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1. Kanchenjunga Circuit Trek

2. Overview

Kanchenjunga Circuit Trek is one of the most spectacular mountain adventures in Nepal. This 18-day adventure takes you around the world's third-highest peak - Mt Kanchenjunga(8,586 m). We have set up this package so that…

3. Itinerary

Day 01: Fly from Kathmandu to Bhadrapur and Drive to Taplejung

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 02: Drive from Taplejung to Sekathum by Jeep sharing and Trek to Lelep

Altitude: 1860 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Today 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 03: Trek from Lelep to Amjilosa

Altitude: 2510 m | 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 04: Trek from Amjilosa to Gyabla

Altitude: 2730 m | 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 05: Trek from Gyabla to Ghunsa

Altitude: 3595 m | 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 06: Trek to Ghunsa to Kambachen

Altitude: 4100 m | 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 07: Acclimatization Day

Altitude: 4100 m | 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 heard 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 08: Trek to Kambachen to Lhonak

Altitude: 4790 m | 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 09: Day Trip to Kanchenjunga North Base Camp

Altitude: 4790 m | 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 10: Trek from Lhonak to Ghunsa

Altitude: 3595 m | 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 11: Trek from Ghunsa to Sele Le

Altitude: 4390 m | 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 12: Trek from Sele Le to Cheram

Altitude: 3880 m | 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 13: Trek to Ramche and Day trip to Kanchenjunga South Base Camp (Oktang)

Altitude: 4580 m | 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 14: Trek from Ramchhe to Torongding

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 15: Trek from Torongding to Yamphuding

Altitude: 1980 m | 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 16: Trek from Yamphuding to Khebang

Altitude: 1920 m | 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 17: Drive to Bhadrapur

Altitude: 91 m | Meals: Breakfast/Lunch/Dinner | Stay: Hotel

- After breakfast, depart from Khebang by private vehicle. Enjoy a 7–8 hour drive to Badrapur, depending on road conditions.
- Spend the night at a comfortable hotel or lodge in Bhadrapur.

Day 18: Flight back to Kathmandu

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 High Route Adventure.

5. Cost Includes

- What's Included
- Round-trip domestic flight: Kathmandu–Bhadrapur–Kathmandu
- Ground transportation as mentioned in the itinerary

- All meals (breakfast, lunch, and dinner) during the trek
- Accommodation in teahouses on a twin-sharing basis
- Trekking permits (National Park entry fee)
- TIMS card (Trekkers' Information Management System)
- Experienced trekking guide and porters throughout the journey
- 20 kg of free luggage allowance per person during the trek (carried by porter)
- Group first aid kit and medical supplies
- Farewell dinner before departure

6. Cost Excludes

- International flight ticket
- Nepal visa fee
- Travel insurance
- Personal expenses including mineral water, laundry, phone calls, and internet
- Tips, gifts, and 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.