



# Kanchenjunga Base Camp Trek (16 Days)

KANGCHENJUNGA REGION

**16 Days**

DURATION

**Moderate**

DIFFICULTY

**USD \$2,700**

FROM (PER PERSON)

## QUICK FACTS

|                   |  |                        |  |
|-------------------|--|------------------------|--|
| <b>Duration</b>   |  | <b>Trip Difficulty</b> |  |
| <b>Activities</b> |  | <b>Accommodation</b>   |  |
| <b>Meals</b>      |  | <b>Max Elevation</b>   |  |
| <b>Group Size</b> |  | <b>Best Time</b>       |  |

## TRIP HIGHLIGHTS

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## OVERVIEW

The Kanchanjunga Base Camp Trek is a fantastic adventure that takes you deep into the heart of the Kanchanjunga Conservation Area in Nepal. This trek usually spans around 16 days, allowing trekkers to immerse themselves in the stunning natural beauty of the Himalayas and witness the majestic peaks of Kanchenjunga, the world's third highest mountain. Are you an adventure seeker, ready to dare the toughest ascending with white snow, slippery rocks and glaciers then Kanchenjunga trial is quite suitable for you. Remote and untouched scenario along with soul touching villages where the life is calm and relaxed the spirit takes you toward the world 3rd highest mountain Kanchenjunga is located at eastern Nepal. Our Kanchenjunga base camp trek is absolutely 16 days holiday in the east of Nepal, covering 220 km in an area which is less crowded that includes a wide range of wonderful scenery from lush, tropical jungle through rhododendron, chestnut and oak forests and high onto the glaciated base camp.

Visitor numbers to this trekking are restricted, so to trek in Kanchenjunga you need a local guide and at least 2 trekkers fulfill and gain the necessary permits.

The route to Kanchenjunga Base camp passes through the Arun valley which is considered one of the most charming regions for trekking in Nepal, and even the most highlights in Kanchenjunga Conservation are which covers an area of 2035 square kilometers.

Kanchenjunga lies in the Taplejung region in the northeast of Nepal where is Kanchenjunga's 5 peaks: Kangbachen (7903m), Kanchenjunga (8586m), Kanchenjunga central (882m), Kanchenjunga south (8476m) and Kanchenjunga north, etc.

## DAY-BY-DAY ITINERARY

#### **DAY 1    Day 1: Kathmandu to Taplejung**

It starts with an early morning. A representative picks you up from your hotel for the short flight to Bhadrapur. That part is easy, just 45 minutes. Then the real adventure begins with a long, winding drive up into the hills. The eight-hour journey ends in Taplejung, a bustling town at 2420 meters where you'll spend your first night.

#### **DAY 2    Day 2: Taplejung to Sinuwa**

Legs get their first proper test today. The trail drops down through villages of mud-brick houses and stunning rice terraces. You'll hear the Tamur River long before you see it, and the path winds along its sandy banks and over a few steep ridges. After about five or six hours, you'll reach the small settlement of Sinuwa at 980 meters.

#### **DAY 3    Day 3: Sinuwa to Chiruwa**

The descent continues, heading down towards the Thiwakhola. You'll cross a few of those iconic wooden bridges that always make for a good photo. The air feels thick and warm. Another solid five to six hours of walking brings you to Chiruwa, your stop for the night at 1280 meters.

#### **DAY 4    Day 4: Chiruwa to Sakathum**

Following the river valley, the trail leads toward the Simbuwa Khola. The walking feels rhythmic now, a steady pace through the green, humid forest. Sakathum, at 1575 meters, appears after another five or six hour day. It's a basic teahouse, but a welcome sight.

#### **DAY 5    Day 5: Sakathum to Amjilosa**

Things change today. The trail turns northeast, tracing the Ghunsa Khola upstream. You can feel the climb in your calves. The culture shifts too, as you ascend into the Tibetan-influenced village of Amjilosa at 2310 meters. The architecture is different, flatter and more sturdy. It's a shorter day, just four or five hours.

#### **DAY 6    Day 6: Amjilosa to Gyable**

This might be one of the prettiest forest walks. The path climbs through dense rhododendron and bamboo forests. If you're here in spring, the blooms are incredible. Peek through the trees for those first, magnificent mountain views. Gyable, at 2730 meters, is your home after five or six hours.

#### **DAY 7    Day 7: Gyable to Ghunsa**

A shorter trek of four or five hours brings you to Ghunsa at 3595 meters. This is a key point. It's the last permanent village in the valley, a place of stone houses and a peaceful monastery. You'll notice the air is crisper, thinner. This is where the high Himalayas truly begin.

#### **DAY 8    Day 8: Acclimatization in Ghunsa**

You don't just sit around today. You must take an active rest. A short hike up a nearby hill, maybe to a viewpoint, is the best medicine. The rule is simple: climb high, sleep low. It lets your body adjust so you don't get sick later on. Use the afternoon to explore the village or just rest.

#### **DAY 9    Day 9: Ghunsa to Kambachen**

Now you're in the big mountains. The trail is rugged, passing ancient chortens and mani walls carved with prayers. You'll scramble over old slopes and glacier moraines, the scenery becoming more raw and powerful. After five or six hours, Kambachen appears at 4050 meters, a cluster of teahouses in a rock-strewn valley.

#### **DAY 10 Day 10: Kambachen to Lhonak**

This is a short but tough day, only three to four hours, but every step at this altitude counts. You'll walk slowly, deliberately. Lhonak, at 4780 meters, feels like the moon. It's a stark, breathtaking campsite surrounded by silent, towering peaks. Drink lots of water and rest.

#### **DAY 11 Day 11: Kangchenjunga Base Camp**

The pinnacle. An early start is non-negotiable. You'll trek across a vast, rocky moraine toward the base of the world's third-highest mountain. The sight of the Kangchenjunga glacier is humbling. Spend time there, soaking it in, before making the long return trek to Lhonak. This full round trip takes six to seven hard, unforgettable hours.

#### **DAY 12 Day 12: Lhonak to Ghunsa**

You'll be amazed how fast you can move going downhill with more oxygen. It's a long descent, six or seven hours all the way back to the familiarity of Ghunsa. That teahouse will feel like a palace. The greenery feels like a gift.

#### **DAY 13 Day 13: Ghunsa to Amjilosa**

Retracing your steps down the valley, the walk from Ghunsa back to Amjilosa is a steady five or six hour descent. Your mind starts to process the high-altitude experience as you return to thicker air and warmer temperatures.

#### **DAY 14 Day 14: Amjilosa to Taplejung**

The final trekking leg. You'll walk from Amjilosa to Sakathum, which takes about three to four hours. There, a jeep will be waiting. The drive back to Taplejung is bumpy but triumphant, completing the circle. Total travel time is around six or seven hours.

#### **DAY 15 Day 15: Taplejung to Bhadrapur**

A full day's drive returns you to the lowland plains of Bhadrapur. It's a six to seven hour journey perfect for reminiscing and sharing stories with your group.

#### **DAY 16 Day 16: Bhadrapur to Kathmandu**

The final act is a morning flight back to Kathmandu. In 45 minutes, you're transported from the quiet hills back to the bustling city, with a camera full of photos and a head full of memories.

### **WHAT'S INCLUDED / NOT INCLUDED**

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| Accommodation                                                                  |
|--------------------------------------------------------------------------------|
| + 3-star hotel accommodation in Kathmandu for 3 nights                         |
| + All accommodations during the trek                                           |
| Meals & Dining                                                                 |
| + All meals (Breakfast, Lunch, Dinner) during the trek                         |
| + Tea and coffee during the trek                                               |
| + Farewell dinner at a fine restaurant                                         |
| Guides & Porters                                                               |
| + Government-licensed and first aid-trained trekking guide                     |
| + Salary, food, accommodation, equipment, and insurance for the trekking guide |
| Permits, Fees & Taxes                                                          |
| + All required trekking permits                                                |
| + Official expenses, including all local and government taxes and VAT          |
| Safety & Emergency Support                                                     |
| + First aid kit with basic medication                                          |
| + Sleeping bag and down jacket if required (refundable after the trek)         |
| Transportation & Transfers                                                     |
| + Airport pickup and drop-off for both international and domestic flights      |
| + Domestic flights: Kathmandu – Bhadrapur – Kathmandu                          |
| + Shared Jeep/Bus transportation                                               |
| Extras                                                                         |
| + Water purification tablets                                                   |