



Kanchenjunga Trek Detailed Itinerary

Day 1

Flight from Kathmandu to Suketar

Your trekking in Nepal to the eastern Himalayas; “Kanchenjunga trek” starts with beautiful flight from Kathmandu to Suketar airport (2480 meter height from sea level). Suketar located in the Taplejung district is the gateway of eastern Himalaya of Nepal, considerably to the Mount Kanchenjunga and the Pathivara temple. Your flight takes off, from the middle of the crowded Kathmandu, gradually fly over the beautiful landscapes and the snowcapped mountains offering you the bird’s eye view, if you are lucky to get window seat & the weather is clear.

It is also the gateway of one of the best cultural tour package of Nepal “the Limbu cultural trail”. You can observe the typical Limbu cultural dance such as; Dhaan Nach, Chyarung Naach and Bijuwa Naach.

Day 2

Trek to Sinuwa

Tighten your laces because from today we start our trekking to the base camp of the world’s third-highest Mountain Mt Kangchenjunga (8586 meter).

In the first day of the trek, we will be descending toward the Tamang village called Sinuwa. The trail goes over the ridge, through the lush green mid-hills that goes upstream the Tamor River. During, hiking toward Sinuwa, you will come across some remote village – with the small settlement and the mud houses & the friendly locals, worth walking through the village.

The trek to Sinuwa takes 7-8 hours which can be overwhelming. The asymmetric terraced farmlands, paddy fields and the various trees including fruit trees, all along the trail; worth walking.

Tonight stay at the hotel. That’s all you do on a day – 2 of Kanchenjunga Trek

Day 3

Trek to Taplethok (1380m)

As we head towards Taplethok, leaving Sinuwa – the river valley gradually becomes narrower. Today, we will walk through the rocky trail, observing the view of old debris of landslide and boulder. Then the trail takes you down the Thikwa Khola and after few up and down trails and after crossing the beautiful wooden bridge over the river we will reach Chiruwa market.

The Chiruwa (1246 meters) is small market and has few lodges & nice camping sites. This place is one of the places chosen to stay, for trekker. However, from there, we will walk along the Tamor River before reaching the Taplethok.

Day 4



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Trek to Sakathum (1575m).

After verifying the permit we will climb uphill and then descends towards the Simbua Khola, coming from the beautiful Yalung glacier. Then after passing another ridge, we will reach the Gunsa river valley. The trail then takes you towards the confluence of the Tamor river and Gunsa river and after walking a while, we will reach Sakathum, where we will stay tonight. During the 4th day of Kanchenjunga Trek, we witness the mouthwatering natural beauties.

Day 5

Sakathum to Amjilosa (2310m).

Today, as we will be climbing uphill to Amjilosa ascending 725 meters in a day, the trekking from sakathum to Amjisola takes approximately 7-9 hours. Leaving sakathum we will follow upstream of the ghunsa khola. The trail leads us through the steeped terrain and uphill climb before reaching Amjilosa. It is a small settlement of Tibetan tradition-ed people and Sherpa.

We will stay tonight at Amjilosa.

Day 6

Amjilosa to Gyable (2730m).

Heading towards the Gayable leaving beautiful Tibetan village, you shall stretch your legs, initially the trail goes quite flat for the first few hours. Then the trail ascends towards the Gayable, where we will be staying tonight. After the trail ascends, on the few hours walks, we will come across the big waterfalls on the side of the river. The hike from Amjilosa to Gayable takes approximately 7 hours. As the most of the trails passes through the dense forest, you can collect the experience of jungle trekking. If you got chance to walk here in the spring season i.e. month of March-May you will surely be magnetized with the different colors of rhododendron flower and the green bamboo adding the colors to the beautiful jungle.

Day 7

Gyable to Gunsa (3595m).

Today, we will be heading towards the small settlement of Sherpa and Tibetan people, in the foothill of Mount Kumbakarna also known as “khangju zoanga” which means mountain or hill of five sisters.

Throughout the approx. 7 hours of trek towards Kanchenjunga from Gyable, you will be walking through the jungle & large grasslands and few small Sherpa settlements in between. The pristine blue-gray water of Gunsa river flowing down the trail also adds the excitement.

Day 8

Acclimatization, Rest and full day village exploring at Gunsa.



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For Acclimatization, we will be hiking for about 4 hours gaining the elevation of the 400 meters from the river. For the rest of the day we will be exploring the Tibetan culture and share the travel stories and visit the gompa (local monastery).

The Gunsa valley village is also the unofficial capital of the northern valley of Kanchenjunga with few hotels, public health post, community school, and micro hydro-power.

Most of the locals are engaged in potato farming and yak grazing. During the trek, you will see the astounding kharkas such as Anidesa Kharka, Lanphuk Kharka etc. in the alpine areas where the yaks graze. The Tibetan and the Sherpa culture are predominant in the valley.

Day 9

Gunsa to Khambachen (4050m).

Leaving the largest settlement of the valley, we will come across beautiful Chortens and Mani walls following the flawless pine and rhododendron forest trail. The trail gradually ascends along the south bank of Gunsa river where we will be crossing the rocks and sediments carried and deposited by glacier forming the ridges at its edges. Then the trail leads to Rambuk Kharka and finally reaches the Khambachen; the last stopover before heading towards the subzero temperature region.

Tonight we will stay in the tea house in the Tibetan settlement surrounded by the mountains. At the end of the 9th day, Kanchenjunga Trek becomes more exciting.

Day 10

Khambachen to Lhonak(4780m).

We will start a day with majestic Mt Kanchenjunga and Mt Jannu on the sight. It will take approx. 7 hours of walking. After crossing rocks and boulders, we will reach the Ramtang (4350 meters). The beautiful meadow at the Ramtang will surely mesmerize you. The Ramtang monastery, waterfall and the Kanchenjunga glacier energizes you to walk further towards the Lhonak glacier.

Though the hike will be a bit tough due to clod and high elevation, the trail worth walking as the picturesque Nepal Peak, Mera peak, Wedge peak and Twins will be widely displayed in front.

Day 11

Lhonak to Kanchanjanga base camp(5140m) and back to Lhonak.

Leaving the Lonak, with the majestic view of the great Himalayan range for a furthermore closer view of Mount Kanchenjunga will be more exciting. Today we will be hiking over rocky paths in the mountains along the Kanchenjunga and Jannu glacier. It takes approximately 3 hours to reach Kanchenjunga Base camp. The base camp which is also known as Pangpema serves you the best view of the Kanchenjunga Himalayan Range including Mount Makalu, Kambachen, Jannu, jongos, Pyramid Peak, tent peak and wedge Peak. If you want to go further closer, a guide will help you to go further up



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to the tolerable risk level.

Then we will trek down to Lonak to stay tonight.

Day 12

Trek to Gunsa. (3595m)

We will make our return journey to Gunsa and rest there.

Day 13

Gunsa to Selele Kharka(4290m).

Leaving the Gunsa, we will be back towards gyable and then climb up to the sele kharka. We will be walking through the colorful rhododendron forest, experiencing the pristine nature. There is few Tea Houses with basic utilities but surely will receive the warm greet.

Day 14

Selele Kharka – Tseram(3870m) via Selele Pass(4480m).

Stretch your legs tighten your laces as you will be doing different passes today. Today is one of the important day of the Kanchenjunga trek when we will be doing the Sele la pass and climb up to the Margin la Pass (4660 meters).

There are other passes also such as; Sinion la pass and high pass; Lapsang la pass (5180 meters) from where we can see the magnificent view of the Mount kumbhakarna, Mt makalu, Baruntse, mount kanchenjunga and surrounding Himalayas.

Day 15

Tseram to Oktang Base camp, overnight at Ramche.

Today we will be heading towards south base camp, also known as Oktang base camp to capture the southern view of mt Kangchenjunga. Leaving the Tseram; the trails leads, through the ridges passing by the Mesmerizing Yalung Glacier.

The Kanchenjunga south base camp offers, the southern face of the mighty Kanchenjunga, Rathong, Kokthang and kabru.

After catching fresh breath, in front of the big mount Kanchenjunga and celebrating another success point of the Kanchenjunga; we will be descending towards Ramche where we will stay tonight.

Day 16

Trek back to Tseram(3870m).

Wake up early and sit on the bench with morning coffee with the best view of the pristine natural beauty, in the beautiful settlement. Or get out of the bed and go for a gentle walk on the grass of the meadow, you will surely be loaded with the purity of nature and make a life time experience with Nepalgram team. It's obvious that, the Lake and the meadow in the settlement have really made the best combination, to make feel the Ramche like heaven.



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It will take approx. 7 hours to trek back to Tseram. You will see the astounding view of surrounding Himalayas throughout the trail. Now we are at the most exciting part of Kanchenjunga Trek.

Day 17

Tseram to Lamite Bhanjyang (3370m).

Today will be an easy hike, down the trail through the dense rhododendron and pine forest. We will also have an opportunity of floating in the smells of natural herbs of the Kangchenjunga conservation area, throughout the jungle trekking. Then we will be passing the Toronton (3080 meters) and reach Lamite Bhanjyang, where we will be staying tonight.

Day 18

Lamite Bhanjyang to Yamphudin (1690m).

Leaving the settlement, we will be passing through dense jungle of pine trees of the Lamite Bhanjyang(3430 meter). From the Pass, we will be mesmerized with the widened view of the Mount Jannu (7710 meter) also known as Mt Kumbhakarna, which is the world's 32nd highest mountain .

Walking over the steep ridges and appreciating the beautiful surrounding will make forget the hardship in reaching Dhupi Bhanjyang (2540 meters). Then we will be walking through the dense forest and after some hours, we will come across the Clean Omje River to reach Yamphudin. As Yamphudin is the big settlement with the diverse ethnic groups such as Limbus, Gurungs, Sherpas and Rais. You will be witnessing the cross cultural bindings over the smiley faces of the friendly locals.

We will stay here tonight.

Day 19

From Yamphudin trek to Phumphe (1780m).

The descending trail takes you to the Phumphe along the Kabeli Khola. If you are crazy about waterfalls, the splendid view of cascading waterfalls of various sizes will take you lots of time to reach Phumphe, though today will be an easy hike.

We will spend a night at Pumphe.

Day 20

Phumphe to Kunjari (1700m).

During the first hours of Kanchenjunga trekking, we will be ascending towards the ridge. The descending trail then follows along the series of side valleys passing the Phun Village and after we get to Kesawa, the trail again ascends to the beautiful Gurung settlement situated on the pass known as Bhanyang. Then we will hike on the ridges and descend down to the Kunjari; the beautiful settlement of Limbu community located on the bank of Pha River.

We will stay tonight at Kanjuri.



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Day 21

Kunjari to Suketar (1580m).

It's your last day of Kanchenjunga Trek.

Recall all the hardships & enjoyments you have collected and the successful ascent of different passes during the trek. Have your drink, dance, eat and sleep well, tomorrow you will be leaving the eastern Himalaya and only the photographs & the experiences you had collected during trekking in Nepal remains with you.

Day 22

Early morning fly back to Kathmandu from Suketar airport. Overnight in our hotel.

Today we will be boarding as per the flight details and the scenic flight will bring you back from the region of the world's third-highest mountain the Mt Kangchenjunga to the magical valley; The Kathmandu.

Day 23

Departure to Home or to your next destination

Today is a farewell day. You will be back home or your next destination along with the memory of the trekking in Nepal Himalaya. Our vehicle will drive you to Kathmandu international airport. We hope you had a great time trekking in Nepal and a great experience of Kanchenjunga Trek.



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