# Kanchenjunga Base Camp Trek

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# Kanchenjunga Base Camp Trek

URL: https://ascendhikes.com/package/kanchenjunga-base-camp-trek-2026/

**Trip Code**
KN2026

**Destination**
Nepal

**Activity**
Trekking

**Start / End Point**
Kathmandu to Kathmandu

**Duration**
19 Days

**Region**
Kanchenjunga base camp trek

**Max. Altitude**
5,143 Meters

**Nature Of Trek**
Basic Lodge to Lodge Trek

**Best Season**
Spring & Autumn

**Activity Per Day**
5-9 Hours

**Transportation**
Flight / Drive

**Per Person From**
USD 1,999

**Group Size**
2 – 14

**Challenging**
Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry’s standard dummy text ever since the 1500s

Accommodation

| | |
|---|---|
| **Trekkers Hut** | **BLD**<br>Breakfast, Lunch and Dinner |

# Kanchenjunga Base Camp Trek difficulty and altitude

The Kanchenjunga Trek is categorized by ascend Hikes a **challenging and demanding** trekking route in Nepal because its remote location, long time duration, and high altitude. The Kanchenjunga base camp trek usually takes **19 to 25 days** and involves walking 5**–9 hours daily** on steep ascend and descending, rugged, and sometimes narrow mountain trails. This route are Limited facilities and difficult terrain make it more suitable for experienced trekkers with good physical fitness.

The Kanchenjunga base camp trek reaches its highest point at **Pangpema (Kanchenjunga North Base Camp) is 5,143 meters (16,873 ft)**. At this elevation, there is an essential risk of altitude sickness, so proper acclimatization is essential. Travelers also visit the **South Base Camp (Oktang)** the altitude 4,730 **meters (15,518 ft)** Because of the high altitude and separation, trekkers must be well-prepared and rather travel with trained guides and support staff.

# The best season for the Kanchenjunga base camp trek

The best seasons for the Kanchenjunga base camp Trek are Spring season **(March – May)** and **Autumn season (September – November).** During these periods, normally the weather is stable, skies are clear, and temperatures are suitable for high-altitude trekking in alpine valleys.

## Spring season (March–May) is the Best for Nature Lovers

Spring is one of the most popular seasons for the Kanchenjunga base camp Trek because Rhododendron forests are in full bloom, and mountain views are clear with blue skies. The Day Temperature is about

10°C to 20°C (in lower regions), and 0°C to 10°C (at higher regions) and Nighttime the Temperature drop down -5°C to 5°C in higher altitude.

***Highlights:*** *Flowers everywhere, greenery, clear views, moderate temperature.*

### Autumn season (September–November) is Best for Clear Views

Autumn is advised the **best overall season for trekking** because of stable weather and crystal-clear mountain scenery after the heavy monsoon. The **Day time Temperature is** 8°C to 18°C in lower elevation and 0°C to 8°C in higher valleys. The Nighttime **Temperature drop** -10°C to 0°C in higher altitude.

***Highlights:*** *Best visibility with crystal clear, dry trails, pleasant trekking conditions and affordable temperature.*

## Why Kanchenjunga Base Camp Trek is the best remote trek in Nepal?

The Kanchenjunga trek is considered the best remote trek in Nepal because of its untouched natural beauty, peaceful trekking trails, and rich Rai and influence Tibetan cultural experience. Located in the far eastern region. This Kanchenjunga trek takes you through deep lush forests, alpine meadows, Himalayan valleys and traditional villages that are still largely unaffected by modern tourism.

Unlike popular trekking routes, Kanchenjunga trek offers solitude and a true sense of adventure. Trekkers can enjoy surprising views of Mount Kanchenjunga, Jannu Himal, and other Himalayan peaks while experiencing the trustworthy lifestyle of local communities. Its remote location, diverse landscapes, and fresh environment make Kanchenjunga trek is the perfect choice for those who seeking a pure Himalayan trekking experience with less crowed.

# Kanchenjunga Base Camp Trek Detail Itinerary

The ultimate itinerary 2026 for Kanchenjunga base camp trek, One of the Most Remote & Beautiful Treks in Nepal Himalaya. The Kanchenjunga base camp Trek takes you to the base of third-highest **Mt. Kanchenjunga (8,586m)** in the world. This trek is perfect for remote adventure lovers looking for untouched nature, rich culture, and true wilderness.

### Day 01: Arrival in Kathmandu Nepal

Arrival in Kathmandu international airport and transfer to Hotel in Thamel, Kathmandu

| Drive Distance | Drive Duration |
| --- | --- |
| 6KM | 1 Hours |

### Highest Altitude:
1300 Meters

### Meals:
BLD

### Attraction of the Day:
Kathmandu

### Place:
Thamel

### Accommodation:
Star level Hotel

## Day 02: flight to Bhadrapur and drive to Taplejung

| | |
|---|---|
| **Altitude:** | Taplejung 1,441 Meter |
| **Trekking /Drive distance:** | Bhadrapur to Taplejung 245km |
| **Time duration:** | 6 – 7 hours drive from Bhadrapur |
| **Elevation gain:** | |
| **Trails difficulty:** | Easy an hour flight and drive |
| **Accommodations:** | Basic Hotel and guest house |

### Drive Distance
245 km

### Drive Duration
6-7 hours

### Highest Altitude:
Taplejung 1,441 Meter

### Flight Hours:
1 hour

### Meals:
BLD

### Attraction of the Day:
flight to Bhadrapur and drive

### Place:
Taplejung

### Accommodation:
Basic Guest House

## Day 03: Drive to Ranipul and trek to Amjilosa 2,395

| | |
|---|---|
| **Altitude:** | Amjilosa 2,395 Meter |
| **Drive distance:** | Taplejung to Ranipul 40-45km and 5km trek |
| **Time duration:** | 4- 5 hours drive and 2 hours trek |
| **Elevation gain:** | 954 Meter |
| **Trails difficulty:** | Off-road drive and easy walk |
| **Accommodations:** | Basic tea house |

### Trek Distance:
4 KM

### Trek Duration
2Hours

### Drive Distance
40 -45 km

### Drive Duration
4-5 hour

### Highest Altitude:
2395Meters

### Meals:
BLD

### Place:
Amjilosa

### Accommodation:
Basic Guest House

## Day 04: Trek to Gyabla 2,730m

| | |
|---|---|
| **Altitude:** | Gyabla 2,730 Meter |
| **Trekking distance:** | Amjilosa to Gyabla 9km |
| **Time duration:** | 5 – 6 hours trekking to Gyabla |
| **Elevation gain:** | 335 Meters ascending |
| **Trails difficulty:** | Moderate trekking trails |
| **Accommodations:** | Basic tea house |

### Trek Distance:
9 KM

### Trek Duration
6-7 Hours

### Highest Altitude:
2730 Meters

### Meals:
BLD

### Place:
Gyabla

### Accommodation:
Basic Guest House

## Day 05: Trek to Ghunsa 3,400 Meter

| | |
|---|---|
| **Altitude:** | Ghunsa 3,400 Meter |
| **Trekking distance:** | Gyabla to Ghunsa 11km |
| **Time duration:** | 6 – 7 hours trekking to Ghunsa |
| **Elevation gain:** | 565 Meter ascending |
| **Trails difficulty:** | Moderate trails |
| **Accommodations:** | Basic tea house |

### Trek Distance:
11 KM

### Trek Duration
6-7 Hours

### Highest Altitude:
3400 Meters

### Meals:
BLD

### Place:
Ghunsa

### Accommodation:
Basic Guest House

## Day 06: Rest for actualization

### Highest Altitude:
3570 Meters

### Meals:
BLD

### Place:
Ghunsa

### Accommodation:
Basic Tea – House

## Day 07: Trek to Khambachen 4050

| | |
|---|---|
| **Altitude:** | Khambachen 4,050 Meter |
| **Trekking distance:** | Ghunsa to Khambachen 10km |
| **Time duration:** | 6 – 7 hours trekking |
| **Elevation gain:** | 650 Meter Ascend to Khambachen |
| **Trails difficulty:** | Moderate to altitude challenging |
| **Accommodations:** | Basic tea house |

### Trek Distance:
10 KM

### Trek Duration
5-6 Hours

### Highest Altitude:
4050 Meters

### Meals:
BLD

### Place:
Khambachen

### Accommodation:
Basic Tea – House

## Day 08: Trek to Lhonak 4,780 Meters

| | |
|---|---|
| **Altitude:** | Lhonak 4,780 Meter |
| **Trekking distance:** | Khambachen to Lhonak 10.5 km |
| **Time duration:** | 6 – 7 hours Trekking |
| **Elevation gain:** | 730 Meter ascend to Lhonak |
| **Trails difficulty:** | Altitude Challenging |
| **Accommodations:** | Basic Tea House |

### Trek Distance:
10.5 KM

### Trek Duration
5-7 Hours

### Highest Altitude:
4780 Meters

### Meals:
BLD

### Place:
Lhonak

### Accommodation:
Basic Tea – House

## Day 09: Trek to Pangpema 5140 and back to Lhonak

| | |
|---|---|
| **Altitude:** | Pangpema 5,143 Meter |
| **Trekking distance:** | Lhonak – Pangpema – Lhonak 17.5km |
| **Time duration:** | 8 – 9 hours Trekking |
| **Elevation gain:** | 360 Metter Ascend |
| **Trails difficulty:** | Most altitude Challenging |
| **Accommodations:** | Basic Tea house |

### Trek Distance:
17.5 KM

### Trek Duration
8-9 Hours

### Highest Altitude:
5143 Meters

### Meals:
BLD

### Place:
Lhonak

### Accommodation:
Basic Tea – House

## Day 10: Trek back to Ghunsa

| | |
|---|---|
| **Altitude:** | Ghunsa 3,400 Meter |
| **Trekking distance:** | Lhonak to Ghunsa km 20km |
| **Time duration:** | 7- 8 hours Trekking |
| **Elevation gain:** | 1,780Miter elivation Loss |
| **Trails difficulty:** | Long trekking challenging |
| **Accommodations:** | Basic tea house |

### Trek Distance:
20KM

### Trek Duration
6-7 Hours

### Highest Altitude:
5,000 Meters

### Meals:
BLD

### Place:
Ghunsa

### Accommodation:
Basic Guest House

## Day 11: Trek to Selele Base camp 4290 Meter

| | |
|---|---|
| **Altitude:** | Selele base camp 4,290 Meter |
| **Trekking distance:** | Ghunsa to Selele Base camp 9km |
| **Time duration:** | 6 – 7 hours walking |
| **Elevation gain:** | 890 meters ascend |
| **Trails difficulty:** | Moderate trekking trails |
| **Accommodations:** | Basic tea house |

### Trek Distance:
9 KM

### Trek Duration
5-6 Hours

### Highest Altitude:
4290 Meters

### Meals:
BLD

### Place:
Selele base camp

### Accommodation:
Basic Tea – House

## Day 12: Trek to Tseram 3,870 Meter

| | |
|---|---|
| **Altitude:** | Tseram 3,870 Meter |
| **Trekking distance:** | Selele base camp to Tseram 13km |
| **Time duration:** | 7 – 9 hours trekking |
| **Elevation gain:** | Ascend 300m Dessending 400m |
| **Trails difficulty:** | Long and altitude Challenging |
| **Accommodations:** | Basic tea house |

### Trek Distance:
13 KM

### Trek Duration
6-7Hours

### Highest Altitude:
3870 Meters

### Meals:
BLD

### Place:
Tseram

### Accommodation:
Basic Tea – House

## Day 13: Trek to Ramche 4610 Meter

| | |
|---|---|
| **Altitude:** | Ramche 4,610 Meter |
| **Trekking distance:** | Tseram to Ramche 8.5 km |
| **Time duration:** | 5 – 6 hours trekking |
| **Elevation gain:** | 740 Meters ascend Ramchei |
| **Trails difficulty:** | Altitude challenging |
| **Accommodations:** | Basic tea house |

### Trek Distance:
8.5 KM

### Trek Duration
5-6 Hours

### Highest Altitude:
4610 Meters

### Meals:
BLD

### Place:
Ramche

### Accommodation:
Basic Tea – House

## Day 14: Trek to Oktan (4740m) and Yalung 3,900 Meter

| | |
|---|---|
| **Altitude:** | Yalung 3,900 Meter |
| **Trekking distance:** | Ramche – Oktan – Yalung 11.5 km |
| **Time duration:** | 6 – 7 hours trekking |
| **Elevation gain:** | 130 ascend and 610m descending |
| **Trails difficulty:** | Easy but long trekking make it difficult |
| **Accommodations:** | Basic tea house |

### Trek Distance:
11.5 KM

### Trek Duration
7-8 hours

### Highest Altitude:
4740 Meters

### Meals:
BLD

### Place:
Oktan

### Accommodation:
Basic Guest House

## Day 15: Trek to Toronding 2,995 Meter

| | |
|---|---|
| **Altitude:** | Torondin 2,995 Meter |
| **Trekking distance:** | Yalung to Torondin 14km |
| **Time duration:** | 6 – 7 hours trekking |
| **Elevation loss** | 900-meter descending |
| **Trails difficulty:** | Easy but long walking trails |
| **Accommodations:** | Basic tea house in remote area. |

### Trek Distance:
14 km

### Trek Duration
5-6 hours

### Highest Altitude:
2995 Meters

### Meals:
BLD

### Place:
Torondin

### Accommodation:
Basic tea house

## Day 16: Trek to Ranipul

| | |
|---|---|
| **Altitude:** | Ranipul 1400 Meter |
| **Trekking distance:** | Torondin to Ranipul 17km |
| **Time duration:** | 7 – 8 hours Trekking |
| **Elevation gain:** | 1200m descending |
| **Trails difficulty:** | Long challenging trails |
| **Accommodations:** | Basic tea house, with basic facility. |

### Trek Distance:
17 km

### Trek Duration
6-7 hours

### Highest Altitude:
1500 meters

### Meals:
BB

### Place:
Ranipul

### Accommodation:
Basic tea house

## Day 17: Drive to Ilam/Kanyam

| | |
|---|---|
| **Altitude:** | Taplejung 1,441 Meter |
| **Drive distance:** | Ranipul to Kanyam 130km |
| **Time duration:** | 6 – 7 hours drive to Tea Garden |
| **Accommodations:** | Basic guest house |

### Drive Distance
130 km

### Drive Duration
5-6 hours

### Highest Altitude:
1141 meters

### Meals:
BLD

### Place:
Kanyam, Ilam

### Accommodation:
Basic tea house

## Day 18: Drive to Bhadrapur and fly Back to Kathmandu.

| | |
|---|---|
| **Drive distance:** | Kanyam to Bhadrapur airport 53km |
| **Drive time duration:** | Maximum 2 hours drive |
| **Flight duration:** | Bhadrapur to Kathmandu 1 hour fly |

### Drive Distance
53 km

### Drive Duration
2 hours

### Meals:
BL

### Place:
Thamel

### Accommodation:
Star level Hotel in Ktm

### Day 19: Final Departure from Kathmandu

Final departure from Kathmandu

# What’s included for Kanchenjunga trek?

***Services Including for Kanchenjunga base camp trek with Ascend Hikes team are,***

- **Airport Pick up and drop**
- **Hotel in Kathmandu 2 nights at star level with BB plan.**
- **Domestic flight Kathmandu – Bhadrapur – Kathmandu.**
- **Local Privet jeep from Bhadrapur airport to trek starting place.**
- **All the accommodations and food (B/L/D) during the trek.**
- **A cup of tea or coffee 3 times in a day.**
- **Licensed Ascend Hikes experience trekking guide.**
- **A porter for 2 trekkers with Max. Weight 22KG**
- **All the Permits (RAP, KCAP, TIMS & local fees.**
- **Basic first Aid Kid**
- **Latest version Trekking map**
- **All the staff (porters and guides) insurance**
- **Government Taxes and service charge.**
- **Farewell dinner in Kathmandu after Trek.**

# Cost Excluded for Kanchenjunga base camp trek.

***Services Exclude for Kanchenjunga base camp trek with Ascend Hikes team are,***

- **International flight and travel Insurance.**
- **Nepal visa fee and Personal expenses.**
- **Wi-Fi, Hot shower, Charging, laundry, snakes & soft drinks**
- **Alcohol, cold drinks and Bar bills**
- **Personal trekking gears are exclude**
- **Extra day or additional route and day.**
- **Emergency, rescue and other expenses.**
- **Tips for the Porters and guides**

# Group Discounts Available

| No. of Persons | Price per Person |
|---|---|
| 2 – 02 | USD 2,299 |
| 3 – 03 | USD 2,099 |
| 4 – 04 | USD 1,999 |
| 5 – 05 | USD 1,899 |
| 6 – 06 | USD 1,859 |
| 7 – 14 | USD 1,799 |

# Important Noticed

Kanchenjunga base camp Trek lies in the **Restricted Area,** so trekking in this area you should need,

- Minimum 2 trekkers and more in a group
- Registered Agency only operating this Kanchenjunga trek
- from immigration Restricted area permits need for this route.

### Complete packing list for the Kanchenjunga trek

Here is the main packing list for the Kanchenjunga trek for 19 days trekking in remote untouched route in Nepal Himalayan valley.

## Clothing (Layering System)

**Base Layer (Moisture – Wicking)**

3–4 Thermal tops (merino/synthetic)

2 Thermal bottoms

**Mid Layer (Insulation for the trek)**

1 /1 Fleece jacket or light down jacket

1 Warm sweater (optional)

**Outer Layer (Protection)**

Waterproof & windproof good quality jacket (Gore-Tex preferred)

Waterproof warm pants equire.

**Trekking Wear during the Kanchenjunga trek**

2–3 Trekking light and quick dry pants

2–3 Quick-dry t-shirts

Long-sleeve trekking shirts

Comfortable hiking shorts (optional)

### Warm Wear for evening and morning

Warm Down jacket (essential for high altitude)

Wool/fleece warm hat

Neck gaiter / buff

Warm gloves + inner liner gloves

### Underwear & Socks

4–6 pairs of trekking socks (wool/synthetic optional)

3-4 Underwear (quick-dry)

Sleepwear

## Footwear

High-quality trekking boots (well broken-in)

Lightweight sandals / camp shoes

Gaiters (for snow, Ice/dust, optional)

## Bags & Storage

Main backpack or duffel bag (50–70L)

Daypack (20–30L)

Dry bags / waterproof covers

Packing cubes (optional)

## Sleeping Gear

Light and warm Sleeping bag (-10°C to -15°C rating recommended)

Sleeping bag liner

Inflatable pillow (optional)

## Trekking Equipment

A pair Trekking poles

Head lamp (head light) with extra batteries

Sunglasses (UV protection)

Sun hat / cap

Micro spikes / crampons (seasonal, ask your guide)

## Toiletries & Personal Care

Toothbrush & toothpaste

Biodegradable soap / shampoo

Wet wipes

Hand sanitizer

Sunscreen (SPF 30+)

Lip balm with SPF

Towel (quick-dry)

Toilet paper (carry extra)

## First Aid & Medications

Personal prescription medicines

Diamox (for altitude – consult doctor)

Painkillers

Band-aids / blister pads

Antiseptic cream

Oral rehydration salts

Cold/flu medicine

Thermometer (optional)

Bandes and blister tape.

## Food & Hydration

Refillable water bottles (2L total capacity)

Water purification tablets / filter

Thermos flask (optional)

Energy bars / trail snacks

Electrolyte powder

## Documents & Money

Passport + copies

Trek permits (KCA Permit, Restricted Area Permit)

Travel insurance

Cash (no ATMs on route)

Emergency contacts

## Electronics

Mobile phone

Power bank (20,000 mAh recommended)

Charging cables

Camera + spare batteries (optional)

Solar charger (optional)

## Miscellaneous

Trekking map / guidebook

Notebook & pen

Playing cards / small book

# Optional But Helpful things.

Lightweight crampons (spring/autumn)

GPS watch

Binoculars

### Kanchenjunga base camp Trek Cost 2026

How expensive Kanchenjunga Trek? **With Ascend Hikes Trekking Agency (All-Inclusive Package for 19 Days)**

| Group size | Cost in USD per person |
|---|---|
| Group of 2 | USD $ Per Person 2,299/- |
| Group of 3 | USD $ Per Person 2,099/- |
| Group of 4 | USD $ Per Person 1,999/- |
| Group of 5 | USD $ Per Person 1,899/- |

| | |
|---|---|
| Group of 6 | USD $ Per Person 1,850/- |
| Group of 7 and + | USD $ Per Person 1,799/- |

Note: Price depends on group size (larger groups usually cheaper per person), service level, and included flights/jeeps.

### Basic Budget Estimate for Kanchenjunga base camp trek

## Basic Budget Estimate (Without Full Agency Package)

If you coordinate yourself but still include essentials:

| Title or activities | Cost in USD $ |
|---|---|
| Domestic flight and land transport | USD $ 650 – 750/- |
| Accommodation and meals 19 days | USD $ 750 – 850/- |
| Guide and Porter 1/1 | USD $ 1,150 – 1,350/- |
| Permits fee | USD $ 100/- |
| Travel Insurance | USD $ 100 – 200/- |
| Miscellaneous | USD $ 250 – 300/- |
| Hotel in Kathmandu | USD $ 100/- |
| Guide and porter tips | USD $ 200 – + |
| Porter and guide Insurance | USD $ 100 – 150/- |
| **Total Estimate cost** | **USD $ 2,499 - 3,899/-** |

# Note: Kanchenjunga base camp trek is a restricted area trek, so:

*You **must trek with a licensed guide and** Permits **must be arranged through a registered agency**.*

### Kanchenjunga base camp trek Permit Information and cost:

The Kanchenjunga region is a **restricted and protected trekking area** due to its closeness to both the Indian and Chinese (Tibet) borders and its delicate environment. So, you have to consider with,

**Independent trekking is** *not allowed* without proper permits and a registered guide/agency and require **Minimum group size is 2 trekkers + 1 licensed guide.**

Kanchenjunga base camp trek permit and their cost are,

| Require permits | Cost in USD $ per person |
|---|---|
| Restricted permit (RAP) | USD $ 20/- per week |
| Conservation permit (KCAP) | USD $ 25/- Approximately |
| TIMS card | USD $ 20/- |
| Local government fee | USD $ 10/- |

### Why book Kanchenjunga base camp trek with us (Ascend Hikes Team)?

Why book Kanchenjunga trek with ascend hikes team? Choosing the right trekking agency makes all the difference and at **Ascend Hikes Team**, we don't just guide you to Kanchenjunga route, we help you experience it safely, comfortably, and genuinely. So booking throw Ascend Hikes,

## Specialized Experience in Remote Trekking

Kanchenjunga is one of the most challenging and remote trekking routes. Our team has **extended hands on experience** operating in restricted and high-altitude areas, ensuring smooth logistics and safe navigation throughout the journey.

## Licensed, Local & Highly Trained Guides

Our professional guides are government licensed, well-trained in **first aid & altitude safety** Experienced in high-altitude trekking and Fluent in English and Nepali

Our team are friendly, understand the terrain, culture, and weather activity keeping you advised and confident every step in Himalayan journey.

## Hassle-Free Permit & Paperwork Management

Kanchenjunga base camp trek is a restricted area so requiring special permits. We handle all the permits, Restricted Area Permit (RAP) KCAP Permit and all government documentation

## Strong Focus on Safety & Support

Your safety is our top priority: Extensive first-aid kits, Emergency response planning, 24/7 usable support and Coordination for helicopter rescue (if required).

*Note: We are prepared for every situation in this remote region.*

## Personalized & Flexible Itineraries

We customize each trek based on: Your fitness level, Time availability, Group size and Personal interests

*Note: Whether you prefer a relaxed pace or an adventurous challenge, we adapt to you.*

## Trek with Confidence, Trek with Ascend Hikes Team.

Trekking with us, you don't just reach Kanchenjunga Base Camp also you gain memories, friendships, and a deeper connection with the Himalayas.

### Altitude sickness and precaution.

Above the 3,500meters altitude, should be get altitude sickness in the Himalayas. There is no boundary, who will get altitude sickness. Anyone – any time can get altitude symptoms. It's depending on how you can adjust the environment.

**How to know getting altitude sickness?**

Some major symptoms of Altitude sickness.

- Less apatite and tiredness.
- Short breath and can't sleep at night.
- Headache and dizziness
- Vomiting and whole-body cold.

**How to prevention altitude sickness?**

Some step to avoid altitude sickness,

- Walk slowly where you are above 2500 meters altitude around Ghunsa – Lhonak area.
- Drink enough water (3-4 litters) recommend.
- Stop drinking alcohol and smoke.
- Eat plenty and hygienic food, instead of junk food.
- Don't sleep at daytime.
- Pack a Diamox for the emergency case.
- And walk in high and sleep at low elevation.

**What to do/ medicine, is recommended if get altitude sickness?**

There is no medicine for the altitude sickness to recovery and further ascent. Only the prevention is best idea. In case get altitude sickness, try to eat hot soups and as soon as possible descend and descend to the low elevation. Take a Diamox for little relax and move down. If it is serious case, rescue whatever by helicopter or what is possible.

*Note: Don't underestimate with altitude sickness, it may take your life*

## Weather information in Kanchenjunga base camp trek.

# Spring (March – May) the weather condition is

| Time | Elevation | Temperatures |
|---|---|---|
| Day time | Lower part and Mid elevation | 5 °C to 20 °C |
| Day time | High elevation | 0 °C to 10 °C |
| Nighttime | High Elevation | 0 °C to -9 °C |

Spring also the best trekking season with beautiful weather, blooming flowers and best temperature, highly recommend.

## Autumn (September – November) the weather conditions are

| Time | Elevation | Temperatures |
|---|---|---|
| Day time | Lower part and Mid elevation | 10°C to 18°C |
| Day time | High elevation | 0 °C to 9 °C |
| Nighttime | High Elevation | -5°C to -15°C |

One of the best trekking seasons because clear stable weather and pleasant temperature. We are highly recommended for trek this time.

## Monsoon (June – August) weather condition is

| Time | Elevation | Temperatures |
|---|---|---|
| Day time | Lower part and Mid elevation | 8°C to 25 °C |
| Day time | High elevation | 0 °C to 10 °C |
| Nighttime | High Elevation | 0 °C to -10 °C |

Monsoon is not the best time to do trekking, because whole time heavy rain, more chance for landsliding.

## Winter (December – February) time the weather condition is,

| Time | Elevation | Temperatures |
|---|---|---|
| Day time | Lower part and Mid elevation | 10°C to -5 °C |
| Day time | High elevation | 5°C to -10 °C |
| Nighttime | High Elevation | -10 °C to -20°C |

**This time trekking in Kanchenjunga is Challenging and cold,** not ideal unless you are well-equipped and prepared for snow and ice.

# Quick Weather Summary with Ascend Hikes team

| Season | Weather | Recommended? |
|---|---|---|
| Spring (March – May) | Clear, colorful & blooming | 5/5 |
| Autumn (September – November) | Dry, crisp, best views, stable weather | 5/5 |
| Monsoon (June – August) | Wet, cloudy, raining, slippery & flooding | 1/5 |
| Winter (December – February) | Very cold and snow covered | 2/5 |

*The best times for weather, visibility, and trail-condition safety:* **Spring and Autumn**.

### Flora and faun.

**Flora:** This Kanchenjunga conservation area is rich in flora. Here are some major types and possibility to hunt them.

Rhododendron (national flower of Nepal) Usually March to April is the blooming time. Oak trees in this region many oak trees also found, Pine trees and Fir Forest are big on this area. Mushrooms, Bamboo

bushes, Ferns, Maple, Hemlock etc. is the main flora fund in Kanchenjunga trek.

**Fauna (wildlife):** Fauna in Kanchenjunga trek is, Danphe (colorful national bird of Nepal), Eagle, Barbet, Bulbul and many different birds and Himalayan Langur, Monkey, black bear, leopard, barking deer, musk deer, squirrels etc. found in these trails.

### Kanchenjunga base camp trek safety tips

Kanchenjunga trek is one of the most beautiful remote area trek, for this route you need to trek safety first,

- **Prepare properly before start your trek**
- **Hired incensed and experienced guide and strong porter.**
- **Be careful with altitude sickness, fellow proper rules.**
- **Pack smart and all the necessaries as season.**
- **Pack first Aid kid with all the necessaries medicine.**
- **Share your emergency contact with contact person.**
- **Check every-time weather report if possible.**
- **Care about local food and drinking**
- **Respect local culture and nature.**
- **Book throw reliable and experience agency.**

**Risk management:** while photograph people, please ask before sometimes they don't want. Be a safe side while photograph, near big cliff and narrow place cause others passing through you. When animals passing you please be sure you are at cliff side. Always keep in mind safety first.

### Ascend Hikes team Experience in Kanchenjunga base camp trek

## Company Background & Team Experience

**Local expertise & personalized service,** Ascend Hikes Pvt Ltd is a locally owned, family-based trekking agency in Nepal with guides from mountain regions who know the trails, cultures, safety considerations and hidden scenic spots well. They express friendly service and a family feel for their guests.

**Licensed guides & safety focus** our guides are government-licensed and familiar with trekking logistics, cultural insights, safety practices, and emergency preparedness in the Himalayas.

## Flexible, customized trips

Note: There are **no widely published online reviews specifically for Ascend Hikes on the Kanchenjunga Base Camp trek** Reviewers of other Ascend Hikes trips describe guides as knowledgeable, safety-oriented, and engaging with good trail and cultural insights. Guides like ***Shankar Rai*** and ***Mahesh Magar*** are mentioned for creating supportive experiences.

# FAQs about Kanchenjunga base camp trek

The Kanchenjunga Base Camp Trek is one of the most remote and adventurous trekking routes in Nepal Himalayas. Many trekkers have common questions before planning this journey of Kanchenjunga Base Camp trek, her are the major answers about these routes.

## Where is the Kanchenjunga Base Camp trek located?

The Kanchenjunga Base Camp trek is located in far eastern part of Nepal, near the borders of India and Tibet (China). It lies in the Kanchenjunga Conservation Area with offering views of the world's third-highest mountain (8,586m).

## How long need for the Kanchenjunga Base Camp Trek?

The Kanchenjunga both (north and south) base camp trek usually takes **20 – 24 days**, including arrival, acclimatization, and return.

## What is the maximum altitude in Kanchenjunga base camp trek?

The Kanchenjunga base camp route, North Base Camp (Pangpema) is 5,143m and South Base Camp (Oktang/Yalung) is 4,700m.

## Is Kanchenjunga route a restricted area?

Yes, Kanchenjunga trek is a **restricted trekking area**, so, Minimum **2 trekkers** are required, and A **licensed guide** is mandatory with Permits must be arranged through a registered agency

## What permits are required for Kanchenjunga route?

For Kanchenjunga trek You need **Restricted Area Permit (RAP), Kanchenjunga Conservation Area Permit (KCAP) and** TIMS card are the main permits for this trek.

## Do I need previous trekking experience?

This region is remote and challenging trekking so, Previous high-altitude trekking experience is highly recommended. This trek is physically demanding and remote.

## What is the best season for this Kanchenjunga trek?

The best seasons are **Spring (March–May) and Autumn (September–November)**

Winter and monsoon are not recommended

## How difficult is the Kanchenjunga trek?

Kanchenjunga Trek is advised challenging because of remote trails, long walking days, high altitude, Limited facilities and Remote location, so good fitness level is essential.

## What type of accommodation is available?

Kanchenjunga is the remote area trek so we have to adjust in **basic tea houses/lodges** and sometimes local home stays with basic facilities.

## What kind of food is available in Kanchenjunga trekking route?

The Meals are generally simple local and trekking food such as, Nepalese Dal Bhat, Noodles items, Rice, Soup, Potatoes dishes, Eggs with instant Tea/Coffee are available in this route.

## Is travel insurance required?

Yes, Kanchenjunga base camp trek is remote with high Himalayan challenging journey so, the travel insurance is most mandatory, with covering High-altitude trekking rescue (up to 5,500m) Emergency helicopter evacuation are most essential.

## Is altitude sickness a high risk?

Yes, the altitude sickness is high risk because the trek leads above 5,100m, and altitude **sickness is a serious risk**. Proper acclimatization and slow pacing reduce the risk.

## Are guides and porters provided?

Yes, normally if you book through Ascend Hikes in full board package then a licensed guide is compulsory. Porters are optional but highly recommended.

## Can I trek solo in Kanchenjunga route?

No, Solo trekking is **completely forbidden** in Kanchenjunga region due to restricted area regularize.

## How do I reach the starting point?

Usually in this date the Kanchenjunga trek start from Ranipul, to get this place we have to fly from Kathmandu to Bhadrapur and about 290km drive.

## Is there internet and phone network?

The Kanchenjunga base camp region, Mobile network is limited and unreliable and few tea houses have Internet but it is is rare in higher areas.

## Can I charge my devices?

Some lodges offer charging facilities for a small fee, mainly in lower regions. Highly recommend to carry some solar charging device.

## How much does the trek cost?

On the average, Kanchenjunga base camp trek cost ranges from **USD 2,390 to 3,590+ per person**, depending on group size and services.

### Is the Kanchenjunga base camp trek suitable for beginners?

This Kanchenjunga base camp trek is **not recommended for beginners**. It is best for experienced and who are no matter for long remote walker trekkers with good physical fitness.

### How safe is the Kanchenjunga base camp Trek?

Trekking with proper preparation, experience agency, licensed guides, and good insurance, the Kanchenjunga base camp trek is generally safe. Weather and remoteness require extra caution.

### Can the itinerary be customized?

Yes, if you book through Ascend Hikes team, we are always offering customized itinerary based on your need and fitness level.

### What wildlife can be seen?

Kanchenjunga conservation area's route chance to see, Red panda, Snow leopard (rare), Musk deer, Himalayan pheasant, Yaks and mountain goats

### What makes Kanchenjunga special?

Kanchenjunga base camp trek offers: Fewer crowds, Untouched landscapes, Authentic local culture, Both North & South Base Camps and Spectacular Mountain views

### How do I book the trek?

It is easy, you can book through a registered trekking agency like **Ascend Hikes Team** by contacting them via email, phone, WhatsApp or website.

## Pro Tips for Kanchenjunga Trek

Pack your bag light, a porters usually carry 20–22 kg max
Choose quality & useful gear, weather is unpredictable
Test your trekking boots before trekking
remember, Always carry rain protection
Prepare for cold nights and the tea houses are limited facilities

## Some useful local greetings

Here are some useful local greetings phrases and sentences.

- **TASHIDELE / NAMASTE – Hello (all ages people can use)**
- **TAPAI LAI KASTO CHHA? – How are you?**

- **MALAI THIK CHHA, DHANYABAT – I am fine, thank you.**
- **TAPAIKO NAM KE HO? – What is your name?**
- **MERO NAM ……. HO.  – My name is ……**
- **KRIPAYA MALAI SAHAYOG GARNUS. – Please help me….**
- **MALAI BHOK LAGE KO CHHA. –I am hungry**
- **MALAI KHANA DINUS – Give me a rice.**
- **MALAI YO THAU RAMAILO LAGYO – I really love this place.**
- **YO THAU BATA … THAU MA PUGNA KATI SAMAYA LAG CHHA? –  How far from here to … place?**
- **MALAI CHISO VAYO – Ifeel cold.**
- **CHIYA PAIN CHHA? – Can I get tea?**
- **TAPAI LAI KASTO LAGYO KHANA? – How is food?**
- **MITHO CHHA – Very good/ testy**
- **PANI – water**
- **KHANA– Food**
- **DHANYABAT – thanks**
- **FERI VETAULA – See you again**
- **TAPAI KO YATRA SAFAL RAHOS – have a safe journey**

# Booking & Enquiry

**Book your Kanchenjunga base camp Trek now:** Are you looking less crowed treks in Nepal?  If you need help organizing your safe and adventure Kanchenjunga Base camp trek, contact us for a customized itinerary. We are always available in,

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