

Kanchenjunga Trek - 23 Days - 23 Days

If you are an adrenaline junky, then Kanchenjunga Trek should be on your top of the list of things to do. This takes you to one of the least explored regions in eastern Nepal with access to villages, forests, pastures, and some of the world's most breathtaking visions of the third highest mountain, Kanchenjunga.

Unlike the more famous [Everest](#) and [Annapurna](#) treks, Kanchenjunga has remained a secret for the true trekker who values his solitude, raw beauty, and a bit more challenging trek.

Only Everest and [K2](#) are taller than Kanchenjunga (8586m), the massive block of rock and ice that straddles the border between Nepal and Sikkim in India. There have been relatively few attempts to climb this mighty mountain, partly because Kanchenjunga is worshipped as a tutelary spirit by the Sikimese. The first serious attempt to conquer the peak was the 1905 expedition led by the occultist Aleister Crowley, but a British team finally gained the summit in 1955. Even today, most expeditions stop just below the summit as a gesture of respect.

The foothills of Kanchenjunga have been open to trekkers since 1988, but permit restrictions mean that it's only possible to walk here as part of an organised trek arranged through an agency. There are two main approach routes to Kanchenjunga. The trek to the south base camp starts from the airstrip at Suketar (near Taplejung), taking two weeks to climb to the Yalung Glacier and return. The difficult 18-day trek to the north base camp can be started from Basantapur (near Hile) or, on a shorter route from Suketar, for the ultimate in Kanchenjunga experiences it is possible to combine these two treks by crossing the Mirgin La (4663m) or the Lapsang La (5160m) to make a neat three-week-plus loop.

The Kanchenjunga area is the homeland of the Limbu People, who speak a language related to Tibetan and follow a mixture of Buddhist, Hindu and animist beliefs.

WHY IS KANCHENJUNGA SO FAMOUS?

Kanchenjunga is celebrated as the world's third-highest mountain, standing at 8,586 meters (28,169 feet), and is deeply revered by local communities for its spiritual significance. Known as "The Five Treasures of Snow," its five peaks symbolize sacred wealth, and climbers often respect its sanctity by not stepping on the summit.

This is one of the most pristine and biodiverse parts of the world. From the rare snow leopard to the red panda, it falls under a UNESCO World Heritage Site, together with many different cultures: Limbu, Rai, Sherpa, and many others add to the richness in tradition for a trekking experience.

Kanchenjunga represents adventure combined with serenity, remote trails, and breathtaking landscapes through its dual base camps. Its tough mountaineering history combined with pristine wilderness cements its status as a natural and cultural wonder symbol in the Himalayas.

BEST TIME TO VISIT KANCHENJUNGA TREK

The [best time to trek Kanchenjunga](#) is during the **spring (March-May) and autumn (September-November)**.

1. **Spring (March-May):** Lush greenery, rhododendron blooms, and clear skies make it the most scenic period.
2. **Autumn (September-November):** Crisp, stable weather and clear mountain views make it the most popular trekking season.

Avoid trekking in monsoon (June-August) due to heavy rains, landslides, and slippery trails. Similarly, winter (December-February) brings heavy snowfall, making the trek extremely difficult.

WHAT MAKES KANCHENJUNGA TREK UNIQUE?

Unlike more popular trekking routes, the Kanchenjunga Trek takes you off the beaten path. You'll experience:

True Solitude: Unlike the crowded Everest trails, you'll encounter fewer trekkers.

Cultural Immersion: Meet local communities and witness their way of life.

Wildlife Diversity: Keep an eye out for red pandas, snow leopards, and exotic Himalayan birds.

For those wondering, "**Why should I choose the Kanchenjunga Base Camp Trek over other trekking destinations in Nepal?**", the answer lies in its remoteness, serenity, and exclusivity. This trek is ideal for adventurers seeking a path less traveled, where the rewards are as much about self-discovery as the jaw-dropping landscapes.

If you're seeking raw adventure and untouched Himalayan beauty, this is your calling. [Contact us](#) for your customised trekking adventure

PRICE INCLUDES

- Accommodation in the mountains (dinner, breakfast and lunch)
- 3 nights of city accommodation (Kathmandu) with breakfast.
- All transportation, including airport pickup and drop-off.
- Trekking permit in the national park with special permits
- Trekking guide, assistants guide (1 assis. for 4 guests), Porters (1 porter for 2 customers)
- First aid medical kit (Your guide will carry the medical kit but we also advise you to bring it for your use)
- All government and local taxes.
- Two ways of flight from Kathmandu - Bhadrapur, Bhadrapur - Kathmandu
- Jeeps for 3 days
- Nepalese team insurance
- Welcome dinner & Farewell dinner

PRICE EXCLUDES

- Nepal entry visa at immigration at Tribhuvan International
- Airport (TIA) (approximately 50 USD) per person monthly.
- Trekking equipment such as sleeping bags, down jackets, and poles.
- Shower, wifi, cell phone pill charging and device
- Unexpected costs due to health, flight cancellation, weather conditions, etc.
- All kinds of drinks and snacks.
- Tips for the guide and porter after the trek.
- insurance is mandatory for
- International flight

ITINERARY IN DETAIL

Day 1: Day 1: Departure from Your Honne

Day 2: Day 2 Arrival in Kathmandu

Upon your arrival in Kathmandu, you will sort out your immigration parts and our representative will be at the airport to collect your baggage and drop you off in the hotel. Depending on your arrival you can schedule your time for rest or short sightseeing.

Overnight: In Hotel

Elevation: 1350m

Day 3: Day 3 Fly to Bhadrapur and drive to Taolejung via Ilam.

Flight from Kathmandu to Bhadrapur, Ilam, Taplejung (2400m) take 45 minutes.

For the Bhadrapur flight, we fly in the evening and will continue the drive to Taplejung the next day.

Day 4: Day 4 Trek from Taplejung to Sekathum via Chirwa and Tapethok

Day 5: Day 5 Sekathum to Amjilosa

We can start on the narrow trail that winds along the north bank. After a few ups and downs beside the river, you will reach some stone steps that scramble high above the river to a waterfall and the tiny hamlet of Ghaiyabari (2150m). Here, the incline becomes gentler, as you follow an exposed and precarious trail above steep grassy slopes to a crest at 2530m. Finally, descend to the Tibetan settlement of Amjilosa (2490m), a loosely defined village with several scattered tea houses and campsites.

Duration: Approx 5 hours

Elevation: 2490m +890m,

Overnight: Lodge

Day 6: Day 6 Amjilosa to Gyabla

This relatively short day continues to climb along the Ghunsa Valley. You will feel the mountains getting closer as you climb to a flat ridge and meander through a forest of Bamboo, Rhododendron and Gnarled brown oaks, passing scattered pastures and waterfalls.

Eventually, you will come to a large cascade on the Ghunsa Khola. Here the trail begins a grinding climb to the Sherpa Village of Gyabla (2730m), called Chapla or Kyapra. The village has a good campsite and some teahouses with rooms. The far side of the valley is densely forested, but the slopes around Gyabla have been denuded by woodcutters.

Duration: Approx 4 hours

Elevation: 2730m

Height Difference: +340m

Day 7: Day 7 Gyabla to Ghunsa

The day begins with a steep drop into a ravine, followed by an easy-level stage through fir and rhododendron forests along the riverbank. It takes all morning to trek to the yak pastures and potato fields of Phole (3210m). There are several teashops here and the small wooden gumpa contains several old statues and thankas (cloth painting) transported here from Tibet.

Above Phole, the valley widens and the trail improves as you trek through fields and larch forest, dipping down to the riverbed before crossing to Ghunsa (3410m). This is the largest village on the trek and Buddhist prayer flags flutter over the rooftops. Beyond square chorten at the start of the village are several lodges and a few shops with a fair stock of trekking supplies. Two trails lead on from Ghunsa. The trail to Pang Pema continues north along the river, while the path to Lapsang La and Mirgin La runs south towards the small Yamatari Khola.

Duration: Approx 7 hours

Elevation: 3410m

Overnight: Lodge

Height Difference: +680m

Day 8: Day 8 Acclimatisation Day at Ghunsa

You have now entered serious mountain country. An acclimatisation day at Ghunsa is mandatory to reduce the risk of AMS in the later stages of the trek.

Ghunsa is an attractive place to kick back for a day- many people use this rest day to stroll up to the fading gumpa above the village, but you can also take a rewarding day hike along the trail to Lapsang La, following the Yamatari Khola to a lake at the terminal moraine of the Yamatari Glacier.

Day 9: Day 9 Ghunsa to Khambachen

Heading North from Ghunsa, the trails make a gradual ascent through a forest of larch and juniper along the east bank of the river. After crossing a sandy, boulder-strewn floodplain, the trail crosses a rickety, wood and stone bridge to the west side of the river at Rambuk Kharka (3720m). The hillsides become increasingly barren as you climb along the valley.

Continue north past a waterfall then make a short, steep ascent over a very unstable scree slope. Beyond the landslides, the trails climb gradually and then drop down to Khambachen (4150m), a Tibetan outpost of about a dozen shingle-roofed stone houses, wedged into a side valley at the confluence with the Nupchu Khola. There are flat areas for camping on both sides of the stream and a few teahouses including the excellent Kanchenjunga White House, which has pristine white sheets on the beds and good food.

Overnight: Lodge

Elevation: 4150m

Duration: Approx 6 hours

Height difference: +740m

Day 10: Day 10 Khambachen to Lhonak

Above Khambachen, the trail enters a desolate landscape gouged by the icy fingers of glaciers. The path climbs gradually across the slopes. Prepare for a serious cold. Above Ramtang, the trails run along the lateral moraine of the Kanchenjunga glacier, following the north bank of the river to a wooden bridge at the mouth of the Lhonak glacier. On the east side of the valley is the crown-shaped ridge of Mera Peak (6344m), not to be confused with the famous Mera Peak east of Lukla or Kongmatse near Lobuche.

The village of Lhonak (4790m) sits beside a wide, often dry lakebed, on an open, sandy plain. Water is scarce here but some large boulders provide shelter for tents. The view from here is stupendous in every direction. Across the Kanchenjunga glacier, the door wedge summit of Chang Himal (Wedge peak: 6750m) dominates the valley.

Overnight: Lodge

Elevation: 4790m

Duration: Approx 5 hours

Height Difference; +640m

Day 11: Day 11 Lhonak to Kanchenjunga Base Camp (Pang Pema 5120m) - Lhonak 4760m

The endpoint for the trek is the base camp for an ascent to the north face of Kanchenjunga at Pang Pema (5140m). It would be possible to make an arduous day trip from Lhonak, but clouds often obscure the views by mid-morning, so most people set up a high camp on the exposed, sandy plain at Pang Pema. As soon as the sun leaves the valley, the mercury crashes- be prepared for a cold, restless night.

Overnight: Lodge

Duration: Approx 7 hours

Height Difference: +360m.-793m

Elevation: 4760m

Day 12: Day 12 Lhonak to Kambachen

Descend towards Khambachen from where we climbed on day 9. After lunch, possibilities to climb to a splendid place towards the base camp of Janu Himal (Kumbhakarna) (7710m). Dominate the camp and enjoy the sunrise on the southern slope of Janu (7710 m). This mountain, with its lines of rare aesthetics, was climbed for the first time in 1962 by a team of French mountaineers, including the famous Lionel Terray, René Desmaison and Robert Paragot. The people of the region worship these mountains. There are many pilgrims in summer. 500 pilgrims pass during the day. There is a temple with a big rock. Very beautiful view of Janu Himal with other mountains.

Overnight: Lodge

Elevation: 4100m

Duration: Approx 7 Hours

Height Difference; -687m

Day 13: Day 13 Khambchen to Ghunsa

Retrace the approach route to Ghunsa, following the description for Day 11.

Overnight: Lodge

Elevation: 3415m

Duration: Approx 4 hours

Height Difference: -681m,+176m

Day 14: Day 14 Ghunsa To Sela Base Camp (4250m)

We will then begin to embark on the heights to reach the greenery, the softness and the cover of the rhododendrons. Another exceptional day. We go off-trail to reach the Belvedere ridge. We pass the viewpoint which overlooks Ghunsa and the trails that we took before arriving at Ghunsa. We then retrace our steps to join the path leading to the Seley pass (4180 m).

Walking time: Approx 4h

Accommodation: in the lodge

Height Difference: +878m/-43m

Day 15: Day 15 Sela Base Camp to - Sela La (4605m) - Mirgin La (4635m) - Sine La Pache (4709m) - Tseram (3880m)

We rise into the morning sun above the Kanchenjunga valley to head south of the massif. We climb to the mountain pasture to attack several salt passes with the summit of Makalu 8463m emerging on the horizon. The path rises sharply to the ridge of Mirgin la et sine la pache. There are several descents and climbs to cross the 3 passes. Beautiful view of the mountain range in the southern Kanchenjunga massif.

Breakfast, lunch and dinner are included.

Walking time: 5h to 6h

Accommodation: in the lodge

Height Difference: +492m/-862m

Day 16: Day 16 Tseram - Oktang View point (4600m) - Tseram (3880m)

Today we trek to Ramche, where we stop for lunch before walking on for around 40 minutes to reach Kanchenjunga South Base Camp. The Base Camp is right on the edge of the glacier and surrounded by Tibetan prayer flags. We return the way we came to overnight at Cheram.

Kanchenjunga South Base Camp (4,200m / 13,780ft) is a remote and less-travelled destination in eastern Nepal. It offers breathtaking views of Kanchenjunga's south face along with peaks like Jannu and Kumbhakarna. Part of the Kanchenjunga Circuit Trek, the route passes through subtropical forests, alpine meadows, and Tibetan-influenced villages such as Cheram and Ghunsa. Though challenging, the trek rewards adventurers with pristine landscapes, rich culture, and dramatic mountain scenery an off-the-beaten-path alternative to the crowded Everest and Annapurna regions.

Walking time- 6 hours

Accommodation- Lodge

Height Difference-

Day 17: Day 17 Tseram to Tortong (3000m)

The day is easy. We descend by a pleasant path following the course of the Simbua Khola. The forest is thinning out more and more, opening up the view of the Kabru massif. Also surprising is this small Hindu temple dedicated to snakes, on the side of the path that leads us to Tortong.

Walking time: Approx 4h

Accommodation: in a lodge

Height Difference: +171m/-1051m

Elevation: 3000m

Day 18: Day 18 Tortong to Yamphuding (2055m)

Day 19: Day 19 Yamphuding to Kebang (1760m)

Day 20: Day 20 Kebank to Badrapur (90m)

Day 21: Day 21 Badrapur to Kathmandu

Day 22: Day 22 Departure to your Home Country

FAQ

1. Is Kanchenjunga Trek difficult?

Yes, the Kanchenjunga Trek is considered difficult. It involves steep ascents and descents, high-altitude hiking (up to 5,143 m/16,873 ft), and long walking days. The trek requires good physical fitness and mental stamina. The remoteness of the trail, unpredictable weather, and basic facilities add to the challenge?.

2. How long does the Kanchenjunga Trek take?

The trek typically takes 16 to 25 days, depending on the route and the pace of the trekker. The full circuit trek can cover up to 200-250 km of distance. This includes several days for acclimatization and sightseeing?.

3. Do I need a special permit for the Kanchenjunga Trek?

Yes, you need two types of permits for the Kanchenjunga Trek:

- **Kanchenjunga Conservation Area Permit (KCAP)**
- **Restricted Area Permit (RAP)**

These permits are issued by the Nepalese government to protect the region's natural and cultural heritage. A **Trekkers' Information Management System (TIMS)** card is also required?.

4. How cold does Kanchenjunga get at night?

At night, the temperature can drop to -10 C / 14 F. It will be generally warm during the day. The temperature may fluctuate depending on the month. We advise against relying on weather forecasts. It is still in its early stages.

5. Who climbed Mount Kanchenjunga first?

First ascenders to climb Mt. Kanchenjunga were George Band and Joe Brown.

6. Can I trek Kanchenjunga solo?

No, solo trekking in the Kanchenjunga region is not allowed. The Nepalese government requires at least two trekkers to obtain a Restricted Area Permit (RAP), and the trek must be done with a registered trekking guide or agency. This is for both safety and conservation reasons?.

7. What kind of accommodation is available on the trek?

Accommodation is mostly in basic teahouses and lodges. These teahouses offer simple rooms with shared bathrooms and basic meals. In more remote sections of the trek, there may be fewer teahouse options, and trekkers may need to camp. It's best to be prepared for limited comfort and basic facilities?.

8. How high does the Kanchenjunga Trek go?

The highest point on the Kanchenjunga Trek is the Kanchenjunga North Base Camp, which stands at 5,143 m (16,873 ft). The trek also features high mountain passes, like Sele La Pass, that require trekkers to navigate challenging conditions?.

9. Do I need insurance for the Kanchenjunga Trek?

While not mandatory, **travel insurance is highly recommended**. The insurance should cover high-altitude trekking, emergency evacuation, and medical emergencies. With the unpredictable weather and altitude risks, having insurance provides peace of mind and financial protection?.

10. Is there access to the internet and electricity on the trek?

Some teahouses offer **WiFi access** for a fee, but the connection may be slow and unreliable. Electricity is also available in some areas, but charging electronic devices comes with an additional fee. It's wise to carry a **power bank or portable solar charger** for essential devices.