



## Kanchenjunga Expeditions

<b>Trip code</b>	
<b>Package name</b>	Kanchenjunga Expeditions
<b>Duration</b>	57
<b>Max. elevation</b>	8586 m
<b>Level</b>	ADVANCE
<b>Transportation</b>	Domestic flight (Kathmandu - Suketar - Kathmandu).
<b>Accommodation</b>	3***Hotel in Kathmandu, Lodge + Camping twin sharing bed basis during the trek and Expedition session.
<b>Starts at</b>	kathmandu
<b>Ends at</b>	kathmandu
<b>Trip route</b>	Kathmandu - Suketar - Chiruwa - Sakthum - Amjilosa - Gyabla - Gunsa - Khambachen - Lonak -Kanchenjunga Base camp - (Climbing period 29 days) - Lonak - Gunsa - Suketar - kathmandu
<b>Cost</b>	USD 35,500 per person

## Highlights

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## Overview

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Kanchenjunga, the world's third-highest mountain, offers a majestic and challenging expedition for experienced mountaineers. Located in the eastern region of Nepal on the border with India, Kanchenjunga is a breathtaking peak that stands at an imposing elevation of 8,586 meters (28,169 feet). Kanchenjunga Expeditions are renowned for their remote and rugged nature, offering a true adventure in one of the least-visited regions of the Himalayas.

The Kanchenjunga region is home to stunning landscapes, including deep valleys, glacial lakes, and diverse ecosystems. The expedition not only provides a thrilling climbing experience but also a chance to immerse oneself in the unique culture and traditional way of life of the local communities, including the Rai and Limbu ethnic groups.

The journey to Kanchenjunga Base Camp typically starts with a scenic flight from Kathmandu to Taplejung, a small town in the eastern part of Nepal. From there, climbers embark on a challenging trek through remote villages, dense forests, and high mountain passes. The route takes climbers through picturesque landscapes, allowing them to witness the rich biodiversity of the region, including rhododendron forests, alpine meadows, and rare wildlife.

Reaching the Base Camp is a significant milestone, offering stunning views of the Kanchenjunga massif and its neighboring peaks. At this point, climbers begin their acclimatization process, resting and preparing for the ascent. The climbing route to the summit varies depending on the expedition operator and the conditions of the mountain. The ascent typically involves traversing glaciers, negotiating steep slopes, and potentially encountering challenging ice and snow sections.

Climbing Kanchenjunga requires technical mountaineering skills, physical fitness, and experience in high-altitude expeditions. The extreme altitude and unpredictable weather conditions make it a demanding endeavor, testing the climbers' endurance, resilience, and determination.

The summit of Kanchenjunga offers an unparalleled sense of achievement and rewards climbers with breathtaking views of the Himalayan range, including Makalu, Everest, and Lhotse. The tranquility and beauty of the region, coupled with the challenging climbing experience, make Kanchenjunga Expeditions truly unforgettable.

Due to the remote location and restricted access to the Kanchenjunga region, expedition durations can vary. A typical Kanchenjunga Expedition may last between 50 to 60 days, including acclimatization, climbing, and trekking back to the base camp.

It's worth noting that Kanchenjunga Expeditions require careful planning, experienced guides, and support staff. Climbers are advised to choose reputable expedition operators with extensive knowledge of the region and a strong safety record. Proper acclimatization, physical fitness training, and thorough equipment preparation are essential for a successful and safe expedition.

## **Trip Itinerary**

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### **Day 1 : Arrival in Kathmandu, transfer to hotel, and trip briefing.**

Arrive in Kathmandu, the capital city of Nepal. Meet your trekking guide at the airport and transfer to your hotel. Spend the day exploring the vibrant streets of Kathmandu and preparing for the trek. Overnight stay in Kathmandu.

### **Day 2 : Obtain necessary permits and arrange logistics for the expedition.**

Today, we will spend the day sightseeing in Kathmandu Valley with our guide. We will visit Pashupatinath, which is regarded as the holiest Hindu temple in Nepal and where pilgrims worship Lord Shiva (situated on the banks of the holy Bagmati River), Bouddhanath, a Buddhist temple known as 'Little Tibet' and then on to Swayambhunath known as the Monkey Temple. From Swayambhunath we drive to Kathmandu's famous Durbar Square, a UNESCO World Heritage-listed site, and located in front of the old royal palace. Upon arriving back at your hotel you may have time to do some last-minute shopping around Thamel – the tourist hub of Kathmandu.

### **Day 3 : Fly from Kathmandu to Taplejung (Suketar) and trek to Mitlung (921 meters/3,022 feet).**

Today, we drive early in the morning passing through tea and cardamom plantations. Enroute we stop at the top of a pass where we get our first magnificent views of Mount Kanchenjunga and Mount Jannu from the far distance. Continuing our drive we reach Taplejung. After having lunch, we start the trek by making a steep descent to the Tamur River to reach the village of Mitlung. For the next couple of days, the path is often wet, muddy and slippery so two trekking poles are definitely required.

### **Day 4 : Trek from Mitlung to Chirwa (1,270 meters/4,166 feet). - 6 hrs walk**

On the third day, the trail descends to the Tamur River passing several villages. This is a fertile area with a range of crops including rice, millet, potatoes and vegetables. There is a descent to a wooden bridge crossing the Thiwa Khola, then some more ups and downs before arriving at Chirwa. The village of Chirwa has a market, a few lodges and some shops.

### **Day 5 : Trek from Chirwa to Sekathum (1,640 meters/5,381 feet). - 6 hrs walk**

On the fourth day, the trail follows the Tamur River along the valley floor and after a couple of hours we arrive to Taplechok (1380m) where our trekking permit will be checked at the park gate. From Taplechok, we cross a suspension bridge over the river to walk on the west bank along a path where cardamom can be seen growing among the forest. Cardamon is an important cash crop especially prevalent in the middle hills of east Nepal. We will have lunch at a lodge in Phembu then the trail starts to ascend above Tamur River to Lelep at (1750m). We then descend to cross a suspension bridge over Tamur river to enter the more narrow Ghunsa Khola Valley and then on to our destination at Sekathum. This is a Tibetan village and from here we get the first views of the high Himalaya where Jannu is visible on a clear day up the Ghunsa valley.

### **Day 6 : Trek from Sekathum to Amjilosa (2,510 meters/8,235 feet). - 6 hrs walk**

After crossing the suspension bridge over Ghunsa River at Sekathum camp we follow the path through dense forest. The trail is steep and narrow. We have our lunch at one of the basic lodges in Solima. After lunch we continue a switchback trail up through trees reaching Amjilossa high above the gorge. Overnight at camp.

### **Day 7 : Trek from Amjilosa to Gyabla (2,730 meters/8,956 feet). - 5 hrs walk**

Today, we have a short ascend from Gyabla through lush bamboo, oak and rhododendron forests to cross a small ridge. Then we descend towards Ghunsa Khola at a place called Thyanyani (2,400m) where there are several stone shelters. The trail makes several short climbs and descents before passing a large waterfall and a final steep climb to Gyabla.

### **Day 8 : Trek from Gyabla to Ghunsa (3,475 meters/11,398 feet). - 6 hrs walk**

On the seventh day, we have an easier path for most of the way to Phole since the valley opens out. The climate will start getting cooler today as we climb above 3,000m. At the same time the vegetation changes and we will see more rhododendrons and azaleas. Before arriving to Phole, we pass through the winter village for Ghunsa in a wide plateau. At Phole village, it is worth having a look at the monastery and exploring the village where at some houses we can see the ladies weaving carpets. From Phole it takes a further 1 ½ hours to reach the larger village of Ghunsa. This is a picturesque Tibetan village with wooden houses covered in colourful prayer flags. There are several lodges and shops in the village and a small Kanchenjunga Conservation Area office along with a couple of Gompa. We will camp in the garden of one of the lodges however will use their dining room for meals. There are hot showers available in the lodge and also a small shop.

### **Day 9 : Acclimatization day at Ghunsa, explore the village and surrounding areas.**

Today an acclimatisation walk will be organised along the route to Lobsang La. This is a good option as the trail gains height to 4,000m in about 3 hours from camp and 2 hours to return to Ghunsa. This will be a good walk for acclimatising purposes by following the rule “climbing high and sleeping low”. This will help our body adjust to gain the altitude and help us adapt over the next three days as we travel up to the north side Kanchenjunga Base Camp.

### **Day 10 : Trek from Ghunsa to Kambachen (4,050 meters/13,287 feet). - 6hrs walk**

The trail makes a gradual ascent through pine and rhododendron forests along the east bank of the Ghunsa Khola passing several mani walls and chortens along the way. After three hours of walk, we cross a bridge over Ghunsa Khola and will have lunch in a grassy area called Rampuk Kharka (3,720m). Today as we gain altitude the mountain scenery becomes ever more spectacular and higher up before the landslide area the dramatic north face of Jannu is visible. Be careful when crossing this landslide as there is a risk of rock fall from above. The trail contours the hillside then descends to Khambachen. Khambachen is a Tibetan settlement with about a dozen houses nestled in a grassy plain with mountains all around.

### **Day 11 : Trek from Kambachen to Lhonak (4,780 meters/15,682 feet). - 5 hrs walk**

On the eleventh day, the trail contours through azalea and rhododendron along a lateral moraine passing through a seasonal yak herder's camp at Ramtang (4,370m). After an hour or so the trail becomes rockier and we pass under a landslide area. Like for the landslide before Khambachen it is best to keep moving at a steady pace and to keep alert for any rock fall. We then climb through open rocky fields and then cross moraines North West of the Kanchenjunga Glacier to Lhonak. The campsite at Lhonak is near several large stone huts and has incredible views of Wedge Peak (6,750m), Mera (6,344m), Nepal Peak (6,910m), Twins (7,351m) among others. We cannot see the

main peak of Kanchenjunga from Lhonak so for this view tomorrow we will walk up to Pangpema

### **Day 12 : Acclimatization day at Lhonak, hike to Pangpema (Kanchenjunga Base Camp, 5,140 meters/16,863 feet).**

We have an ascending trail along the lateral moraine from Kanchenjunga Glacier for about two hours. After passing through several sections of loose rock and landslide area the trail climbs less steeply to reach the stone huts in a grassy area at Pangpema in a further two hours. The view of the vast north face of Kanchenjunga from Pangpema is very impressive. After having lunch while enjoying the mountain vista we start the return walk back to Lhonak which takes about 3 hours.

### **Day 13 : Day 13-42: Climbing period - ascend and descend between Base Camp and higher camps, following the expedition operator's itinerary and depending on weather and climbing conditions.**

Following the strenuous trek to the Base Camp, trekkers are advised to climb to a certain higher level from the base camp and return and climb higher the next time and repeat the process again. After being properly acclimatized with the weather conditions and altitude issues, climbers are ready to make the final attempt.

### **Day 43 : Day 43-44: Contingency days for unfavorable weather or unforeseen circumstances during the climbing period.**

### **Day 44 : Trek back to Lhonak (4790m)- 5 hrs walk**

We walk back our path to Lhonak and continue downhill walk the valley to Ramtang. On the way, we will get an opportunity to enjoy the panoramic views of Kanchenjunga, Gimmigela Chuli, Taple Shikhar, Kirat Chuli and many more. Finally, we descend to Kambachen by evening.

### **Day 45 : Trek from Lhonak to Kambachen (4040 m)- 5 hrs walk**

We retrace the same trail while we climb to Kanchenjunga Base Camp. Finally, we descend to Kambachen by evening.

### **Day 46 : Trek from Khambachen to Ghunsa (3430m) - 5 hrs walk**

Today, the same trail which we follow while climbing back to Ghunsa.

### **Day 47 : Trek to Margin Pass 4100m - 6 hrs walk**

On the fifteenth day, our trail follows a steep rocky ways through the forest then along a ridge with a short, steep section to Sele La pass at 4,290m. The views are fantastic and we can clearly see High Camp which is about half an hour further walk from the pass. High Camp is well positioned in sheltered spot with a couple wooden lodges and a small lake. From here we can see Mount Makalu in the far distance.

### **Day 48 : Trek to Tseram 3640m - 6 hrs walk**

Today, we have to wake up early in the morning to start our trek since the trek is a way long to Tseram. From High Camp we follow a good trail as it ascends to our first pass Sinion La at 4,440m. From here the trail contours the hillside and a short steep climb brings us to Mirgin La Pass at 4,480m. The trail then descends briefly before contouring round before a final short steep climb brings you to the top of Sinelapche La Pass at 4,840m. From the top of every pass we will be rewarded with magnificent views. From the last pass there is a 1,000m descent on a trail past a small lake to Tseram which is a small settlement located above the Simbua Khola.

### **Day 49 : Trek to Okthang 3640m - 7 hrs walk**

Today we pass the snout of the Yalung glacier into an ablation valley. All the peaks to the east straddle the India-Nepal border- Koptang (6,147m), Rathong (6,679m) and some of the Kabrus which are all over 7,000m. There is a lake and a meadow along with two stone houses at Ramche and often blue sheep can often be seen on the grassy slopes above. In the afternoon we follow the ablation valley to Oktang, the whole cirque is above 7,500m and the three main summits all over 8,400m can be seen. The climbing route to the summit of Kanchenjunga, first climbed by Joe Brown and George Band in 1953 can be seen from Oktang.

### **Day 50 : Trek to Tortong 3000m - 6 hrs walk**

The trail descends following close to the river and through rhododendron forest to Tortong where we camp for the night.

### **Day 51 : Trek to Yamphudin 2080m - 6 hrs walk**

From Tortong it's about 3 hours and 1000m to ascend. The trail climbs steeply through mossy forest and pass the huge landslide that happened in 2013 to the pass at Lamite Bhanjang for lunch. After lunch the trail descends quite steeply on a good path for about 2 hours before crossing Imja Khola. The trail then contours round the hillside and crosses the Dubi pass before descending to Yamphudin. This village has a mixed community of Sherpas, Rais, Limbus and Gurungs and there is also the Kanchenjunga Conservation Area office.

### **Day 52 : Trek to Phumphe dada 1900m - 5 hrs walk**

On this day, we descend through the lovely village of Yamphudin to the Kabeli Khola where we cross on a long bridge and then descend to Mamankhe. From here the trail enters a side canyon and crosses a stream on a long suspension bridge before climbing steeply to Pumphe village. From camp we can see the glorious view of Mount Jannu

### **Day 53 : Trek to Kunjhari 1928m - 6 hrs walk**

The trail climbs to the two tea shops on the ridge above, then begins a traverse through a series of valleys passing through several villages. The trail continues through Bhanjyang and traverses a ridge to descend to the Limbu village of Khunjari.

### **Day 54 : Trek to Suketar 2200m - 6 hrs walk**

Today is our last day of trek. The trail descends to the Pha Khola and climbs steeply through Pokhara and Shimu villages to Thenbewa. It then continues through forest to Lali Kharka and on to a ridge from where it descends gradually to the airfield at Suketar. We have now completed an amazing journey around the Nepalese side of Kanchenjunga.

### **Day 55 : Fly to Kathmadu 1380 - 35 min**

Fly Bhadrapur to Kathmandu. Upon arrival, transfer to hotel Overnight at hotel.

### **Day 56 : Free day in Kathmandu 1380m**

You have not entirely toured around Kathmandu valley in earlier days, so this day is your leisure day. You will visit this town's remaining UNESCO heritage sites, i.e., Bhaktapur Durbar Square and Patan Durbar Square.

During the evenings, you can look around the local markets and buy souvenirs for your friends and families. Enjoy your last day in Nepal.

### **Day 57 : Depature to Homeland**

After an incredible time in the mountains, you now return to your home country today. The officials will drive you to the airport according to your scheduled time.

## **Inclusions**

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### **What is included?**

Airport pick up drop by private vehicles and Transfer to Hotel.

Kathmandu / Suketar / Kathmandu airfare both for expedition members and staff all.

4 nights hotel (3-stars) in Kathmandu, B/B plan

25 kg weight per Sherpa climber is allowed for expedition

Necessary Sherpa porters or mules for carrying equipment & loads

Twin sharing accommodation in available lodge/teahouse while trekking



3 times meals per day, (Breakfast, Lunch, and dinner) teas & coffees in trekking & during the camping period.

Common climbing gears like necessary rope, ice bars, ice screws, etc

Twin sharing tent of North face brand or similar for Base Camp

Experienced and government licensed trekking and climbing Sherpa guide during the trekking and climbing period.

All food and fuel for base camp and higher camps during the climbing period.

Paper works, Peak permit fees, Route fees, Kanchenjenga conservation fees, and Expedition Royalty fees

Kitchen, Dining, Store tent, mattress and all camping facilities needed in Base Camp.

The experienced and professional Sherpa staff at Base Camp: Base camp manager, cook, kitchen Boy.

Government liaisons officer and his salary & accomodation

Equipment medical & life, allowance, wages, life, medical & rescue insurance for all Nepali members.

Emergency oxygen bottle, mask & regulator at ABC (Use and pay)

Provision of 4L-Poix with 2 Oxygen bottles for each member and 1 Oxygen bottle for Sherpa + Masks and Regulators

Provision of 1 High Altitude Sherpa for assistance

Garbage disposal and managemant fee.

Immediate Rescue co-ordination (covered by your personal travel insurance)

Generator or solar panel for charging & lighting in Makalu Base camp

Satellite phone on pay call basis (1 min: \$4).

Walkie - talkie per member and climbing Guide as required for communication.

Welcome Dinner at typical Nepali Restaurant in Kathmandu.

## **What isn't included?**

International flight fare, taxes, and visas (visa charge USD 40 and 4 passport photographs for the visa).

Lunch and dinner in Kathmandu.

Your Personal trekking & climbing equipment

Excess baggage transport

All expenses of personal nature like Wifi, Hot Shower, bar bills, laundry, telephone, etc.

Travel insurance for accident, medical, emergency evacuation & lost baggage.

Tips for Base Camp Staff and Climbing guide.

Summit Bonus for sherpa



Applicable permit fee & custom fee for satellite phone, filming camera, communications - equipment (if brought)

Expenses that are not mentioned in the included section.

## **Complimentary**