

Kanchenjunga Circuit Trek



Overview

Kanchenjunga Circuit Trek is one of the best off the beaten/remote area trekking destination in Nepal. Mount Kanchenjunga stands tall at the height of 8586m above sea level. It is located in the eastern Himalayas on the border between Sikkim state, northeastern India and eastern Nepal, 46 miles (74km) northwest of Darjeeling, Sikkim.

The Kanchenjunga massif is in the form of the gigantic cross whose arms extend north, south, east and west. Kanchenjunga Base Camp Trek foremost is an interesting journey exposing the great Himalayas of Nepal and authentic culture of one of an indigenous ethnic group- Limbu of Nepal.

The trail is quiet, scenic, and remote. The trail has been trekked by few numbers of trekkers so you will get to meet the local pedestrians as your companion. This inspirational trek is in the pristine Himalayan community and rewards a journey of a lifetime.

Kanchenjunga Base Camp Trek provides an excellent opportunity for those who wish to enter the hills and valleys of eastern Nepal that leads you to the foothills of Mt. Kanchenjunga offering unlimited and superb camping sites offering magnificent natural scenery as afforded by snowy peaks.

Therefore, Kanchenjunga Base Camp Trek is truly an Inspirational Himalayan Trip.

Journey to the Kanchenjunga Circuit

We will be on our way to the Kanchanjunga from Kathmandu to Suketar, from Taplejung to Domestic, and then we will move the woods and rhododendrons, to Lali-Kharka, (2,220m)-Keswa(2,100m)-Mamanke (2,000 m) above sea level, and on Yamphudin(1,650 m), we will walk along Lamite Bhanjying and Torotan to Lamche(3,750 m), Ramche(4,360 m) to Mirgin-La Kanchenjunga.

Touring the Kanchenjunga, we shall start from Kathmandu to Suketar. We will thus end our amazing and daredevil Kanchenjunga Trek. The trail starts at the north side of Kanchenjunga with views of the Tent top, the Nepal plateau and the Cross Peak.

The walk returns from Pangpema to Ghunsa, accompanied by the Mirgin La to the south of Kanchenjunga. We will once visit Ramche and Oktang Yak pastures, with a magnificent view of the south-west frontier of Kanchenjunga.

Highlights of Kanchenjunga Circuit Trek

- Spectacular views of the Kanchenjunga mountains
- Yalung Glacier and other crossings at high altitude
- Sanctuaries and magnificent landscapes religious communities.
- Villages of traditional Sherpa
- A black head in the Himalayas, a mask of the Assamese, a Musk Wolf, a Red Panda and Snow Leopards.
- Rhododendrons, orchids, lily plants etc.

Trip Grade: Strenuous

A difficult trek or grade 3 from an altitude from 4000 m to 5550 m. The best of Nepal's trekking is category 3. You need some previous trekking activities and good health. Climbing and descending are quite common walking experiences and you may also need to cross little glaciers.

Walking in higher altitudes is more physically demanding than walking in lower altitudes, however, the pace of the trek will vary in compensation. If you are in excellent health with average physical fitness and have strong determination, you will complete this trek successfully.



Exercising, particularly jogging and climbing stairs regularly for some weeks prior to your arrival is recommended to enhance your strength and fitness. Past hiking experience would be an asset, but no technical skill is required.

This kind of trip gives you a lifetime experience, a breathtaking stroll around the mountains.

Outline Itinerary (20 Days)

Day 1 : Arrival in Kathmandu

Upon your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly received by our representative and transported to the hotel. Upon check-in and some refreshments, our senior mountain guide will give you a quick briefing on the Kanchenjunga Circuit Trek.

Accommodation: Himalayan Suite Hotel Meal: Dinner Activity: Orientation Program

Day 2 : Fly from Kathmandu to Bhadrapur (2,420m), Drive to Taplejung; 45 min flight & 9 hours drive

We will take flight to Bhadrapur and drive to Taplejung. The flight is 45 min long and drive is about 9 hours. Stay overnight at Guest House.

Accommodation: Guest House Meal: Breakfast, Lunch, dinner Activity: 45 min flight & 9 hours drive Altitude: 2420m

Day 3 : Trek From Taplejung to Chiruwa (1500m) Duration: 7-8 hours.

We leave the village of Taplejung and walk through the flourishing green hills that pass rivers and steep ridges. Throughout the path we

travel through a few rural settlements with individuality of mud homes, rice fields, fruit trees and terraced crops, before heading down to the Tamur River to visit some small villages upstream. Before reaching Chiruwa, the trail continues and follows the nature but undulates the contours of the ground.

Accommodation: Teahouse Meal: Breakfast, Lunch, dinner Activity: 7-8 hrs. trek Altitude: 1500m

Day 4 : Trek from Chiruwa to Sekathum (1,600-1,700m) Duration: 6-7 hours.

We leave Chiruwa, follow the trail along the Tamur River and finally arrive at Sekathum. We go down to Simbua Khola and cross over the bridge over the river – the Yalung Glacier is its root. Again, before you enter the Ghunsa Khola Valley, we head up another mountain. After the Tamur River and Ghunsa Khola have converged, we will proceed for a short time and rest the night in a teahouse.

Accommodation: Teahouse Meal: Breakfast, Lunch, dinner Activity: 6-7 hrs. trek Altitude: 1600-1700m.

Day 5 : Trek from Sekathum to Amjilapsa (2,400-2,500m) Duration: 5-6 hours.

Setting out on an exciting adventure through the majestic Himalayas for the say starts with a climb alongside the Ghunsa Khola. As you trek across several bridges, you'll find yourself surrounded by lush, green

trees and stumble upon charming settlements like Jonggim and Ghaiyabari along the way. Eventually, your journey leads you to the welcoming destination of Amjilosa.

Accommodation: Teahouse Meal: Breakfast, Lunch, dinner Activity: 5-6 hrs. trek Altitude: 2400-2500m.

Day 6 : Trek from Amjilapsa to Gyabla (2,700-2,800m) Duration: 4-5 hours.

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Accommodation: Teahouse Meal: Breakfast, Lunch, dinner Activity: 4-5 hrs. trek Altitude: 2700-2800m.

Day 7 : Trek from Gyabla to Ghunsa (3,400-3,500m) Duration: 5-6 hours.

The path takes us across a wonderful forest, a small town, and a small hill after having left Gyable. We go down the river and pass through the village of Ghunsa, a large village of Tibetan houses, a school, a health center, and its own hydropower station. In the Kanchenjunga Protection Area is the village, where people relax and share tales of

their journey. There were numerous Buddhist fortresses. We stay tonight in Ghunsa, the last of the valley villages.

Accommodation: Teahouse Meal: Breakfast, Lunch, dinner Activity: 5-6 hrs. trek Altitude: 3400-3500m.

Day 8 : Acclimatization Day to Ghunsa

Exploration of Ghunsa and surrounding. We trek across the river to an altitude of 400 meters above the village, taking around 4 hours to return. For the remainder of the day, we will wander around this Tibetan village, chatting with the locals and absorbing their rich culture.

Accommodation: Basic Teahouse Meal: Breakfast, Lunch, dinner Activity: 5-6 hrs. hiking Altitude: 3500-3600m.

Day 9 : Trek from Ghunsa to Lhonak (4,500-4,700m) Duration: 7-8 hours.

After we leave Ghunsa, we walk across magnificent pine and rhododendron forests on the southern bank of Ghunsa Kola. When we get to the source of the Ghunsa Khola, we walk north along the glacier of Kanchenjunga and take a flat path along the Lhonak Glacier to Lhonak, where we meet today. At this height, the air is thin and dry, but we're balanced by the spectacular view from the Wedge, the Mera, the Nepal peak, and the Twins.

Accommodation: Basic Teahouse Meal: Breakfast, Lunch,

dinnerActivity: 7-8 hrs. trek Altitude: 4500-4700m.

Day 10 : Hike from Lhonak to Pangpema (5,000-5,200m) Duration: 7-8 hours.

After leaving Lhonak, we head east and live on the northern slopes near the Lhonak glacier until we reach the Pangpema base camp in Kanchenjunga, where the massive surrounding mountains provide a great photo opportunity. We return to Lhonak for the night after this incredible encounter.

Spend the night in Lhonak and hike to Pangpema on the 10th day, then back to Lhonak on the same day.

Accommodation: Basic TeahouseMeal: Breakfast, Lunch,
dinnerActivity: 7-8 hrs. trek Altitude: 5000-5200m.

Day 11 : Trek back to Ghunsa from Lhonak (3,500-4,200m) Duration: 6-7 hours.

On this day, we return to Ghunsa, following the same route we took to reach Kanchenjunga Base Camp. We will stay here for the night.

Accommodation: Basic TeahouseMeal: Breakfast, Lunch,
dinnerActivity: 6-7 hrs. trek Altitude: 3500-3600m.

Day 12 : Trek from Ghunsa to Sele Le (3,500-4,200) Duration: 4-5 hours.

Today's walk takes us along a steep, rock-strewn road that carries us through a forest to the High Camp. We live in Sele la Kharka just after the move for the night. It's over the high pass, where we're spending the night.

Accommodation: Basic Teahouse Meal: Breakfast, Lunch, dinner Activity: 4-5 hrs. trek Altitude: 3500-4200m.

Day 13 : Trek from Sele Le to Tseram (3,600-3,800m) Duration: 7-8 hours.

One of the most unforgettable parts of the trek today was crossing two passes: the pass of Sele La (4480 m) and the pass of Sinion La (4660 m). Once we've passed Sinion La Pass, we go down about 1000 m to Tseram, where we stay the evening.

Accommodation: Basic Teahouse Meal: Breakfast, Lunch, dinner Activity: 7-8 hrs. trek Altitude: 3600-3800m.

Day 14 : Hike from Tseram to Oktang Base Camp - Same day back to Tseram (4,500-4700m) Duration: 8-9 hours.

After leaving Tseram, we walk along the Yalung Glacier terminal into a hilly valley. Nepal and India border the peaks of this region. We will go through Ramche, where there is a lake and a meadow. On the grassy slopes, blue sheep can also be seen. We are passing rocky paths and mountains from Ramche to Oktang Glacier. From there, we follow the trail for the night back to Tseram.

Accommodation: Basic Teahouse Meal: Breakfast, Lunch, dinner
Activity: 8-9 hrs. trek Altitude: 4500-4700m.

Day 15 : Trek from Tseram to Sherpa Gaun (3,200-3,400m) Duration: 8-9 hours.

It's much better to go back and give us some time to enjoy the beautiful sights and wild orchids as we go down the protection path. Today we go back down the same way back to Simbuwa Khola. Tonight we're in Sherpa Gaun.

Accommodation: Basic Teahouse Meal: Breakfast, Lunch, dinner
Activity: 8-9 hrs. trek Altitude: 3200-3400m

Day 16 : Trek from Sherpa Gaun to Phumphe Danda (1,600-1,800) Duration: 5-6 hours.

Today's hiking tour takes us to a thick pine forest in Lamite Bhanjyang. On this route, we can hear the chorus of many birds. We descend to

Yamphudin after crossing the Amji Khola. As we go down today, we follow the Kabeli Khola path. On the trail, you can see numerous waterfalls and rest for the day at Phumphe Danda.

Accommodation: Teahouse Meal: Breakfast, Lunch, dinner Activity: 5-6 hrs. trek Altitude: 1600-1800m.

Day 17 : Trek from Phumphe Danda to Taplejung (2,300-2,400m) Duration: 8-9 hours.

After leaving Phumphe, we walk along a hill and enter a series of valleys just past Phun Village. The next stage of the trip will lead us through Kesawa to Bhanjyang, a town in the Gurung. Then you follow the ridge and go down to Kande Bhanjung Limbu village. This is our last day of walking to Suketar in the district of Taplejung. There's a lot of climbing today that will make us tired before we stay in Taplejung overnight.

Accommodation: Teahouse Meal: Breakfast, Lunch, dinner Activity: 8-9 hrs. trek Altitude: 2300-2400m.

Day 18 : Drive from Taplejung to Birtamode Duration 4-5 hours.

On this day, we're embarking on a picturesque bus ride from Taplejung to Birtamode. As we traverse the rolling hills, we'll pass through vibrant forests, cozy settlements, and delightful Nepali villages, immersing



ourselves in the genuine essence of local living.

Accommodation: Guest House Meal: Breakfast, Lunch, dinner Activity: 6-7 hrs. driving

Day 19 : Fly from Birtamode to Kathmandu Duration: 45 mins. flight

We will take a flight to Kathmandu from Birtamod. The flight is 45 minutes long. Our representative from Himalayan Social Journey will be there to pick you up and bring you back to the hotel.

Accommodation: Himalayan Suite Hotel Meal: Breakfast, Lunch, dinner Activity: Arriving at the hotel and preparing for departure

Day 20 : Departure Day

Our representative will take you to Tribhuvan International Airport and bid you farewell.

Meal: Breakfast

Include / Exclude

- Airport pick up and drop
- Two/ three star category hotel in Kathmandu in twin sharing bed and breakfast basis
- Meals, accommodation, insurance and other expenses of trekking crew
- All meals (3 meals a day) and accommodation in simple guest house for the clients in trek days
- Tims and national park fees
- Special permit
- Airfare Kathmandu-Bhadrapur-Kathmandu
- Farewell dinner with cultural program
- Transportation by sharing jeep
- Guided sightseeing tour in Kathmandu
- All necessary equipment (sleeping bag,trekking pole) during the trek
- Lunch and dinner in kathmandu
- City sightseeing entry fee
- Personal equipments and clothing
- Your insurance(strongly recommended)
- Cold drinks and beverages
- Personal expenses and tips to the crew



Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, " Ecstasy is within you, safety the first."

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