Makalu Base Camp Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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