

Kanchenjunga Base Camp Trek

Url: <https://www.glorioushimalaya.com/trip/kanchenjunga-base-camp-trek/>

Duration

26

Max. Altitude

5,143m

Difficulty

Challenging

Group Size

2+ Pax

Per Person Cost

USD2500

Transport

Airplane / Jeep / Car

Meals

Breakfast, Lunch & Dinner

Accommodation

Hotels & Tea Houses

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Splendid views of the magnificent Kanchenjunga mountain.
- Hike along the less touristic region
- Explore wilderness
- Explore the beautiful remote villages of Kanchenjunga region.
- Challenging the high mountain passes in Kanchenjunga

Overview

Kanchenjunga Base Camp Trek is a long journey through a remote and beautiful part of eastern Nepal near Tibet and India. The trek takes you to the base of Kanchenjunga, which at 8,586 meters is the third-highest mountain in the world (28,169 feet). Before the measurement of [Everest](#), Kanchenjunga was considered the tallest mountain in the world. The trek begins in the town of Taplejung and takes about 26 days to complete. You will explore the amazing Kanchenjunga Conservation Area and the beautiful Arun Valley on the trek.

The hike takes you through a variety of landscapes, such as dense forests, alpine meadows, and glacial valleys. Along the way, you'll pass through a number of small villages and have the chance to talk to the people who live there. Most of them are of Tibetan or Nepali ancestry. The region's culture is a very unique mix of many different ethnic groups. You will also visit numerous monasteries in Ramtang and Oktang to learn about Tibetan Buddhism.

You will go to both the South and North base camps of Mount Kanchenjunga on this trek. As you walk to the base camps, you will be able to see some beautiful derivative peaks like Kanchenjunga South, North and Central. We also get views of massive peaks like Makalu (8481m), Lhotse (8516m), and Cho Oyu (8188m), which can be seen from the trek, and the views are stunning. More than 20 peaks exceeding 7000m lie in the region along with numerous Himalayan glaciers including Yalung Kang (8505m), Kambachen (7903m), Jongsong (7483), Jannu Peak (7710) and others. <https://www.glorioushimalaya.com/30-best-treks-in-nepal/al>

The chance to see rare animals like the snow leopard, red panda, and musk deer is one of the best parts of the Kanchenjunga Base Camp Trek. A number of rare and endangered plant species can also be seen during the trek. You will walk through many different climates and environments, from thick forests to rock and snow.

Overall, the Kanchenjunga Base Camp Trek is a difficult but rewarding hike that combines natural beauty, cultural immersion, and adventure in a unique way. It's a great choice for people who want to [trek in Nepal](#) for a longer time and want to get off the beaten path.

Itinerary

Day 01: Arrival in Kathmandu and transfer to the hotel. (1400m)

Upon your arrival at International Airport in Kathmandu, we are waiting with warm greetings outside the airport terminal. Our airport representative will be holding a company name card (Glorious Himalaya) with your name beneath. You will then be transferred to your respective hotel via a private car, van, or bus (Depending upon group size). After some refreshments, our Senior Guide will come to meet you for a briefing about your Kanchenjunga Base Camp Trek. You can also ask him any further questions regarding your trip. You can either rest or use the remaining time strolling down the street of Thamel and explore the neighborhood. In the evening you will be invited for a warm welcome dinner at a nearby cultural restaurant, hosted by our company, which will include typical Nepali cuisine and a cultural dance show. We will then drop you back at your hotel where you can finally rest after a long journey. This probably would be your first night in the city of Himalayas. (Breakfast included)

Day 02: Kathmandu sightseeing and trip preparation

Today we will explore the world-famous UNESCO listed heritage sites in Kathmandu. After a hot breakfast at the hotel, our tour guide will pick you up for a sightseeing tour around the ancient heritage sites in Kathmandu. You will be guided to religious and historical sites like Syambhunath Stupa (Monkey Temple), Pashupatinath Temple, Boudhanath Stupa, and Kathmandu Durbar Square. You can get some unique insights into the culture, art, and history of Nepal. Indeed it is a superb combo experience of art,

history, culture, and diverse religion of Nepal which you would not want to miss while in Kathmandu. All these sights carry a lot of historical, religious, and cultural significance of The Himalayas which is definitely worth visiting. Meanwhile, we will arrange for your trekking permit for Kanchenjunga. You can also shop for any equipment left for trekking. Overnight at the same hotel in Kathmandu inclusive breakfast.

Day 03: Fly to Bhadrapur and drive to Illam (1500m) - 1 hr flight & 5 hrs drive

We will opt for an afternoon flight from Kathmandu to Bhadrapur. You can use the whole morning to shop for trekking equipment or any other required items. An hour of flight will take us to Bhadrapur airport, from where we will take a scenic jeep ride to reach Illam, which will take about 4 to 5 hours. Illam is the Tea Capital of Nepal and itself is a popular tourist destination famous for its tea garden. Overnight at a local lodge on full board meals. (Breakfast, Lunch & Dinner)

Day 04: Drive to Suketar (Taplejung) (2420m) - 5 hrs drive & trek to Mitlung (921m)- 4 hrs trek

Today is the beginning day of our actual trek. After breakfast, we will take an early morning drive to Taplejung, passing through tea and cardamom garden. Along the way, we will stop at the top of a pass where we get our first glorious views of Mt. Kanchenjunga and Mt. Jannu at a far distance. Continuing our drive we reach Taplejung where we have our lunch. We will start our trek descending to the Tamur River to reach the village of Mitlung. The path for the next couple of days is often wet, muddy, and slippery, so a pair of trekking poles are essential. Overnight at a local lodge on full board meals. (Breakfast, Lunch & Dinner)

Day 05: Trek to Chirwa (1270m) - 6 hrs walk

Our trail today descends to the Tamur River passing several settlements. This is a fertile zone for a range of crops and vegetables including millet, rice, and potatoes. We will have a descent to a wooden bridge and cross the Thiwa Khola followed by several ups and downs before reaching Chirwa. Chirwa is a village with a market, shops, and a few lodges. Overnight at a local lodge on full board meals. (Breakfast, Lunch & Dinner).

Day 06: Trek to Sekathum (1660m) - 5 hrs walk

Today, we follow the trail along the Tamur River. After a couple of hours, we reach Taplechowk (1380). Before continuing our trip further we will have our trekking permit checked here at the park gate. From Taplechowk, we cross a river via a suspension bridge and follow the west bank along where we can see cardamom growing among the forest. Cardamom is an important herb, especially found in the mid-hills of eastern Nepal. We will stop at Phembu for lunch and then continue by ascending above Tamur River to reach Lelep at (1750m). We will then descend to cross a suspension bridge over Tamur river and enter the more slender Ghunsa Khola Valley before reaching our final destination for the day, Sekathum.

Sekhathum is a Tibetan village from where we get magnificent views of the high Himalayas. On a clear day, Mt. Jannu is visible up the Ghunsa valley. Overnight at a local teahouse on full board meals. (Breakfast, Lunch & Dinner).

Day 07: Trek to Amjilosa (2510m) - 6 hrs walk

Today is a bit more challenging day. Leaving Sekathum, we cross a suspension bridge over a river outside Sukathum, we get through a dense forest, ascend the steep trail, descend and cross another river. We then climb a gorge, pass by Solima Village, and descend once again to the river level. Overall, today's trekking is rather rough. For that reason, we suggest being very careful especially while passing the gorge. Marching further, we later follow a trail which goes both uphill and downhill until we arrive at Amjilosa, where we stop for the night. Overnight at a local lodge on full board meals. (Breakfast, Lunch & Dinner).

Day 08: Trek to Gyabla (2730m) - 5 hrs walk

We start today's trek having a short ascend from Amjilosa through lush rhododendron, bamboo, and oak forests before crossing a small ridge. Then descending towards Ghunsa River, we arrive at Thyanyani (2,400m) where there are several stone shelters. Later, the trail follows several short climbs and descents before passing a magnificent waterfall and a final climb towards Gyabla. Overnight at a local lodge on full board meals. (Breakfast, Lunch & Dinner).

Day 09: Trek to Ghunsa (3595m) - 5 hrs walk

Descending down the steep into a gorge through a forested trail full of fir and rhododendron forests, our walk becomes easier as we follow the river bank that takes us into a large yak pasture land in Pholey. Pholey is a beautiful village inhabited by people from the Tibetan community who moved here long ago. Around the village, we can see Potato fields and the dominance of Tibetan Buddhist culture. Moving ahead, we climb upward where the valley widens, passing the lush fields and forests. Finally, we descend down to cross a suspension bridge over the Ghunsa river to enter into Ghunsa Village. As days go on, we can feel the climate getting cooler as we're gaining more heights. Overnight at a local teahouse in Ghunsa on full board meals. (Breakfast, Lunch & Dinner).

Day 10: Acclimatization day at Ghunsa (3595m)

As we are gaining more elevation, our body needs to get tuned to the new altitude. Therefore, we spend this day at Ghunsa for the purpose of acclimatization. An acclimatization walk will be organized along the trail to Lobsang La. This will help our body adjust to elevation gain over the upcoming days as we climb north Kanchenjunga Base Camp.

Day 11: Trek to Khambachen (4050m) - 6 hrs walk

Leaving Ghunsa, we further trek north along the bank of the river with the backdrop of glorious mountain

scenery. Passing through pastures full of gorgeous wildflowers, pine, and rhododendron forests we cross a bridge at Rampuk Kharka then continue past the waterfall. After crossing the tricky section of the landslide, we pass the landslide area and being to see the magnificent view of Mount Jannu. Marching further through the tricky mountain trail, we finally reach Kambachen where we spend the night. Overnight at a local lodge on full board meals. (Breakfast, Lunch & Dinner).

Day 12: Another acclimatization day

We spend another day for acclimatization at Kambachen. This day, we observe if anybody in the group has any symptoms of altitude sickness. We will use this day to relax -take a bath and/ or explore the Nuphchu Khola Valley area. This will be our second night at Kambachen at the same lodge on full board meals. (Breakfast, Lunch & Dinner).

Day 13: Trek to Lhonak (4785m) - 4 to 5 hrs walk

Today we will start our trek early in the morning to kick-off another challenging day. The trail passes through the rhododendron forest along the lateral moraine passing through seasonal yak herders' camp at Ramtang (4,370m). The trail becomes rockier after an hour or so, and we pass under a landslide area. We should be alert for any rockfall and is best to keep moving at a steady pace. Then, we climb through open rocky fields and cross moraines North West of the Kanchenjunga Glacier to Lhonak. The campsite at Lhonak si near several large stone huts and has gorgeous views of Mera Peak (6,344m), Wedge Peak(6,750m), Twins (7,351m), Nepal Peak (6,910m) among others. However we cannot see the Kanchenjunga from Lhonak, so we will walk up to Pangpema the next day for this view. Overnight at a lodge on full board meals. (Breakfast, Lunch & Dinner).

Day 14: Trek to Pangpema/ Northside of Kanchenjunga Base Camp (5143m) - 4 hrs walk

Today we opt for an early morning hike to the north side of Kanchenjunga Base Camp, locally popular as Pangpema. We visit the Kanchenjunga north base camp which is an incredible trekking experience. Slowly and carefully, we climb up through the line of the moraine. Using trekking poles will make your trek a lot easier. Walking past the rocky area, the trail opens up to Kanchenjunga North Base Camp (Pangpema). Overnight in Kanchenjunga Base Camp at a tented camp on full board meals. (Breakfast, Lunch & Dinner).

Day 15: Trek back to Ghunsa (3,595m) - 8 hrs walk

It's finally time to bid goodbye to this heavenly place. We return to Ghunsa, retracing our steps back via Lhonak and Kamachen. We follow the same path that we had taken earlier enjoying the breathtaking views of natural beauty. Overnight in Ghunsa at a local lodge on full board meals. (Breakfast, Lunch & Dinner).

Day 16: Trek to Sele Le (4,390m) - 5 hrs walk

We leave Ghunsa, diverting towards an alternate path that climbs up steeply towards Sele Le. Along the way, we pass through rhododendron and juniper forests. We can notice a few teahouses at Sele Le Camp, although there are no traces of human settlement on the way. Overnight in Sele Le Camp at a local teahouse on full board meals. (Breakfast, Lunch & Dinner).

Day 17: Trek to Cheram (3,870m) - 8 hrs walk

Today, our trek is a bit challenging. We start out early morning since the trek is a long to Cheram. After breakfast, we hike up to High Camp to delight in some gorgeous view of mountains. From High Camp, we move along the trail ascending to our first pass Sinon La at 4,440m. From here the trail contours the hillside and a short inclined climb takes us to Mirgin la Pass at 4,480m. The trail descends for a moment before contouring round before a final short inclined climb that brings us to the top of Sinelapche La Pass at 4,840m. Each pass will reward us with glorious views. From the final pass, there is a 1,000m descent on a trail past a small lake to Cheram. Cheram is a small village situated above the Simbuwa Khola. Overnight at a local lodge on full board meals. (Breakfast, Lunch & Dinner)

Day 18: Day trip to Kanchenjunga South Base Camp/ Oktang (4580m) - 7 hrs walk

After a hot breakfast, we walk along the trail leading to Oktang Base Camp. Passing a beautiful trail with a backdrop of stunning mountain and glacier views we also get some best views of Mount Kanchenjunga. We further climb up higher towards the snout of the Yalung glacier. Exploring the glacier we climb up to Oktang Base Camp, which is the southern base camp of Kanchenjunga. From here, we can relish some spellbinding views of the Kumbakarna glacier along with the south face of Mt. Kanchenjunga. Then, we descend towards Cheram where we will spend the night. Overnight at a local lodge on full board meals. (Breakfast, Lunch & Dinner).

Day 19: Trek to Tortong (3000m) - 7/8 hrs walk

As we descend to Tortong we will encounter two routes. One route is the one we took while descending down from Sele Le. Ignoring this route, we will descend further down to the trail alongside the Simbuwa River. En route, we can applaud the lush rhododendron forest. Overnight at a local lodge on full board meals. (Breakfast, Lunch & Dinner).

Day 20: Trek to Yamphudin (2080m) - 8 hours walk

Leaving Tortong it's about 1000m ascend which takes about 3 hours. Climbing steeply through a mossy forest, we pass the huge landslide that occurred in 2013. We will stop at Lamite Bhanjyang for lunch. After lunch, we descend on a quite steep trail for about 2 hours prior to crossing Imja Khola. We then contour round the hillside and cross the Dubi pass before descending to Yamphudin. Yamphudin is a village consisting of a mixed community of Gurungs, Limbus, Rais, and Sherpas. There is also the Kanchenjunga Conservation Area office in the village. Overnight at a local teahouse on full board meals.

(Breakfast, Lunch & Dinner).

Day 21: Trek to Pumphe Danda (1,900m) - 5/6 hrs walk

Today, we descend through the charming village of Yamphudin towards the Kabeli Khola. Crossing a long bridge over the Kabeli Khola, we descend further to Mamankhe. The trail from here enters a side gorge and crosses a long suspension bridge over a stream before a steep climb to Pumphe Village. From here we can relish in the magnificent view of Mt. Jannu. Overnight at a local lodge on full board meals. (Breakfast, Lunch & Dinner).

Day 22: Trek to Khunjari (1928m) - 5/6 hrs walk

On this day, we climb towards two tea shops on the ridge above, then traverse through a series of valleys passing through several settlements. Our trek continues through Bhanjyang and crosses a ridge to descend to the Limbu settlement of Khunjari. Overnight at a local lodge on full board meals. (Breakfast, Lunch & Dinner).

Day 23: Trek to Suketar (2420m) - 5/6 hours walk

After a long journey up in the mountains, we are finally at the end of our trek. The trail today descends to the Pha Khola before a steep climb through Pokhara and Shimu villages to Thenbewa. We then traverse through the lush forest to Lali Kharka before descending gradually to Suketar. Congratulations! You have completed an amazing adventure around the Nepalese side of Kanchenjunga. Overnight at a local lodge on full board meals. (Breakfast, Lunch & Dinner).

Day 24: Drive to Bhadrapur (91m) - 9 hrs drive

Today, we will have a long drive to Bhadrapur. It was indeed a wonderful time up in the mountains! We will reach Bhadrapur in the evening where we will enjoy a delicious dinner with perhaps some beer and relax in a comfortable hotel overnight on full board meals. (Breakfast, Lunch & Dinner)!

Day 25: Fly back to Kathmandu (1400m) - 1 hr flight

Today, we will take a morning/ evening flight back to Kathmandu. Our airport representative will receive you outside the Kathmandu airport terminal and then transfer you to your respective hotel. In the evening we will have a farewell dinner hosted by our company with typical Nepali cuisine and a cultural dance show at a local restaurant. We will drop you back at your hotel where you can have a well-earned rest. Overnight at the hotel inclusive breakfast.

Day 26: Departure from Nepal

After breakfast and our last day in Kathmandu, our vehicle. Today is perhaps your last day in Kathmandu.

Our escorts and vehicle will be on standby to drop you at the international airport 3 hours prior to your scheduled flight back home. It was an honor to provide our service and a wonderful time spent together. We pray for your Safe journey and hope to see you again someday!

Trip Includes

- All the airport and hotel transfer as per the itinerary by private vehicles.
- Welcome dinner at a typical local restaurant with cultural dance show.
- 3 night's twin sharing hotel accommodation in Kathmandu city inclusive breakfast.
- Both way domestic airfares and the airport taxes. (Kathmandu-Bhadrapur-Kathmandu)
- 1 day Kathmandu sightseeing around world heritage sites inclusive private transport and city tour guide.
- 22 nights of twin-sharing local teahouses & tented camp accommodations while on the trek.
- Full board meals while on the trek. (breakfast, lunch, and dinner)
- All the essential trekking permits of the Kanchenjunga region.
- Private jeep transport from Bhadrapur to Illam and then to Suketar.
- Local jeep transport from Suketar to Bhadrapur.
- First-aid medicine for the trek.
- An experienced and government-certified trekking guide for the trek.
- Company duffel bags and sleeping bags to use while on the trek.
- All our local field staff will be insured along with their salary, accommodation and meals.
- An appreciation certificate after trip completion.
- Nepalese cuisine farewell dinner at a typical restaurant with cultural dance performance.

Trip Exclude

- International airfares and Nepal entry visa.
- Entrance fees for Kathmandu sightseeing.
- Lunch and dinner in Kathmandu hotel stay.
- Porters are available at an extra cost. (optional service)
- Tips to the guide and porters.
- Any kind of alcoholic beverages and drinks while on the trek.
- Battery charging, hot shower, use of WIFI, phone calls while on the trek.
- Any other extra cost which is beyond our includes.

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (2 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 3 pairs of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 3 pairs of thin, lightweight inner socks.
- 3 pairs of heavy poly or wool socks.
- 2 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainers or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)

- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial handwash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swim suit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillow case (in case if your teahouses do not provide you)

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