# Kanchenjunga Trek

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# Kanchenjunga Trek

URL: https://ascendhikes.com/package/kanchenjunga-trek/

**Destination**
Nepal

**Activity**
Trekking

**Start / End Point**
Kathmandu / Kathmandu

**Duration**
14

**Region**
Restricted Areas Treks

**Max. Altitude**
5,143 m

**Best Season**
Sep-Oct-Nov-Dec/March-Apr-May

**Per Person From**
USD 1,650

**Group Size**
2

Trip Difficulty
**Moderate**

Accommodation
**Guest house**

**BLD**
Breakfast, Lunch and Dinner

# Kanchenjunga Trek:

**Welcome to Kanchenjunga:**

The Kanchenjunga Trek is a challenging and remote trekking route that takes you to the base camp of

Mount Kanchenjunga, the third highest mountain in the world. It is located in the eastern part of Nepal, near the border with India. The trek offers a unique opportunity to explore pristine natural beauty, remote villages, and breathtaking mountain scenery.

The Kanchenjunga Circuit Trek is a popular and remote adventure in Nepal's far east, offering stunning views, diverse landscapes, and an opportunity to immerse oneself in nature. The trek requires a local guide and at least two trekkers to collect necessary permits and is less popular than Everest Base Camp or Annapurna Base Camp. The trek is known for its natural beauty and wildlife, including the world's third-highest peak, Mt. Kanchenjunga. The Kanchenjunga Conservation Area Project protects the region, hosting species like pheasants, snow leopards, and red pandas. The trek can be visited through two treks: the Northern Base Camp or the Southern Base Camp but choosing both on the same trip can be challenging due to the landscape's diversity. The eastern part of Nepal, including Kanchenjunga, has escaped major earthquake impacts, and there have been no reported deaths or casualties in the Kanchenjunga Trekking Circuit.

# Itinerary

## Day 01: Arrival in Kathmandu

Arrive in Kathmandu and transfer to your hotel. Rest and prepare for the trek.

## Day 02: Fly from Kathmandu to Suketar (2,420m) and trek to Mitlung (921m)

Take a scenic flight from Kathmandu to Suketar. Begin trekking from Suketar and descend to Mitlung. Overnight stay in Mitlung.

## Day 03: Trek from Mitlung to Chirwa (1,270m)

Continue trekking through lush forests and terraced fields to reach Chirwa. Overnight stay in Chirwa.

### Highest Altitude:
1,270m

## Day 04: Trek from Chirwa to Sekathum (1,660m)

Trek through scenic landscapes, cross suspension bridges, and enter the Kanchenjunga Conservation Area. Reach Sekathum. Overnight stay in Sekathum.

### Highest Altitude:
1,660m

## Day 05: Trek from Sekathum to Amjilosa (2,510m)

Continue ascending through dense forests and cross the Ghunsa River. Reach Amjilosa. Overnight stay in Amjilosa.

### Highest Altitude:
2,510m

## Day 06: Trek from Amjilosa to Ghunsa (3,595m)

Trek through rhododendron and pine forests, passing by Tibetan villages. Reach Ghunsa, a village with a monastery. Overnight stay in Ghunsa.

### Highest Altitude:
3,595m

## Day 07: Acclimatization day in Ghunsa

Rest and acclimatize in Ghunsa. Take a short hike to explore the surroundings and enjoy the mountain views.

## Day 08: Trek from Ghunsa to Kambachen (4,050m)

Ascend through alpine terrain, passing meadows and crossing the river. Reach Kambachen. Overnight stay in Kambachen.

### Highest Altitude:
4,050m

## Day 09: Trek from Kambachen to Lhonak (4,780m)

Continue trekking, enjoying panoramic views of the surrounding peaks. Reach Lhonak, a grazing area. Overnight stay in Lhonak.

### Highest Altitude:
4,780m

### Day 10: Trek to Pangpema (Kanchenjunga North Base Camp – 5,143m) and back to Lhonak

Trek to Pangpema, the base camp of Kanchenjunga North. Enjoy stunning views of glaciers and mountains. Return to Lhonak. Overnight stay in Lhonak.

### Highest Altitude:

5,143m

### Day 11: Trek from Lhonak to Ghunsa

Descend from Lhonak to Ghunsa, retracing your steps. Overnight stay in Ghunsa.

### Day 12: Trek from Ghunsa to Suketar (2,420m)

Trek back to Suketar, passing through villages and forests. Overnight stay in Suketar.

### Highest Altitude:

2,420m

### Day 13: Fly from Suketar to Kathmandu

Take a flight from Suketar to Kathmandu. Transfer to your hotel in Kathmandu.

### Day 14: Departure from Kathmandu

Your Kanchenjunga Trek comes to an end. You will be transferred to the airport for your departure flight or you can extend your stay in Kathmandu to explore more of the city’s attractions.

## Cost Includes

- Airport Pick up and drop.
- All the accommodation and meal (3 times a day with one main course) during the trek.
- All the official expenses and paperwork ( like Permit for peak climbing).
- All the domestic Flights and  tickets ( Ktm – Bhadrapur-ktm).
- Government license holder Ascend Hikes Experience English speaking Guide.
- A Porter for 2 Trekkers and  Maximum 20 Kg weight of Luggage.
- All the Government Taxes.

- All the Insurance of Guide and Porters.
- Farwell dinner in Kathmandu.

# Cost Excludes

- Travel Insurance and Entry visa fees.
- International Flight tickets.
- All trekking gear and others expenses.
- Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.
- All the accommodation and food before and after Trekking.
- Excess Baggage charge.
- Personal expenses: wi-fi, Battery charge etc…
- Staff tips
- All others things are Exclude which is not in the list of Include

# Group Discounts Available

| No. of Persons | Price per Person |
|---|---|
| 2 – 2 | USD 2,075 |
| 3 – 4 | USD 1,650 |
| 5 – 6 | USD 1,495 |
| 7+ | USD 1,475 |

# Essential Information

## Usefull Information

- **Visa Requirements**: Visitors to Nepal need a valid passport and a visa. You can obtain a tourist visa upon arrival at the airport or obtain it from a Nepalese embassy or consulate before your trip. Visa fees vary based on the duration of your stay.
- **Permits:** As the Kanchenjunga region falls under a restricted area, you need to obtain a special trekking permit called the Kanchenjunga Restricted Area Permit. Additionally, you will need a TIMS (Trekkers' Information Management System) card.
- **Trekking Guide:** Trekking in the Kanchenjunga region requires a licensed guide. Hiring a guide is mandatory for both safety reasons and to support local communities.
- **Health and Safety:** Before traveling to Nepal, consult your healthcare provider or a travel clinic to ensure you are up-to-date with necessary vaccinations. It's advisable to carry a basic first aid kit, medications for common ailments, and water purification tablets. Follow safe trekking practices, stay

hydrated, and be mindful of altitude sickness symptoms.

- **Accommodation**: Along the Kanchenjunga Trek, teahouses or lodges are available for accommodation. These offer basic facilities such as shared rooms, common dining areas, and simple meals. It's advisable to carry a sleeping bag suitable for cold temperatures.
- **Weather and Best Time to Trek**: The best time to undertake the Kanchenjunga Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer relatively stable weather, clear skies, and favorable trekking conditions. However, the trek can be done throughout the year, with proper preparation and consideration for weather and trail conditions.
- **Currency and ATMs:** The local currency in Nepal is the Nepalese Rupee (NPR). ATMs are available in major cities like Kathmandu, but they may be limited or non-existent in remote areas. It's recommended to carry enough cash for your entire trek, including permit fees and expenses along the way.
- **Communication:** Local SIM cards are readily available in Kathmandu, allowing you to have a local number and access mobile data. However, be prepared for limited network coverage in remote areas during the trek.
- **Responsible Trekking:** Practice responsible and sustainable trekking by respecting the local culture, traditions, and environment. Follow Leave No Trace principles, avoid single-use plastics, and support local communities by staying in teahouses and purchasing local products.

# Frequently Asked Questions

## How difficult is the Kanchenjunga Trek?

The Kanchenjunga Trek is considered a challenging and strenuous trek. It involves long days of walking, high altitude, and rugged terrain. Good physical fitness, prior trekking experience, and proper acclimatization are essential.

## What is the best time to do the Kanchenjunga Trek?

The best time to undertake the Kanchenjunga Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather, clear skies, and favorable trekking conditions. However, the trek can be done throughout the year, with proper preparation and consideration for weather and trail conditions.

## Is a permit required for the Kanchenjunga Trek?

Yes, the Kanchenjunga region falls under a restricted area, and a special permit called the Kanchenjunga Restricted Area Permit is required to trek in this region. Additionally, you will need a TIMS (Trekkers' Information Management System) card.

## Can I trek the Kanchenjunga region independently, or do I need a guide?

Trekking in the Kanchenjunga region requires a licensed guide. The area is remote, and having a guide is not only for safety reasons but also for cultural and environmental preservation. The guide can provide navigation assistance, handle logistics, and offer insights into the local culture.

### What are the accommodation and food options during the trek?

Teahouses or lodges are available along the Kanchenjunga Trek route. The facilities may be basic, with shared rooms and common dining areas. The menu at teahouses offers a variety of local and international dishes, including dal bhat (traditional Nepali meal), noodles, rice, and soups.

### Is altitude sickness a concern on the Kanchenjunga Trek?

Altitude sickness can be a concern on the Kanchenjunga Trek, as you reach high altitudes. Proper acclimatization, gradual ascent, and staying hydrated are crucial to minimize the risk. It's recommended to consult with a doctor, trek with a guide, and be aware of symptoms of altitude sickness.

### Are there ATMs and Wi-Fi available during the trek?

ATMs and Wi-Fi facilities are limited along the Kanchenjunga Trek route. It's advisable to carry enough cash (Nepalese Rupees) for the entire trek and inform your bank about your travel plans. Some teahouses may offer limited Wi-Fi connectivity, but it's best to be prepared for limited or no internet access.

### Can I extend the Kanchenjunga Trek to visit the Kanchenjunga South Base Camp?

Yes, it's possible to extend the Kanchenjunga Trek to visit the Kanchenjunga South Base Camp (Yalung Base Camp). The trek to the South Base Camp is more remote and requires additional time and permits.

# Equipment List

1. **Clothing:**

- Base layers: Moisture-wicking, quick-drying tops and bottoms
- Insulating layers: Fleece jackets, down jackets, or synthetic insulated jackets
- Waterproof and windproof jacket
- Waterproof and windproof pants
- Trekking pants or trousers
- Long-sleeved shirts/T-shirts
- Thermal underwear (tops and bottoms)
- Warm hat and gloves
- Sun hat or cap
- Hiking socks (wool or synthetic blend)
- Hiking boots (broken-in and comfortable)
- Camp shoes or sandals for resting at teahouses

2. **Equipment**:

- Backpack (50-70 liters) for carrying your personal items
- Sleeping bag suitable for cold temperatures (rated below freezing)
- Sleeping pad or mat for insulation and comfort

- Trekking poles for stability and reducing strain on knees
- Headlamp or flashlight with spare batteries
- Sunglasses with UV protection
- Water bottles or hydration system (capacity of at least 2 liters)
- Lightweight towel
- Trekking map and guidebook
- Snacks and energy bars for quick energy boosts
- Personal toiletries and medications (including altitude sickness medication)
- Duffel bag or waterproof cover for your backpack

3. **Mountaineering Gear (if trekking to Kanchenjunga South Base Camp):**

- Crampons
- Ice axe
- Climbing harness
- Helmet
- Ropes
- Carabiners and other climbing equipment (as required)

4. **Miscellaneous:**

- Sunscreen with a high SPF
- Insect repellent
- Basic first aid kit with necessary medications (e.g., pain relief, gastrointestinal, altitude sickness)
- Portable charger or power bank for electronic devices
- Camera or smartphone for capturing memories
- Travel adapter for charging devices
- Plastic bags or dry sacks to keep your gear dry
- Trekking permits and identification documents

## Weather and Best Time to Trek:

The best time to undertake the Kanchenjunga Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer relatively stable weather, clear skies, and favorable trekking conditions.

The Kanchenjunga Trek is a thrilling adventure that requires careful planning and timing. The best seasons for trekking in the region are spring (March to May), summer (June to August), and autumn (September to November). Spring offers clear mountain views and precise weather conditions, while summer brings mild to heavy rainfall and wet and slippery trails. However, lower altitudes may experience insects like mosquitoes and leeches due to the moist and cold surroundings.

## Autumn is the peak and best time for trekking in Kanchenjunga:

The monsoon is over, and the weather is dry and clear. High-altitude yak pastures and greenery remain, providing stable weather conditions and stunning mountain vistas. In summary, late April to May and September to November are ideal months for Kanchenjunga trekking, offering clear mountain views and stable weather. Choose wisely and embark on an unforgettable Himalayan adventure with Ascend hikes.

# Address

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