

Makalu Base Camp Trek

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Makalu Base Camp Trek

URL: <https://ascendhikes.com/package/makalu-base-camp-trek-2026-27/>

Destination

Nepal

Activity

Trekking

Start / End Point

Kathmandu to Kathmandu

Duration

16 Days

Region

Makalu Base Camp Trek

Max. Altitude

5,000 Meters

Nature Of Trek

Basic Lodge to Lodge Trek

Best Season

Spring & Autumn

Activity Per Day

5-8 Hours

Transportation

Flight / Drive

Per Person From

USD 1,799

Group Size

1 - 14

Challenging

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s

Accommodation

Trekkers Hut

BLD

Breakfast, Lunch and Dinner

Makalu Base Camp Trek Best Time 2026, Seasonal Guide & Weather Tips

Route: Kathmadnu - Tumlingtar - Num - Seduwa - Tashi Gau - Khongma-La - Dobate - Yangle Kharka - Langmale - Makalu base camp - Swiss camp - View point - back same way tumlingtar and - Kathmanu.

A wonderful trekking trail towards Makalu base camp. Remote Himalayan region, Maximum altitude 5000m viewpoint, every day 5 - 8 hours walking, 16 to 18 days trekking Kathmandu to Kathmandu and about 150km round trip from Num to back Num village. Flying from Kathmandu to Tumlingtar and drive to Num about 50km time around 3 - 4 hours and start our trekking to Makalu base camp trek, your dream adventures destination.

How to reach Makalu Base Camp trek start point?

Kathmandu to Tumlingtar flight about 35minutes and drive to Num about 50km off-road, 3 - 4 hours, from Num start our Trekking to Makalu base camp for 14 - 16 days in the Himalayan valley with wonderful views.

Makalu Base Camp Trek Short Information

The Makalu base camp trekking trails is remote valleys, challenging because of the high altitude gaining rapidly and less crowed route in Nepal. Trails are often steep, rocky cliff and narrow, most of the time into the den forest with different spices of wild flora and fauna. Subtropical farmland to high Alpine climates, passing through beautiful valley to valley with wonderful experience of the traditional lifestyles. The last permanent village Tashigau is beautiful, Khongma Danda Shipton la are the high passes. Dobato, Yangri Kharka, Mumbuk and Makalu base camp is the wide [beautiful high valleys](#).

Makalu Base Camp Trek Challenging fact

The trails are often challenging, there are no luxury accommodations, and not enough tea - houses, food are basic, steep ascent and descending trails, rapidly elevation gaining and crossing rivers are most challenging on this Makalu base camp trek.

Short Makalu Base Camp Trek Itinerary

Day - 01: Flight to Tumlingtar and drive to Num (1,560m),

Day - 02: Trekking to Seduwa (1,530m).

Day - 03: Trek to Tashi Gau (2,100m)

Day - 04: Trek to Khongma (3,560m

Day - 05: Trek to Dobate (3,650m).

Day - 06: Trek to Yangla Kharka (3,570m)

Day - 07: Trek to Langmale Kharka (4,050M)

Day - 08: Trek to Makalu Base camp (4,870m)

Day - 09: Hike to Swiss camp (4,920 M)

Day - 10: Hike to viewpoint and trek back to Langmale kharka

Day - 11: Trek back to Dobate (3,650m).

Day - 12: Trek back to Danda Kharka

Day - 13: Trek back to Seduwa (1,530m).

Day - 14: Trek to Num and drive to Tumlingtar

Day - 15: fly back to Kathmandu.

Day - 16: Extra day incases Flight delay and Planning B

Makalu Base Camp Trek Details Itinerary

Makalu Base camp Trek is one of the most beautiful, scenic remote Himalayan journeys in Nepal, here is a complete 16-day ultimate details Itinerary to complete Makalu Base camp trek without bothering.

Day 01: Flight to Tumlingtar and drive to Num

Early in the morning 35-minute flight to Tumlingtar and drive 55km (3 - 4 hours) to Num village and stay overnight in the basic tea house.

Altitude: 1560m, Num village.

Drive distance: 55 km (3 - 5 hours).

Trails difficulty: Gravel off-road drive.

Food and Drinks: Small teashops and tea houses.

Accommodations: Simple guest house with basic room.

Highlights of the day: Domestic flight experience, off-road driving in the hilly region, passing beautiful villages and landscapes.

Drive Distance

55 KM

Drive Duration

3-4 Hours

Highest Altitude:

1560 Meters

Flight Hours:

35 Minutes

Meals:

BLD

Attraction of the Day:

Amaizing flight to Tumlingtar

Place:

Num Village

Accommodation:

Basic Guest House

Day 02: Trekking to Seduwa

After breakfast trekking start, today lots of up and down trails. 860m ascend and 830m descending. About 5-7 hours trekking time duration depending on walking speed, overnight in Seduwa 1530m.

Altitude: 1530m Seduwa village.

Distance: 8 - 9 km (Num - Seduwa).

Time duration: 5-7 hours (depends on space).

Elevation loss: 30m

Trails difficulty: Easy trails route.

Food and Drinks: Basic food from Teahouse.

Accommodations: Basic tea- house.

Highlights of the day: First day trekking experience, passing village to village, rivers, and den forest with flora and fauna.

Trek Distance:

8-9 KM

Trek Duration

5-6 Hours

Highest Altitude:

1530 Meters

Meals:

BLD

Place:

Seduwa Village

Accommodation:

Basic Guest House

Day 03: Trek to Tashi Gau

Trekking to Tashi Gaun from Seduwa about 4-6 hours walking time about 8km distance with easy walking trails. Overnight at Tashi gau 2100m.

Altitude: 2100m Tashi Gaun.

Distance: 8km (Seduwa – Tashi gau).

Time duration: 4 – 6 hours.

Elevation gain: 570m.

Trails difficulty: Easy to Moderate.

Food and Drinks: Stops in the basic tea -house.

Accommodations: Basic guest – house.

Highlights of the day: 570m elevation gaining, farmland, small settlements, dense forest, and natural beauties.

Trek Distance:

8 KM

Trek Duration

4-5 Hours

Highest Altitude:

2100 Meters

Meals:

BLD

Place:

Tashi Gaun

Accommodation:

Basic Guest House

Day 04: Trek to Khongma

This is one of the hardest day of Makalu base camp trek. Ascending 1460m is hard but rewarding views achievements. About 6-7 hours walking 7km distance to steep ascent to Khongma danda, stay overnight.

Altitude: 3560m Khongma danda.

Distance: 7km (Tashi gau-Khongma).

Time duration: 6 – 7 hours.

Elevation gain: 1460m.

Trails difficulty: Challenging to ascend 1460m.

Food and Drinks: Stops at basic teahouse.

Accommodations: Basic guest house.

Highlights of the day: Ascending 1460m, wonderful views, rhododendron forest, stone steps trails and

start remote valleys trails.

Trek Distance:

7 KM

Trek Duration

6-7 Hours

Highest Altitude:

3560 Meters

Meals:

BLD

Place:

Khongma Danda

Accommodation:

Basic Guest House

Day 05: Trek to Dobate

Today is the challenging with multiple ascent and descend. Khongma-la (3890m) pass - Siptong-la (4170m) pass - kalo Pokhari (Black Lake) 4080m - Keke-La (4170m) pass - descending to Dobate 3650m overnight here.

Altitude: 3650m, Dobate.

Distance: 9km (Khongma-Dobate).

Time duration: 7 - 8 hours.

Elevation gain: 520m.

Trails difficulty: Challenging.

Food and Drinks: Stops at tea-house.

Accommodations: Basic tea -house.

Highlights of the day: challenging trails to ascend 4170 and descend 3650m with wonderful view of Mt. Makalu - Chimlang and Arun valley, black lake, gaining altitude 4170m, passing 3 high passes with secret lake are the main highlights of the day.

Trek Distance:

9 KM

Trek Duration

7-8 Hours

Highest Altitude:

4170 Meters

Meals:

BLD

Place:

Dobate

Accommodation:

Basic Guest House

Day 06: Trek to Yangla Kharka

Trekking start from Dobate - Mumbuk 3400m good resting place - Barun valley (wide valley, near river) - Yagle Kharka 3570m where overnight here in the tea -house.

Altitude: 3570m, Yagnle kharka.

Distance: 13 - 14km.

Time duration: 6 - 7 hours.

Elevation loss: 80m.

Trails difficulty: Long but Easy.

Food and Drinks: Stops at tea - house.

Accommodations: Basic guest house.

Highlights of the day: Rhododendron and pine forest, beautiful open Barun valley, flora and fauna.

Trek Distance:

14 KM

Trek Duration

6-7 Hours

Highest Altitude:

3570 Meters

Meals:

BLD

Place:

Yangle Kharka

Accommodation:

Basic Tea - House

Day 07: Trek to Langmale Kharka

Trek start from Yangle kharka 3570m - gradual ascend - with view of Makalu and Baruntse, alpine meadows and grassy kharks and - arriving to Langmale Kharka 4050m, stay overnight in Langmale kharka.

Altitude: 4050m, Langmale kharka.

Distance: 9 - 10km.

Time duration: 5 - 6 hours.

Elevation gain: 480m.

Trails difficulty: Moderate.

Food and Drinks: Packing lunch and drinks.

Accommodations: Basic tea-house.

Highlights of the day: Views of Mt. Makalu and Baruntse, Alpine meadows, grasslands, rivers, alpine

flora and fauna.

Trek Distance:

10 KM

Trek Duration

5-6 Hours

Highest Altitude:

4050 Meters

Meals:

BLD

Place:

Langmale Kharka

Accommodation:

Basic Tea - House

Day 08: Trek to Makalu Base camp.

Trekking route Langmale kharka 4050m - Makalu base camp 4870m. starting from Langmale kharka 4050m to Makalu base camp 4870m is challenging to gaining 820m altitude. More chance to get altitude sickness, so walk slowly and drink a lot of water. When you reaching to Makalu base camp it is one of the worth place for views of wonder. Stay overnight.

Altitude: 4870m, Base camp.

Distance: 10 km.

Time duration: 5 - 7 hours.

Elevation gain: 820m

Trails difficulty: Challenging Altitude.

Food and Drinks: Pack lunch and drink.

Accommodations: Basic tea - house.

Highlights of the day: wonderful views of Mt. Makalu and long Himalayan ranges, very less trekkers, dramatic alpine scenery of glaciers, mountain, mountain landscapes are the main highlights of the day.

Trek Distance:

10 KM

Trek Duration

5-7 Hours

Highest Altitude:

4870 Meters

Meals:

BLD

Place:

Makalu Base camp

Accommodation:

Basic Tea - House

Day 09: Hike to Swiss camp

Trekking route Makalu base camp 4870m – Swiss camp 4920m, start from base camp rewarding views of glacier and surrounding mountain just near about 2km, depending on your paces 3-4 hours round trip. Stay in Makalu base camp for another night.

Altitude:4920m Swiss camp.

Distance: 2.5 KM

Time duration: 4-5 hours round trip.

Trails difficulty: Altitude challenging.

Food and Drinks: Pack lunch and drink.

Highlights of the day: wonderful surrounding mountains views.

Trek Distance:

2.5 KM

Trek Duration

3-4 Hours

Highest Altitude:

4920 Meters

Meals:

BLD

Place:

Makalu BC

Accommodation:

Basic Tea – House

Day 10: Hike to viewpoint and trek back to Langmale kharka.

Trail route Makalu base camp – View point – Langmale kharka. Starting from Makalu base camp hike early in the morning to the viewpoint for 360 panoramic views, after back base camp trek continue back to langmale kharka and stay overnight here.

Altitude: 5000m, viewpoint.

Distance: 14km round trip.

Time duration: 6 – 7 hours

Food and Drinks: Stops in tea – house.

Accommodations: Basic guest house.

Highlights of the day: wonderful views from the viewpoint and experience the high-altitude wilderness.

Trek Distance:

14 KM

Trek Duration

6-7 Hours

Highest Altitude:

5,000 Meters

Meals:

BLD

Place:

Langmale Kharka

Accommodation:

Basic Guest House

Day 11: Trek back to Dobate

Starting trek back same way to Dobate.

Distance: 12 km.

Time duration: 5 – 6 hours.

Food and Drinks: Stops at tea -house.

Accommodations: Basic tea house.

Trek Distance:

12 KM

Trek Duration

5-6 Hours

Highest Altitude:

4170 Meters

Meals:

BLD

Place:

Dobate

Accommodation:

Basic Tea – House

Day 12: Trek back to Danda Kharka

Trekking back towards Tumlingtar same way as ascend to Base camp.

Distance: 10km.

Time duration: 5-6 hours.

Food and Drinks: Stops at tea house.

Accommodations: Basic guest house.

Trek Distance:

10 KM

Trek Duration

5-6 Hours

Meals:

BLD

Place:

Danda Kharka

Accommodation:

Basic Tea – House

Day 13: Trek back to Seduwa

Distance: about 9km.

Time duration: 5 – 6 hours.

Food and Drinks: Stops at tea- house.

Accommodations: Basic guest house

Trek Distance:

9 KM

Trek Duration

5-6 Hours

Highest Altitude:

2100 Meters

Meals:

BLD

Place:

Seduwa Village

Accommodation:

Basic Tea – House

Day 14: Trek to Num and drive to Tumlingtar.

Trek back to Num 9km walking distance about 5-6 hours and after Num, drive 3-4 hours to Tumlingtar.

Trek Distance: 9km.

Drive distance: 55 KM

Time duration: 7 – 9hours.

Food and Drinks: Stops tea-house.

Accommodations: Basic guest house.

Trek Distance:

9 KM

Trek Duration

5 hours

Drive Distance

55 KM

Drive Duration

3-4 Hours

Highest Altitude:

1560 Meters

Meals:

BLD

Place:

Tmlingtar

Accommodation:

Basic Guest House

Day 15: fly back to Kathmandu

Early in the morning time flight back to Kathmandu and after long trekking relaxing day in Kathmandu or shopping or explore day in city.

Highest Altitude:

1400 Meters

Flight Hours:

35 Minutes

Meals:

BB

Place:

Kathmandu

Accommodation:

Comfortable Hotel

Day 16: Extra day

This is spare day, in-case if something not going as our plan, if everything is work well, then you can fly this day and if not, then this day is extra to recover the plan or explore day in Kathmandu.

Meals:

BB

Place:

Kathmandu

Accommodation:

Comfortable Hotel

What's included for Makalu trek?

Which services are including for Makalu base camp Trek?

- All the Airport Transfer are Included.
- All the accommodation and meal (3 times a day with one main course) during the trek.
- All the official expenses and paperwork, Permits and necessities documents.
- All the domestic Flight, Kathmandu to Tumlingtar round trip.
- Government license holder Ascend Hikes Experience English speaking Guide.
- A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.
- All the Government Taxes.
- All the Insurance of Guide and Porters.
- Farwell dinner in Kathmandu.

Cost Excluded for Makalu base camp trek.

What is not included in this Makalu base camp Trek?

- **Travel Insurance and Entry visa fees.**
- **Hotel and food in Kathmandu.**
- **International Flight tickets.**
- **All trekking gear and others expenses.**
- **Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.**
- **Food before and after Trekking.**
- **Excess Baggage charge.**
- **Personal expenses: Wi-Fi, Battery charge etc....**
- **Staff (guides and Porters) tips.**
- **All other things are excluded which is not in the list of Include.**

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 2,599
2 - 2	USD 1,899
3 - 3	USD 1,799
4 - 4	USD 1,699
5 - 5	USD 1,659
6 - 6	USD 1,650

What is the best time for Makalu base camp trek?

Autumn (September - November) and spring (March to May) are the normally best time to trek Makalu base camp, because this time usually stable and clear weather, which is good visibility for photographs and pleasant weather with suitable temperatures.

Views from Makalu Base Camp Trek

The trails ending at a rocky and barren glacial with just front of you a dramatic view of Mt. Makalu (8485m), late afternoon should be windy and cold. It is often snowing cover in the autumn seasons and winter season.

Makalu Base camp Trek Permits cost.

The Makalu Base Camp trekking require permits. National Park and the local government permits are required for this trek:

- **National Park fee: Npr, 3000/-**
- **Local government: Npr. 3000/-**

This is the permits fee for Makalu base camp trek.

Makalu Base Camp Trek Cost 2025.

How expensive Makalu base camp trek?

The cost calculates normally this way. Here explaining all in detail where you can make an idea for the Makalu base camp trekking cost.

Services:	Cost:
Kathmandu hotel	usd (5 - 150)/-
Ktm to Tumlingtar flight	usd (175 - 200)/-
Tumlingtar - Num jeep	usd (150 - 175)/-
Food & accommodations on trek/day	usd (40 - 45)/-
Hire Jeep from Num - Tumlingtar	usd (120 - 175)/-
Charging and wi-Fi	usd (5 - 10)/-
Porter cost per /day	usd (20 - 25)/-
Guide cost per/ day	usd (30 - 35)/-
Porter guide cost per/day	usd (25 - 30)/-

Note: we Ascend Hikes organizing full board trekking with all fully organize start from Kathmandu to ending at Kathmandu.

Ascend Hikes full-board service cost for Makalu base camp trek for 16 days itinerary:

- 1 Pax USD \$ 2599/-
- 2 Pax USD \$ 1899/-
- 3 Pax USD \$ 1799/-
- 4 Pax USD \$ 1699/-
- 5 Pax USD \$ 1659/-
- 6 Pax and 6 + USD \$ 1650/-

Is it possible without guide for Makalu base camp trek?

There is no mandatory guide for Makalu base camp trek, but the trails navigation condition and remote regions route make it more complicated your solo trekking. We are highly recommended taking local guide.



How difficult is Makalu base camp trek?

Makalu base camp trek normally starts from Num village and ending at Num village about 150km trekking, highest altitude 4860m Makalu base camp, about 16 - 18 days, about 5 - 8 hours walking time per day in remote valleys are challenging trekking route.

Gear lists For Makalu Base Camp Trek.

Here are the must necessities equipment recommended to pack for the trekking to Makalu Base camp trek.

Travel Documents to carry

Valid Passport (in case some place you need it).

Debit/Credit Cards (For your own safety).

PP Size Photo (2 Pieces) (need for the permits).

Insurance paper and contact address (need for the rescues).

Family members / company's contact address.

Medical/First Aid.

Small First Aid Kit - Include first aid medicines, Bandage, Ibuprofen, Blister tape, personal medications, etc.

Medications and prescriptions - Bring antibiotics (Azithromycin, etc.) painkiller tablets, and altitude medicine such as Diamox.

Head wear check list.

Sun Cap: to protect sun burn during the day trip.

Warm Hat: need for the high altitude to avoid cold.

Neck Gaiter (Scarf): protect your neck to keep warm.

Head lamps: remote area, most needed.

Footwear check list.

Normal Socks (2-3 Pairs)

Warm Socks (1-2 Pairs)

Trekking Shoes: comfortable to hikes/ Trekking.

Sports Shoes: for the evening.

Eye care takes with you.

Sunglasses: important to protect your eye.

Eye drop: better to have one sometimes need it.

Hand Wear to take for Makalu base camp trek.

Thin Fleece glove a pair: keep your hand warm.

Wind Stopper glove a pair: useful for Poon hill hike.

Walking Stick: it helps a lot on the trekking while walking ups and down.

Bag - Pack for Manaklu base camp Trek.

Day Bag Maximum 35L for during the day hike.

Duffle Bag 40 L -60 L waterproof would be better.

Toilet and daily used things.

Hand sanitizer: to clean your hand.

Toilet Paper and Wet Tissue, it needed.

Toothbrush: it is daily used things.

Soap and Shampoos: you need every day in the mountain.

Towel: important to have one.

Budy Weare chick list.

Thermal Top Base Layer (2-3 pieces).

Fleece Jacket (1 Piece).

Gore Tex / windproof Jacket (1 Piece).

Warm Jacket (1-2 Piece).

Insulated Down Jacket (1 Piece).

Cotton T-Shirt (2-4 Pieces).

T-shirt - Sport- quick dry and breathable (1-2/1-2 Pieces).

Lower part of Body wear.

Thermal Layer (1 Piece)

Fleece Trouser (1 piece)

Light Trekking Pant (1-2 pieces)

Quick dry Trekking Pants (1-2 Pairs)

Half pants (1 Piece)

Under Wear (2-3 pieces)

Miscellaneous Things to carry.

Pocket Knife (Swiss): travelling knife is must important.

Umbrella / Raincoat: if it is rain would be useful.

Nail Cutter: in the mountain most useful.

Altimeter Watch: to discover altitude.

Power Bank: in the remote area, must needed,

Camera: your future memories.

Water Drinking bottle & Sleeping bag.

Altitude sickness and precaution.

A Beginner's Guide about altitude-sickness to the Makalu Base camp trek Trek in Nepal.

Above the 3000 meters altitude, should be get altitude sickness in the Himalayas. There are no boundary, who will get altitude sickness. Anyone – any time can get altitude symptoms. It's depending on how you can adjust the Himalaya.

What are the main symptoms of altitude sickness?

Some major symptoms of Altitude sickness.

- **Less apatite and tiredness.**
- **Short breath and can't sleep at night.**
- **Headache and dizziness**
- **Vomiting and whole-body cold.**

How to prevention altitude sickness in the mountains?

- Some step to avoid altitude sickness,
- Walk slowly where you are above 3500 meters altitude.
- Drink enough water (3-4 liters) recommend.
- Stop drinking alcohol and smoke.
- Eat plenty and hygienic food, instead of junk food.
- Don't sleep at daytime.

- Pack a Diamox for the emergency case.
- And walk in high and sleep at low elevation.



Weather Information

Spring: Spring (March - May) is one of the best seasons for the Makalu base camp trek. In the springtime the Rhododendrons bloom everywhere on the way, moderate temperature with pleasant weather, occasional snow at high passes but normally stable and clear weather in this season.

Temperature: At low elevation the temperature is 10°C - 20°C and high elevation drop down -5°C to 5°C

Monsoon:

The monsoon (June - August) is not the special season for trekking to Makalu base camp. This season is heavy rainfall, the rivers can swell and more chances of landslides. We do not recommend to trek in this season to Makalu base camp.

Temperature: Normally this season the temperature in low elevation is 15°C - 25°C and high elevation is -2°C to 5°C.

Autumn:

Autumn (September - November) is another one of the best seasons for Makalu base camp trek. This season is best visibility, dry trails, clear weather and it is ideal for photography and best clear suitable temperature.

Temperature: Normally this season the temperature is in low elevation 10°C - 20°C and in high elevation is -5°C to 5°C.

Winter:

The winter (December - February) season is not comfortable for Makalu base camp trek because of the cold and freezing paths. But if you are well-preparation then possible for experienced and well-trained trekkers with proper gears for cold-weather.

Temperature: Normally this season the temperature is in low elevation 0°C - 10°C and in high elevation is -15°C to -5°C.

Summary:

Trekking to Makalu base camp adventures best time is autumn and spring, normally stable clear weather with suitable temperature. Monsoon, raining and make it more challenging similarly winter is cold and freezing trails make it more complicated and challenging.

Booking & Enquiry

Book your Makalu Trek now: Are you looking less crowded treks in Nepal? If you need help organizing your safe and adventure Makalu Base camp trek, contact us for a customized itinerary. We are always available in,

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