# Tinjure–Milke–Jaljale Trek

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

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| 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** |

## 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

## 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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