

8848 Nepal

Makalu Base Camp Trek with Arun Valley



Trip Facts

Trip Duration: 20 Days

Difficulty Level: Challenging

Trip Area: Makalu Barun National Park, Koshi Province

Maximum Altitude: 5000m/16,404.20ft-Makalu Base Camp

Best Season: September-November and March-May.

Accommodation: Camping/Tea House/Lodge

Transportation: Flight, Jeep, Bus

Trip Start: Kathmandu

Trip End: Kathmandu

Itinerary Highlights

- **Arun Valley:** Trekking through one of Nepal's deepest and most scenic valleys, rich in biodiversity and home to a variety of ethnic communities, including Rai and Sherpa villages.
- **Stunning Landscapes:** A diverse range of environments from lush subtropical forests and terraced farmland to high alpine meadows and rugged mountain terrain.
- **Mount Makalu:** Close-up views of the world's fifth-highest mountain (8,485 meters), along with other peaks such as Everest, Lhotse, and Baruntse.
- **Makalu Barun National Park:** Exploration of one of the least visited national parks in Nepal, offering pristine natural beauty and the chance to spot rare wildlife like the red panda and snow leopard.
- **Cultural Immersion:** Interactions with local communities, experiencing traditional Himalayan lifestyles, and visiting monasteries and chortens along the way.
- **Remote and Untouched Trails:** A trek that takes you off the beaten path, providing a sense of solitude and adventure away from the more crowded trekking routes in Nepal.

8848 Nepal

Makalu Base Camp Trek with Arun Valley

- **Challenging Trekking:** The physical demands of the trek, with high passes like the Shipton La (4,216 meters), offering a rewarding experience for seasoned trekkers looking for a challenge.

Trip Overview

The Makalu Base Camp Trek via the Arun Valley is a remarkable journey through one of Nepal's most diverse and least explored regions. Starting from the verdant Arun Valley, trekkers experience lush forests, terraced fields, and traditional villages rich in Rai and Sherpa culture. As the trail ascends, the landscape transforms into alpine meadows and pristine high-altitude terrains, offering stunning views of towering peaks like Makalu, the fifth highest mountain in the world. The trek is both challenging and rewarding, with opportunities to encounter rare wildlife in the Makalu Barun National Park and to immerse in the remote beauty and tranquility that this off-the-beaten-path adventure offers. Starting from Tumlingtar, the trek follows the Arun River valley, a verdant and relatively low-altitude area known for its rich biodiversity and traditional Rai and Sherpa villages. The Arun Valley is one of the deepest valleys in Nepal and offers a glimpse into the traditional lifestyles of its inhabitants, who live in harmony with the natural environment. As trekkers move through this region, they will pass through terraced fields, subtropical forests, and quaint villages where they can experience the local culture and hospitality.

As the trail ascends, it enters the Makalu Barun National Park, a protected area that is home to a diverse range of flora and fauna, including the endangered red panda, snow leopard, and Himalayan black bear. The park's varied ecosystems, ranging from tropical forests at lower elevations to alpine meadows and glaciers higher up, make it a paradise for nature lovers and botanists. The trek offers numerous opportunities for bird watching and spotting rare plant species, adding a layer of ecological interest to the journey. The terrain becomes increasingly rugged and isolated as trekkers approach higher altitudes. The path winds through dense rhododendron forests, across high mountain passes, and along glacial rivers, offering spectacular views of snow-capped peaks, including Mount Makalu, Chamlang, and Baruntse. One of the most challenging segments is the crossing of the Shipton La and Keke La passes, which require careful navigation but reward trekkers with panoramic views of the surrounding Himalayan giants. Reaching Makalu Base Camp is a highlight of the trek. The base camp sits in a remote and awe-inspiring location, surrounded by towering peaks and massive glaciers. From here, trekkers can enjoy close-up views of Mount Makalu's south face, a sheer wall of ice and rock that rises dramatically into the sky. The sense of isolation and the pristine beauty of the area make it a truly unforgettable destination.

Overall, the Makalu Base Camp trek via the Arun Valley is a demanding but highly rewarding adventure. It offers an unparalleled combination of cultural encounters, natural beauty, and high-altitude trekking challenges. Due to its remote location and the physical demands of the trek, it is best suited for experienced trekkers who are well-prepared for the rigors of the journey. For those who undertake it, the trek provides a deep sense of accomplishment and a profound connection to one of the most beautiful and unspoiled regions in the Himalayas.

8848 Nepal

Makalu Base Camp Trek with Arun Valley

Detail Itinerary

The Makalu Base Camp with Arun Valley trek is a remote and challenging trek in eastern Nepal, offering stunning views of some of the world's highest peaks, including Makalu, Everest, and Lhotse. This trek takes you through diverse landscapes, from lush green valleys to high alpine terrains, and provides a cultural experience with visits to traditional Sherpa and Rai villages.

Day 1: Arrival in Kathmandu (1400m)

Arrive in Kathmandu and prepare for the trek. Obtain necessary permits and do final gear checks.

Day 2: Fly from Kathmandu to Tumlingtar and Drive to Chichila(1980m)

Take a flight to Tumlingtar and drive to Chichila, the starting point of the trek.

Day 3: Trek from Chichila to Num (1560m)

Begin the trek with a descent through forests and villages to Num.

Day 4: Trek from Num to Seduwa(1500m)

Cross the Arun River and climb steeply to Seduwa, passing through terraced fields and small settlements.

Day 5: Trek from Seduwa to Tashigaon(2100m)

A steady climb through forests and fields to the Sherpa village of Tashigaon.

Day 6: Trek from Tashigaon to Khongma Danda(3562m)

A challenging day with a steep ascent through forests to reach Khongma Danda.

Day 7: Acclimatization Day at Khongma Danda

A rest day to acclimatize to the altitude. Explore the surrounding area.

Day 8: Trek from Khongma Danda to Dobate(3740m)

Cross several passes, including the Shipton La and Keke La, with spectacular views of Makalu and other peaks.

Day 9: Trek from Dobate to Yangri Kharka(3557m)

8848 Nepal

Makalu Base Camp Trek with Arun Valley

A descent through rhododendron forests and a river valley to reach Yangri Kharka.

Day 10: Trek from Yangri Kharka to Langmale Kharka(4410m)

Gradual ascent along the Barun River, passing through meadows and yak pastures.

Day 11: Trek from Langmale Kharka to Makalu Base Camp(4870m)

The final ascent to Makalu Base Camp, with close-up views of Mount Makalu and the surrounding peaks.

Day 12: Explore Makalu Base Camp

A day to explore the base camp area, enjoy the breathtaking scenery, and rest.

Day 13: Trek from Makalu Base Camp to Yangri Kharka

Begin the return journey with a descent back to Yangri Kharka.

Day 14: Trek from Yangri Kharka to Dobate

Retrace steps through the valley and forests to Dobate.

Day 15: Trek from Dobate to Khongma Danda

A climb back over the passes to Khongma Danda.

Day 16: A long descent to Tashigaon.

A long descent to Tashigaon.

Day 17: Trek from Tashigaon to Num

Descend to Seduwa and continue to Num.

Day 18: Trek from Noom to Chichila, Drive to Tumlingtar

The final day of trekking, returning to Tumlingtar.

Day 19: Fly from Tumlingtar to Kathmandu

A flight back to Kathmandu to conclude the trek.

Day 20: Departure from Kathmandu

Depart from Kathmandu or continue exploring Nepal.

8848 Nepal

Makalu Base Camp Trek with Arun Valley

Cost Includes

- **Accommodation:** Hotels in Kathmandu and basic tea house lodges during the trek, Camping equipment.
- **Meals:** Three meals a day (breakfast, lunch, dinner) during the trek and Breakfast in Kathmandu.
- **Transportation:** Domestic round-trip flights from Kathmandu to Tumlingtar and Ground transportation as per the itinerary.
- **Permits:** Makalu Barun National Park entry permit, TIMS (Trekking Information Management System) card.
- **Guide and Porter:** Experienced, English-speaking trekking guide and porters to carry luggage (usually one porter for every two trekkers).
- **Equipment:** Group climbing equipment such as ropes, tents, and cooking gear if camping is included.
- **Medical Kit:** Basic first aid medical kit carried by the guide.
- **Support:** Assistance with obtaining trekking permits and domestic flights, comprehensive pre-departure information and briefing.

Cost Includes

- International Flights
- Nepal Visa
- Travel Insurance
- Meals in Kathmandu
- Personal Expenses
- Tips for guides, porters, and other staff
- Optional Activities
- Emergency Costs
- Additional Accommodation

Guidelines / Information

Physical Preparation:

- Engage in cardiovascular and strength training exercises at least two months prior to the trek.
- Practice hiking on varied terrains to build endurance.

Acclimatization:

- Follow a gradual ascent to minimize the risk of Acute Mountain Sickness (AMS).
- Include rest days in the itinerary to acclimatize at higher altitudes.
- Stay hydrated and avoid alcohol and tobacco.

Packing Essentials:

8848 Nepal

Makalu Base Camp Trek with Arun Valley

Clothing: Layered clothing for varying temperatures, including thermal underwear, fleece jackets, down jacket, waterproof jacket and pants, trekking pants, and breathable T-shirts.

Footwear: Sturdy, waterproof trekking boots, and comfortable hiking socks.

Gear: Trekking poles, a good-quality backpack, sleeping bag (rated for cold temperatures), headlamp, water purification tablets, and a basic first aid kit.

Accessories: Sunglasses with UV protection, sunscreen, lip balm, and a wide-brimmed hat or cap.

Health and Safety:

- Carry a basic first aid kit including medications for common ailments like headaches, stomach issues, and altitude sickness.
- Ensure travel insurance covers high-altitude trekking and emergency evacuation.
- Listen to your guide's advice regarding pacing and acclimatization.

Respect Local Culture:

- Learn about the local customs and traditions of the Rai, Limbu, and Sherpa communities.
- Seek permission before photographing people or their homes.
- Dress modestly and behave respectfully in villages and religious sites.

Environmental Responsibility:

- Follow the Leave No Trace principles to minimize your impact on the environment.
- Carry reusable water bottles and avoid single-use plastics.
- Dispose of waste properly and do not litter.