Kanchenjunga North to South Trek

DURATION: 17 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Basic

Accommodation Hotel, Guse House / Tea House

Max Height 5143 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane, Car, Jeep

Duration 17 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

Kanchenjunga North and South in Nepal's Kanchenjunga Conservation Area offers unique wildlife experiences, stunning views of peaks, diverse landscapes, and cultural immersion in local communities. It is home to snow leopards, red pandas, musk deer, and traditional crafts. Kanchenjunga Conservation Area is a haven for nature enthusiasts and adventure seekers alike. The towering peaks of Kanchenjunga North and South provide a breathtaking backdrop for wildlife sightings and outdoor activities. Visitors can trek through lush forests, alpine meadows, and remote villages, immersing themselves in the rich culture and traditions of the local communities. The chance to spot elusive snow leopards and red pandas adds an element of excitement to any journey through this pristine wilderness. Additionally, the opportunity to support local artisans and purchase handmade crafts directly from the source is a rewarding way to contribute to the preservation of this unique ecosystem.

Exploring the region also offers the chance to witness stunning sunrises over the majestic peaks and to connect with the spiritual energy that radiates from these sacred mountains. Whether embarking on a challenging hike or simply taking in the serene beauty of the landscape, the Kanchenjunga region offers a truly unforgettable experience for nature lovers and adventure seekers alike. By choosing to visit and engage with the local communities responsibly and sustainably, visitors can help ensure that this pristine wilderness remains protected for generations to come.

MOUNT
ADVENTURE HOLIDAYS

Trip Itinerary

Day 1 FLIGHT FROM KATHMANDU - BHADRAPUR (93 m) 45 MINUTES FLIGHT THEN DRIVE TO ILAM (800 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Plane & Bus/Jeep | 800 m

Early in the morning, we take our flight to Bhadrapur from Kathmandu with the scenic view of the Eastern region. After 45 minutes of flight, we reach the Bhardrapur airport then we will take a car/jeep from Bhadrapur for Illam which will take Approx 7 hours of drive.

Day 2 ILAM BAZAR TO YAMPHUDIN (1864 m)

5 Hrs | Breakfast, Lunch & Dinner | Tea House | Jeep | 1864 m

We will explore the tea garden of Ilam and ascend upward from Illam for our overnight stay in Yamphidin Village on a private jeep.

Day 3 YAMPHUDIN TO TORTONG (2995 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2995 m

Today we march gradually ascending and following the Sibuwa river and cross the river again to our left side. A short steep uphill walk takes us to a bit high and keeps the distance with Sibuwa River. We walk through the rhododendron and bamboo bushes and thick forest to reach Tortong and we can enjoy with the wild animals like Red Panda, Wild Boar, Bear, Musk Deer, wild birds, and other different wild animals in our way and we will stay in Tortong for the overnight.

Day 4 TORTONG TO CHERAM (3870 m)

5 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3870 m

Today we will trek through the trail of the dense forest of beautiful bamboo and rhododendron which is accompanied by the river. After that we will walk along the Simbuwa Khola gradually uphill then after some time we will reach Cheram for the overnight stay.

Day 5 CHERAM TO RAMCHE (4580 m)

4 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4580 m

We begin our short trek after breakfast. From Cheram, we ascend for some time before reaching the snout of the Yalung Glacier. It is a beautiful walk on a valley trail. We also cherish the views of several Himalayan peaks. We pass through a small settlement of Lapsang before reaching Ramche. Overnight in Ramche.

Day 6 RAMCHE TO YALUNG BASE CAMP (4500M) TO CHERAM

8 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4500 m

From Ramche, we walk further up the valley. We then follow a stream before climbing on the moraine top until confronted by Kanchenjunga’s southern face. We walk further ahead for a glimpse of the Jannu Himal. We continue our trek further towards the Oktang Monastery. From here, we climb further up and reach the Yalung Base Camp. The views from the base camp are extraordinary. Kumbakarna (Jannu), Nyukla Lachung, and other Himalayan peaks are close by. We descend and spend the night at Cheram.

Day 7 CHERAM TO SELE LA (4290 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4290 m

We begin our trek after breakfast. We cross four passes today beginning with Sinelapche Bhanjyang. After crossing the pass we continue to Mirgin La pass. We continue trekking and reach the Sinon La pass which is not very far. From here, we ascend to Sele La pass. There are prayer flags strung across one of the steeper sections of the trail which is very near to the Sele La pass. We cross the pass. Overnight in Sele La.

Day 8 SELE LA TO GHUNSA (3,595 m)

4 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3595 m

We begin our trek after breakfast. We walk towards the north with Tangbgharma Danda nearby. We reach a chorten marked by prayer flags which marks the start of a steep trail. We descend through rhododendron, birch, and pine forests before reaching Ghunsa. It is a beautiful village of houses with Day.

Day 9 GHUNSA - KHAMBACHEN (4050 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4050 m

After Breakfast, we heading to Khambachen along the green forests concede to the frost-browned vegetation of the alpine regions of the Kanchenjunga region as we climb steadily to the upper glacial valleys on our path, with mighty Jannu standing before us in all its glory as we trek through the scenic landscape towards Khambachen

Day 10 KHAMBACHEN – LHONAK (4780 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4780 m

Today will be another challenging day and an early start is needed. We will trek through rocky fields and large boulders on the hillside along the riverbank and arrive at a waterfall. We will then cross a bridge to Ramtang monastery. After then we will cross a landslide section which we must pass through at a steady pace before descending to the river and finally arriving at Lhonak. We will stay overnight in Lhonak.

Day 11 KANCHENJUNGA NORTH BASE CAMP (5143 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 5143 m

From Lhonak, we trek towards the Kanchenjunga Base Camp. Our trail is alongside the gigantic Kanchenjunga Glacier. After passing Pangpema we will descend towards the Kanchenjunga Base Camp. The view from the base camp is magnificent. Mount Kanchenjunga, Jannu Himal, and other Himalayan peaks are ours to admire. After then we will descend back to Pangpema and stay overnight.

Day 12 PANGPEMA – LHONAK / KHAMBACHEN

7 Hrs | Breakfast, Lunch & Dinner | Tea House | WAlking | 4050 m

From returning by the same route to Lhonak, we gain a different and refreshing perspective of the region's beautiful scenery. Pema we trace back our steps to khambachen.

Day 13 KHAMBACHEN– GHUNSA / PHALLE VILLAGE (3475 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3475 m

From Lhonak, we will descend all the way to Ghunsa via Tibetan refugee village Phalle. It is the same route we took when we were climbing up

Day 14 PHALLE– AMJILOSA / THYANYANI (2308 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2308 m

from/Phalle Ghunsa, we descend towards Phale. We will pass through several Mani's and a monastery nearby. We will walk through Juniper forests and reach Phale. From there, it is a steady descent to Gyabla. We will cross a bridge over river Chhundatangka and reach Gyabla. As we continue our trek, we see a waterfall nearby. We also cross a suspension bridge over river Sumbung before reaching Amjilosa. Today we stay overnight in Amjilosa

Day 15 AMJILOSA – RANIPUL(QUEEN BRIDGE)/TAPLEJUNG (1270 m) 4 HOURS TREK AND SAME DAY DRIVE BACK TAPLEJUG, OVERNIGHT STAY TAPALEJUNG

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking & Jeep/Bus | 1270 m

Today we will drive through the Taplejung Bazaar with the private jeep/car then we will drive and see Nepali culture and lifestyle and a beautiful cardamom garden with a beautiful rice paddy field. After approx 6 hours of drive, we will reach Illam Bazaar and stay overnight in Illam. After reaching Illam we will do the sightseeing of Illam Bazaar and Illam Bazar is one of the most popular business hubs between India and Nepal. Illam is very famous for its local products like Tea, Cardamom, Ginger, Ghee, chilly, and many other household products.

Day 16 TAPLEJUNG - ILAM (800 m) DRIVE

4 Hrs | Breakfast, Lunch & Dinner | Guest House | Jeep | 800 m

After reaching Illam we will do the sightseeing of Illam Bazaar and Illam Bazar is one of the most popular business hubs between India and Nepal. Illam is very famous for its local products like Tea, Cardamom, Ginger, Ghee, chilly, and many other household products.

Day 17 ILLAM TO BHADRAPUR BY PRIVATE JEEP 4 HOURS DRIVE AND FLIGHT BACK - KATHMANDU

5 Hrs | Breakfast & Lunch | Hotel | Jeep & Plane | 1400 m

We will drive from Illam to Bhadrapur by private jeep through the tea garden in the small towns of Kanyam, we can see many scenes of tea garden, Nepali lifestyle and we can buy varieties of tea and local products from Fickal Bazaar/ Kanya. Then we will drive to Bhadrapur airport for our flights and we will fly back to Kathmandu on the same day.

Cost Includes

- Airport/ hotel pick up and drop off by private vehicle
- Hotels in Kathmandu, inclusive of breakfast
- Three Times Meals during the trek
- Government licensed, experienced English speaking guide
- One porter per two people
- Food, accommodation, salary, insurance, equipment, and medicine for all staff.
- All government taxes
- One trekking map per person
- Kanchenjunga permit and conservation fee
- Sleeping bags and down jackets for the trek (should be refunded after the trek)
- Surface transportation
- First aid kit
- Domestic flight tickets KTM–BDR/Suketa
- Fresh fruit during the trek

Cost Excludes

- Travel and rescue insurance
- Beverage bills, bar bills, and personal expenses
- Nepal entry visa
- Tips for guide, porter, and driver
- Extra day Kathmandu Hotel

- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Optional trips and sightseeing if extended

Trip Map