Kanchenjunga Makalu Trek

DURATION: 24 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Challenging

Accommodation Hotel, Guest House / Tea House

Max Height 5200 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane, Car, Jeep

Duration 24 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

Kanchenjunga Makalu Trek is a challenging off-the-beaten-track trekking trip in eastern Nepal, offering stunning views of **seven mountains above 8000m,** including Mount Everest. The trek can be **completed in 12 to 25 days** and can be started from Kathmandu or Biratnagar. It includes five high passes above 4000m and passes through over 500 alpine pond systems. The trek is best during the spring and autumn seasons, with stable weather and clear mountain views. The cost of the trek varies depending on the trekking agency and services offered, including permits, transportation, food, accommodation, and guide fees.

The Kanchenjunga Makalu Eco Trek is a challenging route through high altitude and rugged terrain, starting at **1,500 meters and reaching 5,160 meters** at the Kanchenjunga Base Camp. The trek offers a unique cultural and natural experience through remote villages, lush forests, and alpine meadows. The cost of the trek varies depending on the trekking agency and services offered, including permits, transportation, food, accommodation, and guide fees. Trekkers must acclimatize properly and be physically fit before attempting the trek.

Trip Itinerary

Day 1 Kathmandu to Gupha Bajar (2800 m) via Tumlingtar (405 m)

5 Hrs | Breakfast, Lunch & Dinner | Tea House | Plane, Jeep | 2800 m

Your guide will pick up you from your inn and escort you to the airport. You will take a 45 minutes flight to the Tumlingtar airport in the Arun valley at an altitude of 405m. After that you will take a 4 hours jeep drive to Gupha Bajar. In Gupha Bajar you will explore the popular Gupha Pokhari while gazing at the mesmerizing views of mount Everest, Makalu, Chamlang, Kanchenjunga, Kabru, and Khumbakarna.

Day 2 Trek to Giddhe Danda (3642 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3642 m

Your real trek starts in the early morning along the Milke Danda ridge through the beautiful rhododendron forest and alpine pastures. On the way, you can see many plant species of Primroses, Orchids, Bamboos, and Rhododendrons.

Day 3 Trek to Jaljale Pokhari (4200 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4200 m

You will continue trekking through the rocky terrain while enjoying the landscapes of green hills beneath the cotton candy clouds.

Day 4 Rest day (Acclimatization)

Breakfast, Lunch & Dinner | Tea House | 4200 m

Explore the beautiful Sabha Pokhari, Tin Pokhari, Panch Pokhari, Banduke Pokhari, and cliffs of natural slates. It is interesting to hear the sound of a gun from Banduke Pokhari. Sabha Pokhara is a religiously significant place for Hindu pilgrims. Discover the rich ecosystem of the region.

Day 5 Trek to Jamle Pokhari (4175 m) / Rate Dal pass (4100 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4175 m

Today you will try to cross the Rate Dal pass or camp at Jamle Pokhari. You may spot different bird species such as rose-ringed parakeet, Blyth's kingfisher, deep-blue kingfisher, and blue-naped.

Day 6 Trek to Topkegola (3720 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3720 m

Topkegola is an ancient trading place for Tibetans with Nepalese. The village exhibits rich culture and festivals. It comprises mixed ethnic groups with the majority of Sherpas and Limbu. People are engaged in animal husbandry and knitting handmade clothes.

Day 7 Trek to Papung (2016 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2016 m

In the Papung village, you can see people weaving rugs using ancient techniques. Rich village with schools and hospitals.

Day 8 Trek to Simbuk (3600 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3600 m

You will cross the river Papung and ascend towards Simbuk village. This small village is inhabited by Tibetan Sherpa's. People are engaged in animal husbandry for living.

Day 9 Trek to Lam Pokhari (3036 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3036 m

You will continue ascending the trek towards Lam pokhari. The section is rarely traveled by local people. There are no settlements until you reach Olangchung gola. Experience the true joy of wilderness.

Day 10 Trek to Olangchun Gola (3200 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3200 m

Today you will descend down to Olangchun Gola. This town has been the major international trade route between India and China from ancient times. The village is inhabited by the Walung ethnic group. Explore the 465 years old Deki Chholing monastery.

Day 11 Trek to Yangma Kharka (3400 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3400 m

Yangma Kharka is an area with alpine pastures. You can see people grazing their Yaks and Sheeps during the summer.

Day 12 Trek to Yangma Village (4200 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4200 m

Further north is the last isolated village called Yangma. The village is still untouched by modern times.

Day 13 Trek to Langjong Kharka (3734 m) / Stone Hut

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3734 m

You will trek back to Langjong Kharka and head east towards Nangola Pass (4776m)

Day 14 Trek to Ghunsa (3427 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3427 m

Today you will cross the Nangola Pass and descend to Ghunsa village. It is the checkpoint for going to the Kanchenjunga base camp. People are engaged in tourism, subsistence farming, and animal husbandry.

Day 15 Trek to Sele Le La (4480 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4480 m

You will cross the Yamatari Khola and ascend up to Sele Le La pass.while gazing at the mesmerizing views of mount Everest, Makalu, Chamlang, Kanchenjunga, Kabru, and Khumbakarna.

Day 16 Trek to Tsheram (3870 m)

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

You will trek further towards Mirgin La (4480m), Sinion La(4440m), and Sinelapche Bhanjyang (4646m).

Day 17 Trek to Ramche (4580 m)

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

From Tsheram you will trek along the left of Yalung Glacier to Ramche.

Day 18 Explore the Kanchenjunga Base Camp (4500 m)

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

Today you will explore around the Kanchenjunga base camp and Yalung glacier.

Day 19 Trek back to Tsheram (3870 m)

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

You will trek back to Tsheram and take a rest the remaining day.

Day 20 Trek to Pembaden (3500 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3500 m

Today you will trek to Pembaden.

Day 21 Trek to Timbung Pokhari (4335 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4335 m

Timbung Pokhari is a beautiful pond with magnificent views of the mountains and hills. It is near the Nepal India border. This region is home to the varieties of bird species like Pitta, Pale blue flycatcher, Sultan tit, Silver-eared mesia, Spiny babbler and the white-naped Yuhina.

Day 22 Trek to Falaicha (1600 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 1600 m

You will trek further down to Falaicha accompanied by beautiful forests and villages. Along the way, you can see numerous mountain peaks.

Day 23 Trek to Sandakpur (3636 m), view point for Everest, Makalu, and Kanchenjunga

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3636 m

Sandakpur is bordered by Nepal and India. It is accessible by road transport. The hill station provides magnificent views of Kanchenjunga, green hills and landscapes.

Day 24 Drive to Bhadrapur and fly back to Kathmandu

6 Hrs | Breakfast & Lunch | Hotel | Jeep | 1400 m

Today you will take a jeep drive back to Bhadrapur and fly back to Kathmandu. You can spend the rest of your days exploring the temples in Kathmandu. You will be invited to join a farewell dinner from the team of Mount Adventure Holidays before your departure.

Cost Includes

- Airport/ hotel pick up and drop off by private vehicle
- Hotels in Kathmandu, inclusive of breakfast
- Meals during the trek
- Guesthouse, 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 And Makalu permit and conservation fee
- Surface transportation
- Sleeping bags and down jackets for the trek (should be refunded after the trek)
- First aid kit
- Domestic flight tickets KTM–BDR/Suketar and Tumlingtar to Kathmandu

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