Barun wilderness – pristine landscapes in Makalu Barun National Park
- Everest & Lhotse viewpoints – unique perspectives away from crowds
- Remote trekking experience – one of Nepal's least-visited major routes
- True wilderness adventure – ideal for experienced trekkers seeking solitude

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Travel Duration: Airport transfer only

Arrive in Kathmandu, the vibrant capital of Nepal. Transfer to your hotel and enjoy free time exploring the lively streets of Thamel or nearby cultural landmarks. Overnight stay in Kathmandu.

Day 2 : Trek Permit Preparation and Trek Briefing (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Activity Duration: Full day preparation

Today is dedicated to trek preparation. Obtain the necessary permits for the Makalu Barun National Park and restricted area, complete final gear checks, and attend a trek briefing with your guide. Overnight stay in Kathmandu.

Day 3 : Fly from Kathmandu to Tumlingtar, Drive to Chichila (1,980m)

Altitude: 1,400m – 400m – 1,980m

Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Travel Duration: 35–45 minute flight + 4 to 5 hours drive

Your journey begins with a scenic flight from Kathmandu to Tumlingtar, located in the low hills of eastern Nepal. Upon arrival, meet your trekking crew and drive by jeep along winding forested roads to Chichila, a small Gurung village perched on a ridge. Enjoy your first views of the surrounding hills and distant snow-capped peaks. Overnight at a local teahouse or camp.

Day 4 : Trek to Num (1,560m)

Altitude: 1,980m – 1,560m

Walk: 5 to 6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

The trek officially begins as you set off on a trail passing through small settlements, terraced farmland, and mixed forests. The path gently undulates before a final ridge descent to Num, a picturesque village located on a narrow spur above the Arun River. Overnight in a teahouse.

Day 5 : Trek to Seduwa (1,500m)

Altitude: 1,560m – 1,500m

Walk: 6 to 7 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Today’s trek is physically demanding. Descend steeply through dense forest to reach the Arun River, then cross a suspension bridge before climbing through bamboo and rhododendron forests to Seduwa. Register at the Makalu Barun National Park check-post. Overnight at a teahouse.

Day 6 : Trek to Tashigaon (2,100m)

Altitude: 1,500m – 2,100m

Walk: 4 to 5 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Continue trekking through terraced fields, cardamom plantations, and scattered villages. The trail steadily gains altitude before reaching Tashigaon, the last permanent settlement on the route. Overnight in a teahouse or camp.

Day 7 : Trek to Khongma Danda (3,500m)

Altitude: 2,100m – 3,500m

Walk: 6 to 7 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Prepare for a challenging uphill climb through dense rhododendron and oak forests, eventually reaching the scenic ridge of Khongma Danda. Enjoy expansive mountain views as you enter the alpine region. Overnight in a tented camp or basic lodge.

Day 8 : Acclimatization Day at Khongma Danda (3,500m)

Altitude: 3,500m

Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Activity Duration: Optional hikes 3 to 4 hours

Spend the day acclimatizing to the increasing altitude. Optional hikes to nearby ridges offer spectacular views of Makalu, Kanchenjunga, and the Arun Valley. Overnight at the same camp or lodge.

Day 9 : Trek to Dobate via Shipton La Pass (3,800m)

Altitude: 3,500m – 4,200m – 3,800m

Walk: 7 to 8 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

A long and rewarding day crossing multiple high passes including Keke La (4,170m) and Shipton La (4,200m). The dramatic alpine scenery features rocky ridges, cliffs, and glacial lakes before descending through rhododendron forests to Dobate. Overnight in camp or teahouse.

Day 10 : Trek to Yangri Kharka (3,557m)

Altitude: 3,800m – 3,557m

Walk: 6 to 7 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Descend through moss-covered forests to the Barun River, then follow a gradual trail through a spectacular valley of waterfalls and hanging glaciers. Arrive at Yangri Kharka, a broad yak grazing meadow beneath towering cliffs. Overnight in camp or basic teahouse.

Day 11 : Trek to Langmale Kharka (4,410m)

Altitude: 3,557m – 4,410m

Walk: 5 to 6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

The trail climbs gradually through yak pastures and alpine terrain with increasingly dramatic views of snow-covered peaks. Reach the serene campsite of Langmale Kharka surrounded by glacial moraine and panoramic mountain vistas. Overnight in camp.

Days 12 : Trek to Makalu Base Camp (4,870m)

Altitude: 4,410m – 4,870m

Walk: 4 to 5 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Today you reach your destination. Trek alongside the Barun Glacier as the massive south face of Makalu rises dramatically ahead. Arrive at Makalu Base Camp, surrounded by Himalayan giants including Makalu, Baruntse, and Peak 6 & 7. Overnight in camp.

Day 13 : Explore Makalu Base Camp (4,870m)

Altitude: 4,870m

Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Activity Duration: Optional hikes 3 to 5 hours

Spend a full day exploring the base camp surroundings. Optional hikes to nearby viewpoints reveal breathtaking panoramas of Everest, Lhotse, Chamlang, and the surrounding glaciers. Overnight in camp.

Day 14 : Trek to Yangri Kharka (3,557m)

Altitude: 4,870m – 3,557m

Walk: 6 to 7 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Begin your return journey, descending through Langmale Kharka and following the Barun Valley back to Yangri Kharka. Overnight in camp or teahouse.

Day 15 : Trek to Dobate (3,800m)

Altitude: 3,557m – 3,800m

Walk: 6 to 7 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Retrace your steps through forests and river valleys to Dobate. Enjoy changing perspectives of the dramatic landscapes along the return trail. Overnight in camp or teahouse.

Day 16 : Trek to Khongma Danda (3,500m)

Altitude: 3,800m – 4,200m – 3,500m

Walk: 7 to 8 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Climb back over Shipton La and Keke La passes before descending to Khongma Danda. This is one of the most physically demanding days of the return trek. Overnight in lodge or camp.

Day 17 : Trek to Seduwa (1,500m)

Altitude: 3,500m – 1,500m

Walk: 6 to 7 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Descend through rhododendron forests and alpine terrain to Tashigaon, then continue onward to Seduwa. Overnight in a teahouse.

Day 18 : Trek to Chichila, Drive to Tumlingtar (400m)

Altitude: 1,500m – 1,980m – 400m

Walk: 6 to 7 hours trek + 4 to 5 hours drive · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

From Seduwa, continue trekking through Num back to Chichila. Meet your vehicle and drive to Tumlingtar through lush hills and terraced farmland. Overnight in a guesthouse.

Day 19 : Fly Back to Kathmandu (1,400m)

Altitude: 400m – 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration: 35–45 minute flight

Board your scenic flight back to Kathmandu. Upon arrival, transfer to your hotel and enjoy a relaxing evening in the city. Overnight stay in Kathmandu.

Day 20 : Departure from Kathmandu

Altitude: 1,400m

Visit: Nepal · Meals: Breakfast

Travel Duration: Airport transfer only

Transfer to Tribhuvan International Airport for your onward flight, bringing your unforgettable Makalu Base Camp adventure to a close.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the

weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 2 · Trek Permit Preparation and Trek Briefing · 1,400 m · day 21°C / night 12°C
- Day 3 · Fly from Kathmandu to Tumlingtar, Drive to Chichila · 1,400 m · day 21°C / night 12°C
- Day 4 · Trek to Num · 1,980 m · day 18°C / night 8°C
- Day 5 · Trek to Seduwa · 1,560 m · day 20°C / night 11°C
- Day 6 · Trek to Tashigaon · 1,500 m · day 21°C / night 11°C
- Day 7 · Trek to Khongma Danda · 2,100 m · day 18°C / night 7°C
- Day 8 · Acclimatization Day at Khongma Danda · 3,500 m · day 11°C / night -2°C
- Day 9 · Trek to Dobate via Shipton La Pass · 3,500 m · day 11°C / night -2°C
- Day 10 · Trek to Yangri Kharka · 3,800 m · day 9°C / night -4°C
- Day 11 · Trek to Langmale Kharka · 3,557 m · day 10°C / night -2°C
- Day 12 · Days 12 : Trek to Makalu Base Camp · 4,410 m · day 6°C / night -8°C
- Day 13 · Explore Makalu Base Camp · 4,870 m · day 4°C / night -11°C
- Day 14 · Trek to Yangri Kharka · 4,870 m · day 4°C / night -11°C
- Day 15 · Trek to Dobate · 3,557 m · day 10°C / night -2°C
- Day 16 · Trek to Khongma Danda · 3,800 m · day 9°C / night -4°C
- Day 17 · Trek to Seduwa · 3,500 m · day 11°C / night -2°C
- Day 18 · Trek to Chichila, Drive to Tumlingtar · 1,500 m · day 21°C / night 11°C
- Day 19 · Fly Back to Kathmandu · 400 m · day 26°C / night 18°C
- Day 20 · Departure from Kathmandu · 1,400 m · day 21°C / night 12°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist (Jeep) vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 night 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Taplejung restricted area permit (issued by Department of Immigration).
- Makalu Barun national Park entry permits.
- Local Government entry Permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.

- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 21 Mar 2027 · USD 2,750 · Available
- 16 Mar 2027 – 04 Apr 2027 · USD 2,750 · Available
- 06 Apr 2027 – 25 Apr 2027 · USD 2,750 · Available
- 20 Apr 2027 – 09 May 2027 · USD 2,750 · Available
- 04 May 2027 – 23 May 2027 · USD 2,750 · Available

Best time to visit

Best months: March–April and October–November. These remote eastern treks are best in autumn and spring. High passes can be snowbound from December to February, and the monsoon makes trails slippery and leech-prone from June to August.

What to bring — packing checklist

Clothing

- ☐ Moisture-wicking base layers (top and bottom)
- ☐ Fleece or light insulated mid-layer

- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is very basic and primarily consists of teahouses in lower regions and tented camping in higher and remote sections.

Lower villages along the Arun Valley and Num–Seduwa route provide simple lodges with limited facilities. As the trail enters the higher elevations of Makalu Base Camp, accommodation is mostly camping due to lack of permanent settlements.

Rooms (where available) are basic, and camping support is required for most of the journey.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is provided during the trek. In remote sections, meals are prepared by the support crew.

Typical food includes:

- Traditional Dal Bhat set meals
- Rice, lentils, and seasonal vegetables
- Noodles, pasta, and soups
- Potatoes and simple bread items
- Hot tea and energy drinks

Food variety is limited due to the remote and expedition-style nature of the trek.

Difficulty & Physical Requirements

The Makalu Base Camp Trek is classified as strenuous to very strenuous, suitable only for experienced trekkers with excellent physical fitness.

Daily trekking ranges from 6 to 9 hours, with steep ascents, remote terrain, river crossings, and long wilderness sections.

No technical climbing is required, but endurance, mental strength, and prior high-altitude experience are strongly recommended.

Permits

Required permits include:

- Makalu Barun National Park Entry Permit
- Restricted Area Permit (certain sections depending on route)
- TIMS Card (Trekkers' Information Management System)

All permits are arranged by the trekking agency.

Best Season

- Spring (March–May): Clear skies, rhododendron forests, and stable weather
- Autumn (September–November): Best visibility and safest trekking conditions
- Winter (December–February): Extremely cold and snow-bound conditions
- Monsoon (June–August): Not recommended due to heavy rainfall, landslides, and leeches

Transportation & Access

The trek typically begins with a flight or drive from Kathmandu to Tumlingtar, followed by a long trek through the Arun Valley.

The route passes through Num, Seduwa, Tashigaon, and higher alpine zones before reaching Makalu Base Camp.

Access is remote and requires multiple days of approach trekking.

Safety & Acclimatization

Due to extreme remoteness and altitude, careful acclimatization and planning are essential.

Key safety considerations include:

- Gradual ascent through Arun Valley
- Limited rescue access in higher regions
- Weather changes in alpine terrain

- River crossings and rugged trails
- Proper altitude management above 4,000m

Experienced guides are essential, and emergency evacuation plans must be in place.

Travel Insurance

Comprehensive travel insurance is mandatory and must include:

- High-altitude trekking coverage (up to at least 6,000m)
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Trip cancellation and evacuation support

Additional information

Guide & Porter Services

A licensed guide is mandatory due to the restricted and remote nature of the region.

Porters and full expedition support staff are strongly recommended, especially for camping-based sections.

Cultural & Natural Highlights

The Makalu Base Camp Trek is famous for its extreme wilderness and biodiversity:

- Close views of Makalu Base Camp
- Glaciers, icefalls, and dramatic alpine terrain
- Rich biodiversity in Makalu Barun National Park
- Rare Himalayan wildlife and untouched forests
- Remote Sherpa and Rai villages in Arun Valley
- Towering views of Makalu (8,485m) and surrounding peaks
- One of the most isolated trekking routes in Nepal
- True expedition-style Himalayan adventure

Essential Equipment

Recommended trekking gear includes:

- High-quality mountaineering boots
- Expedition-grade layered clothing system
- Extreme cold down jacket (-25°C to -30°C)
- Waterproof shell jacket and trousers
- Gloves, thermal hat, and UV sunglasses
- Trekking poles
- Sleeping bag rated for extreme cold
- Large trekking backpack (50–60L)
- Personal first aid and emergency supplies

Communication & Connectivity

Mobile network coverage is extremely limited or unavailable throughout most of the trek.

Satellite communication is recommended for safety. Expect long periods without connectivity.

Why Choose the Makalu Base Camp Trek?

This trek is ideal for serious adventurers seeking a true wilderness expedition:

- Remote and untouched Himalayan wilderness
- Close approach to Mount Makalu (8,485m)
- Rich biodiversity in Makalu Barun National Park
- Far fewer trekkers compared to Everest and Annapurna regions
- Expedition-style camping adventure
- Authentic cultural experience in remote villages
- Challenging and rewarding high-altitude journey
- One of Nepal’s most pristine trekking routes

Frequently asked questions

How difficult is the Makalu Base Camp Trek?

The Makalu Base Camp Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Makalu Base Camp Trek?

For the Kanchenjunga & Makalu region the best months are March–April and October–November. These remote eastern treks are best in autumn and spring. High passes can be snowbound from December to February, and the monsoon makes trails slippery and leech-prone from June to August.

What permits do I need for the Makalu Base Camp Trek?

You need the conservation-area / national park permit and the restricted area permit required for this remote region. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Makalu Base Camp Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Makalu Base Camp Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Makalu Base Camp Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Makalu Base Camp Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/makalu-base-camp-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com