Kanchenjunga Trek

Nepal / Kanchenjunga, Dhaulagiri Region | Trekking package



Your journey at a glance

Duration: 24 days

Trip grade: Challenging

Maximum altitude: 5143 m

Best season: April–May; September–November

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 3,200.00 per adult

Accommodation: Hotel in Kathmandu; tented camping during the trek

Transportation: Domestic flights between Kathmandu and Suketar; trekking and hiking

Meals: Breakfast, lunch and dinner during the trek; hotel bed and breakfast as listed

Package overview

Kanchenjunga is the third-highest peak in the world. This trekking route lies in the eastern part of Nepal and offers snow-capped mountains, dramatic landscapes and Himalayan scenery. Along the trail, trekkers experience remarkable valleys, the culture and traditions of local inhabitants,

frozen lakes, clear streams, the Oktang Glacier area and the landscapes around Ramche.

The journey combines village trails, forests, high mountain passes, glacier views and an excursion to Kanchenjunga Base Camp. The route travels through Lalikharka, Khesewa, Mamankhe, Yamphudin, Tortong, Cheram, Ramche, Sele La, Ghunsa, Kambachen, Lhonak and Pangpema before returning to Suketar and Kathmandu.

Ojha Holidays Tours and Treks provides the trekking guide, porter arrangements and permit support listed in the package services. The itinerary and services below describe the supplied 24-day programme.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Kathmandu airport and transfer to the hotel (approximately 1,350 m). In the evening, attend the trek briefing and a welcome dinner at a Nepali cultural restaurant.

Meals: Welcome dinner
Accommodation: Hotel in Kathmandu
Altitude: 1,300–1,350 m

Day 2 - Kathmandu sightseeing and trek preparation

After breakfast, take a sightseeing tour of Pashupatinath, Boudhanath and Swayambhunath temples. Prepare for the trek after lunch.

Meals: Breakfast
Accommodation: Hotel in Kathmandu
Altitude: Kathmandu

Day 3 - Fly from Kathmandu to Suketar and trek to Lalikharka

Take an early morning flight from Kathmandu to Suketar in eastern Nepal. From Suketar, follow a trail with gradual ascents and descents through lush green forests to Lalikharka.

Meals: Breakfast, lunch and dinner
Accommodation: Lalikharka camp
Altitude: Suketar: 2,420 m; Lalikharka: 2,265 m
Travel time: Flight to Suketar

Walking / trekking: Trek to Lalikharka

Day 4 - Lalikharka to Khesewa

After breakfast, descend easily to Phundrawa before beginning a steep climb to Yangpang. Continue steadily up to Phumphe Danda, followed by another ascent to Khesewa. The route passes through forests and small villages.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Khesewa
Altitude: 2,120 m

Day 5 - Khesewa to Mamankhe

Trek towards the Kabeli Khola. Follow a forest trail and cross a small stream. Enjoy Himalayan views and pass several small villages before reaching Mamankhe.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Mamankhe
Altitude: 1,785 m

Day 6 - Mamankhe to Yamphudin

Follow an easy, mostly uphill trail alongside the Kabeli Khola. Admire the ridge behind the stream and a nearby waterfall, cross a small suspension bridge and pass small settlements before reaching Yamphudin.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Yamphudin
Altitude: 2,080 m

Day 7 - Yamphudin to Tortong

Walk along a path used by local villagers, passing terraced farms and green meadows. Follow the Amji Khola and cross Lassiya Bhanjyang before reaching Tortong.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Tortong
Altitude: 2,995 m

Day 8 - Tortong to Cheram

Climb steadily towards Cheram alongside the Simbuwa Khola. Walk through the beautiful Lalung Valley with views of Tuplung Peak, pass thick rhododendron forest and enjoy views of the Yalung Glacier.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Cheram
Altitude: 3,870 m

Day 9 - Acclimatization and rest at Cheram

Spend the day in Cheram to acclimatize to the altitude. Rest or take short hikes around the Yalung Glacier area. A viewpoint offers views of Kabaru and Rathong peaks.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Cheram
Altitude: 3,870 m
Walking / trekking: Short optional hikes

Day 10 - Cheram to Ramchaur (Ramche)

Make a short ascent from Cheram towards the snout of the Yalung Glacier. Follow a valley trail with views of several Himalayan peaks and pass the small settlement of Lapsang before reaching Ramche.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Ramche
Altitude: 4,580 m

Day 11 - Ramche to Yalung Base Camp and return to Cheram

Walk further up the valley from Ramche, follow a stream and climb onto the moraine. Continue towards Oktang Monastery and Yalung Base Camp, with views of Kanchenjunga’s southern face, Jannu Himal, Kumbakarna (Jannu), Nyukla Lachung and other peaks. Descend to Cheram for the night.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Cheram
Altitude: Yalung Base Camp: 4,500 m
Walking / trekking: Trek to Yalung Base Camp and return

Day 12 - Cheram to Sele La

Cross four passes, beginning with Sinelapche Bhanjyang, then continue over Mirgin La and Sinion La before ascending to Sele La. Prayer flags mark one of the steeper sections near the pass.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Sele La
Altitude: 4,290 m

Day 13 - Sele La to Ghunsa

Walk north near Tangbgharma Danda. Reach a chorten marked with prayer flags, then descend through rhododendron, birch and pine forests to Ghunsa, a village of traditional houses and Buddhist prayer flags.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Ghunsa
Altitude: 3,595 m

Day 14 - Ghunsa to Kambachen

Trek north from Ghunsa along the riverbank through meadows and rhododendron and pine forests. Cross the bridge at Rampuk Kharka, pass a waterfall and a landslide section, and enjoy views of Mt. Jannu before reaching Kambachen.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Kambachen
Altitude: 4,050 m

Day 15 - Kambachen to Lhonak

Begin early for a challenging day. Follow rocky fields and large boulders along the riverbank to a waterfall. Cross a bridge to Ramtang Monastery, pass a landslide section, descend to the river and continue to Lhonak.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Lhonak
Altitude: 4,780 m

Day 16 - Kanchenjunga Base Camp and overnight at Pangpema

Trek from Lhonak alongside the Kanchenjunga Glacier. Pass Pangpema and descend towards Kanchenjunga Base Camp. Enjoy views of Mt. Kanchenjunga, Jannu Himal and surrounding peaks, then return to Pangpema for the night.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Pangpema
Altitude: 5,143 m

Day 17 - Pangpema to Lhonak

Retrace the route from Pangpema back to Lhonak.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Lhonak

Day 18 - Lhonak to Ghunsa

Descend from Lhonak to Ghunsa via Kambachen, following the same route used on the ascent.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Ghunsa
Altitude: 3,475 m

Day 19 - Ghunsa to Amjilosa

Descend from Ghunsa towards Phale, passing manes and a nearby monastery. Walk through juniper forests to Phale, continue down to Gyabla and cross a bridge over Chhundatangka Khola. Pass a waterfall and cross a suspension bridge over Sumbung Khola before reaching Amjilosa.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Amjilosa
Altitude: 2,308 m

Day 20 - Amjilosa to Chirwa

Pass a waterfall and the small settlement of Solima. Cross suspension bridges over Ghunsa Khola and continue via Sukathum. Follow Thunsa Khola and then Tamor Nadi, passing villages before reaching Chirwa.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Chirwa
Altitude: 1,270 m

Day 21 - Chirwa to Phurumbu

Follow the trail alongside lush vegetation, passing villages before reaching Sinwa. Descend and cross a bridge over Sisne Khola, continue along the Pathibhara Trek trail, pass another village and cross the Yaphre Khola suspension bridge to Phurumbu.

Meals: Breakfast, lunch and dinner
Accommodation: Village accommodation at Phurumbu
Altitude: 1,549 m

Day 22 - Phurumbu to Suketar

Continue along the Pathibhara Trek trail to Suketar. The Kanchenjunga Circuit Trek concludes on arrival.

Meals: Breakfast, lunch and dinner
Accommodation: Suketar

Day 23 - Fly to Kathmandu

Fly to Kathmandu (approximately 1,350 m) and transfer to the hotel. Spend the remaining time at leisure, with a farewell dinner in the evening.

Meals: Farewell dinner
Accommodation: Hotel in Kathmandu
Altitude: 1,350 m
Travel time: Flight to Kathmandu

Day 24 - Departure from Kathmandu

After breakfast, transfer for your onward departure. The trip concludes.

Meals: Breakfast
Travel time: Airport transfer

What is included

- 3 nights’ hotel accommodation in Kathmandu with bed and breakfast.

- Guided sightseeing in Kathmandu Valley.

- Trekking permits, including the Kanchenjunga permit and TIMS Card.

- All meals (breakfast, lunch and dinner) during the trek.

- One experienced trekking guide and one porter for every two trekkers.

- Life and medical insurance for the guide and porter.

What is excluded

- Personal travel insurance for travel to Nepal.

- Lunch and dinner in Kathmandu.

- Emergency rescue and evacuation during the trek, if required.

- Personal expenses.

- Tips for the guide and porter.

- Bar bills, beverages and mineral water during the trek.

- Costs not mentioned in the included services.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

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