Kanchenjunga Circuit Trek

DURATION: 20 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Basic

Accommodation Hotel, Guest House, Tea House

Max Height 5143 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane, Car, Bus, Jeep

Duration 20 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, October - November

Trip Overview

Kanchenjunga Circuit Trek in the northeast of Mt. Kanchenjunga offers a unique journey through villages, forests, and diverse terrain with stunning views of Yalungkang, Mt. Jannu, Makalu, Lhotse, and Mt. Everest. Trekkers can explore traditional Sherpa villages, encounter rare wildlife, and marvel at snow-capped peaks and alpine lakes. Sustainable tourism practices are important to preserve the natural beauty and ecosystems of the area. Consider the necessary gear, training, and strategies for altitude acclimatization when planning for this trek. However, be mindful that the trek's physical and mental demands may be challenging for some individuals.

Explore two base camps in Kanchenjunga, Makalu, and Everest, and discover local ethnic communities like Rai and Limbu. Immerse yourself in the rich flora and fauna of Nepal's eastern region on the Kanchenjunga Base Camp Trek. The journey starts from Point, Suketar, or Tabejung, two cities in Nepal's east. The Kanchenjunga Circuit Trek, located northeast of Mt. Kanchenjunga, offers a unique journey through villages, forests, and terrain topography, passing through mountains like Yalungkang, Jannu, Makalu, Lhotse, and Mt. Everest. The trek requires high fitness and endurance but offers breathtaking views, a sense of accomplishment, and the serenity of remote mountain landscapes.

Trip Itinerary

Day 1 Arrival in Kathmandu (1400m.|4593ft.)

30 Minutes | Breakfast | Hotel | Walking | 1400 m

Please provide us with your arrival flight details and airline schedule so our airport representative can be present at Tribhuwan International Airport to receive you. After receiving you, he will transfer you to your hotel in a private vehicle. You can walk to Thamel or Boudha in the evening and relax at

the hotel.
Our team management will arrange a meeting with you at a time that is convenient for you. During this meeting, they will collect your original passport and prepare the necessary permits for your trekking adventure. You will be required to come to our office, where the team manager will be waiting to hand over your original passport and introduce you to your trekking guide. The guide will then check your trekking equipment and advise you on whether you need to buy or rent any additional equipment. If you need to purchase any equipment, you can find it at the trekking shops located in Thamel or Boudha.

Day 2 Fly from Kathmandu to Biratnager and drive to Taplejung same day Sekhathum (1220m)

7 Hrs | Breakfast, Lunch & Dinner | Hotel | Walking | 1220 m

We shall depart for Biratnager on a picturesque flight from Kathmandu's Tribhuvan International Airport. There are also amazing vistas of verdant hills and other natural landscapes when we are in the air heading to Bhadrapur. The journey takes roughly 40 to 45 minutes, covering 621 kilometers, between Kathmandu and Biratnager by plane.
We commence our walk from Biratgar City as well. The drive from Bhadrapur to Taplejung is 241 km, or 7–8 hours by Jeep. We plan to drive across Kanyam in a native Jeep. Heading toward Taplejung, the starting point of the Kanchenjunga Circuit Trek, we drive the Mechi Highway, past tea fields.
Taplejung boasts a multitude of picturesque elements, including farms, grasslands, rivers, lakes, glaciers, and forests. Known as Mukkumlung Mangham, Pathibhara Devi Temple

Day 3 Drive from Taplejung (1820 m) to Sekathum (1575 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 1785 m

Once we spend the night in Taplejung, we will continue our journey to Sekathum through a 5- to 6-hour Jeep ride. During the ride, we will pass through rural settlements that include mud houses, rice fields, and terrace farms. We will gradually descend to the Tamur River and then hike uphill to reach the

Ghunsa Khola Valley. After some hiking, we will arrive at the point where the Tamur and Ghunsa Khola rivers meet. From there, we will hike to Sakalathum and set up camp by the river for the night.

Day 4 Trek to Amjilosa/Thang yam (2310m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2080 m

After having breakfast, we will start our trek towards Kabeli Khola. We will then walk along a trail that goes through forests, crossing a small stream. During our walk, we will be mesmerized by the stunning views of the Himalayan peaks, and we will also pass through various beautiful small villages. Our overnight stay will be in Mamankhe.

Day 5 Trek to Gyable/Phalle (2730m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2729 m

Today, our trek will consist mostly of walking uphill on an easy trail beside the Kabeli Khola. Along the way, we'll be able to appreciate the beautiful ridge that lies on the other side of the stream. At one point, we'll come across a stunning waterfall that's worth admiring. After a while, we'll cross a small suspension bridge and pass through small settlements before finally arriving at Yamphudin, where we'll spend the night.

Day 6 Trek to Gunsa (3595m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3579 m

The trail leads to picturesque paths that travel through a beautiful forest. After leaving Gyabla, we will pass through a small town and cross a hill. Then, after a few hours of trekking, we will reach Ghunsa by following the river trail. Ghunsa is a lovely Tibetan settlement with stone-paved houses, a health center, and a school. Moreover, it has a hydropower station. The village is located within the Kanchenjunga Conservation Area. You can interact with locals, listen to their stories, and observe their daily rural lives. Additionally, the area is home to several Buddhist temples and forts. We will spend the night at the Ghunsa teahouse

Day 7Acclimatization Day in Ghunsa/Khambhachen (4055m)

Breakfast, Lunch & Dinner | Guest House | 4050 m

Acclimatization is a critical component of this long-distance trekking adventure. To get your body used to the high-altitude conditions, you will acclimate at various points along the trail. There are several acclimatization locations in and around Ghunsa. Even on acclimatization days, you will not be idle in Ghunsa/Khambachen and will trek around for some time.
You will hike to a lovely river that is 400 meters above the village. The hike to and from that viewpoint takes about 4 hours. From this vantage point, you can see mountains covered in snow, glaciers, hills, and mountain valleys. You can also visit the Tibetan village of Ghunsa to see its lovely local communities and rich cultural heritage.

Day 8 Trek to Khambachen (4050m)

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4049 m

We will be leaving Ghunsa and trekking through several pine and rhododendron forests. During the journey, we will walk along the southern bank of the Ghunsa Khola, which is home to several monasteries, mani walls, and chortens.

Along the way, we will be hiking alongside slopes and glacier moraines until we reach Khambachen. Khambachen is a stunning town that has a Tibetan heritage and offers breathtaking views of snow-capped mountains in all directions. We will be spending the night at a guesthouse to rest.

Day 9 Trek to Lhonak (4780m)

5 | Breakfast, Lunch & Dinner | Tea House | Walking | 4700 m

After having breakfast, we will start our trek towards Lhonak. Initially, we will hike to the source of the Ghunsa Khola and then proceed northwards along the Kanchenjunga glacier. The trail then ascends through grasslands, leading to the Lhonak Glacier. Although the weather remains cold and the air is dry and thin, the view from the ridge is awe-inspiring. From this vantage point, you can see Mera Peak, Nepal Peak, Twin Peak, and other surrounding peaks, which look incredible. You will be camping overnight at Lhonak.

Day 10 Trek to Kanchenjunga Base camp (5140m) and back to Lhonak

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 5200 m

After breakfast, we will depart for Lhonak to begin our early-morning trek. You will enjoy a stunning view of the snow-capped mountains as we travel along several northern slopes. You can view the magnificent Lhonak glaciers from a trail before getting to the Pang Pema base camp.You can see beautiful scenery with mountains in every direction from the base camp. You can take some breathtaking pictures of the area while exploring it. The Kanchenjunga base camp offers a stunning view of rhododendron forests, mountain glaciers, and subtropical lowlands.
This part of the trek requires quite a bit of physical exertion, so you should have had training or experience at high altitudes beforehand. The Pangpema (5,100) or north face base camp is located above the glacier and provides stunning views of Kanchenjunga and Yalung Kang/Kanchenjunga West (8,505m). You should take your time admiring these stunning views. We will camp there that night after returning to Lhonak along the same route.

Day 11 Trek to Ghunsa (3555m)

4 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3555 m

We will be traveling from Lhonak to Ghunsa via the same path we took before. However, during the journey, you will have the opportunity to learn something new about the region while also enjoying magnificent views of the snow-capped mountains. You will come across cultural landmarks, such as chortens and mani walls, which are scattered throughout the trail. Once we reach Ghunsa, we will spend the night at a tent camp.

Day 12 Trek to Sele la Pass(4200m)

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

Our journey to Sele le Kharka will begin in Ghunsa. We will follow the beautiful trails that wind through steep, rock-strewn roads and pass by a lovely forest on our way to the High Camp. After that, we will cross a high pass that is located just above Sele la Kharka. Finally, we will spend the night at a camp in Sele la Kharka.

Day 13 Trek over Sele la Pass and trek down to Tseram/Rmche (3870m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3869 m

After enjoying breakfast and watching the sunrise, we will embark on a hiking expedition towards the breathtaking Sele le Pass. From there, we will cross two passes: Sinion (660 meters) and Sele La (4480 meters). Our trail will then descend by 1000 meters before arriving at Tseram, where we will set up camp nearby. Throughout the hike, there are awe-inspiring views of snow-capped mountains and various natural wonders to admire.

Day 14 Trek to Oktang Base camp (4730m) and back to Ramche/Tseram (4580m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4580 m

Starting from Tseram, we will hike to Oktang Base Camp. We will travel through the Yalung Glacier snout to an eroded valley. Following that, the trail takes you to the area's breathtaking geological features and snow-capped mountains. The vantage point offers breathtaking mountain views of the Nepal-India border as well.After reaching the Oktang base camp, we can take in the magnificent views of the mountains that surround the area. The area makes for stunning photography, after which you can descend to Ramche. From this Oktang Base Camp, you can see Mt. Kangchenjunga Main (8,586 m), Yalung Kang (8,505 m), Kangchenjunga Central (8,482 m), and Kanchenjunga South (8,476 m), the four main summits of Kangchenjunga. Only here in the Himalayas can one see four such high points so closely spaced from one another.

You will be mesmerized by the surrounding natural beauty, even though the view from this base camp is not as breathtaking as the one from the Pangpema base camp. As you make your way back to Ramche, you will pass a lovely lake and meadow. We will travel over rocky trails to get to Ramche, where we will spend the night.

Day 15 Trek back to Tseram (3800m)

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3799 m

We will wake up early in the morning to witness an incredible Himalayan sunrise, as the mountains are still covered in snow. Following that, we will take the same path we took earlier to reach Tseram, where we will set up our camp for the night. Tseram is a beautiful hamlet with a few scattered settlements and is quite renowned. The locals usually engage in farming and other rural activities, keeping themselves quite busy.

Day 16Trek from Tseram to Tortong /Naya Jhoreni (2995 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2994 m

The trekking trail from Tseram to Tortong/Nayajhoreni is relatively easy to follow. After a short descent from Tseram, the trail splits into two different directions. You need to take the right-hand side trail, as the left one leads back to Sele Le Pass. Upon crossing Simbuwa Khola, the trail enters a rhododendron forest and eventually leads you to Tortong. We will spend the night in Tortong at a local teahouse.

Day 17Trek to Yamphudin/Ilam (1690 m)

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

It will take 6 hours to reach Yamphudin or Ilam Bazer from Tortang or Nayajhoreni. Yamphudin is known for its rich cultural heritage, and its people still follow traditional rituals and celebrations. We will camp there for the night.

Day 18 Drive from Yamphudip to Ilam

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Drive | 1270 m

The drive from Yamahpudin to IIam is long, but it's worth it to reach this beautiful place with its sloped tea gardens, lush green forests, holy sites, and unique culture. It's a popular tourist destination, and there's plenty to explore in the beautiful greenery once you're there.

Day 19 Drive from Ilam to Bhadrapur/Biratnager and fly to Kathmandu

6 Hrs | Breakfast | Hotel | Drive and Flight | 1400 m

After our trip, we will take a flight back to Kathmandu from Bhadrapur or Biratnager. To get to Bhadrapur, we will drive from Illam and then board a flight to Kathmandu. During the flight, we will enjoy the beautiful scenery before arriving in the capital city of Nepal. Once we arrive, you can either rest in a hotel or take a stroll to see the stunning landmarks of this historic city.
After our trip, we will take a flight back to Kathmandu from Bhadrapur or Biratnager. To get to Bhadrapur, we will drive from Illam and then board a flight to Kathmandu. During the flight, we will enjoy the beautiful scenery before arriving in the capital city of Nepal. Once we arrive, you can either rest in a hotel or take a stroll to see the stunning landmarks of this historic city.After our trip, we will take a flight back to Kathmandu from Bhadrapur or Biratnager. To get to Bhadrapur, we will drive from Illam and then board a flight to Kathmandu. During the flight, we will enjoy the beautiful scenery before arriving in the capital city of Nepal. Once we arrive, you can either rest in a hotel or take a stroll to see the stunning landmarks of this historic city.

Day 20 Final departure back to home

30 Minut | Breakfast | Guest House | Flight | 1400 m

We double-checked your belongings before leaving for the airport, where Mount Adventure Holidays would pick us up from the hotel and drop us off three hours before the scheduled flight.

Cost Includes

- Airport/ hotel pick up and drop off by private vehicle
- Hotels in Kathmandu, inclusive of breakfast
- Meals during the trek
- Guest house ,tea house and camping 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
- Surface transportation
- Sleeping bags and down jackets for the trek (should be refunded after trek)
- First aid kit
- Domestic flight tickets KTM–BDR/Suketar
- Trekking Map

Cost Excludes

- Travel and rescue insurance
- Beverage bills, bar bills, telephone bills, and Personal expenses.
- Nepal entry visa
- Tips for guide, porter and driver
- Optional trips and sightseeing if extended
- Excess baggage charges (if you have more than 20 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)

Trip Map

