Kanchenjunga Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**26 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4900m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 3,150 per person**

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrive at Tribhuvan International Airport in Kathmandu. You will be transferred to your hotel where you can rest and acclimatize after your journey. Spend the day relaxing or exploring the vibrant capital city. Attend a trek briefing in the evening to prepare for your upcoming adventure.

Day 2 : Trek & Permit Preparation in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today will be dedicated to trek preparation and completing all necessary permit procedures in Kathmandu. Our team from Nord Extreme will assist you with permit arrangements, trekking briefing, gear checking, and final trip preparation to ensure a safe and comfortable journey ahead.

You will also have free time to explore Thamel for any last-minute shopping or personal preparations before the trek begins.

Day 3 : Kathmandu to Bhadrapur – Taplejung (1,820m)

Altitude: 1400- 91m - 1,820m

Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Travel Duration: Flight 45 minutes + Drive 8–10 hours

Fly from Kathmandu to Bhadrapur, located in eastern Nepal. From there, take a scenic drive to Taplejung, the gateway to the Kanchenjunga trekking region. Taplejung is a small, bustling town where you can prepare for your trek.

Day 4 : Taplejung to Sekathum (Sukethum) (1,650m)

Altitude: 1,820m -1,650m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Begin your trek from Taplejung. The trail takes you through beautiful forests, traditional villages, and

terraced fields. Sekathum (also called Sukethum) is a small village nestled amidst rolling hills and offers your first immersion into the peaceful rural lifestyle of eastern Nepal.

Day 5 : Sekathum to Amjilossa (2510m)

Altitude: 1,650m - 2,510m

Walk: 5–6 hours · Stay: Hotel · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Continue trekking through dense forests of oak, rhododendron, and pine. The trail ascends steadily as you pass small settlements and farmsteads before reaching Amjilossa, a quiet village surrounded by pristine natural beauty.

Day 6 : Amjilossa to Gybala (2,730m)

Altitude: 2,510m - 2,730m

Walk: 6–7 hours · Stay: Hotel · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

The path takes you deeper into remote Himalayan terrain, with increasing elevation. You will experience traditional Limbu villages along the way. Gybala offers spectacular views of snow-capped peaks and a glimpse into authentic mountain village life.

Day 7 : Gybala to Ghunsa (3475m)

Altitude: 2,730m - 3,475m

Walk: 6–7 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Trek ascends steadily through rhododendron and pine forests, crossing streams and local villages. Ghunsa is a charming Sherpa village and a highlight of the trek with stunning mountain views including Kanchenjunga itself.

Day 8 : Acclimatization Day in Ghunsa (3,475m)

Altitude: 3,475m

Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Hike Duration: Optional acclimatization hike 3–4 hours

Spend a day resting and acclimatizing in Ghunsa. Take a short hike to nearby viewpoints to soak in panoramic vistas of the eastern Himalayas, including towering Kanchenjunga peaks and glaciers. This rest day helps prepare your body for higher altitudes.

Day 9 : Ghunsa to Khambachen (4,145m)

Altitude: 3,475m - 4,145m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

The trail continues through pristine forests and alpine meadows, offering close views of the Kanchenjunga massif. Khambachen is a serene village set against the backdrop of snow-capped peaks, providing a peaceful place to stay.

Day 10 : Acclimatization Day in Khambachen with Trek to Janu View Point (4,800m)

Altitude: 4,145m - 4,800m

Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Hike Duration: 5–6 hours round trip

A full acclimatization day with a trek to Janu View Point, also known as Kumbhakarna Base Camp. This day hike offers some of the most stunning views of Kanchenjunga's southern face and surrounding

peaks. Return to Khambachen for the night.

Day 11 : Khambachen to Lhonak (4780m)

Altitude: 4,145m - 4,780m

Walk: 6–7 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Ascend to Lhonak, a high alpine settlement and base camp area for Kanchenjunga. The terrain becomes more barren and glacial, with breathtaking vistas of snow fields, glaciers, and towering mountains.

Day 12 : Lhonak to Pangpema (Kanchenjunga North Base Camp) (5143m)

Altitude: 4,780m - 5,143m

Walk: 4–5 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Trek to Pangpema, the north side base camp of Kanchenjunga. This area is remote and rugged, offering close-up views of the peak's northern face and massive glaciers. Camp here or stay in teahouses depending on arrangements.

Day 13 : Pangpema Half Day Hike, Return to Lhonak (4,780m)

Altitude: 5,143m - 4,780m

Walk: 4–5 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Spend the morning exploring nearby ridges or lakes around Pangpema. Return to Lhonak for overnight rest.

Day 14 : Lhonak to Khambachen (4,145m)

Altitude: 4,780m - 4,145m

Walk: 6–7 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Begin the descent, retracing steps through alpine meadows and rocky terrain back to Khambachen. Enjoy the changing scenery on your return journey.

Day 15 : Khambachen to Ghunsa (3,475m)

Altitude: 4,145m - 3,475m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Continue descending through forests and villages back to Ghunsa. Relish the familiar sights and warm hospitality of this mountain village.

Day 16 : Ghunsa to High Camp (4,100m)

Altitude: 3,475m - 4,100m

Walk: Approx. 6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Trek towards High Camp, gradually ascending through pristine landscapes and crossing small streams. High Camp is a remote, tranquil spot that prepares you for upcoming mountain passes.

Day 17 : High Camp to Mirgin La Pass (4,663m), then descend to Tseram (3,870m)

Altitude: 4,100m - 4,663m - 3,870m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Cross the Mirgin La Pass, a scenic high mountain pass offering panoramic views of Kanchenjunga and neighboring peaks. Descend to Tseram village for the night.

Day 18 : Tseram to Ramche (4,580m)

Altitude: 3,870m - 4,580m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Trek through rugged terrain, crossing ridges and river valleys. Ramche is a quiet mountain settlement with sweeping vistas.

Day 19 : Day trek to Oktang (Kanchenjunga South Base Camp) (4,730m)

Altitude: 4,580m - 4,730m

Walk: 5–6 hours round trip · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

A day excursion to Oktang, the South Base Camp of Kanchenjunga, which offers spectacular mountain views and a chance to experience untouched Himalayan wilderness.

Day 20 : Ramche to Tortong (2,995m)

Altitude: 4,580m - 2,995m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Descend through forested valleys and terraced fields to Tortong, a small village surrounded by natural beauty.

Day 21 : Tortong to Yamphudin (2,080m)

Altitude: 2,995m - 2,080m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Continue trekking through diverse landscapes to Yamphudin, a culturally rich village home to Rai ethnic communities.

Day 22 : Rest day in Yamphudin (2,080m)

Altitude: 2,080m

Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Activity Duration: Optional village exploration 2–3 hours

Take a rest day to explore Yamphudin, interact with locals, and enjoy the serene mountain environment.

Day 23 : Yamphudin to Mamanke (1,785m)

Altitude: 2,080m - 1,785m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Descend through forests and farmlands toward Mamanke village, a gateway for the drive back.

Day 24 : Drive Mamanke to Taplejung (1,820m)

Altitude: 1,785m - 1,820m

Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Drive Duration: 6–7 hours

Drive from Mamanke back to Taplejung, enjoying views of the eastern Himalayan foothills and rural landscapes.

Day 25 : Drive Taplejung to Bhadrapur, fly back to Kathmandu (1,400m)

Altitude: 1,820m - 91m - 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration: Drive 8–10 hours + Flight 45 minutes

Drive from Taplejung to Bhadrapur and take a flight back to Kathmandu. Transfer to your hotel for rest or last-minute shopping.

Day 26 : Departure from Kathmandu

Altitude: 1,400m

Visit: Nepal · Meals: Breakfast

Transfer Duration: 30–45 minutes

Transfer to Tribhuvan International Airport for your onward flight, concluding your Kanchenjunga adventure.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 2 · Trek & Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 3 · Kathmandu to Bhadrapur – Taplejung · 1,400 m · day 21°C / night 12°C
- Day 4 · Taplejung to Sekathum · 1,820 m · day 19°C / night 9°C
- Day 5 · Sekathum to Amjilossa · 1,650 m · day 20°C / night 10°C
- Day 6 · Amjilossa to Gybala · 2,510 m · day 15°C / night 4°C
- Day 7 · Gybala to Ghunsa · 2,730 m · day 14°C / night 3°C
- Day 8 · Acclimatization Day in Ghunsa · 3,475 m · day 11°C / night -2°C
- Day 9 · Ghunsa to Khambachen · 3,475 m · day 11°C / night -2°C
- Day 10 · Acclimatization Day in Khambachen with Trek to Janu View Point · 4,145 m · day 7°C / night -6°C
- Day 11 · Khambachen to Lhonak · 4,145 m · day 7°C / night -6°C
- Day 12 · Lhonak to Pangpema · 4,780 m · day 4°C / night -10°C
- Day 13 · Pangpema Half Day Hike, Return to Lhonak · 5,143 m · day 2°C / night -13°C
- Day 14 · Lhonak to Khambachen · 4,780 m · day 4°C / night -10°C
- Day 15 · Khambachen to Ghunsa · 4,145 m · day 7°C / night -6°C
- Day 16 · Ghunsa to High Camp · 3,475 m · day 11°C / night -2°C
- Day 17 · High Camp to Mirgin La Pass, then descend to Tseram · 4,100 m · day 8°C / night -6°C
- Day 18 · Tseram to Ramche · 3,870 m · day 9°C / night -4°C
- Day 19 · Day trek to Oktang · 4,580 m · day 5°C / night -9°C
- Day 20 · Ramche to Tortong · 4,580 m · day 5°C / night -9°C
- Day 21 · Tortong to Yamphudin · 2,995 m · day 13°C / night 1°C
- Day 22 · Rest day in Yamphudin · 2,080 m · day 18°C / night 7°C
- Day 23 · Yamphudin to Mamanke · 2,080 m · day 18°C / night 7°C
- Day 24 · Drive Mamanke to Taplejung · 1,785 m · day 19°C / night 9°C
- Day 25 · Drive Taplejung to Bhadrapur, fly back to Kathmandu · 1,820 m · day 19°C / night 9°C
- Day 26 · Departure from Kathmandu · 1,400 m · day 21°C / night 12°C

What's included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 4 night 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Kanchenjunga restricted area permit (issued by Department of Immigration).
- Kanchenjunga Conservation Area Project (KCAP) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/kanchenjunga-trek/

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