Kanchenjunga Trek

DURATION: 14 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Easy

Accommodation Hotel, Guest House, Tea House

Max Height 4500 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane, Jeep, Car

Duration 14 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, October - November

Trip Overview

Kanchenjunga Trek is a challenging, isolated hiking path in Nepal's far east, offering stunning views, diverse landscapes, rich culture, and wildlife. It starts in Kathmandu and passes through the Kanchenjunga Conservation Area. Best during late April, May, September, and November. During these months, the weather is generally clear, allowing trekkers to fully appreciate the breathtaking views of the Kanchenjunga mountain range. The diverse landscapes encountered along the trek include lush forests, alpine meadows, and pristine glacial valleys. Additionally, the trek provides an opportunity to immerse oneself in the unique culture of the local communities as well as spot rare wildlife such as the elusive snow leopard and red panda.Kanchenjunga TrekK is a once-in-a-lifetime experience that offers not only natural beauty but also a chance to connect with the rich traditions and customs of the indigenous people. As you make your way through the villages, you will be greeted with warm smiles and hospitality, as the locals are known for their friendliness and welcoming nature. You can take part in cultural ceremonies, taste traditional cuisine, and learn about their ancient beliefs and practices. The trek also provides ample opportunities for wildlife enthusiasts, as the region is home to a wide variety of rare and endangered species. With each step you take, you may catch a glimpse of elusive snow leopards, majestic Himalayan monals, or even the rare red panda.

The local guides and experts will be more than happy to share their knowledge and point out these remarkable creatures. Additionally, the trek offers breathtaking views of snow-capped peaks, crystal-clear lakes, and lush valleys, leaving you in awe of nature's wonders. Whether you are an adventure seeker, a culture enthusiast, or a nature lover, this trek is an extraordinary journey that will leave a lasting impression on your heart and soul.

MOUNT
ADVENTURE HOLIDAYS

Trip Itinerary

Day 1 FLIGHT FROM KATHMANDU TO BHADRAPUR (93 m) 45 MINUTES FLIGHT THEN DRIVE TO TAPLEJUNG (1820 m) APPROX 8 HOURS

9 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 HELLOK (1740 m) DRIVE BY PRIVATE JEEP 5 HRS

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Jeep, Walking | 1470 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 few houses take to the village of Hellok.

Day 3 HELLOK TO YASANG (2800 m) 6 HOURS WALK

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2800 m

Today we will trek to Mamasik from Hellok on our third day and we will decent upward slope with beautiful and friendly local people. Small tea breaks give us plenty of opportunities to encounter local people and have a look over beautiful houses and local domestic animals. We will walk along the Simbuwa Khola on our way to Mamasik and we spend our overnight in Mamasik.

Day 4 YASANG TO TORTONG (2995 m) 6 HOURS WALK

6 Hrs | Breakfast, Lunch & Dinner | Guest 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 5 TORTONG TO CHERAM (3870 m) 5 HOURS WALK

5 Hrs | Breakfast, Lunch & Dinner | Guest 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 6 CHERAM TO RAMCHE (4580 m) 4 HOURS WALK

4 Hrs | Breakfast, Lunch & Dinner | Guest 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 7 RAMCHE TO YALUNG BASE CAMP (4500 m) TO CHERAM 4 HOURS WALK

4 Hrs | Breakfast, Lunch & Dinner | Guest 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 8 CHERAM TO SELE LA (4290 m / 14,074 ft) 6 HOURS WALK

6 Hrs | Breakfast, Lunch & Dinner | Guest 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 9 SELE LA TO GHUNSA (3,595 m / 11,794 m) 4 HOURS WALK

4 Hrs | Breakfast, Lunch & Dinner | Guest 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 10 REST AND EXPLORATION DAY IN GHUNSA

Breakfast, Lunch & Dinner | Guest House | 3595 m

Ghunsa is a beautiful settlement of Sherpa people with their beautiful culture and lifestyle, so we will take a day off for the rest in Ghunsa and explore the beautiful Ghunsa. We will visit the Monastery, Juniper, and incense factory with antique shops of handmade carpets. Ghunsa is the gateway of North and the South Base camp of Kanchenjunga.

Day 11 GHUNSA TO AMJILOSA (2,308 m / 7,572 ft) 6 HOURS WALK

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

From Ghunsa, we descend towards Phale. We pass through several Manes and a monastery nearby. We walk through Juniper forests and reach Phale. From here, it is a steady descent to Gyabla. We cross a bridge over Chhundatangka Khola to reach Gyabla. As we continue our trek, we see a waterfall nearby. We also cross a suspension bridge over Sumbung Khola before reaching Amjilosa. Overnight in Amjilosa.

Day 12 AMJILOSA TO HELLOK (1,270 m / 4166 ft) 7 HOURS WALK

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

After walking for a while we see a beautiful waterfall nearby. We continue our trek and pass a small settlement of Solima before crossing a suspension bridge over Ghunsa Khola. We cross another suspension bridge over Ghunsa Khola and reach Sukathum. Our trail passes through several villages and is beside Thunsa Khola at first followed by Tamor Nadi before reaching Chirwa. Overnight in Chirwa

Day 13 HELLOK TO ILLAM DRIVE-BY PRIVATE JEEP 9 HOURS DRIVE.

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 14 ILLAM TO BHADRAPUR BY PRIVATE JEEP 4 HOURS DRIVE AND FLIGHT BACK TO KATHMANDU

5 hrs | Breakfast & Lunch | Hotel | Jeep, Plane | 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.

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
- Marsh bar and snicker 1 pic each day during the trek

MOUNT ADVENTURE HOLIDAYS

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

MOUNT

ADVENTURE HOLIDAYS