

Mount Makalu Expedition

Quick Facts

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| Duration: | 50 |
| Max Altitude: | 8481 |
| Best Season: | Sept - Nov & March - May |
| Group Size: | 20 |
| Accommodation: | 4 Star/ Star Hotel, Tent and Tea House |
| Route: | Kathmandu to Kathmandu |
| Difficulty: | Strenuous |

Trip Overview

Makalu, the world's fifth-highest peak at 8,481 meters, stands as one of the most challenging and awe-inspiring mountains in the Himalayas. Nestled in the remote eastern region of Nepal, Makalu offers adventurers a truly off-the-beaten-path expedition experience, combining extreme mountaineering with breathtaking natural beauty.

Unlike more popular peaks, Makalu demands technical skills, endurance, and careful acclimatization, making it a dream for seasoned climbers seeking a serious Himalayan challenge.

A Makalu expedition is not just about reaching the summit t's an immersive journey through rugged landscapes, high-altitude glaciers, and pristine valleys. Climbers experience authentic Sherpa culture, navigate dramatic ridges, and witness panoramic views of neighboring giants like Everest, Lhotse, and Kanchenjunga.

With expert guidance, professional support teams, and meticulous planning, Makalu expeditions offer a unique blend of adventure, accomplishment, and Himalayan wonder.

Perfect for experienced mountaineers, these expeditions provide a once-in-a-lifetime opportunity to stand at the foot or the summit of one of the world's most majestic peaks while exploring the untouched wilderness of eastern Nepal.

Why Choose Our Makalu Expedition?



Embark on the ultimate Himalayan adventure with our Makalu Expedition, designed for experienced climbers seeking the pinnacle of mountaineering challenges. Makalu, the world's fifth-highest peak at 8,481 meters, is renowned for its technical difficulty, dramatic ridges, and breathtaking glaciers, offering a truly unparalleled climbing experience.

Unlike more frequented peaks, Makalu takes you deep into the remote eastern region of Nepal, providing an off-the-beaten-path journey where natural beauty and adventure meet in their purest form.

Adventure Off the Beaten Path

This expedition takes you far from the crowded trails of the Everest and Annapurna regions. Trek through pristine alpine valleys, dense rhododendron forests, and the untouched wilderness of Makalu Barun National Park. Experience the thrill of navigating rugged terrain, glacial landscapes, and high-altitude ridges that few adventurers ever witness.

Along the way, you'll encounter remote Sherpa villages and immerse yourself in authentic local culture, making the journey as enriching as the summit itself.

Expert Guidance & Safety

Safety and success are at the heart of our expeditions. Our team includes highly experienced mountaineering guides and skilled Sherpas who provide technical support, route management, and high-altitude expertise.

Every aspect of the climb from acclimatization schedules to equipment logistics is meticulously planned to ensure your expedition is as safe, efficient, and rewarding as possible.

Detailed Itinerary

Day 1: Arrival in Kathmandu (1,400m) & Transfer to Hotel

Upon arrival at Tribhuvan International Airport in Kathmandu, you will be warmly welcomed by your expedition team. Transfer to your hotel in the heart of Kathmandu and settle in after your journey. Take the evening to rest, recover from travel, and enjoy the vibrant city surroundings. The day concludes with a welcome meeting where you are introduced to your guides and Sherpa team, receive your first briefing, and review the itinerary ahead. This is your first opportunity to immerse yourself in Nepal's rich culture while preparing for the adventure to come.

Accommodation: 4 Star Hotel

Meals: Welcome Dinner

Day 2: Rest in Kathmandu - Expedition Briefing and Preparation

Spend a full day in Kathmandu acclimatizing to the local environment. Attend a comprehensive expedition briefing where your guides explain the Makalu route, climbing schedule, high-altitude safety measures, and technical requirements. Equipment checks, personal gear adjustments, and tips on high-altitude trekking will be conducted. You can also explore Kathmandu's cultural landmarks or enjoy local cuisine while mentally preparing for the



challenging expedition ahead.

Accommodation: 4 Star Hotel

Meals: Breakfast

Day 3: Fly from Kathmandu to Tumlingtar and Drive to Num (1,560m)

Take an early morning scenic flight from Kathmandu to Tumlingtar, a small airport in eastern Nepal serving as the gateway to the Makalu region. From Tumlingtar, embark on a drive through rolling hills and rural villages, arriving at Num, your first stop in the mountains. Num offers a glimpse of traditional Nepalese village life, surrounded by terraced fields and forested slopes. This day is ideal for light walking and stretching after the flight.

Accommodation: Tea House

Meals: B, L, & D

Day 4: Trek from Num to Seduwa (1,510m)

Begin your trek along the well-marked trails that follow rivers and pass through dense forests and small villages. The trail gradually ascends, giving your body time to adjust to the higher altitude. Along the way, enjoy views of distant Himalayan peaks and interact with locals going about their daily routines. Seduwa, a picturesque village nestled in the hills, provides a comfortable lodge for the night.

Accommodation: Tea House

Meals: B, L, & D

Day 5: Trek from Seduwa to Tashi Gaun (2,070m)

Today's trek introduces slightly steeper climbs through rhododendron forests and terraced farmland. The trail passes small, traditional villages where you may witness local customs and lifestyles. Tashi Gaun, your destination for the night, is an excellent place for acclimatization before higher altitudes.

Accommodation: Tea House

Meals: B, L, & D

Day 6: Acclimatization at Tashi Gaun (Rest Day)

Take a rest day at Tashi Gaun to acclimatize. Gentle hikes around the village allow your body to adapt to the increasing altitude, while the surrounding forests and ridges provide breathtaking views of distant snow-capped peaks. Guides provide instruction on high-altitude trekking techniques and safety measures for the days ahead.

Accommodation: Tea House

Meals: B, L, & D

Day 7: Trek from Tashi Gaun to Khongma (3,760m)

A longer and more challenging trekking day through alpine terrain, forests, and river valleys. The landscape becomes more rugged as you ascend, with panoramic views of Makalu and nearby peaks emerging. Khongma is a high-altitude



village where you spend the night in a lodge, preparing for the move toward the Base Camp.

Accommodation: Tea House

Meals: B, L, & D

Day 8: Trek from Khongma to Dobato (4,010m) - Begin Camping

Trek through high-altitude valleys and glacial streams to reach Dobato. This marks the start of camping accommodations, bringing you closer to the wilderness and the mountains. The environment becomes stark and dramatic, with sparse vegetation and a sense of isolation. Your guides help set up camp, ensuring tents are secure and supplies are organized.

Accommodation: Camp

Meals: B, L, & D

Day 9: Trek from Dobato to Yangle Kharka (3,640m)

Continue trekking along the rugged terrain of the Makalu region. Yangle Kharka is a picturesque campsite surrounded by alpine meadows and glacial streams. The trek involves navigating steep sections, small ridges, and open valleys, offering spectacular views of Makalu's massive ridges.

Accommodation: Camp

Meals: B, L, & D

Day 10: Trek from Yangle Kharka to Langmale Kharka (4,450m)

Ascend into higher alpine landscapes with breathtaking panoramas of surrounding peaks. Langmale Kharka is an expansive campsite, perfect for resting before reaching Lower Base Camp. This day helps your body adapt to higher altitudes and prepares you for the serious climbing ahead.

Accommodation: Camp

Meals: B, L, & D

Day 11: 1Trek to Makalu Lower Base Camp (4,850m) - Acclimatization

Arrive at Lower Base Camp, the staging point for all summit attempts. Spend the day acclimatizing, organizing gear, and scouting the surrounding glaciers. The sheer size and scale of Makalu become apparent here, and climbers can enjoy close-up views of its impressive ridges and technical faces.

Accommodation: Camp

Meals: B, L, & D

Day 12 to 13: Acclimatization at Lower Base Camp (Rest Days)

Rest and acclimatize with optional short hikes to nearby ridges or glaciers. These days are crucial for preparing your body for higher camps and the summit attempt. Guides review climbing techniques, rope work, and high-altitude safety drills.

Accommodation: Camp



Meals: B, L, & D

Day 14: Hike from Lower Base Camp to Higher (Main) Base Camp (5,600m)

Move to Main Base Camp at 5,600m. The climb involves navigating moraines and small glaciers, giving climbers their first exposure to high-altitude technical terrain. The camp offers stunning views of Makalu's upper ridges and the surrounding high Himalayan peaks.

Accommodation: Camp

Meals: B, L, & D

Day 15 to 30: High Camp Rotations

Over the next two weeks, climbers rotate between Base Camp and higher camps (Camp I, II, III) to gradually acclimatize. Each rotation includes carrying loads, practicing rope and ice techniques, and sleeping at progressively higher altitudes. These rotations are essential for building strength, endurance, and confidence before the summit push.

Accommodation: Camp

Meals: B, L, & D

Day 31 to 42: Summit Climbing Period

The final summit attempt involves moving from Base Camp to Makalu's summit (8,485m) and returning safely. Climbers navigate glaciers, ice walls, and steep ridges, facing extreme conditions that demand technical skill, careful planning, and mental resilience. Success at the summit offers unparalleled views and a life-changing achievement.

Accommodation: Camp

Meals: B, L, & D

Day 43: Cleaning Up Base Camp

After the summit push, the team organizes and cleans Base Camp, packing gear and ensuring the environment is left pristine. Rest and recover after the intense climbing period.

Accommodation: Camp

Meals: B, L, & D

Day 44 to 47: Trek Back to Seduwa and Num

Begin your descent retracing the route through Langmale Kharka, Yangle Kharka, Dobato, Khongma, and Tashi Gaun. Overnight stays are in lodges along the trail, giving climbers time to reflect on their achievement and enjoy the mountains one last time.

Accommodation: Tea House

Meals: B, L, & D

Day 48: Drive from Khandbari to Tumlingtar - Fly to Kathmandu



Drive to Tumlingtar and take a flight back to Kathmandu. Upon arrival, transfer to your hotel for a relaxing evening, celebrating the completion of the expedition.

Accommodation: 4 Star Hotel

Meals: Breakfast

Day 49: Leisure Day in Kathmandu

Spend the day exploring Kathmandu, visiting temples, markets, or relaxing at the hotel. This day is ideal for recovery, shopping, and experiencing the vibrant culture of Nepal's capital.

Accommodation: 4 Star Hotel

Meals: Breakfast

Day 50: Departure

Transfer to Tribhuvan International Airport for your onward flight. Depart with memories of a challenging and unforgettable Himalayan expedition, having experienced the grandeur of Makalu and the remote beauty of eastern Nepal.

Accommodation: Hotel

Meals: Breakfast

Gears Lists

Head & Sun Protection

- Warm expedition hat or insulated beanie
- Balaclava or face mask
- Buff / neck gaiter
- Glacier sunglasses (Category 4 protection)
- Ski goggles for storms and high winds
- Sun hat or cap for lower elevations
- Headlamp with spare batteries (2 recommended)



- High SPF sunscreen (50+)
- SPF lip balm
- UV protective face cover

Upper Body Layers

Layering is essential because temperatures can range from warm valleys to -40°C at higher camps.

- Moisture-wicking base layer tops (2-3)
- Mid-weight thermal tops
- Fleece jacket or grid fleece
- Softshell jacket
- Down jacket (heavy expedition down parka)
- Hardshell waterproof jacket (Gore-Tex or equivalent)
- Lightweight trekking shirt
- Expedition down suit or down jacket & pants combination

Lower Body Layers

- Base layer thermal bottoms (2-3)



- Softshell climbing pants
- Waterproof hardshell pants
- Insulated down pants for high camps
- Trekking pants for lower elevations
- Underwear (quick-drying)
- Gaiters (heavy-duty mountaineering)

Footwear & Accessories

Proper boots are critical for climbing Mount Makalu.

- Expedition mountaineering boots (8000m rated)
- Base camp shoes or trekking shoes
- Camp booties or insulated down booties
- Thick wool expedition socks (4-5 pairs)
- Liner socks
- Mountaineering crampons
- Ice axe (technical mountaineering)
- Climbing harness
- Helmet



- Carabiners (locking and non-locking)
- Ascender (Jumar)
- Belay/rappel device
- Trekking poles
- Prusik loops
- Fixed line safety lanyard
- Heavy-duty duffel bag
- Daypack (30–40L)
- Expedition backpack (70–90L)

Personal & Medical Kits

- Personal first aid kit
- High altitude medication (Diamox if prescribed)
- Pain relievers
- Blister treatment kit
- Hand sanitizer
- Wet wipes
- Toothbrush and toothpaste



- Small quick-dry towel
- Nail clipper
- Personal prescription medicines
- Rehydration salts
- Energy snacks / electrolyte tablets

Travel Documents

- Passport (valid for at least 6 months)
- Nepal visa
- Travel insurance (high-altitude rescue coverage)
- Passport photos
- Copies of permits and expedition documents
- Flight tickets
- Emergency contact list
- Credit card and some cash (USD/NPR)

Miscellaneous

- Sleeping bag (-40°C expedition rated)



- Sleeping bag liner
- Inflatable sleeping pad
- Water bottles (insulated recommended)
- Thermos flask
- Water purification tablets or filter
- Power bank / solar charger
- Camera or GoPro
- Notebook and pen
- Books or entertainment for base camp
- Snacks and comfort food
- Large waterproof stuff sacks
- Laundry bag
- Repair kit (duct tape, gear patches)

Cost Includes

- 1.** Airport Transfers (arrival and departure in Kathmandu)
- 2.** Hotel Accommodation in Kathmandu (before and after the expedition with breakfast)
- 3.** Domestic Flights / Ground Transportation to and from the expedition starting point
- 4.** Full Expedition Permit for Mt. Makalu issued by the Government of Nepal
- 5.** Makalu Conservation Area Entry Permit and all trekking route fees
- 6.** Experienced Expedition Leader / Climbing Guide (certified and trained)
- 7.** Support Staff including assistant guides, porters, and kitchen crew
- 8.** All Meals During the Trek and Expedition (breakfast, lunch, dinner, tea/coffee)
- 9.** Camping Equipment (tents, dining tent, kitchen tent, sleeping mats, tables, chairs)
- 10.** High Altitude Equipment Support for base camp operations



- 11.** Climbing Gear Logistics (ropes, ice screws, ladders, fixed lines where required)
- 12.** Wages, Food, Insurance, and Equipment for all Nepali staff
- 13.** Base Camp Setup and Services (communication, power, cooking, water supply)
- 14.** Emergency Medical Kit (basic first aid at base camp)
- 15.** Expedition Certificate after successful completion
- 16.** Government Taxes and Service Charges

Cost Excludes

- 1.** International Airfare to and from Nepal
- 2.** Nepal Visa Fees (paid upon arrival)
- 3.** Personal Travel and Medical Insurance (must include high-altitude rescue)
- 4.** Helicopter Rescue or Evacuation Costs (if required)
- 5.** Personal Climbing Equipment (boots, harness, crampons, sleeping bags, down suits, etc.)
- 6.** Extra Nights in Kathmandu beyond the scheduled itinerary
- 7.** Personal Expenses (laundry, snacks, phone calls, Wi-Fi, hot showers)
- 8.** Alcoholic Drinks and Soft Beverages during the trek and expedition
- 9.** Tips for Guides, Porters, and Staff (highly expected)
- 10.** Summit Bonus for climbing staff (if applicable)
- 11.** Additional Oxygen and High-Altitude Sherpa Support (if not included in the chosen plan)
- 12.** Any Costs Due to Weather Delays, flight cancellations, or itinerary changes

