

1. Kanchenjunga Circuit Trek

2. Overview

Kanchenjunga Circuit Trek is one of the most spectacular mountain adventures in Nepal. This 21-day adventure takes you around the world's third-highest peak, off the beaten path. We have set up this package to allow...

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1350 m

Stay: Hotel

- Upon touch down at Tribhuvan International Airport, you will be greeted by the representatives from our office who will guide you directly to the hotel.
- After a short introduction session, you will be shown to your rooms for refreshments.
- Wrapping up all the activities for the day, you are free to head down to the local areas to enjoy a pleasant evening at your leisure.

Day 02: Kathmandu: sightseeing and trek preparation

Altitude: 1350 m

Meals: Breakfast

Stay: Hotel

- Long days of trekking in the Himalayas can be as treacherous as they are exciting, especially if you are underprepared for the journey.
- To make sure you are ready to go, we take the day off at the capital city gathering all the necessary items for our journey.
- In the due course, we also tour around the historic UNESCO world heritage sites spread around the valley.
- Beginning with the ancient Hindu temple of Pashupatinath, we make our way to the Buddhist pilgrimage site of Boudhanath which features a tranquil environment around the giant stupa.
- The day comes to an end at the vibrant Kathmandu Durbar Square where ancient architectures speak volumes about the Nepalese history.

Day 03: Fly from Kathmandu to Bhadrapur (2,420m), Drive to Taplejung; 45 min flight

Altitude: 1442 m

Meals: Breakfast

Stay: Hotel

- Today we take the morning flight from Kathmandu to the southeastern town of Bhadrapur flying over the lush green valleys of Nepal.
- The 45 minutes flight brings us to the Terai region of Nepal which sports a high contrast with the hills and the Himalayas.
- Taking a brief rest at the town, we board the bus heading to the hamlet of Taplejung.

- The journey is a long one and follows the winding bends of Mechi Highway with stunning views of the eastern hills.
- Overnight at Taplejung.

Day 04: Drive from Taplejung -Sekathum by Jeep sharing and Trek to Lelep(1860 m)

Altitude: 1860 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- On this fourth day of the Kanchenjunga Circuit Trek, you will start your journey from Taplejung by riding a private jeep.
- After driving for 4–5 hours, you will reach Sekathum.
- During the drive, you will pass through terraced farmlands, lush green hills, and charming rural villages, offering a real village lifestyle vibe.
- Once you reach Sekathum, you will begin your first official trekking day of the Kanchenjunga Circuit.
- Today's trek is around 3–4 hours.
- You will walk through dense forests, cross suspension bridges, and pass by traditional villages along the way.
- The trails are moderate, suitable for trekkers with some experience.
- After reaching Lelep, you will check in at a cozy tea house and rest for the night.

Day 05: Trek from Lelep to Amjilosa(2510m)

Altitude: 2510m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today, after having breakfast in the tea house, we will start our trek from Lelep toward Amjilosa.
- The trek will take around 5 to 6 hours.
- Along the way, you will pass through dense forests filled with rhododendron, bamboo, and other alpine vegetation.
- You'll enjoy the soothing sound of the rushing Tamor River throughout the trail.
- Crossing a suspension bridge, you will finally reach Amjilosa.
- You will spend the night at a tea house in Amjilosa, resting and preparing for the next day's adventure.

Day 06: Trek from Amjilosa to Gyabla(2730m)

Altitude: 2730m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Leaving Amjilosa after breakfast, we will begin our trek toward Gyabla, a beautiful Sherpa village nestled in the forested hills of eastern Nepal.
- Today's trail leads through dense rhododendron and bamboo forests, offering a serene and natural atmosphere.
- Along the way, you'll get occasional glimpses of snow-capped Himalayan peaks, adding to the scenic beauty.
- As you gradually gain altitude, you'll notice changes in the landscape and vegetation.
- The trail follows the Ghunsa Khola River, crossing several small streams and passing through peaceful, untouched nature.
- You may even spot Himalayan birds and wildlife during your journey.
- After about 5 to 6 hours of trekking, you will reach the Sherpa village of Gyabla.
- You will spend the night in a local teahouse, resting and enjoying the mountain atmosphere.

Day 07: Trek from Gyabla to Ghunsa(3595m)

Altitude: 3595m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- After an early breakfast at the teahouse in Gyabla, you will begin your trek toward Ghunsa, one of the main villages on the Kanchenjunga trail.
- The trail continues along the Ghunsa Khola, surrounded by pine and rhododendron forests, with occasional waterfalls and wildlife sightings.
- As you gain more altitude, the air becomes cooler, and the vegetation starts to thin out.
- After crossing a few suspension bridges and walking past the small settlement of Phale, known for Tibetan influence and ancient monasteries, you'll reach Ghunsa.
- Ghunsa is a traditional Sherpa village with stone houses, prayer flags, and friendly locals, offering a perfect place to rest.
- After 5 to 6 hours of trekking, you'll check into a local teahouse at Ghunsa for dinner and overnight stay.

Day 08: Trek to Ghunsa to Kambachen(4100m)

Altitude: 4100m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- After breakfast in Ghunsa, you will start your trek toward Kambachen, gradually ascending through beautiful alpine landscapes.
- The trail follows the Ghunsa Khola, offering breathtaking views of surrounding peaks and glacial rivers.
- As you gain altitude, you'll notice the terrain becomes more rugged, with fewer trees and more rocky paths.
- You'll cross wooden and suspension bridges, pass mani walls and chortens, and see signs of Tibetan Buddhist culture throughout the trail.
- If you are lucky you might spot blue sheep or Himalayan birds along the route.
- After 5 to 6 hours of trekking, you'll reach Kambachen, a small yak herding village surrounded by towering peaks.

Day 09: Acclimatization Day

Altitude: 4100m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today is an acclimatization day at Kambachen to avoid altitude sickness. It helps your body adjust to the increasing altitude and prepares you for the higher elevations ahead.
- We will explore the surrounding area. You can interact with local Yak herders or
- Hike to nearby places which offer the breathtaking views of Mt. Jannu, surrounding glaciers, and the rugged Himalayan terrain.

Travellers note: Don't do heavy exercise on the rest day. Take enough rest to relax your body, hydrate yourself and monitor your health conditions.

Day 10: Trek to Kambachen to Lhonak(4790m)

Altitude: 4790m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- After breakfast in Kambachen tea house, we will start to trek toward Lhonak.
- Today's trail is more rugged and exposed with glacial moraines, rocky paths, and alpine landscapes.
- As you start to trek, the views of snow-capped peaks like Mt. Kanchenjunga and Mt. Jannu becomes more prominent.
- You will pass Ramtang Monastery ruins, cross landslide-prone areas and follow the glacier-fed river.

- Walking for 5 to 6 hours, you will reach Lhonak and spend the night in a tea house.

Day 11: Day Trip to Kanchenjunga North Base Camp(4790m)

Altitude: 4790m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today is one of the highlight days of the Kanchenjunga Circuit Trek as you trek to the Kanchenjunga North Base Camp, also known as Pangpema.
- After an early breakfast, you will leave Lhonak and start trekking through rugged, glacial terrain, following a well-trodden trail.
- Get your first breathtaking views of Mount Kanchenjunga's north face (8,586m), the world's third-highest peak.
- Reach Pangpema (North Base Camp) and enjoy panoramic views of Kanchenjunga, Wedge Peak, Tent Peak, and Nepal Peak.
- Take time for rest, photography, and soaking in the high-Himalayan atmosphere.
- After a memorable experience, trek back to Lhonak for the night.

Day 12: Trek from Lhonak to Ghunsa(3595m)

Altitude: 3595m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Start the day with breakfast at Lhonak tea house.
- Begin your descent through the glacial valley, retracing the trail.
- Pass by Kambachen for a short rest or lunch break.
- The trek continues through moraine paths, alpine meadows, and rocky terrain with stunning mountain landscapes and valleys.
- Gradual descent back into denser vegetation and greener surroundings and arrive at Ghunsa.
- Overnight stay at a teahouse in Ghunsa.

Day 13: Ghunsa to Sele Le(4390m)

Altitude: 4390m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- After breakfast at Ghunsa we will ascend through dense pine and rhododendron forests.
- The trail is peaceful, remote, and less traveled — a true off-the-beaten-path experience.
- Gain altitude gradually, so you'll notice changing landscapes and cooler temperatures.
- Beautiful views of Jannu Himal and surrounding ranges en route.
- Reach Sele Le and overnight stay at a basic teahouse

Day 14: Sele Le to Cheram(3880m)

Altitude: 3880m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Begin early from **Sele Le (4,390m)** after breakfast.
- Cross **several high mountain passes:**
- **Sinion La (4,440m)**
- **Mirgin La (4,480m)**
- **Sinelapche La (4,650m)** – the highest point of the day
- Enjoy **stunning panoramic views** of **Makalu, Baruntse, Kanchenjunga**, and surrounding Himalayan giants.

- Descend gradually through **rocky ridges and yak pastures**.
- The trail winds down into **lush forested areas** as you approach lower elevations.
- Reach the **peaceful village of Cheram (3,880m)** in the afternoon.
- Total trekking time: approx. **6–7 hours**.
- Overnight stay at a **teahouse in Cheram**.

Day 15: Trek to Ramche and Day Trip to Kanchenjunga South Base Camp(4580m)

Altitude: 4580m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- After early breakfast at Cheram we will start trekking toward Ramche.
- Pass through moraine landscapes, glacial rivers, and alpine meadows.
- Arrive at Ramche and take a short rest or light meal.
- Continue on a side trip to Kanchenjunga South Base Camp, the highlight of the day.
- Follow the trail up the Yalung Glacier, with dramatic views of snow-covered peaks.
- Reach Kanchenjunga South Base Camp (4,580m) – stunning views of the south face of Mt. Kanchenjunga, along with Jannu, Kabru, and Rathong peaks.
- Enjoy photo time and rest before retracing your steps.
- Return to Ramche for an overnight stay.

Day 16: Trek from Ramche to Torongding(2995m)

Altitude: 4780 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- After early breakfast at Ramche you will retrace passing through Cheram and Selele Kharka.
- Cross several small wooden bridges and glacial streams
- After walking for 6–7 hours, you will finally reach Torongding and stay overnight at a basic teahouse.

Day 17: Trek to Torongding to Yamphuding(1980m)

Altitude: 5143 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

For the majority of the journey today, we are accompanied by the icy face of Kanchenjunga Glacier as we slowly make way through the lateral moraines of the glacier. Upon reaching Kanchenjunga Base Camp (5143m), also known as Pangpema, we get to soak in the mesmerizing Himalayan panorama comprising of the majestic Kanchenjunga (88486m), Jannu (7710m), and Kangbachen (7902m) amongst others. Overnight at Pangpema.

Day 17: Trek to Torongding to Yamphuding(1980m)

Altitude: 1980m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- After breakfast we will prepare to leave Yamphuding.
- Start a long descent walk through dense forest trails and cross several suspension bridges.
- Pass through local settlements and reach Yamphuding, one of the largest villages in the region.
- Overnight at a basic lodge or homestay in Yamphuding.

Day 18: Trek to khebang(1920m)

Altitude: 1920m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today will be your last trek in the Kanchenjunga Circuit trek.
- After breakfast we will walk for around 4 hours on an easy trail and reach Khebang.
- Overnight stay at a basic teahouse or lodge in Khebang.

Day 19: Drive to Badrapur

Altitude: 91 m

Meals: Breakfast/Lunch/Dinner

Stay: Hotel

- After breakfast, depart from Khebang by private vehicle. Enjoy a 4–6 hour drive to Badrapur, depending on road conditions.
- Spend the night at a comfortable hotel or lodge in Badrapur.

Day 20: Flight back to Kathmandu(1350 m)

Altitude: 1350 m

Meals: Breakfast/Lunch/Dinner

Stay: Hotel

- After breakfast, transfer to Badrapur Airport for your domestic flight.
- 25 minutes ride and land in Kathmandu International Airport.
- Upon arrival in Kathmandu, transfer to your hotel
- The rest of the day is free for relaxation, shopping, or sightseeing.
- Farewell dinner from Highroute Adventure.

Day 21: Departure from Kathmandu

Meals: Breakfast

- Transfer to Tribhuvan International Airport as per your scheduled flight.

5. Cost Includes

- Pick up and drop Airport-Hotel-Airport in Kathmandu by private vehicle.
- Flight ticket from Kathmandu-Bhadrapur-Kathmandu.
- 3 meals a day (Breakfasts, Lunch and Dinners) during the trek.
- Accommodation of Lodges, Guesthouses, tented camp in Twin Sharing Basis during the trek.
- Trekking Permit (National Park entry fee).
- TIMS card (Trekker's Information Management System).
- Necessary staff during the trekking period With Experience Guide and Porters.
- 20 Kg Luggage free Per Person during the trekking (with porter).
- Facility of Food, accommodation, salary, insurance, equipment for all trekking staffs.
- Group medical supplies(First Aid kit).
- All hotel accommodation with BB Plan in Kathmandu.
- Farewell Dinner before departure.

6. Cost Excludes

- Lunch and Dinner in Kathmandu
- Alcoholic beverages, personal nature expenses, Mineral water, Laundry, phone calls, internets.
- Emergency rescue evacuation if required such as personal accident insurance or Helicopter rescue.
- Extra luggage and personal trekking gears.
- Extra potter
- International flight ticket, date change or re-issue if you want.
- Nepal visa Fee, Visa issuance is easy upon arrival.
- Tips, gifts, souvenirs

7. Equipment / Packing List

The **Kanchenjunga Circuit Trek** is a challenging and remote journey through high mountain terrain, so packing smart is key. Your gear should keep you warm, safe, and comfortable while carrying as little as possible.

? Clothing: Layer for Variable Weather

- **Moisture-wicking base layers** (tops and bottoms) to keep sweat away
- **Warm mid-layers** like fleece or wool sweaters for insulation
- **Down or synthetic insulated jacket** for cold evenings and high altitudes
- **Waterproof and windproof outer shell jacket and pants** to protect against rain, snow, and wind
- **Durable trekking pants** suitable for rugged trails
- **Thermal underwear** for chilly nights and early mornings
- **Gloves:** both lightweight liners and insulated warm gloves
- **Warm hat/beanie** to protect from cold winds
- **Sun hat or cap** for daytime sun protection
- **Buff or neck gaiter** for dust and sun shielding

? Footwear: Support and Comfort

- **Well-broken-in trekking boots** with ankle support and waterproof features
- **Camp shoes or sandals** for comfort in lodges
- **Warm trekking socks**, preferably wool or synthetic blends (carry several pairs)
- **Gaiters** to keep dirt and snow out of boots (optional but helpful)

? Gear & Accessories

- **Daypack (30–40 liters)** for daily essentials and layers
- **Large duffel or expedition bag** for porter transport (if available)
- **Sleeping bag rated for -10°C or colder** to handle cold nights
- **Trekking poles** to reduce knee strain and improve stability
- **Headlamp with extra batteries** for early starts and night use
- **Water bottles or hydration system** with at least 2 liters capacity
- **Water purification tablets or filters** for safe drinking water
- **Sunglasses** with UV protection and good coverage
- **Quick-dry towel** for personal use

? Personal & Health Essentials

- **Basic toiletries:** toothbrush, toothpaste, biodegradable soap, wet wipes
- **Sunscreen with high SPF** and lip balm to protect against strong UV rays
- **First aid kit** including blister treatment, pain relievers, and any personal medication
- **Altitude sickness medication** (consult your doctor before the trek)
- **Hand sanitizer** and toilet paper (not always available in teahouses)
- **Energy snacks** like nuts, energy bars, and chocolates for the trail

? Electronics & Extras

- **Power bank** for charging devices (electricity can be limited)
- **Camera or smartphone** to capture stunning views
- **Travel documents** including permits, passport, and copies
- **Notebook and pen** (optional) for journaling your trek experience

? Final Tips

- Pack layers that can be added or removed easily depending on the weather.
- Keep your backpack weight manageable — around 10–12 kg is ideal.
- Consider renting bulky gear like sleeping bags or down jackets in Kathmandu to save space.
- Waterproof your gear using rain covers or dry bags to stay dry on wet days.