



## Makalu Base Camp Trekking Itinerary

### Day 1

Arrival at Kathmandu

- Altitude – 1380 meters
- Time – 30 minutes hotel transfer time
- Activity – Relax at hotel

Welcome to Nepal. Arrival at Tribhuvan international airport (1380m) our company representative will assist you and transfer to Hotel.

### Day 2

Full day Kathmandu city sightseeing with guide in A/C car.

- Altitude – 1380 meters
- Special – Kathmandu city tour
- Time – Full Day
- Activity – Sightseeing of UNESCO world heritage sites

Kathmandu sightseeing with local tour guide in A/C car (Pasupatinath, Buddhanath, monkey temple and Kathmandu durbar square), it will last for whole day. Our guide will take you to those places where tourist does not go in general; we will try to add extra value on our service. Please feel free if you have any preference. Afternoon, last minute Preparation for Makalu base camp trekking.

### Day 3

Fly Kathmandu to Tumlingtar, then Drive to Num.

- Altitude – 399 meters
- Special – Scenic view from plane and jeep/bus
- Time – 1 hour flight and 6/8 minutes drive
- Activity – Flying in Plane and Travelling in bus/jeep

You will be flying from Kathmandu to Tumlingtar. Once you reach to Tumlingtar, you will take a drive to Num. During the flight and drive you will be enjoying the scenic view of the surrounding. It takes 1 hour flight to reach Tumlingtar and a drive from Tumlingtar to Num takes 6 to 8 hours.

### Day 4

Trek Num to Sedua.

- Altitude – 1500 meters
- Special – Makalu Barun National Park begins



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- Time – 6 hours
- Activity – steep descent through forests and terraced farms

Today you will start your trek. Today you will steep descent through forest and terraced farms for 2 hours and start walking uphill and crossing the suspension bridge over Arun River. Today you can see the rural areas at its best.

## Day 5

Trek Sedua to Tashigaoun.

- Altitude – 2100 meters
- Special – exotic village of Tashi Gaon
- Time – 5/6 hours
- Activity – Crossing the hillside through quiet villages and passing by small paddy fields

Walking from sedua takes around 6 hours to reach to Tashigaoun. Today you will be walking downhill and uphill crossing through the Sherpa settlements, small paddy fields, teashops, bamboo and rhododendron forests and mani walls.

## Day 6

Tashigaoun to Khongma.

- Altitude – 3500 meters
- Special – Kharka (grazing land)
- Time – 6/7 hours
- Activity – ascend through forests to a stream and then onto a ridge

## Day 7

Khongma to Mumbuk.

- Altitude – 3570 meters
- Special – View of various mountain ranges
- Time – 6/7 hours
- Activity – Trekking

You will be walking uphill by stone steps. After few hours of walk you will be crossing long suspension bridges and later on walking through rhododendron forest. Especially in April, the view of rhododendron forest is breathtaking. You can also get the view of snow capped mountains on the trail to Mumbuk.

## Day 8

Mumbuk to Yangle Kharka



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- Altitude – 3557 meters
- Special – Barun River and Valley
- Time – 7 hours
- Activity – pass through the rhododendron forest

Walking through the trail with the sight of Barun river and valley is amazing. Before reaching to Yangle Kharka you will pass through the rhododendron forest and the view of mountain from the trail is amazing.

## Day 9

Yangle Kharka to Yak kharka.

- Altitude – 4780 meters
- Special – View of snow-capped mountains
- Time – 6 hours
- Activity – Trekking

Reaching to yak kharka from yangle kharka will take around 6 hour. During your walk you will get the view of tall snow capped mountains.

## Day 10

Hike to Makalu base camp

- Altitude – 4810 meters
- Special – icy glaciers and snow clad mountains
- Time – 5 hours
- Activity – Walking through flat trail

You will be almost walking through the flat trail. On this day you can get the view of icy glaciers as well as snow capped mountains. Today you will be walking around 5 hours to reach to Makalu base camp.

## Day 11

Explore Makalu Base Camp & trek back to Yangle kharka.

- Altitude – 3557 meters
- Special – Exploration of Makalu Base Camp
- Time – 9/10 hours
- Activity – Exploring and trekking back

You can get the best view of the mountains. The tall mount makalu is the major attraction. Along with makalu, you can get the best view of other mountains near to makalu too. After exploring around makalu base camp you will trek back to yangle kharka.



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## Day 12

Trek back to Mumbuk.

- Altitude – 3570 meters
- Special – Scenic view of surrounding
- Time – 6/7 hours
- Activity – descend through rock falls, green forests and valley

Following the same trail you will head back to mumbuk. On this day, you will descend through rock falls, green forests and valley. From the trail you can get best view of surrounding if the weather is clear.

## Day 13

Back to Khongma.

- Altitude – 3500 meters
- Special – Scenic view of surrounding
- Time – 4/5 hours
- Activity – crossing through a forest of firs and rhododendrons

Walking through the firs and rhododendron forest will take you back to Khongma. It will take you 4 to 5 hours to reach to Khongma.

## Day 14

Khongma to seduwa

- Altitude – 1500 meters
- Special – local villages and settlements
- Time – 7 hours
- Activity – steep descent through the hillsides

Today you will steep descent through the hillsides. During your walk, you will pass through different culturally rich villages.

## Day 15

Seduwa to Num

- Altitude – 1560 meters
- Special – View of greenery all around
- Time – 4/5 hours
- Activity – trek through lush forests

You will be hiking through the lush forests. You will surely enjoy the greenery surrounding view during your walk.



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## Day 16

Drive to Tumlingtar

- Altitude – 518 meters
- Special – Scenic view during drive
- Time – 6 hours drive
- Activity – Travelling in bus

6 hours of drive from Num will take you to Tumlingtar. Next morning you will be heading back to Kathmandu.

## Day 17

Fly back Tumlingtar – Kathmandu.

- Altitude – 1380 meters
- Special – Scenic view from plane
- Time – 1 hour flight
- Activity – Flying in Plane

1 hour of scenic flight from Tumlingtar will take you back to Kathmandu. Today you will overnight at Kathmandu.

## Day 18

Our vehicle will drive you to Tribhuvan international airport for your final departure to home.

- Time – 30 minutes airport transfer time
- Activity – Flying to next destination

Our vehicle will drop you to Tribhuwan international airport for onward destination. We are proud to be your travel partner. Have a safe travel.



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