



Kanchenjunga Circuit Trek

URL: <https://naatatravels.com/trip/kanchenjunga-circuit-trek/>

Duration	Difficulty	Group Size
25 Days	Strenuous	2-20
Maximum Elevation	Accommodation	arrival_on
(8585m)	Lodges and Tea House	Kathmandu
Meals	Departure	Trip Route
Breakfast, Lunch, Dinner	Kathmandu	Kanchenjunga

Trip Overview

We'll reach the foot of Mt Kanchenjunga (8585m), **3rd highest mountain peak** in the world. The avalanches at Kanchenjunga are said to be the largest. It rewards us with a peculiar insight into the rural Nepalese lifestyle of the country's eastern region. Mt. Kanchenjunga is appraised to be one of the most beautiful mountain massifs in the world.

"Kang-chen-zod-nga" means "five great treasures of the snow, "which is mentioned in the five summits that make Kanchenjunga. Kanchenjunga, which stands majestically at 8585m, is the world's third-highest mountain. To the locals, this gigantic mountain is the house of gods who grant prosperity and goodwill to them and their lands, whereas to climbers, the phrase "five great treasures of the snow" takes on a slightly more gloomy tone.

Located in the far north-eastern corner of Nepal, the Kanchenjunga circuit trek is heaven for trekkers who love walking through the road less travel". It is an incredible bounty for trekkers who love solitude. With our experience of serving, we have found that the ones choosing Kanchenjunga circuit trails are the quiet trekkers who want to lose themselves in nature's beauty.

We begin the journey to Kanchenjunga with a flight from Kathmandu to Biratnagar and from there to Taplejung (Suketar). From Suketar, the trek guides us to Chauki through the villages of Mitlung, Ghunsa, Khambachen, and Lhonak to Pangpema: the base camp for expeditions attempting the North Face of Kanchenjunga II and the culmination of the first part of the trek.

Kanchenjunga circuit trek exposes us to the farawayness, spectacular mountain scenery, and diverse flora and fauna, which are as satisfying as possible.

Interesting Fact:

Since the locals worship the mountain, there is a tradition among mountaineers not to stand on the actual summit. All successful climbs have stopped just short of the summit, honoring an old promise made by the leader of the first successful attempt in 1955 to the Maharaja of Sikkim.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at Tribhuvan International Airport, a representative from Naata Trek and Tours will be there outside the airport terminal holding a placard bearing your name. He/she will then transfer you to your designated hotel.

Day : Kathmandu sightseeing

Today, we visited four significant historic sites: Swayambhunath (Monkey Temple), Boudhanath, Pashupatinath Temple, and Kathmandu Durbar Square. Boudhanath is the biggest Buddhist stupa in Nepal and used to be a trade route to Tibet. Pashupatinath temple is Nepal's largest Hindu temple complex and arguably the most significant one. Finally, a visit to Kathmandu Durbar Square, which used to be a palace for medieval kings, will take you back in time.

Day : Fly from Kathmandu to Bhadrapur and drive to Taplejung

After breakfast, our guide will pick you up at the hotel for the short flight to Bhadrapur, which will fly you above the beautiful mountains. After landing upon Bhadrapur airport, we will drive to Taplejung, which is a unique place with several Buddhist Gompas and shrines. In one of these Gompas, the butter lamps continuously burn for 400 years. We spend our night in Taplejung.

Day : Taplejung to Lalikharkha

Our trek begins today, and after breakfast, we start on a series of ascents and descents. After walking for about five hours through lush green villages, we reach the beautiful village in the Panchthar district in the Mechi zone of eastern Nepal.

Day : Lalikharkha to Khesewa

We start our trek after breakfast. We descend in the initial phase of the trek until Phundrawa, after which we start our ascent. We climb on a steep trail until Yangpang, and we continue on a gradual ascent until Phumphe Danda. We pass through lush green forests and small villages until we reach our destination for the night. The trail further ascends to Khasewa, which is a populated and prosperous town where millet,

maize, and rice are grown.

Day : Khesewa to Mamankhe

We continue towards Kabeli Khola. We walk on a trail that goes through green forests, after which we come across a small stream. We are accompanied by beautiful views of the Himalayas throughout our trek, and we also pass through some small charming villages. We stayed the night in Mamankhe.

Day : Mamankhe to Yamphudin

Most of the trail is uphill, and we will be walking alongside Kebeli Khola. The ridge behind the stream provides an excellent view. As we continued our walk, we came across a beautiful waterfall. We continue our walk towards a suspension bridge. We pass through small settlements before reaching our destination for the night in Yamphudin.

Day : Yamphudin to Tortong

We pass through terraced farms and green meadows. Along the way, we are accompanied by the views of the Himalayas. We will walk along the trails of Amji Khola and cross Lassiya Bhanjyang before reaching Tortong. We stayed the night in Tortong.

Day : Tortong to Cheram

We have our breakfast and start our gradual ascent towards Cheram. We will walk alongside Simbuwa Khola. We enjoy walking in the beautiful Lalung Valley and Tuplung Peak for the company for most of today's journey. Wonderful views of Yalung Glacier treat us after we pass through rhododendron forests.

Day : Cheram Acclimatization

We spent a day in Cheram getting used to the high altitude. We can rest the day or go on a short hike to see the Yalung Glacier. We can also see the views of Rothong and Kabaru Peaks.

Day : Cheram to Ramchaur

We ascend from Cheram for some time before reaching Yalung Glacier. The trail on the valley is a picturesque one with several Himalayan peaks. We pass through a small settlement in Lapsang before reaching Ramchaur.

Day : Ramchaur to Yalung base camp and back to Cheram

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.

Day : Cheram to Sele La

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 continued trekking and reached the Sinion La pass, which was 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.

Day : Sele la to Ghunsa

We begin our trek after breakfast. We walk towards the north with Tangbgharma Danda nearby. We reach a chorten marked by prayer flags that mark a steep trail's start. We descend through rhododendron, birch, and pine forests before reaching Ghunsa. It is a beautiful village with houses pine walls and Buddhist prayer flags.

Day : Ghunsa to Kambachen

From Ghunsa, we trek further north along the river bank, which presents magnificent mountain scenery. We pass through meadows filled with beautiful wildflowers, then cross rhododendron and pine forests. We cross a bridge at Rampuk Kharka, continue past a waterfall, and cross the tricky landslide section. After crossing the landslide area, we see the spectacular view of Mt. Jannu.

Day : Kambachen to Lhonak

Today will be another challenging day, and an early start is needed. We trek through rocky fields and large boulders on the hillside along the riverbank and arrive at a waterfall. We then cross a bridge to Ramtang monastery. We then come across a landslide section, which we must pass at a steady pace before descending to the river and finally arriving at Lhonak.

Day : Kanchenjunga base camp, overnight at Pangpema

From Lhonak, we trek towards the Kanchenjunga Base Camp. Our trail is alongside the gigantic Kanchenjunga Glacier. After passing Pangpema, we descend towards the Kanchenjunga Base Camp. The view from the base camp is extraordinary, with Mount Kanchenjunga, Jannu Himal, and other Himalayan peaks being ours to admire. We descend back to Pangpema to spend the night.

Day : Pangpema to Lhonak

We retrace our steps and head back to Lhonak to spend the night.

Day : Lhonak to Ghunsa

From Lhonak, we descend to Ghunsa via Kambache. It is the same route we took when we were climbing up

Day : Ghunsa to Amjilosa

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.

Day : Amjilosa to Chirwa

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.

Day : Chitwa to Taplejung via Mitlung

We have our hearty breakfast and descend and today's trek takes 8 hours to reach Taplejung.

Day : Taplejung to Bhadrapur

We go on a scenic 9-hour drive from Taplejung to Bhadrapur.

Day : Fly to Kathmandu

Our amazing journey ends today, and we take an early morning flight back to Kathmandu. Once in Kathmandu, you can spend your evening shopping for souvenirs to take home. We will have a farewell dinner program hosted by the team of Naata Travel and Adventures.

Day : Final departure

Our representative will escort you to the international airport for your flight back home.

Trip Includes

- 3-star hotel accommodation in Kathmandu.
- Government-licensed trek guide and porters (2:1)
- All ground transportation in private tourist vehicle
- Full board meal (AP meal plan) on the mountain
- All necessary permits and entry fees.
- Duffel bag, Trekking Map, and Sun Hat.
- All administrative expenses and government taxes.

Trip Excludes

- Lunch and dinner in Kathmandu
- International flight fare and airport departure tax
- Any beverages
- Travel insurance and high-altitude evacuation
- Personal Trekking gear and equipment
- Nepal Entry Visa
- Any other not mentioned in the included section

Additional Trip Information

Kanchenjunga Circuit Trek Difficulty

The Kanchenjunga circuit trek is highly **demanding**. Be it due to the high altitude you will be through most of the trek or the longevity of the trek. The trek also poses varied terrain, one difficult one as you go up. It is recommended you be in good shape before taking the trip. The route to the base camp of Kanchenjunga is sketchy at times, and performing endurance exercises can go a long way to completing the trek with ease.

Best time for the Kanchenjunga Circuit Trek

Spring season (March to May)

Spring is one of the **best seasons** to undertake any trek or expedition in Nepal. As it falls in the pre-monsoon time of the year, the weather is neither too hot nor too cold. The day is cool, with only a much-needed chill in the evening for a sense of adventure in this trek journey.

Autumn season (September to November)

The *autumn season is probably the **busiest time** in the Himalayas*. This time of the year also coincides with the festive season in Nepal, and you will also get a taste of Nepalese festivals. During the post-monsoon time of the year, you get unobstructed views of the mountains, and the colors around the trail are vibrant, too.

Trek Permit For Kanchenjunga Circuit Trek

You will need these types of permits for this trek. You will require a *Kanchenjunga conservation area permit and a restricted area permit*. You can obtain **KCAP and RAP** through the Nepal Tourism Board in Kathmandu and the Department of Immigration Office at Kalikasthan. Accommodation and Food

The accommodation in Kanchenjunga will be in a tea house. The rooms will be shared between 2-4 people, and the bathrooms will also be common. The teahouses will be reasonably clean and offer decent food choices. The lack of amenities is made up for by the hospitality of the Sherpa people, though. You will get the customary Nepali dish (dal, bhat) everywhere. Besides that, there will be options for other Nepalese dishes such as dumplings, roti tarkari (bread and curry), momo (dumplings), and thukpa (Tibetan noodle soup) at every stop you make.

Insurance

As Naata Travel and Adventures don't provide travel insurance of their own, it is recommended you sign up to travel insurance that has coverages such as loss and theft of goods and high-altitude helicopter evacuations in case of any medical emergency.

Frequently Asked Questions

What is special about Kanchenjunga Circuit trek?

The trek combines the pristine beauty of conservation with an unspoiled trail from tourism.

Are there any emergency facilities available along the trail?

There are basic medical facilities along the trek to the Kanchenjunga region, but it is mandatory to have insurance that covers medical conditions and emergency rescues.

How long is the Kanchenjunga trek?

The Kanchenjunga Circuit trek is usually 19 Days to 22 Days Long and covers around 220 km. During this Trek, you will see a wide range of incredible scenery, including lush flora and fauna. This route is also far less visited by tourists.

How much does it cost to trek Kanchenjunga?

The cost of the Kanchenjunga Circuit Trek usually starts at \$1800- \$2500 per person, depending on various facilities provided, such as the quality of the itinerary, the sort of accommodation and meals

provided, and the level of external support.

Where does the Kanchenjunga trek start?

Kanchenjunga trek starts at Taplejung district of nepal. We can reach Taplejung by taking a flight from Kathmandu to Bhadrapur. Then we can hire a jeep and take us from Illam to Taplejung in a 4-hour drive.

What is Kanchenjunga Base camp height?

Kanchenjunga is the third-highest mountain peak in the world, standing at 8,586 m. The Average Elevation of this Kanchenjunga base camp trek is 1650m—5143m, and it takes you on different off-beaten trails.

Where is the Kanchenjunga located?

Kanchenjunga is in the eastern Himalayas, between Nepal and the Sikkim region. This trek is among the least visited trails, which offers the untouched beauty of both natural and cultural aspects of eastern nepal.

Address

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