

## Makalu Circuit Trek

Duration: 24 Days



### Overview

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 5,850m</b>
<b>Activity: Trekking</b>	<b>Group Size: 02-12 People</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

Life is an adventure so don't be afraid to challenge yourself and go for a life-changing trip vacation. The Makalu Base Camp Trek is a true adventure with scenery so beautiful that it will never enervate you. Upon joining this trek, trekkers get to travel in an overwhelmingly stunning region of Makalu Base Camp while enjoying the beautiful natural scenery. Keeping up with the vibrantly gorgeous natural setting, trekkers can enjoy the tantalizing mountain vistas which are surely going to take your breath away. Our 24 days trek starts with a 60 minute in length flight to **Tumlingtar** while the genuine trek begins from Chichila. The trekking course is populated by a various cross-area of Nepali people groups, a considerable lot of whom live in secluded towns and depend on subsistence cultivating for their jobs. The lower compasses of the trail are famous for their lavishness with verdant rhododendron woods through the upper ranges of the trail include finished rock bluffs topped by hanging icy masses, flooding with waterfalls. As you stroll up the stream valleys, colossal mountain vistas will unfurl before you, including the massifs of Makalu, [Everest](#), and Lhotse. This exceptional scene protects a portion of the keep going flawless mountain biological systems on earth. The Barun Valley is a piece of a colossal worldwide secured territory between the international borderline of Nepal and China. Because of its relative unavailability, it is little-known to travelers and few trekking bunches visit. The district was totally shut to the outside world until 1952 when Eric Shipton went by, intersection what ended up plainly known as the Shipton-La (4,220m). Makalu Base Camp offers a remarkable chance to investigate high-height territories, snow-clad scenes and ethnic Himalayan way of life. From a viewpoint above base camp, you can appreciate a sublime scene of a portion of the world's most noteworthy mountains, including Everest (8,850m), Lhotse (8,516m), Makalu (8,463m), Chamlang(7,319m) and Baruntse(7,220m). The Makula-Barun Valley gives shocking differences, where high waterfalls course into profound crevasses, rocky rocks ascend from rich green woods, and vivid blossoms sprout underneath

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white snow tops. If you're searching for some tranquil natural paradise to get lost in while gaining in-depth ecological and cultural insights then our Makalu Base Camp trek is just the one for you. It is highly likable by people who don't enjoy the company of other foreign trekkers during their advent to reach the base camp of Mt. Makalu. For this trek, in general, we prefer April to May and early September to November as the perfect time to come and visit this region. Contact, **Himalayan Holyland Treks & Expedition** today and get exclusive trek package to the stunning natural serenity of Makalu region.



## Itinerary

### Day 01: Arrival in Kathmandu and transfer to hotel.

Arrive in Kathmandu airport(1350m) and transfer to hotel. Get refreshed at the hotel and little walk around Thamel in the evening time.

### Day 02: Full day sightseeing of world heritage sites in Kathmandu

We will take to visit to the World Heritage Sites and Preparation for the trekking.

### Day 03: Kathmandu-Tumlingtar - Khadbari (1,040 m - 4-hrs hiking)

Flying to Tumlingtar is an hour flight that offers the beautiful terraces and village landscape. After reaching here, all the trekking members will meet there and then start the trek up to Khadbari where we have lunch. For the today's destination, we will walk about 45m gradual climbing.

### Day 04: Khadbari (1,040 m) - Chichila (1830 m - 5/6 hrs hiking)

After breakfast walk through many small picturesque villages most of the time the walk is uphill and you will be walking through bamboo groves and a rhododendron forest. Our camp is at Chichela a small settlement of Gurungs at 1830m.

### Day 05: Chichila (1830 m) - Num (1490 m - 5 hrs hiking)

Today we start walking with views of snow capped peaks in the distance. Fantastic views of Makalu and its surrounding peak. We walk on a straight path, with little ups and downs, through forest to have lunch at about 2 hrs and then start descending to reach Num.

### Day 06: Num (1490 m) - Sedua - (1460 m 5/6 hrs hiking)

Today the trail descends steeply from Num through the Cornfield of Lumbang. The country is particularly rocky; tiny terraces planted with corn and barley, then we have tough steep climb to Sedua.

### Day 07: Sedua (1460 m) - Tashi Gaon (2070 m - 5 hrs hiking)

The trail passes through meadows and several streams, then it slowly climbs to the Sherpa village of Tashi Gaon, this is the last permanent settlement in the valley.

### Day 08: Tashi Gaon (2070 m) - Kauma (3470 m - 6 hrs hiking)

A very hard day of the trek as the trail goes up real steep. We walk through the sparse forests along the ridge over a hillock and descend a bit to Kauma at 3470 m. Camp

### Day 09: Kauma (3470 m)

This is for the acclimatization day so we will walk around and have a good rest.

**Day 10: Kauma (3470 m) - Mumbuk (3570 m - 5 hrs hiking)**

We again start today with a steep climb then through less steeply rhododendron forests to the top of the ridge. You will have superb views of Chamlang (7,290 m) Peak 6 (6739 m) and Peak 7 (6105 m). Then we will have a final descent through a forest of firs and rhododendrons to Mumbuk.

**Day 11: Mumbuk (3570 m) - Neha Kharka - (3000 m - 6 hrs hiking)**

Today the trail descends steep gully with a stream for about 500m. The trail is ill defined, rocky and sloppy mud in places as it leads up the glacial valley. From here you can have a good views of Peak 6. Nhe Kharka is located on a large open grassy plain at an elevation of 3000 m. from here you will have great mountain views.

**Day 12: Neha Kharka - (3000 m) - Sherson (4615 m - 7 hrs hiking)**

The trail today turns westward and leaves the rhododendron forests for alpine tundra. There are excellent views of Pyramid Peak (7168 m), Peak 4 (6720 m) etc. Sherson is at 4615 m a bit dangerous day as the altitude gains more than 1500 m but we don't have a choice because we do not have any suitable camp between Nhe Kharka and Sherson.

**Day 13: Sherson (4615 m) - Makalu Base Camp (5000 m - 4/5 hrs hiking)**

Today is a gradual climb to a minor pass about 100 m . From here you will have a magnificent south face view of Makalu also you will be able to see the complete panorama of Everest and Lhotse. Camp.

**Day 14: Exploration of Makalu Base Camp**

**Day 15: Makalu Base Camp to Neha Kharka - (3000 m)**

We walk back to the Barun Valley

**Day 16: Neha Kharka (3000 m) – Mumbuk (3570 m)**

We continue descending back. Camp at Mumbuk.

**Day 17: Mumbuk (3570 m) - Kauma (3470 m)**

We trek across Shipton La and descend to Kaum.

**Day 18: Kauma (3470 m) - Tashi Gaon (2070 m)**

Today we walk a bit long to Tashi Gaon.

**Day 19: Trek to Pakuwa (1520 m)**

We walk through farming settlements to the spread out Rai village. Continue in forests past several streams to Pukuwa.

**Day 20: Pukuwa (1520 m) - Bumling - 1160 m**

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We walk through the forests and follows some spectacular high and exposed narrow tracks as it climbs over rocky ridges. We camp across the Chhetri village of Bumling.

**Day 21: Bumling-Tumlingtar - 860 m**

We following the east bank of the Arun and the route pass through Chyawabesi before making a short climb back to Tumlingtar Camp.

**Day 22: Tumlingtar-Kathmandu**

**Day 23: Kathmandu free day and fare well diner in a tradional nepali restaurant.**

**Day 24: Final Departure Day.**

After last minute preparation, you will be accompanied to Tribhuvan International Airport 3 hours before the scheduled flight. Safe Journey!!!



## Cost Includes

- => Airport pickup and drop in a private vehicle.
- => Hotel accommodation in B/B basis in Kathmandu.
- => Tea house accommodation during the trek.
- => Three time meal in the trek.
- => Hot soup in the high places.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => A professional guide for trek and sightseeing.
- => Porter service(2 trekkers: 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents(Permits and TIMS).
- => All government and local taxes.
- => Medical kit.
- => Trekking map as itinerary.
- => T-shirt from the company.
- => Trip completion certificate.

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu.
- => Travel and rescue insurance of clients.
- => Personal expenses: Shower, battery charge during trek, bar bills, laundry.
- => Extra night accommodation in Kathmandu and other destinations in exception of itinerary.
- => Tips for guide and porters.