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## Kanchenjunga Trek

- Duration: 24 Days Days
- Max Altitude: 5,388 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

## Highlights

- Explore the third highest mountain Kanchenjunga in the eastern region
- Enjoy the hidden culture and nature of Nepal
- Experience the walking through the diverse flora and fauna
- Visit the old Buddhist monasteries Ramtang and Oktang

## Overview

The Kanchenjunga Trek is intriguingly situated right on Nepal's border with Sikkim and [Tibet](#), allowing trekkers on this route to explore not only a fusion of cultures but also have the opportunity to approach Mount Kanchenjunga, the third-highest mountain in the world

## Kanchenjunga Base Camp Trek

The Kanchenjunga Base Camp Trek begins from Suketar, and as you trek through terraced fields, meadows, and beautiful rhododendron forests, you will receive an insight into the local Tibetan culture. As you ascend, you will witness the spectacular scenery of frozen lakes and crystal clear streams, and even glimpse glaciers, as you approach the close-up views of Mount Makalu, and the impressive Mount Kanchenjunga, standing at a staggering height of 8586m/28,169ft.



## Kanchenjunga Trekking

Lying within the famous Kanchenjunga Conservation Area, witnessing Mount Kanchenjunga means also experiencing amazing landscapes and alluring panoramic views of the Himalayas, including a range of miniature and magnificent frosty peaks above and below 8,000m. It also means seeing endangered birds and animals, like the Impedance Pheasant, Red-Billed Blue Magpie, Shy Dragon, Barking Deer, Himalayan Black Bear, Musk Deer, and even Red Panda – a true treat for all animal lovers.

Unlike other trekking regions, you will encounter very few people on this trail due to its remoteness and altitude. Therefore, we advise that anyone undertaking this trek should be physically fit, as you will need to walk for at least 6 hours a day and complete an arduous climb above Cheram. To make the most of the challenge, we also recommend you join us for the Kanchenjunga Trek in Autumn (September to November) or Spring (March to May).

We operate the Kanchenjunga Trek in both groups and private tours. As with all our treks, we offer a fully customizable itinerary, with personalized travel and accommodation plans available upon request. So if you want to know more about the itinerary options, trek cost, trek difficulty, or anything else, please don't hesitate to get in touch with a member of our friendly team. Or, if you would like to read about what it's like to experience this adventure, check out our Kanchenjunga Trek Blog.

And if you don't like the sound of this trek, but it's features what you had in mind, then why not check out some of the other Everest treks from our wide range, such as these "beaten trails" packages: [Tilicho Lake Trek](#), [Upper Dolpa Trek](#), and [Manaslu Trek](#).

Day 01

### Fly from Kathmandu to Biratnagar

We will start the day by flying from Kathmandu to Biratnagar. Depending upon the availability of flying options to Suketar from Biratnagar, you will pass to Biratnagar and spend the night before flying to Suketar the



following day. Or, if there are no flights to Suketar, we will drive to Phidim and spend the night there. Breakfast, Lunch, Dinner, and overnight stay at the hotel

Day 02

## **Fly from Biratnagar to Suketar or Drive from Phidim to Suketar**

Depending on your journey the day before, you will be flying or driving, and either way, end the day in Suketar. Breakfast, Lunch, Dinner, and overnight stay at the hotel

Also, check our [All Nepal Tour](#)

Day 03

## **Suketar to Mitlung**

Today, the trekking finally begins! It's all downhill today to ease you into the trek. We will walk over beautiful pasture land and through several villages, cross a small river on Hangdewa and follow the riverbank of Tamor. The trail will become muddy, so get out your walking poles and wade through the last part of the trail to reach Mitlung for the night. : Breakfast, Lunch, Dinner, and overnight stay at Tea House

Day 04

## **Mitlung to Chirwa**

We pick up the pace today as we ascend and descend throughout the day. We go through Sinwa on our journey before heading downhill to the village of Tawa. After the Tawa, we hike to Thiwa, passing through some beautiful landscapes. On arrival, we will enjoy the beautiful village of Chirwa - a small village consisting of a few teahouses and excellent hospitality. Breakfast, Lunch, Dinner, and overnight stay at Tea House.

Day 05

## **Chirwa to Sukathum**

We go from terraced fields to dense forests on our journey today. We begin uphill before descending to the Tamor River. En route, we will pass through lush green fields and Cardamom Fields. We then need to cross the Ghunsa River before the trail becomes more gentle, and we are easily led to Sukathum for the night. Breakfast, Lunch, Dinner, and overnight stay at Tea House.

Day 06

## **Sukathum to Amjilosa**

Today sees a more significant challenge. Once we have crossed the suspension bridge by Sekathum, we enter a dense forest with a steeply ascending trail. A few more ups and downs lead us to another hike to Solima Village. We must then pass through a gorge along the ridge that borders the upper and lower part of the Kanchenjunga Region before completing our 7-hour walk to Amjilosa. Breakfast, Lunch, Dinner, and overnight stay at Tea House.

Day 07

## **Amjilosa to Gyabla**

Another long day as we make our way to Gyabla - the Tibetan refugee settlement. We begin our trek along the riverbank and make our way through dense forests of bamboo, firs, and rhododendrons. We will cross several bridges and pass by some beautiful waterfalls on the way to Gyabla. On arrival, you can receive an insight into Tibetan culture within Nepal. Breakfast, Lunch, Dinner, and overnight stay at Tea House.

Day 08

## **Gyabla to Ghunsa**

We start by trekking down the river towards Phale - with many opportunities to purchase unique goods from the locals. Today's trail is primarily flat and carved out by conifer and pine forests, so it is a pleasant walk towards Ghunsa. Ghunsa is a Sherpa settlement - unlike any areas we have previously visited. So soak up this new culture as we settle for the night. Breakfast, Lunch, Dinner, and overnight stay at Tea House.

Day 09

## **Acclimatization day at Ghunsa**

Today, it's time for a well-deserved rest as we relax and acclimatize to the altitude. To pass our time, we can hike up to the surrounding ridge and visit a monastery - allowing ourselves some spiritual insight. Breakfast, Lunch, Dinner, and overnight stay at Tea House.

Day 10

## **Ghunsa to Kambachen**

Rested and revitalized from the day before, we continue through some specular terrain that exposes us to the impressive snow-capped mountains surrounding us. Follow the riverbank to the northern territory



and through rhododendron meadows and wildflowers to reach Rampuk Kharka. Here things become a bit trickier as we pass through waterfalls and landslide-affected areas. At 4050m, Kambachen is a high alpine area accompanied only by a grassy plain. Breakfast, Lunch, Dinner, and overnight stay at Tea House.

Day 11

## Acclimatization day at Kambachen

Another day of rest is needed to acclimate to the surroundings, and Kambachen makes a great choice. We can explore the Nupcy River Valley and its beautiful surroundings, but otherwise, we recommend pure rest - as this is our last day of a rest day for a while - so make sure to make the most! Breakfast, Lunch, Dinner, and overnight stay at Tea House.

Day 12

## Kambachen to Lhonak

After rest, we hit our 7-hour trek today, full of energy. We will pass through rocky fields and sizeable boulders before entering the Ramtang Valley and visiting the Ramtang Monastery. Its location next to a sparkling waterfall makes it a great place to take a break before hitting the landslide-prone areas that must be navigated with precision. Breakfast, Lunch, Dinner, and overnight stay at Tea House.

Also, see [Everest Base Camp Trek](#).



Day 13

## Trek from Lhonak to Pangpema/Kanchenjunga North Base Camp

A shorter and more well-structured path leads us today. Only 3 hours of walking means you have time to take in the surrounding areas and enjoy the majestic mountains. Accommodation in Pangpema is not always guaranteed, so our destination could also be Kanchenjunga North Base Camp. Breakfast, Lunch,

and Dinner with an overnight stay at Tea House

Day 14

## **Trek back from Pangpema to Kambachen**

A nice gentle day as the path requires us to move pretty slowly. Enjoy the sights as you take from Pangpema to Kambachen, a beautiful spot to enjoy and rest for the evening. Breakfast, Lunch, and Dinner with an overnight stay at Tea House

Day 15

## **Kambachen to Ghunsa**

Today will begin with a short descent from Kambachen, taking us out of the wild landscape of Kanchenjunga North. Beautiful forest lines lead us to Ghunsa - just a short walk away. Once here, you have the entire afternoon to get some well-deserved rest as we arrive early and will stay for the night. Breakfast, Lunch, and Dinner with an overnight stay at Tea House

Day 16

## **Ghunsa to Sele Le**

Today, we leave behind the trail to Gyabla and embark on the steep uphill trek to Sele Le - an uninhabited area of Kanchenjunga. The trail today passes through dense forests filled with rhododendrons and juniper. On arrival, there are chances to spot wild snow leopards on our final night in the Northern Kanchenjunga region. Breakfast, Lunch, and Dinner with an overnight stay at Tea House

Day 17

## **Sele Le to Cheram**

Today may be our longest and one of our most challenging days yet. A quick steep uphill climb takes us to the top of Sele Le Pass - giving us aerial views of the north side of Kanchenjunga, complete with a peek at both Mount Makalu and Mount Jannu. We then have one final uphill push to reach Cheram before we can relax and rest for the night. Breakfast, Lunch, and Dinner with an overnight stay at Tea House

Day 18

## **Cheram to Ramche and return to Cheram**

Today, we can leave our packs behind as we go

on a day hike. Give you back a break and feel light as air as we set off early in the morning and begin by passing through the Yalung Glacier. We then continue past the Simbuwa River and Lapsang Village before arriving in Ramche. We will push on just a little further to a nearby ridgeline that gives us amazing views of Mount Jannu before returning. Breakfast, Lunch, and Dinner with an overnight stay at a Tea House

Day 19

## **Cheram to Tortong**

A nice gentle trail today to Tortong, as we lose 1000m of elevation. As we descend from Cheram, the course will split into two directions. We will take the right-hand side, leading us back to Sele Le Pass – taking in Smbuwa Khola along the way. Breakfast, Lunch, and Dinner with an overnight stay at a Tea House

Day 20

## **Tortong to Yamphudin**

Another long day of walking, lasting 7 hours, greets us today as we head towards the biggest village in the southern section of Kanchenjunga: Yamphuding. Depending on the time of year you choose to trek, today's trail can be prone to landslides and monsoon damage so the route may vary. On arrival, you will be able to meet Sherpa, Limbu, and Rai, locals. Breakfast, Lunch, and Dinner with an overnight stay at a Tea House.

Day 21

## **Yamphudin to Yangpang**

From Yamphuding, we descend to a small bridge that takes us from Samekham to the riverbank of Kabeli Khola. We will then pass through Mamangkhe, where we can visit the Limbu Museum and the Cultural Centre. We then cross the Khsewa River, walk through a forest of Cardamom, pass several villages, and descend to Yangpang. Breakfast, Lunch, and Dinner with an overnight stay at a Tea House.

Day 22

## **Yangpang to Thorpu**

We will start today by passing through terraced fields and a few villages as we take the relatively unbeaten path between Yangpang and Thorpe. As this is not the usual tourist route, enjoy the quiet, empty trails, and undisturbed nature, as we make our way to Yangpang to rest up for our final day of trekking tomorrow. Breakfast, Lunch, and Dinner with an overnight stay at Tea House

Day 23

## **Thorpu to Birtamod**

Today is our final day of trekking! We will feel a fundamental change in climate and notice a remarkable difference in the landscape as we embark on the last portion of our journey. As we trek, the terrain changes into a fertile valley, and the weather will slowly become hot and more humid. On arrival, you can relax and celebrate the end of a long and successful trek with Breakfast, Lunch, and Dinner with an overnight stay at the Tea House.

Day 24

## **Drive from Birtamod to Bhadrapur, then Fly to Kathmandu**

Today, we will start by driving to Bhadrapur, and then from here, we will catch a short flight to Kathmandu. On arrival, you are free to spend the rest of your day enjoying the excitement of the Capital –

either taking a rest or exploring the city's nightlife for the final night of your trip Breakfast, Lunch, Dinner and overnight stay at a 3-star hotel.

## What To Expect?

### What's included

- Airport/hotel pick up and drop off by private car
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on full board (breakfast, lunch, and dinner) in the whole trekking
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charge

### What's not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 - US\$ 20 per day
- Your travel insurance ( Rescue )
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment

## FAQs

### Can we Trek to Kanchenjunga?

Yes, after you issue a special permit from the government and hire a licensed guide, anyone is allowed to trek to Kanchenjunga. The Kanchenjunga Circuit trek is possible from September to November and March to April. Touring Kanchenjunga in Winter is unsafe as almost all places above 2500 meters are covered in thick snow. A monsoon trek, i.e. June to August is possible, but the trail is quite slippery now.

### How long does it take to hike to Kanchenjunga?





The Kanchenjunga trek takes over three weeks. MyEverestTrip Kanchenjunga circuit Trek is 28 days long, right from arrival. Depending upon your speed, the actual trekking days are about 20 to 23 days. We reach Suketar, the starting point of the Kanchenjunga trek, only on the 5th day. If you are a very experienced trekkers who regularly walk at a higher altitude, you might be able to complete the Kanchenjunga base camp trek in 18 days.

### **How much does it cost to climb Kanchenjunga?**

Kanchenjunga Trek costs about \$2500 to \$3000. Since the journey includes two flights, one from Kathmandu to Bhadrapur next to Suketar ( also back to Kathmandu). Also, transportation, accommodation, food, guide, and porter costs for 27 days make it expensive

### **Can you climb Kanchenjunga from India?**

No, the Kanchenjunga climb and Kanchenjunga Base Camp trek permit cannot be issued from India. Only the immigration department of Nepal at Kathmandu can allow you to give these permits.

### **How do you get around Kanchenjunga?**

Trekking and Helicopter flights are the only two ways to reach Kanchanjanga. There's no airport or road network around the Kanchenjunga mountain. You can fly or drive up to Suketar, the nearest airport to Kanchenjunga. You need to trek for eight days ( and two rest days) to reach the Kanchenjunga North base camp.

## **Additional Information**

# Kanchenjunga Trekking Permit

Besides your visa to Nepal, issued on Airport open arrival, you need two other permits for trekking in Kanchenjunga.

The first permit is the Kanchenjunga conservation area permit. This permit allows you to enter Annapurna's conservation area of wild flora and fauna. Kanchenjunga is the largest conservation area in Nepal, and the permit cost is USD 30.

The second permit is Kanchenjunga restricted area permit. This restricted area permit is issued from the [immigration department](#) in Kathmandu/ Pokhara only after you book your trip with a travel agency in Nepal and hire a licensed guide. This permit is the same for all Kanchenjunga climbing routes.

## Why is Kanchenjunga Restricted?



Firstly, let us explain what restricted area means. The Government of Nepal has kept a few areas with cultural ([Nepal Cultural Tour](#)) and historical significance as a restricted regions. Once a region is on the list of such restricted areas, you must issue a special permit from the government before entering this area. Before the government gives the permit, you must follow some basic rules, such as

1. You cannot travel to a restricted region solo. You must be in a group of at least two people, excluding your guide
2. You must hire a licensed guide with experience in trekking in the Kanchenjunga region.
3. You should submit documents, such as a valid passport visa, Trek itinerary, travel insurance, and photos, to get the restricted area permit.

Along with all these permits, you must apply to the immigration department of [Kathmandu or Pokhara](#). Since MyEveryTrip helps you get these permits, there's nothing much to worry about.



# Kanchenjunga trek permit for Indian

Indians also need two kinds of permits, i.e. Kanchenjunga Restricted area permit and a Kanchenjunga conservation area license. However, the cost of the Kanchenjunga permit for the citizens of SAARC country is lower.

Kanchenjunga conversation area permit cost for Indians: Rs 1000

Kanchenjunga Restricted area permit cost for Indians: USD 10 per person per week

Kanchenjunga trek from India or Kanchenjunga trek from Sikkim is not allowed as Kanchenjunga peak falls within the terrorism of Nepal, and only the Nepalese government can issue these permits.

## Kanchenjunga trek Cost

Twenty-seven days Kanchenjunga trek cost about \$2500. Since there are two domestic flights and the journey is a month-long, the price of the Kanchenjunga trek is higher than other treks in Nepal. [MyEverestTrip](#) Kanchenjunga trek includes all costs right from your arrival in Kathmandu. There is a cheaper Kanchenjunga trek package cost. However, they are either shorter or don't cover the flight charge. When you compare the price of trekking in Kanchenjunga, make sure that you compare the Itinerary and what Kanchenjunga Nepal trek cost costs are included.

Independent travelling is not allowed in Kanchenjunga, and you must hire a professional guide. Even when you don't book the package, the Kanchenjunga trek cost is high.

## How difficult is Kanchenjunga Trek?



Kanchenjunga Trek is Among Nepal's hardest [base camp treks](#). Its long-distance, high altitude, rocky/rough terrain, and remoteness make Kanchenjunga Trek very difficult.

## Kanchenjunga Trek Distance

Kanchenjunga Trek is almost 200 km long. For nearly 23 days, you will walk 6 to 8 hours, covering almost 15kms. Since the path is quite difficult, such distance takes a toll over your body.

## Kanchenjunga Trek Altitude

After Chirwa, we start to feel the impact of altitude sickness. As we cross 3,000 meters, the level of oxygen drops. Unless proper precaution is taken, every one in three trekkers develops symptoms such as headache, tiredness, pain, shortness of breath, etc. However, some minor protection, as per the suggestion of our expert guide, helps to cope with altitude sickness.

For example, follow Kanchenjunga Trek Itinerary, which climbs less than 500m in one day, takes rest/acclimatization days, and drinks a lot of clean water. Such simple precaution helps you cope with the effect of altitude during the Kanchenjunga Peak Trek.

Experience needed: Almost a month's trek at a higher altitude is not a joke. Before you book your Kanchenjunga Trek, ensure you have some high-altitude treks experience. Attempt some shorter jaunts around your hometown. Also, practice walking on rocky trails with a backpack.

Training: Unlike other base camp treks, we strictly ask you to train for this Kanchenjunga Peak trek. We don't mean that you need absolute mountain climbing training. However, cardio exercises such as running, cycling, swimming, etc., can be beneficial.

## Best season for Kanchenjunga Trek

Nepal, a tiny Himalayas Nation, is full of excellent trekking options. While some of those trek routes in Nepal are achievable throughout the year, other specific trek routes in Nepal can only be completed in warm and stable weather. Whether the Kanchenjunga base trek or the Kanchenjunga climb, spring and autumn are the best times. These months are preferred for their clear mountain views and stable weather. The chances of rainfall and snowfall being significantly less, you can easily climb Kanchenjunga in October / November and from March to April.

Monsoon and winter trek with higher chances of rainfall and snowfall is not recommended for the Kanchenjunga trek Itinerary. And since this is a long and very high-altitude trek, it's wise to avoid winter.

## Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



## **Customize Your Itinerary:**

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



## **Our Expert Guide:**

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



## **Fair and reasonable Cost:**

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



## **Your safety is our priority:**

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.





## Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

## Map



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