Tinjure–Milke–Jaljale Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**11 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3400m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,150 per person**

Trip overview

The Milke–Tinjure–Jaljale Trek is a beautiful and culturally rich trekking route in eastern Nepal, famous for its vibrant rhododendron forests, panoramic Himalayan views, and deep indigenous heritage. Often called the “Rhododendron Belt of Nepal,” this trek is especially popular among nature lovers, photographers, and travelers seeking peaceful trails away from crowded commercial routes.

The trek offers stunning views of eastern Himalayan giants, including Kanchenjunga, Makalu, and distant views toward Everest on clear days. It is an ideal mid-hill adventure combining biodiversity, culture, and gentle trekking terrain.

Unlike high-altitude expeditions, this trek remains moderate in difficulty, making it suitable for beginners and experienced trekkers who want a relaxed yet scenic Himalayan experience.

Geography and Landscape

The Milke–Tinjure–Jaljale Trek is located in eastern Nepal, spanning the districts of Tehrathum, Sankhuwasabha, and Taplejung. The region lies within the mid-hill zone between major Himalayan ranges, offering continuous ridge-top trekking with expansive views.

The landscape is dominated by lush forests, rolling hills, terraced farmland, and high ridges. The most famous feature of this region is its dense rhododendron forests, which are among the largest and most diverse in Nepal. During spring, the entire region transforms into a colorful natural garden with red, pink, and white rhododendron blooms covering the hillsides.

The trail follows a scenic ridge line known as the “Milke Danda,” which provides uninterrupted views of both eastern and central Himalayan ranges. Trekkers experience a unique combination of forest walks, open ridges, and traditional villages along the route.

The Jaljale area is particularly known for its high ridges and panoramic viewpoints, offering some of the best sunrise and sunset views in eastern Nepal. The Tinjure region is also famous for being the “Capital of Rhododendrons,” with exceptional biodiversity and forest conservation significance.

Climate and Best Time to Trek

The best seasons for the Milke–Tinjure–Jaljale Trek are spring (March–May) and autumn (September–November). These periods provide clear skies, stable weather, and excellent visibility of

the Himalayan ranges.

Spring is the most spectacular season, as rhododendron forests bloom across the entire region, creating a colorful and scenic trekking experience. Autumn offers crisp air, dry trails, and some of the clearest mountain views of the year.

Winter (December–February) is colder but still suitable for trekking in lower elevations, with quieter trails and clear skies. The monsoon season (June–August) brings heavy rainfall, making trails slippery and reducing visibility, so it is generally not recommended.

Overall, spring is the most visually rewarding season for this trek due to the full bloom of rhododendron forests.

People and Culture

The Milke–Tinjure–Jaljale region is home to diverse ethnic communities, including Limbu, Rai, Gurung, and Magar groups. These communities have strong cultural traditions deeply connected to nature, ancestral worship, and agricultural lifestyles.

The Limbu and Rai communities, in particular, preserve rich oral traditions, festivals, and rituals that reflect their indigenous identity. Villages along the trail offer authentic cultural experiences, with traditional stone houses, terraced fields, and community forests playing an important role in daily life.

Local hospitality is warm and welcoming, with homestays and small teahouses providing cultural interaction and traditional meals. The region is also known for its community-based conservation efforts, especially in protecting rhododendron forests and biodiversity.

The combination of floral beauty, Himalayan views, and rich indigenous culture makes the Milke–Tinjure–Jaljale Trek one of the most peaceful and scenic hidden gems of eastern Nepal.

Highlights

- Panoramic views of Kanchenjunga, Makalu, and Everest
- Rhododendron blooms with over 28 species in spring
- Visit sacred Gupha Pokhari
- Scenic TMJ ridge walks through peaceful forests
- Sunrise viewpoints with stunning Himalayan vistas
- Rich birdlife and natural biodiversity
- Authentic Limbu culture and homestay experiences
- Quiet, unspoiled trails away from trekking crowds

Day-by-day itinerary

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

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Welcome to Nepal! Upon landing at Tribhuvan International Airport, you'll be received by a representative and transferred to your hotel in Thamel, the heart of Kathmandu’s cultural and trekking scene. After check-in, you’ll attend a briefing session with your guide and finalize permits and gear. Enjoy your first evening with a traditional welcome dinner featuring local dishes like dal bhat, momo, or

Newari cuisine.

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

Altitude: 1,400m – 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Activity Duration: 2-3 hours

Today is reserved for trek preparation, permit processing, and final equipment checks. You can explore Kathmandu's lively streets, purchase trekking essentials in Thamel, or visit cultural heritage sites such as Pashupatinath Temple, Boudhanath Stupa, or Kathmandu Durbar Square. In the evening, your guide will provide a final briefing about the TMJ trek route and weather conditions.

Day 3 : Fly to Biratnagar and Drive to Basantapur (2,200m)

Altitude: 1,400m – 72m – 2,200m

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

Travel Duration: Flight 35 minutes + Drive 6–7 hours

After an early breakfast, fly from Kathmandu to Biratnagar, Nepal's lowland hub near the Indian border. From here, take a scenic drive through Dharan and Hile to Basantapur, a charming hill town and trailhead of the TMJ trek. Basantapur offers first glimpses of Mt. Kanchenjunga on clear days and a cool mid-hill climate.

Day 4 : Trek from Basantapur to Chauki (2,700m)

Altitude: 2,200m – 2,700m

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

Start your trek gradually ascending through rhododendron and pine forests, with passing views of villages and rice terraces. You'll encounter Limbu settlements and friendly locals along the route. Arrive at Chauki, a ridge-top settlement offering stunning views of Makalu, Jaljale Ridge, and surrounding green hills.

Day 5 : Trek from Chauki to Gupha Pokhari (2,890m)

Altitude: 2,700m – 2,890m

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

Follow a forested trail carpeted with rhododendron, moss, and bamboo—especially vibrant from March to May. You'll enjoy scattered views of Everest, Lhotse, Makalu, and Kangchenjunga during the walk. Reach Gupha Pokhari, a sacred lake revered by Buddhists and Hindus, believed to fulfill wishes. The peaceful lakeside makes a perfect spiritual and scenic rest stop.

Day 6 : Day Hike to Jaljale Ridge, Return to Gupha Pokhari (2,890m)

Altitude: 2,890m – 3,400m – 2,890m

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

Hike Duration: 5–6 hours

Early morning, hike to Jaljale Danda, a dramatic ridge that provides 360-degree views of the eastern Himalayas. This is one of the best spots for sunrise photography, especially of five 8,000m+ peaks (Everest, Lhotse, Makalu, Kangchenjunga, and Cho Oyu). Birdwatchers may spot species like pheasants, sunbirds, and Himalayan monals. Return to Gupha Pokhari for rest and reflection.

Day 7 : Trek from Gupha Pokhari to Milke Danda or Gorja (3,000m)

Altitude: 2,890m – 3,000m

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

Today you'll follow the Milke Ridge, walking through a sea of rhododendrons and highland grazing fields. This is the heart of the TMJ Trail, home to the highest rhododendron diversity in the world—up to 28 species bloom here in spring. Stay near Milke Danda or Gorja, depending on pace and availability.

Day 8 : Trek to Jaljale Base or Dovan (2,500m)

Altitude: 3,000m – 2,500m

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

Begin descending from alpine meadows to subtropical forests, passing remote summer grazing huts and serene trails. Arrive at Jaljale Base Camp or Dovan, a small forest settlement. Enjoy the wilderness, bird calls, and a sense of total disconnection.

Day 9 : Trek to Taplejung Bazaar (1,820m)

Altitude: 2,500m – 1,820m

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

Trek further down through Limbu and Sherpa villages, stopping to visit Buddhist monasteries and local tea gardens. You'll arrive at Taplejung, a small but bustling hill-town that connects to the Kangchenjunga trail. Explore the bazaar or enjoy your first proper hot shower in days.

Day 10 : Fly to Biratnagar and Connect to Kathmandu (1,400m)

Altitude: 1,820m – 72m – 1,400m

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

Travel Duration: Flight 35–45 minutes + 40 minutes

Early morning, fly from Suketar Airport (Taplejung) to Biratnagar. From there, connect to Kathmandu by afternoon flight. After checking in, enjoy a relaxed day in the city—visit Boudhanath Stupa, Garden of Dreams, or shop for handicrafts.

Day 11 : Final Departure from Kathmandu

Visit: Nepal · Meals: Breakfast

After breakfast, your guide will transfer you to Tribhuvan International Airport for your departure flight. You leave Nepal with unforgettablmemories of rhododendron forests, peaceful ridges, and warm mountain hospitality.

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 25°C / night 9°C
- Day 2 · Trek Permit Preparation Day in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 3 · Fly to Biratnagar and Drive to Basantapur · 1,400 m · day 25°C / night 9°C
- Day 4 · Trek from Basantapur to Chauki · 2,200 m · day 21°C / night 3°C
- Day 5 · Trek from Chauki to Gupha Pokhari · 2,700 m · day 18°C / night 0°C
- Day 6 · Day Hike to Jaljale Ridge, Return to Gupha Pokhari · 2,890 m · day 17°C / night -1°C

- Day 7 · Trek from Gupha Pokhari to Milke Danda or Gorja · 2,890 m · day 17°C / night -1°C
- Day 8 · Trek to Jaljale Base or Dovan · 3,000 m · day 17°C / night -2°C
- Day 9 · Trek to Taplejung Bazaar · 2,500 m · day 19°C / night 1°C
- Day 10 · Fly to Biratnagar and Connect to Kathmandu · 1,820 m · day 23°C / night 6°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

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

3. Permits

- Kanchenjunga Conservation Area Project (ACAP) permits.
- Trekkers' Information Management System (TIMS) 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

Dates & prices

- 02 Mar 2027 – 12 Mar 2027 · USD 2,150 · Available
- 16 Mar 2027 – 26 Mar 2027 · USD 2,150 · Available
- 06 Apr 2027 – 16 Apr 2027 · USD 2,150 · Available
- 20 Apr 2027 – 30 Apr 2027 · USD 2,150 · Available
- 04 May 2027 – 14 May 2027 · USD 2,150 · Available

Best time to visit

Best months: February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel

- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in simple teahouses, community lodges, and homestays along the route.

Villages in lower and mid sections offer basic but comfortable rooms with twin-sharing beds. In more remote ridge areas near Milke Danda and Tinjure, accommodation is very simple due to limited infrastructure.

Hospitality is warm and community-based throughout the trail.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is available throughout the trek, prepared by local families and lodges.

Typical food includes:

- Traditional Dal Bhat set meals
- Millet, maize, and buckwheat-based dishes
- Seasonal vegetables and greens
- Noodles, rice, and soups
- Eggs, bread, and tea

Local organic food is a highlight of the experience.

Difficulty & Physical Requirements

The Milke–Tinjure–Jaljale Trek is classified as easy to moderate, suitable for beginners, families, and cultural trekkers.

Daily walking ranges from 4 to 6 hours, with gradual ascents and ridge walking. There are no technical sections or high-altitude risks.

Permits

Required permits include:

- TIMS Card (Trekkers' Information Management System)
- Local conservation or municipality permits (if required depending on route sections)

Permits are usually arranged by trekking agencies.

Best Season

- Spring (March–May): Best season for rhododendron bloom and vibrant forests

- Autumn (September–November): Clear mountain views and pleasant weather
- Winter (December–February): Cold but scenic ridge views
- Monsoon (June–August): Lush greenery but slippery trails and leeches

Transportation & Access

The trek is accessible via eastern Nepal routes:

- Drive or flight from Kathmandu to Biratnagar or Bhadrapur Airport
- Road travel toward Basantapur, Tumlingtar, or Tehrathum entry points
- Trekking begins from ridge trailheads in Milke, Tinjure, or Jaljale regions

The route mainly follows scenic hill ridges connecting multiple districts.

Safety & Acclimatization

This is a low to mid-altitude trek with no major altitude risks.

Key considerations include:

- Moderate uphill and ridge walking
- Weather changes in forested and alpine zones
- Basic trail navigation in remote areas
- Hydration and steady pacing

Guides are helpful for cultural interpretation and navigation.

Travel Insurance

Recommended travel insurance should include:

- Basic trekking coverage (low to moderate altitude)
- Medical emergency coverage
- Trip cancellation protection
- Accident coverage for rural trekking

Additional information

Guide & Porter Services

Local guides are recommended for cultural insights, forest route navigation, and region-wide exploration.

Porters are optional and mainly useful for longer multi-district trekking itineraries.

Cultural & Natural Highlights

The Milke–Tinjure–Jaljale Trek is famous for its natural beauty and biodiversity:

- Largest natural rhododendron forest zone in Nepal
- Stunning ridge views of Kanchenjunga and Makalu ranges
- Rich biodiversity and alpine flora
- Traditional Limbu, Rai, and Sherpa villages
- Peaceful, uncrowded trekking trails

- Sunrise and sunset Himalayan viewpoints
- Seasonal flower blooms (especially spring)
- One of Nepal's best nature and photography trekking routes

Essential Equipment

Recommended trekking gear includes:

- Comfortable trekking shoes
- Light layered clothing system
- Windproof jacket and rain protection
- Warm clothing for ridge areas
- Hat, sunglasses, and sunscreen
- Small daypack (20–30L)
- Basic first aid kit

Communication & Connectivity

Mobile network coverage is available in lower settlements but becomes weak or unavailable on ridge sections.

Wi-Fi is limited, so trekkers should expect partial or no connectivity in remote areas.

Why Choose the Milke–Tinjure–Jaljale Trek?

This trek is ideal for travelers seeking nature, peace, and cultural richness:

- Rhododendron capital of Nepal experience
- Stunning ridge walks across eastern hills
- Views of Kanchenjunga and Makalu ranges
- Easy to moderate trekking suitable for all ages
- Rich biodiversity and seasonal flower blooms
- Less crowded and peaceful environment
- Authentic cultural villages of eastern Nepal
- One of Nepal's best mid-hill nature treks

Frequently asked questions

How difficult is the Tinjure–Milke–Jaljale Trek?

The Tinjure–Milke–Jaljale Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Tinjure–Milke–Jaljale Trek?

For the Kathmandu Valley & mid-hills region the best months are February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What permits do I need for the Tinjure–Milke–Jaljale Trek?

You need entry tickets for the heritage sites you visit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Tinjure–Milke–Jaljale Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Tinjure–Milke–Jaljale Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Tinjure–Milke–Jaljale Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Tinjure–Milke–Jaljale Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/tinjure-milke-jaljale-trek/

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