

Kanchenjunga Trek North to South

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 Trek South to North is an 18-day adventure in Nepal's Kanchenjunga Conservation Area, which is home to the world's third-highest Himalayas. Covering an area of 2035 km², the trek offers a unique opportunity to witness rare wildlife, such as snow leopards, red pandas, and musk deer, and experience the wilderness like never before. The trek features breathtaking views of towering peaks, including Kanchenjunga, Makalu, and Lhotse, as it winds through diverse landscapes of lush forests, alpine meadows, and glacial valleys. The trek also provides an opportunity to immerse oneself in the rich culture of the local communities, with visits to traditional villages and monasteries along the way. With experienced guides leading the way, the Kanchenjunga Trek South to North promises an extraordinary journey through one of the most pristine and awe-inspiring regions of the Himalayas.

During the Kanchenjunga Trek from south to north, hikers may encounter the picturesque village of Ghunsa, nestled in a valley surrounded by snow-capped mountains. Here, they can witness the traditional lifestyle of the local Sherpa community, visit monasteries adorned with colorful prayer flags, and even participate in cultural ceremonies and festivals. Additionally, as they make their way through the remote and untouched landscapes, hikers may stumble upon hidden alpine lakes sparkling under the sun, providing a stunning backdrop for photography enthusiasts and nature lovers alike. Explorers on the Kanchenjunga Trek may also have the opportunity to spot unique Himalayan wildlife, such as the elusive snow leopard or endangered red panda, adding an element of excitement to their journey.

Apart from experiencing the natural beauty of the region, hikers can indulge in delicious local cuisine made from fresh ingredients sourced from nearby farms and forests. As part of their trekking experience, adventurers can immerse themselves in local Sherpa culture by learning traditional crafts like carpet weaving or participating in homestay programs that allow them to live with a Sherpa family and gain insight into their daily lives and customs. Moreover, the trek offers breathtaking views of some of the world's highest peaks, including Mount Everest and Kanchenjunga itself, a sight that few are lucky enough to witness in person.

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 Bhadrapur 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 tea garden of Ilam and the 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 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/ 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