



## **Kanchenjunga Trek Itinerary**

### **Day 1: Fly to Bhadrapur Jhapa and Drive to Illam**

After having breakfast, we fly to Bhadrapur, Jhapa, from Kathmandu. The flights take about 45 minutes. Then we drive to Illam, which is 75 kilometers away from Jhapa. On the way, we can see the beauty of Terai. The plain landscapes, tall trees, people working in their fields may make your trip enjoyable. Illam is abundant in their tea production and also known as Queen of Hills. Overnight in Illam.

### **Day 2: Drive to Taplejung, trek to Mustang**

Today we drive toward Taplejung and then to Mitlung. On the way, we can observe the beautiful sceneries of Mount Kanchanjunga and Mt. Jannu. After reaching in Taplejung, we start our trek toward Mitlung. By crossing many villages, Hangdewa River and the bridge of Tamor river, we arrive at the town Mitlung. Stay overnight.

### **Day 3: Trek Mitlung to Chirwa-06hours Walk**

After having a light breakfast, our trek ascends toward the Limbu settlement Chirwa river. The Rai mainly settle Taplejung, Limbu and Magar inhabited. After crossing a beautiful Tawa Village, we cross a suspension bridge nearby the Thiwa. Then we find some lodges where we spend our night.

### **Day 4: Trek Chirwa to Sekathum -05 hours Walk**

Today we leave beautiful Chirwa village and start a trek toward Sekathum village. Following the bank of Tamur river, we reach to the Taplechowk. In this place, our permit will be checked. Then we cross the bridge and move forward for our trek. We take a break at Phembu. The elevation at Lelep is highest, which is about 1750 meters. After crossing the bridge of Ghunsa Khola, we reach our camp Sekathum. Sekathum is a Tibetan village from where we can see beautiful views of Himalayans.

### **Day 5: Trek Sekathum to Amjilossa -06hours**

Day 05: Trek Sekathum to Amjilossa -06hours Early in the morning, we cross the bridge of Ghunsa River and leave for Amjilossa. We pass through the dense forest. The trail is quite narrower and steep. We cross the glaciers, which makes our trek quite tricky. Overnight in Amjilossa.

### **Day 6: Trek Amjilossa to Gyabala-05 hours Walk**

Today our trail ascends toward a beautiful forest of bamboo, Rhododendron, Oak, which offers you mesmerizing views of Kanchenjunga. After crossing the fabulous waterfall on the way, we reach our destination, Gyabala village. Stay overnight in Gyabala.

### **Day 7: Trek Gyabala to Ghunsa -05 hours**

Early in the morning, we leave for Ghunsa village. For today the path is quieter and more accessible up to Phole. We reach the height above 3000m, so it may feel soft and cooler. We get the chance to see more rhododendrons and azaleas on the way, which makes your trip more enjoyable. Reaching Phole village makes you see the peaceful monasteries and people working in their fields. Women are mainly engaged in weaving carpets. Phole village is located on a broad plateau on the way to Ghunsa village. After walking further for one and a half hours, we reach the large town Ghunsa. In the dusk, we observe the beauty of the village and stay overnight in the lodge.

### **Day 8: Acclimatisation day at Ghunsa**

Today is a relaxation day, but it makes us physically energetic, so we go to a high altitude and see the beautiful views of mountains early in the morning. We visit the Laspa La monastery, which is one of the famous monasteries of Ghunsa. This monastery is at the height of 4000m and takes many hours to reach there from Ghunsa. After some time spending in the monastery, we return to Ghunsa village. Stay overnight in Ghunsa.

### **Day 9: Trek Ghunsa to Khambachen -06 hours**

Today we follow the bank of Ghunsa river. On the way, we pass through the beautiful forest of rhododendrons and pine. We see many mani walls, colorful flags on the road. The trail is quite dangerous because there are chances of rock falling from the hillside. We descend toward the Tibetan village, Khambachen. The place is too peaceful and beautiful. Stay overnight in Khambachen.

### **Day 10: Acclimatisation and rest day at Khambachen**

Again, today is the day of relaxation where we trek to Kangbachen. We go to the high altitude of the village near to the sky and enjoy a lot. We take a warm bath and explore the Nupchu Khola valley. Stay overnight.

### **Day 11: Trek Khambachen to Lhonak-05 hours Walk**

Today we ascend the village Ramtang then pass through the North West of Mt. Kanchenjunga. We reach the Lhonak village, which is known for a stone hut. On the route, we can see the stunning views of Himalayas like Mera peaks, Nepal peaks, Twins, etc. stay overnight in Lhonak.

### **Day 12: Trek to Pangpema and return Lhonak -07 hours Walk**

Today we ascend to Pangpema through the side moraine of Kanchenjunga. We reach to the greenery area Pangpema after crossing different dangerous movable rocks section and landslide areas. We can observe the north part of Kanchenjunga from this place. After having a short lunch in Pangpema, we return to Lhonak, which takes about three hours. Stay overnight in Lhonak.

### **Day 13: Return Lhonak to Ghunsa -08 hours**

Trek back to the same place following Kambachen to Ghunsa village

### **Day 14: Trek Ghunsa to high camp, before Mirgin La pass-05hour Walk**

Today we climb a height of about 500m for our night stay at Mirgin La Pass. From this spot, we can see the beautiful view of Mount Makalu. Stay overnight in our beautiful camp.

### **Day 15: Cross Mirgin la and trek to Tseram-08 hours Walk**

Early in the morning, our trail ascends to Sinjon La pass. The path passes through the hillside, and we reach to Mirgin La give at height 4480m. On the way, we see the beautiful views of Jannu Himal. We cross the many passes like The Sinjon La pass, The Mirgin La pass, The Sinelapche La pass. At last, we descend toward our destination Tseram.

### **Day 16: Day trip to Oktang, camp at Ramche-08 hours**

Today our trail ascends toward Ramche to take some rest. We pass through the height of Yalung Valley. We cross the India-Nepal border from where we see the peaks of Kaktang, Rathong, Kabrus, which are above 7000m. We cross the valley Oktang, which height is about 7500meter. In 1995 Joe Brown and George Band climbed the Kanchenjunga for the first time, which can be seen from Oktang. Overnight in Ramche.

### **Day 17: Trek Tseram to Tortong-08hours walk**

Today our trail descends to Tortong . on the way, we see the views of Yalung Glacier moraine, Rathong, and forest of Rhododendron. Stay overnight in Tortong.

### **Day 18: Trek Tortong to Yamphudin -08 hour Walk**

We continue our trek to Yamphudin through Amji Khola. We cross the Lasiva Bhanjyang and Dhupi Bhanjyang. Stay overnight in Yamphudin.

### **Day 19: Trek Yamphudin to Mamanke-05 hours**

Today, we leave for Mamanke. The trail is a bit tricky, which makes trekkers enjoyable.

### **Day 20: Trekking Mamanke to Kande Bhanjang**

Early in the morning, our trail passes through the canyon and suspension bridge. After some mile, we reach to the Ponphe village. We cross several valleys on the way and stay at Kande Bhanjyang for overnight.

### **Day 21: Trek kande Bhanjang to Lali kharta**

The trail moves through the side of a Limbu village, Khunjuri. Then we get closer to Pha Khola. We climb through Pokhara, thenbewa, and finally, we reach our destination for a day. Overnight in Lali Karta.

### **Day 22: Trek Lali Kharka to Sutekar**

The trekking party crosses the PHA Khola and moves sharply through Shimu village. The trail descends to the dense forest of Lali kharka village, which leads to the Sutekar. The final trek from Kanchenjunga finally comes to an end. Stay overnight at sutekar.

### **Day 23: Drive Sutekar to Bhadrapur**

We will follow the same trek as we have traveled before. On the route, we can see the verdant green landscape beauty of Nepal. Overnight in Hotel of Bhadrapur.

### **Day 24: Fly back to Kathmandu**

By catching the earlier flight, we will fly for Kathmandu. To return to capital Kathmandu, you can choose between bus or flight. There will be an arrangement as you wish.

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