

Kanchenjunga Base Camp Trek



Trip Overview

The Kanchenjunga Base Camp Trek is a challenging and spectacular 25-day Himalayan expedition in eastern Nepal. Beginning from Taplejung and concluding in Kathmandu, the trek explores remote villages, lush forests, glacial valleys, and high-altitude alpine landscapes surrounding Mount Kanchenjunga (8,586m), the world's third-highest peak. Highlights include trekking through rhododendron and pine forests, crossing suspension bridges, navigating mountain passes, and visiting the Kanchenjunga Glacier and Base Camp. This trek offers unparalleled panoramic views of Kanchenjunga, Jannu, Kumbhakarna, and other towering peaks. Along the way, trekkers experience rich Tamang, Limbu, and Sherpa cultures, traditional teahouses, and the pristine wilderness of the Kanchenjunga Conservation Area.

Total Trip Days: 25 Days

Region: Kanchenjunga Region

Max Altitude: 5,143 meters (Pangpema)

Activity: Trekking

Trip Highlights

- Kanchenjunga Base Camp: Witness awe-inspiring views of the third-highest mountain in the world and surrounding peaks
- High-Altitude Adventure: Trek up to 5,143m at Pangpema with glacial landscapes, moraines, and alpine terrain
- Remote Villages: Experience authentic Nepali culture in Taplejung, Ghunsa, Yamphudin, and other traditional settlements
- Diverse Flora and Fauna: Traverse rhododendron, pine, and alpine forests; spot Himalayan pheasants, red pandas, and other wildlife
- Multiple Passes: Cross several scenic mountain passes, including Sele La (4,290m), offering panoramic views
- Glacier and Valley Trekking: Explore Yalung Glacier, Kanchenjunga Glacier, and pristine alpine valleys
- Acclimatization and Safety: Carefully paced trek with rest and acclimatization days at Cheram and other high points
- Scenic Diversity: From lowland farmland and rivers to rugged high mountain terrain, waterfalls, and alpine meadows
- Extended Adventure: 25-day itinerary allows deep exploration of eastern Nepal's untouched landscapes

Itinerary

Day 1:

Upon arrival at Tribhuvan International Airport in Kathmandu, you will complete immigration and customs formalities. A representative from Himalayan Glacier will warmly welcome you and escort you to your hotel. The remainder of the day is free for you to relax and recover from your journey. In the evening, you'll be treated to a welcome dinner where you can enjoy authentic Nepalese cuisine and receive a brief introduction to the country and its culture. Overnight stay at hotel in Kathmandu.

Accommodation: Hotel in Kathmandu | Meals: No Meal

Day 2:

Today is dedicated to exploring the cultural richness of Kathmandu. You will visit four significant sites, including three UNESCO World Heritage Sites—Swayambhunath Stupa, Pashupatinath Temple, and Boudhanath Stupa—along with the historic Kathmandu Durbar Square. After the sightseeing tour, you'll meet your trekking team for a detailed briefing on the upcoming journey. Overnight stay at Yatri Suites and Spa in Kathmandu.

Accommodation: Hotel in Kathmandu | Meals: Breakfast

Day 3:

After breakfast, you'll take a scenic 45-minute flight to Bhadrapur, located in eastern Nepal. From there, a long but scenic drive of approximately 9 hours will take you through picturesque hills and terraced landscapes to Taplejung, the starting point of your trek. Overnight stay in a local hotel or teahouse.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 4:

Your trekking adventure begins today as you hike through a forested trail with occasional ascents and descents. The path offers serene natural beauty and glimpses of rural life as you make your way to Lalikharka. Expect lush greenery, fresh mountain air, and a peaceful atmosphere.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 5:

Today's trek starts with a descent to Phundrawa followed by an uphill stretch to Yangpang. The trail continues to Phumphe Danda and climbs gradually to reach the village of Khesewa. You'll pass through small rural settlements, forests, and cultivated fields along the way.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 6:

The trail descends and then gently rises along Kabeli Khola, leading you through thick forests, waterfalls, and small streams. The route offers impressive views of distant Himalayan peaks and passes by traditional villages before reaching Mamankhe.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 7:

Following the Kabeli Khola, today's trail takes you across a suspension bridge and through terraced fields and forested hills. You'll pass a stunning waterfall before reaching the small settlement of Yamphudin, surrounded by lush hills and quiet terrain.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 8:

This long and scenic trekking day follows paths used by locals, weaving through meadows and terraced farmland. You'll trek alongside the Amji Khola and cross Lassiya Bhanjyang Pass, eventually reaching the peaceful and forested village of Tortong.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 9:

A relatively short but steadily ascending trek today leads you through rhododendron forests along the Simbuwa Khola. The trail opens up to the scenic Lalung Valley, revealing views of the Yalung Glacier and the towering Tuplung Peak as you reach Cheram.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 10:

To aid in acclimatization, today is reserved as a rest day in Cheram. You may relax at your lodge or take a short hike to explore nearby viewpoints offering impressive sights of Kabarú and Rathong peaks. This break prepares you for the higher altitudes ahead.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 11:

Today's trek follows a beautiful glacial valley to the snout of the Yalung Glacier. You'll ascend gradually, enjoying stunning vistas of surrounding peaks, and pass the small settlement of Lapsang before reaching Ramche.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 12:

You'll head further up the valley to reach Yalung Base Camp via Oktang, walking along moraines and glacial streams. The viewpoint here offers unforgettable views of Mt. Kanchenjunga and Jannu Himal. After soaking in the grandeur, you'll return to Cheram for the night.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 13:

Today's trail crosses four mountain passes—Sinelapche Bhanjyang, Mirgin La, Sinion La, and finally, Sele La. The route is lined with prayer flags and alpine views. It's a day of adventure and elevation as you reach the remote campsite at Sele La.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 14:

A gentle descent through forests of birch, pine, and rhododendron brings you to Ghunsa. This picturesque village is known for its wooden houses, Tibetan Buddhist culture, and scenic surroundings.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 15:

Following the river trail out of Ghunsa, you'll pass alpine meadows and cross a few challenging landslide sections. The dramatic landscapes and increasing mountain views, particularly of Mt. Jannu, add to the thrill as you arrive in Kambachen.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 16:

Today's trail navigates rocky paths, boulders, and occasional waterfalls. After passing Ramtang Monastery and descending to the river, you'll reach the wide and remote valley of Lhonak, close to the Kanchenjunga Glacier.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 17:

A spectacular day as you trek beside the Kanchenjunga Glacier toward the Base Camp. Panoramic views of Mt. Kanchenjunga and neighboring giants await. After spending time at the base, you'll descend to Pangpema for the night.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 18:

You will retrace your trail back from Pangpema to Lhonak through the familiar rugged terrain and glacial surroundings, enjoying the shifting light on the mountains.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 19:

The return journey continues as you descend from Lhonak back to Ghunsa. The downhill trail allows you to enjoy new perspectives on landscapes already visited.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 20:

Today's descent follows forest trails with cascading waterfalls and changing flora. You'll gradually lose altitude as you walk toward the charming settlement of Amjilosa.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 21:

Trekking through traditional villages, rice terraces, and lush landscapes, you'll follow the Tamor River toward the lowlands. The cultural and natural scenery make this a memorable part of the descent.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 22:

Today marks the final leg of your trek. You'll walk through fertile farmland and small hamlets before arriving back in Taplejung, reflecting on your mountain adventure.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 23:

You will take a long and scenic drive back from Taplejung to Bhadrapur, transitioning from alpine landscapes to the lower, warmer plains of eastern Nepal.

Accommodation: Hotel/Teahouse | Meals: Breakfast, Lunch, and Dinner

Day 24:

A morning flight brings you back to Kathmandu. The rest of the day is free for souvenir shopping, relaxation, or further exploration. In the evening, enjoy a farewell dinner to celebrate the successful completion of your trek.

Accommodation: Hotel in Kathmandu | Meals: Breakfast, Dinner

Day 25:

After breakfast, you will be transferred to Tribhuvan International Airport for your departure, carrying with you the incredible memories of the Kanchenjunga adventure.

Meals: Breakfast