Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
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Makalu Trekking - 24 Days

Makalu Trekking lies among the adventurous treks in Nepal which cover the Makalu Barun National Park. This adventurous trek includes the fifth highest mountain in the world, Mt. Makalu standing tall at an altitude of 8463m. The Makalu peak is a pyramid-shaped mountain from four sides.

This Makalu adventure comprises the Arun Valley, dense rhododendron, and alpine forests which take us to the Barun glacier. The magnificent view of the highest snow-capped mountains like Mt. Everest, Mt. Lhotse, Mt. Chamlang, Mt. Kanchenjunga, Mt. Baruntse, and other Himalayan ranges are seen from the Makalu Base Camp.

Also, the trail of adventurous Makalu trekking leads us through the various high passes like Shipton la, Keke la, and wonderful lakes like Kalopokhari and others.

This adventure trek in a remote area of eastern Nepal offers an opportunity to explore the local inhabitants like ethnic groups in lower areas and the majority of Rai, Limbu, Sherpa in the upper altitude regions. In the Makalu conservation area, endangered species like Red pandas, Leopard and Musk Deer are found including more than 300 species of birds.

It is an overnight camping trek offering the delights of utmost adventure in the isolated areas of remote Nepal. We first take a flight to Tumlingtar, trek ahead towards Makalu Base camp and finally conclude our adventurous trek by flying back to Kathmandu from Tumlingtar.

Trekking inside the Makalu region will require a good level of physical fitness with a regular exercising routine as it is a comparatively long trek at high altitudes over high passes. However previous trekking experience is not obligatory but passionate walkers with a positive attitude and self-belief can always embark on this adventurous trek in Nepal.

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PRICE INCLUDES

- Airport / Hotel / Airport pick up & drop off by car / Van / Bus.
- 4 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Guided city tour in Kathmandu valley as per above program.
- An experience Guide (trained by Ministry of tourism), required number of porters, their food, accommodation, salary, insurance, equipments.
- All surface transfer to and from Kathmandu by bus/Plane as per above itinerary.
- Meal (veg. / non veg.) prepared by our expert cook.
- Trekking equipment (two men tent, dining tent, kitchen tent, Table with chairs, kitchen utensils, Down sleeping bag / Jackets, walking sticks, and other necessary equipments during the trek).
- Makalu trekking Permit, TIMS, Barun Conservation fee and all necessary documents.
- Tourist service charge, Vat.
- Office Service charge.

PRICE EXCLUDES

- Meals whilst in Kathmandu allow US$ 10 – US$ 12 per meal.
- Travel insurance (if you want us to arrange your travel insurance, we would greatly be happy to assist).
- International air fare to and from Nepal.
- Nepal entry visa , you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu. (Tourist Visa with Multiple Entry for 30 days can be obtained by paying US $ 40 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entry for 90 days can be obtained by paying US $ 100. Please bring 2 copies of passport size photos.) US$ 40 (duration 30 days from date of issue)- you may easily issue the visa upon your arrival at Tribhuwan International Airport – Kathmandu.
- International Airport Tax in Nepal – approx. US$ 24.
- Items of a personal nature
- Any kind of alcoholic drinks, hot water, hot shower, cold drinks, laundry, phone call and internet.
- Tips for guide, porters, driver. (Tips are expected)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu airport (1345meters)

Our airport representative will be receiving you at Tribhuvan International airport, Kathmandu and s/he will be displaying an icicles adventure treks and tour signboard outside the airport terminal. You will be then transferred to your respective hotel in our private tourist vehicle.

Overnight at Hotel.

Day 2: Trek preparation & city tour in Kathmandu

Sightseeing of world heritage sites in Kathmandu valley including, Kathmandu Darbar square, Swayambhunath Temple, Boudhanath Stupa & Pashupatinath Temple. Overnight at Hotel.

(Breakfast Included)

Day 3: Fly Kathmandu -Tumlingtar (460m) & trek to Khandbari (1040m)

We take flight from Kathmandu to Tumlingtar, from where our trek commences. From Tumlingtar, we walk north towards Khandbari after lunch. We begin walking on a plateau for about 45 minutes after which the trek starts climbing gradually for approx 3 hrs to reach Khandbari camp above the village on large grassy fields. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 4: Trek to Hururu (1900m)

Leaving Khandbari, continuing along the trail which passes a ridge, we walk a short distance to reach the settlement of Mani Bhanjyang (1100 m). We continue through fields, bamboo groves, big rocks and climb a short distance to reach the Tamang village of Bhotebas (1740m). Beyond the village, the cultivated fields disappear as the trail climbs through trees to a pass at 1850 meters that offers spectacular views of Chamlang, Makalu and Jaljale Himal. We then descend a bit to the next ridge, and then follow the crest as it makes some ups and downs through a rhododendron forest to Chilchela (1830m), with a tea shop and few houses inhabited by Gurungs. We follow along the ridge to the small settlements of Kuwa Pani (1910m) and Sakurati Majuwa (1860m). Just past a mani wall, the trail leads up to a campsite. The lower trail heads to the village of Fururu, situated below the ridge at 1900 meters. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 5: Trek to Num (1490m)

From Fururu, we move back to the ridge at 1960 meters and trek through forests of huge rhododendrons just below the ridge line to a mani wall and a dirty pond. We continue along the ridge past a small stream to a single Sherpa house and tea shop. This is Mure, a spread-out village at 1980 meters that is inhabited by both Sherpas and Rais. Below Mure, the route cuts across the ridge, then makes a tedious descent on a rocky eroded trail to some stone steps and a final walk to Num (1490m). Num is situated on the ridge above an S-shaped bend in the Arun River. Overnight at Tented Camp.

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(Breakfast, Lunch and Dinner Included)

Day 6: Trek to Sedua (1460m)

We continue along the trail descending steeply from Num through the corn fields of Lumbang. Below the village the trail drops very steeply through a jungle to a suspension bridge over the Arun River (660 m). From the bridge we climb steeply to a primitive tea shop, then through corn and buckwheat field. Moving along the rocky path and tiny terraces planted with corn and barley, we make a long, steep, rough climb to Sedua. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 7: Trek to Tashi gaon (2070m)

Leaving Sedua, we make a gradual climb high above the Kasuwa Khola to Gyang (1770m). Climbing past the school at Gyang, it is a gentle walk through terraced fields and forested areas to Hindrungma village, and on to Rupisa. En route, we cross meadows and several streams, and then climb to the Sherpa village of Tashi Gaon. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 8: Trek to Kauma (3470m)

We climb over the ridge and ascend through forests to a stream and onto a ridge where there is a small campsite. The trail levels out, and then climbs to a shepherd's hut called Chipla atop another ridge. We climb past two small streams, then switchback up the ridge in forests to a kharka at 2900 meters and up to a saddle and Unshisha, a tiny meadow at approx 330 meters. Here the trail joins the ridge that separates the Iswa and Kasuwa drainages. The slope gets steeper and becomes a series of moss-covered stone stairs to Dhara Kharka, a meadow atop the ridge. We then move over a hillock and descend a bit to reach Kauma. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 9: Trek to Mumbuk (3570m)

Following the ridge for a while, we ascend a stone staircase. After a few false summits the trail veers left off the crest to a small lake. We then climb gently up a shallow rocky gully to the Kike La (4127 m). From the pass, we descend to another lake, then ascend steeply through large boulders to the Tutu La. We continue descending about 150 meters into sparse rhododendron forests to a level area. The final descent is through a forest of firs and rhododendrons to Mumbuk (3570 m). Mumbuk is a forest camp, on a grassy slope about 100 meters above a small stream, with views of snow peaks through the trees. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 10: Trek to Nhe Kharka (3000m)

We descend a steep gully with a stream for about 500 meters. We then move left through fir forests, along the flank of the Barun Valley. Moving along ill-defined trail, we cross a 200-meter-long slide area, and then follow the river to a kharka. Moving through forests of birch and scrub rhododendron, we reach Yangle Kharka. We Climb from Yangle Kharka, finally crossing to the north side of the Barun Khola to reach Nhe Kharka. There is a small gompa at the

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south side of the valley that offers great mountain views. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 11: Trek to Sherson (4615m)

Beyond the Nhe Kharka, we follow the north bank of the Barun Khola for a while. We then cross a small wooden bridge before the river turns northward. The Barun Valley makes a huge S-shaped curve and the walls rise almost vertically 1500 to 2000 meters above the river, but the trail climbs gently as we approach Ripok Kharka. Still on the north side of the Barun, the trail turns westward and leaves the rhododendron forests for alpine tundra. Above Ripok Kharka, the route crosses a rocky crest with a few goths, and then ascends alongside a moraine formed by the Barun Glacier. There are excellent views of Pyramid Peak, Peak 4, Chamlang, Peak 3 and Peak 5, but Makalu is not yet visible.

As we pass a ridge the glacier turns slightly north. We enter an alluvial valley and Makalu pops into view just before Sherson (4615 m). Sherson is somewhat sheltered, but still is a very cold spot. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 12: Trek to Makalu Base camp (5000m)

From Sherson, we stay to the right in a gully on the east side of the valley. It is gradual descent to a minor pass about 100 meters above Makalu Base Camp. We then descend to a stream, cross on boulders to the base camp on the west bank of the river. From here we get terrific views of the south face of Makalu. The large buttress of the south face rises across from base camp. An ascent of this buttress yields views of Peak 6, 7 and Baruntse (7220 m); Everest and Lhotse complete the panorama. Overnight Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 13: Rest day at the Base Camp

Today is a rest day for acclimatization and exploration. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 14: Trek to Nhe Kharka (3000m)

Today we retrace our steps down the Barun Valley towards Nhe Kharka. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 15: Trek to Mumbuk (3570m)

From Nhe Kharka, we continue descending through the forests to Mumbuk. From here we get beautiful sunset views of Makalu and Chamlang. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 16: Trek to Kauma (3470m)

Leaving Mumbuk, we trek across the Shipton La and descend to Kauma. Overnight at Tented Camp.

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(Breakfast, Lunch and Dinner Included)

Day 17: Trek to Tashi Gaon (2070m)

Today we make a long steep descent back to Tashi Gaon. At Tashi Gaon we spend the rest of the day relaxing in order to recover from the high altitude. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 18: Trek to Balung (760m)

We descend the Kasuwa Khola Valley back to Sedua, then turn south down the west bank of the Arun River. From Sedua, we follow a trail that descends gently to Mulgaon, and then drop steeply on a rocky trail through fields of corn and barley to the Ipsuwa Khola, crossing it on a suspension bridge at 760 meters elevation.
The route now enters the hot bottom lands of the Arun Valley. Most of the settlements in this area are temporary settlements used by Rai and Chettri farmers who live in villages high on the hillside above. Passing the villages, we continue along the trail through rocky fields to Balung. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 19: Trek to Pukuwa (550m)

we continue through temporary farming settlements to the spread-out Rai village of Walung (880m). The trail descends to the Apsawa Khola and crossing it on a suspension bridge we climb steeply to Chhayang, a pleasant Rai village with an extensive bamboo-pipe water supply at 800 m. The trail then crosses a stream at 590m and makes some ups and downs to reach Parangbu, a delightful camping spot among rice fields on the banks of the Arun River. We continue through forests and pass several small streams to reach Pukuwa. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 20: Trek to Bumling (370m)

The trail now follows a route through forests and some spectacular high and exposed narrow tracks as it climbs over rocky ridges. The route eventually enters a region of intense valley bottom cultivation, crosses a huge landslide and some more scrub jungle before descending to Tome (520 m). Below Tome, the Arun Valley becomes wider and more U shaped. The trail climbs over another ridge on a steep, narrow stairway of rock steps. From the top of the ridge at 530m, the trail descends to a delightful camp on the banks of the Sankhuwa Khola (370m), across from the Chhetri village of Bumling. Overnight at Tented Camp.

(Breakfast, Lunch and Dinner Included)

Day 21: Trek to Tumlingtar (460m)

The trail traverses the fields of lower Bumling, then climbs over a ridge and descends to the Inkhuwa Khola, crossing it on a rickety wooden cantilever bridge. The trail follows the river downstream to its confluence with the Arun. It then follows the Arun downstream, crossing it on a large suspension bridge. Now following the east bank of the Arun, the route passes through Chyawabesi before making a short climb back to the Tumlingtar plateau. It is a few km of completely level walking to the airstrip Overnight at Tented Camp.

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(Breakfast, Lunch and Dinner Included)

Day 22: Fly Tumlingtar to Kathmandu from.Overnight at hotel.

Fly Tumlingtar to Kathmandu from.Overnight at hotel.

(Breakfast, Included)

Day 23: Leisure day in Kathmandu. Overnight at hotel

Leisure day in Kathmandu. Overnight at hotel.

(Breakfast, Included)

Day 24: Transfer to the International Airport for your home departure. B. "Farewell"

Transfer to the International Airport for your home departure. B. "Farewell"