

Makalu Base Camp Trek - 16 Days

Trek to the Foot of the World's Fifth Highest Mountain

The Makalu Base Camp Trek is one of Nepal's most spectacular and least-traveled trekking adventures. Nestled in the pristine wilderness of eastern Nepal, this incredible journey takes you through ancient forests, traditional mountain villages, high alpine meadows, and glacial valleys before reaching the magnificent Makalu Base Camp (4,870 m) at the foot of Mount Makalu (8,485 m), the fifth-highest mountain on Earth.

Unlike the busy Everest and Annapurna trails, the Makalu region offers true solitude and an authentic Himalayan experience. The route passes through the breathtaking Makalu Barun National Park, one of Nepal's richest protected areas, home to rare wildlife including the red panda, snow leopard, Himalayan black bear, musk deer, and over 440 species of birds.

From lush subtropical forests to rugged alpine landscapes, every day presents dramatic scenery and unforgettable mountain views. Along the way, you'll experience the warm hospitality of Rai and Sherpa communities while enjoying panoramic views of Makalu, Chamlang, Baruntse, Kangchungtse, and even distant Everest and Lhotse.

If you're looking for an off-the-beaten-path adventure that combines wilderness, culture, and breathtaking Himalayan scenery, the Makalu Base Camp Trek is an exceptional choice.

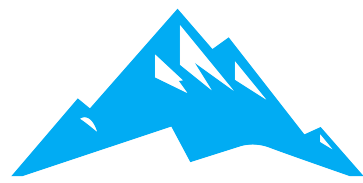
Trip Highlights

- Trek to the base of the world's fifth-highest mountain, Mount Makalu (8,485 m)
- Explore the untouched beauty of Makalu Barun National Park
- Walk through remote Rai and Sherpa villages
- Cross the scenic Shipton La Pass (4,216 m)
- Experience spectacular views of Makalu, Chamlang, Baruntse, Kangchungtse, Everest, and Lhotse
- Discover diverse landscapes ranging from tropical forests to alpine glaciers
- Observe unique Himalayan flora and fauna
- Enjoy one of Nepal's least crowded trekking routes
- Experience authentic tea house hospitality in remote mountain villages

WHY CHOOSE THE MAKALU BASE CAMP TREK?

While Everest Base Camp and the Annapurna Circuit attract thousands of trekkers every year, the Makalu region remains one of Nepal's best-kept secrets. This trek is perfect for adventurers seeking untouched nature, peaceful trails, and genuine cultural encounters.

The journey combines physical challenge with extraordinary rewards. As you ascend through changing landscapes, you'll witness everything from terraced farmland and rhododendron forests to glacial rivers and dramatic Himalayan peaks.



Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

Because the trail is less commercialized, you'll enjoy a more authentic trekking experience with fewer crowds and closer connections to local communities.

BEST TIME TO TREK

The best seasons for the Makalu Base Camp Trek are:

Spring (March–May)

Spring offers pleasant temperatures, blooming rhododendron forests, and clear mountain views. The forests burst into color, making this one of the most beautiful times to visit.

Autumn (September–November)

Autumn is considered the best trekking season, with stable weather, crystal-clear skies, and excellent visibility. This is the most popular time for trekking in the Makalu region.

Winter is possible for experienced trekkers but brings snow and colder temperatures, while the monsoon season is generally not recommended due to heavy rainfall and slippery trails.

Difficulty Level

Grade: Challenging

The Makalu Base Camp Trek is suitable for trekkers with good physical fitness and previous hiking experience.

Daily walking ranges from 5 to 8 hours across varied terrain, including steep ascents, descents, rocky trails, and high mountain passes. Although no technical climbing is required, proper preparation is essential due to the remote location and high altitude.

ACCOMMODATION

Accommodation is provided in local tea houses and mountain lodges throughout the trek.

Rooms are simple but comfortable, typically twin-sharing, with shared bathroom facilities. As you gain altitude, facilities become more basic, reflecting the remote nature of the region.

MEALS DURING THE TREK

Nutritious meals are available throughout the journey, including:

Dal Bhat (traditional Nepali meal)

Fried rice

Noodles

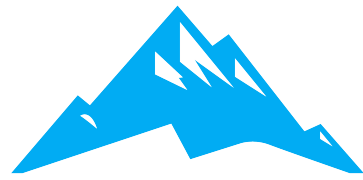
Pasta

Tibetan bread

Pancakes

Eggs

Soups



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Seasonal vegetables

Tea and coffee

REQUIRED PERMITS

The Makalu Base Camp Trek requires:

Makalu Barun National Park Entry Permit

Restricted Area Permit (where applicable based on route and regulations)

TIMS Card (if required under current trekking regulations)

Our team will arrange all necessary permits before the trek begins. Requirements can change, so we'll ensure everything is up to date before your departure.

WHY BOOK WITH TREK MANIA NEPAL?

With over 18 years of experience organizing trekking adventures across Nepal, Trek Mania Nepal is committed to providing safe, personalized, and unforgettable Himalayan experiences.

When you book with us, you'll enjoy:

- Government-licensed local trekking company
- Experienced English-speaking trekking guides
- Competitive prices with no hidden costs
- Flexible departure dates
- Small group and private trekking options
- 24/7 customer support
- Carefully planned itineraries for proper acclimatization
- Focus on safety, comfort, and authentic local experiences