



Makalu Base Camp Trek

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

Trekking

ACCOMMODATION

Hotel|Lodge|Tent

WALKING

5-7 hrs

MAX ALTITUDE

4,870

m

DURATION

18

Days

DIFFICULTY

Easy

Difficult

BEST SEASON

Spring, Autumn

Overview

The **Makalu Base Camp Trek** is one of Nepal's most rewarding off-the-beaten-path adventures, leading trekkers into the heart of the **Makalu Barun National Park**, a region renowned for its exceptional biodiversity and dramatic mountain scenery. The trail passes through lush subtropical forests, rhododendron woodlands, alpine meadows, glacial rivers, and remote Sherpa and Rai villages before reaching the rugged high-altitude landscapes surrounding **Mount Makalu (8,485m)**, the world's fifth-highest mountain.

The journey culminates at **Makalu Base Camp (4,870m)**, where trekkers are rewarded with breathtaking panoramic views of **Makalu, Everest, Lhotse, Chamlang, Baruntse, and other towering Himalayan peaks**. Far from the busy trekking routes, this expedition offers solitude, authentic cultural encounters, and an unforgettable wilderness experience. Ideal for experienced trekkers seeking adventure and pristine natural beauty, the Makalu Base Camp Trek is one of Nepal's finest high-altitude trekking destinations.

Services

INCLUDES

- **1. Airport Transfers** – Private airport transfers (arrival & departure) Meet and greet service by the 14 Peaks Expedition team
- **2. Accommodation & Meals** – 4 nights in a 5-star hotel in Kathmandu (Bed & Breakfast) Welcome dinner with the expedition team Three meals daily during the trek (Breakfast, Lunch & Dinner) Tea or coffee with meals Tea house or mountain lodge accommodation Seasonal fruits (where available) Safe drinking water at overnight stops
- **3. Transportation & Logistics** – Domestic flights (where applicable) Airport transfers Ground transportation as per itinerary Porter service (20–25 kg shared between two trekkers) Duffel bag transportation throughout the trek
- **4. Permits & Entry Fees** – National Park Entry Permit Conservation Area Permit (where applicable) Local Municipality Permit TIMS Card (where applicable)
- **5. Trekking Crew** – Licensed English-speaking trekking guide Assistant guide (group size dependent) Experienced porters Staff salary, insurance, accommodation, meals & transportation

- **6. Safety & Support** – First aid medical kit Emergency evacuation coordination 24/7 operational support from Kathmandu
- **7. Trekking Equipment** – 14 Peaks Expedition duffle bag Trekking route map
- **8. Documentation** – Official Trek Completion Certificate

EXCLUDES

- **1. Travel & Visa** – International airfare Nepal entry visa
- **2. Meals in Kathmandu** – Lunch and dinner in Kathmandu
- **3. Insurance** – Personal travel insurance Helicopter evacuation coverage
- **4. Personal Equipment** – Personal trekking gear and clothing
- **5. Personal Expenses** – Wi-Fi & internet Hot showers Laundry services Drinks, snacks & alcoholic beverages Charging electronic devices Personal medical expenses
- **6. Tips & Gratuities** – Tips for guides and porters
- **7. Additional Costs** – Extra accommodation due to flight delays or itinerary changes Any services not listed under Cost Includes

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	01 Apr, 2027	Arrival in Kathmandu (1,400m) & Transfer to Hotel	1,400 m	B	Hotel	
2	02 Apr, 2027	Fly from Kathmandu to Tumlingtar and drive to Num (1,560m).	1,560 m	B L D	Lodge	
3	03 Apr, 2027	Trek from Num to Seduwa (1,500m).	1,500 m	B L D	Lodge	
4	04 Apr, 2027	Trek from Seduwa to Tashigaon (2,100m).	2,100 m	B L D	Lodge	
5	05 Apr, 2027	Trek from Tashigaon to Khongma Danda (3,500m).	3,500 m	B L D	lodge	
6	06 Apr, 2027	Acclimatization day at Khongma Danda.	3,500 m	B L D	Lodge	
7	07 Apr, 2027	Cross Shipton La Pass (4,220m) and trek to Dobate (3,650m).	3,650 m	B L D	lodge	
8	08 Apr, 2027	Trek from Dobate to Yangle Kharka (3,600m).	3,600 m	B L D	Lodge	
9	09 Apr, 2027	Trek from Yangle Kharka to Langmale Kharka (4,410m).	4,410 m	B L D	Lodge	
10	10 Apr, 2027	Trek from Langmale Kharka to Makalu Base Camp (4,870m).	4,870 m	B L D	Tent	
11	11 Apr, 2027	Exploration and acclimatization day at Makalu Base Camp.	4,870 m	B L D	Tent	
12	12 Apr, 2027	Trek from Makalu Base Camp to Yangle Kharka.	3,600 m	B L D	Lodge	
13	13 Apr, 2027	Trek from Yangle Kharka to Dobate.	3,500 m	B L D	Lodge	
14	14 Apr, 2027	Trek from Dobate to Khongma Danda.	3,760 m	B L D	Lodge	
15	15 Apr, 2027	Trek from Khongma Danda to Tashigaon.	2,070 m	B L D	Lodge	

Days	Date	Program	Altitude	Meals	Accommodation	Description
16	16 Apr, 2027	Trek from Tashigaon to Num.	1,560 m	B L D	Lodge	
17	17 Apr, 2027	Drive from Num to Tumlingtar and fly to Kathmandu.	1,400 m	B	Hotel	
18	18 Apr, 2027	Final departure from Kathmandu.	-	-	-	

Gear List

Travel Documents

- Valid Passport
- Debit/Credit Card
- PP Size Photos(4 Pieces)
- Insurance Paper/Certificate
- Emergency Contact Details

Medicine / First Aid Kits

- Paracetamol 500 mg
- Ibuprofen 400mg
- Oral Rehydration Salts (ORS)
- Loperamide
- Electrolyte tablets
- Antiseptic Wipes
- Lubricating Eye Drops
- Cough Lozenges
- Antacid Tablets
- Omeprazole
- Cetirizine
- Blister Plasters
- Acetazolamide (Diamox) 250 mg
- Dexamethasone 4 mg
- Nifedipine 30mg
- Ondansetron 4 mg
- Aspirin 300mg

Upper Body

- Thermal Base Layer
- Fleece Jacket
- Gore Tex Jacket
- Warm Jacket
- Wind Proof Jacket
- Heavy Down Jacket
- Cotton T-Shirt
- Dry-Fit Tshirt
- Light Down Jacket

Head

- Glacier Glasses (Polarized UV Protection)
- Snow Goggles (UV Protection)
- Balaclava
- Sun Cap
- Desert Cap
- Fleece Hat/Warm Hat
- Neck Gaiter

Lower Body

- Thermal Base Layer
- Fleece Trousers
- Gore Tex Pant
- Heavy Weight Pant
- Mid Weight Pant
- Trekking Pant
- Under Wear
- Down Pant
- Gaiters for Trekking Boots

Climbing Equipment

- Climbing Boot -6000m
- Trekking Pole
- Tape Sling
- Head Light
- Unlock Carabiner

Foot Wear

- Normal Socks
- Summit Socks
- Trekking Shoes
- Summit Boot - 8000m
- Sport Shoes
- Slippers

Hand

- Thin Fleece Gloves
- Wind Stopper Gloves
- Heavy Gloves(Guide)
- Summit Gloves

Eating & Drinking

- Water bottle
- Thermos

Bag Packs

- Rucksack 35L-50L
- Duffle Bag
- Dry Bags

Miscellaneous

- Pocket Knife
- Nail Cutter
- Umbrella/Rain Coat
- Hot Water Bag
- Pee Bottle
- Tenacious Tape Repair
- Altimeter Watch
- Satellite Phone(Optional)
- GPS Tracker
- Power Bank
- Camera

Sun Stuff

- Sunscreen
- Lip Guard (SPF)
- Moisturizer

Toiletries

- Toothbrush
- Towel
- Wet Wipes
- Toothbrush
- Shampoo
- Body Lotion

Sleeping Stuffs

- Sleeping Bag
- Sleeping Bag Liner
- Inflatable Pillow

Do I need previous trekking experience?

Previous high-altitude experience helps but isn't required — you don't need technical mountaineering skills, just good fitness and endurance.

How difficult is the Makalu Base Camp Trek?

It's considered challenging — long walking days, steep trails, remote terrain, and significant altitude gain make solid preparation important.

What are the main highlights?

You'll experience Makalu Base Camp, Makalu Barun National Park, remote mountain villages, lush forests, glaciers, and stunning Himalayan views.

How do we get to the Makalu region?

The journey typically starts with a flight to Tumlingtar, followed by a drive and trek into the remote Makalu region.

Is a trekking guide provided?

Yes. A professional guide assists with navigation, local knowledge, logistics, and safety throughout the trek.

What is Makalu, and why is Base Camp special?

Makalu Base Camp is the gateway to the world's fifth-highest mountain (8,485m), which helps put the trek's significance in context for first-time visitors

How do I book the Makalu Base Camp Trek?

Just contact 14 Peaks Expedition with your preferred dates and group size — our team will guide you through availability and preparation.

What happens if bad weather affects the trek?

The itinerary may be adjusted according to weather, trail, flight, and safety conditions.

What type of accommodation and meals are included?

Accommodation includes hotels in Kathmandu and local tea houses, lodges, or tents along the trekking route. Meals are also provided according to the selected package, with stays and dining arranged in remote sections of the trek.

Why choose 14 Peaks Expedition for the Makalu Base Camp Trek?

14 Peaks Expedition provides experienced local guides, organized trekking logistics, permit assistance, safety support, and carefully planned itineraries for a comfortable and memorable journey.