Sat Peak Climbing

DURATION: 20 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Easy

Accommodation Hotel / Tea House / Camping

Max Height 6220 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane & Jeep

Duration 20 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

Sat Peak, located in Nepal's Kanchenjunga mountain range, offers stunning views of various mountain ranges. The peak is home to various vegetation, including pine and hemlock forests, white pine, juniper, birch, and rhododendron. The park is home to various wildlife, including Red Pandas, Snow Leopards, Musk Deer, Himalayan Tahr, martens, Himalayan Mouse hares, and over 118 bird species. A professional peak climbing package is available for those seeking to explore the Himalayas in Nepal. The 15- to 22-day adventure trip starts from Kathmandu, with essential preparation and a professional mountain guide.

To climb a peak in the Himalayas or other mountain ranges, gather up-to-date information on its location, elevation, difficulty, permits, and safety. Proper mountaineering skills, physical fitness, and experience are essential. Collaborate with reputable expedition companies or local guides for expert guidance. The package includes acclimatization days to adjust to the high altitude and ensure a safe climb. Participants will have the opportunity to witness breathtaking views of the surrounding peaks, such as Mount Everest and Kanchenjunga, as they make their way to the summit.

Trip Itinerary

Day 1 FLIGHT FROM KATHMANDU TO BHADRAPUR (93 M) 45 MINUTES FLIGHT THEN DRIVE TO TAPLEJUNG (1820 M)

8 Hrs | Breakfast, Lunch & Dinner | Guest House | Plane & Jeep | 1820 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/Taplejunga which will take Approx 8 hours of drive. We will stop in the

beautiful tea garden of Illam also known as the garden of Nepal for our lunch. After our Lunch, we will decent upward from Illam for our overnight stay in Taplejung.

Day 2 TAPLEJUNG TO RANIPUL (1740 M) DRIVE BY PRIVATE JEEP

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Jeep | 1740 m

Today we will head towards the Mitlung/Sinuwa by crossing the small river over the suspension bridge. Then our trail descends down to Tamor Riverwalk through villages and terraced fields. Some irregular villages give us an opportunity to meet local people. Upon arriving at Tamor River, we follow some narrow trails close to the river. Then a gradual uphill trail through the terraced fields and a few houses take to the village of Hellok.

Day 3 SEKATHUM/RANIPUL- AMJILOSA (2308 m)

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

After breakfast, we head to a series of impressive suspension bridges that leads us back and forth across the Ghunsa Khola to Jaubari, then across another bridge to the narrow trail leading up the steeply-sided slopes to Amjilosa.

Day 4 AMJILOSA - GYABLA (2730 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2730 m

After breakfast, we start our trek along the thickly forested region of dense rhododendron and venerable oak trees, past myriad waterfalls and the scattered villages lying quietly below the mountains in their peaceful valley. Eagles soar lazily above us, yaks graze solemnly in green pastures, and occasional signs of wildlife come into view among the trees or high on the slopes.

Day 5 GYABLA -GHUNSA VILLAGE (3595 m)

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

After breakfast, we head towards the Tibetan refugee village of Phalle, and then we explore to tiny Tibetan refugee village and monastery along lunch time, make the steady climb to the picturesque town of Ghunsa and its superb view of the surrounding countryside.

Day 6 REST & ACCLIMATIZATION DAY- GHUNSA VILLAGE

Breakfast, Lunch & Dinner | Tea House | 3595 m

After breakfast, we explore tiny Ghunsa village and make a local hand made carpet and supports for local people economic rise, designated rest day to help the body acclimate to the high altitude, and Ghunsa is perfectly suited to the task by virtue of its scenic alpine surroundings and points of cultural interest, including the local gompa.

Day 7 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 8 KAMBACHEN – 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 9 KANCHENJUNGA 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 10 PANGPEMA – 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 11 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 12 GHUNSA TO NAGO-LA CAMP (4775 m)

6 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 4775 m

We start the trek early morning From Ghunsa we descend the main trail alongside the Ghunsa Kola until we meet a junction in the trail, from here we ascend to a series of summer grazing pastures (Khaka) where we will camp for the night.

Day 13 SAT PEAK BASE CAMP(5500 M)

7 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5500 m

Sat Peak Base Camp, our trail climbs up on top of a rocky ridge and from there we will gradually climb to reach a good camping site at 5500 meters. During our climbing trek, we will have glorious views of the Kanchenjunga Himalaya Range and surrounding high Himalaya valleys. Once we reach our campsite, our climbing sherpa team crew will set up the camp and make necessary checks on our health conditions and climbing gear needed for climbing the summit of Sat Peak.

Day 14 SAT PEAK (6220 m) summit & back to Sat Peak Base Camp.

7 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 6220 m

Early in the morning, we all were desperately waiting for Fully acclimatized and properly equipped we started early with the aim to reach the top of the summit as the strong winds after midday can create obstacles in reaching the summit. Following the footsteps and guidance of our experienced climbing experts, we will overcome several technical sections and head towards the peak summit. Our tiring climb to the summit of Tengkoma Peak is rewarded with magnificent views of Kanchenjunga, Kumbhakarna, Dhormo Peak, Nupchu, Mount Jannu, Nepal, ten Peak, Weds Peak, Makalu, Everest Lhotse, and some other snow-capped Himalaya range. We will spend a short quality time at the summit and then descend following the same route back to the base camp.

Day 15 SAT PEAK BASE CAMP TO OLANGCHUNG GOLA (3890 M)

10 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3890 m

An early start this morning will give us the best opportunity for clear views during our crossing of the Nango La. Once over the pass, we descend to a bowl-shaped valley. We stay on the northern side of the river and enter the thick forest to Yangma Kola. Olangchung Gola is one of the most important centers for trade between Nepal and Tibet in this region. Most commonly exports to Tibet include grain, sugar, cigarettes, and cotton thread which are exchanged for Tibetan salt, carpets, and wool.

Day 16 OLANGCHUNG GOLA TO ILA ADNDA (2150 m)

9 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2150 m

Today the walk descent down pleasant as it passes through Ulnus and Rhododendron forest for about an hour until we reach a suspension bridge. After crossing the suspension bridge, the trek passes through dense bamboo groves. This place is popular among trekkers as it is the habitat of the red panda. If you are lucky, we might catch a sight of the red panda! We reach Maguwa (2435m) for lunch. After lunch, the trail passes through maple and Ulnus forest. There is a big landslide on the way before we reach Selep Kharka(2150m).

Day 17 Ella DANDA TO RANIPUL (1690 M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 1690 m

Today the trek runs along the mighty Tamor River. At the start of the trek, there are two big stones with religious significance. The trek passes through Ulnus trees until we reach a big landslide that takes around half an hour to cross. After a walk of two and half hours from Chiruwa through beautiful cardamom gardens, we reach Tapethok (1340m) for lunch. It is a small market with some tea shops. There is also a KCAP checkpoint at Tapethok. After lunch, it is a pleasant walk for about an hour until Pembu (1485m).

Day 18 RANIPUL TO ILLAM - DRIVE BY PRIVATE JEEP

9 Hrs | Breakfast, Lunch & Dinner | Guest House | Jeep | 800 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 19 ILLAM TO BHADRAPUR BY PRIVATE JEEP DRIVE AND FLIGHT BACK TO KATHMANDU

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

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

Day 20 KATHMANDU FINAL DEPARTURE

It’s your last day in Nepal! Grab some breakfast, and then take in some last-minute shopping in Kathmandu. We’ll make sure you arrive at Kathmandu International Airport with plenty of time before your flight home. At this time, we’ll say our goodbyes and bid you farewell, armed with warm memories and gorgeous photos to show your loved ones.

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
- All guesthouse accommodation during the trekking period and North Face, Salewa, Mountain Hardware, or similar tented camp accommodation during the climbing period.
- High altitude climbing leader (Sherpa guide) licensed by Nepal Mountaineering Association (NMA).
- Well experienced English-speaking assistant guide if the group size exceeds 5+ persons.
- Group climbing equipment including ropes, ice screws, snow bars, harness, carbine, eight-figure, etc.
- Sat Peak climbing permit fee.

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