



# Kanchenjunga Base Camp Trek

*Kanchenjunga (8586m), 'The Five Great Treasure Houses of Snow', is the world's third highest mountain and is situated in the Kanchenjunga Conservation Area, an area that comprises pristine forests, alpine meadows and high altitude wetlands alongside this magnificent and spectacular Himalayan massif.*

*The mountain forms Nepal's eastern border with Sikkim and this region is one of the least populated in Nepal. You will trek up through lush, green, semi-tropical Rai and Limbu villages in the mid hills, and remote Tibetan villages higher up in the semi arid plateaus at the foot of the mountain.*

*This remote, stunningly beautiful and ecologically diverse conservation area is jointly managed by the local communities and the WWF and is home to the endangered and secretive snow leopard and red panda, as well as the vulnerable Himalayan black bear, clouded leopard and Assamese macaque.*

*This circular trek takes you up through lush valleys full of seasonal flowers that receive the heaviest monsoon rains throughout the Himalayan range, north into spectacular high alpine landscapes full of woodlands and mountain streams and then up over high passes to both Kanchenjunga Base Camp and Ramche Yalung Base Camp, before heading back down again to lower elevations and returning to the trek's start point at Taplejung.*



## Itinerary

**Day 1:** Arrival in Nepal and **passport to Himalayan Quests**

**Day 2:** Trek briefing and preparation

**Day 3:** Flight Kathmandu to Badrapur and then a long drive to Taplejung (1820m) .

**Day 4:** Taplejung – Mitlung (921m). The next couple of days see us trekking through Nepal's lush, green and diverse mid hills, following shimmering rivers and contouring around precipitous ridge lines. The villages we pass through are Hindu and Buddhist with traditional mud-brick houses and are dotted with rice paddies, terraced fields, fruit trees and cardamom farms. Today we walk down to the Tamur River and then follow it upstream, stopping for lunch at Handewa. We will be following the Great Himalaya Trail Cultural Route, a spectacular and interesting route through some of Nepal's most remote villages. Approx. 5-6 hours..

**Day 5:** Mitlung – Chiruwa (1270m). Today is quite challenging as we follow rough paths high above the river. The trail passes through the Limbu and Tamang villages of Sinwa, Tawa and Porke and as the valley narrows, passes over old landslide debris and boulder-strewn river deposits. We will finally descend to the Thiwa Khola, crossing it on a wooden bridge, before the final leg of up and down arriving at the small market town of Chirwa our stop the for night, approx. 5-6 hours

**Day 6:** Chiruwa – Sukethum (1579m). Today we pass through Limbu, Rai, Tamang and Sherpa villages. The trail follows the Tamur River and climbs a spur before descending to the Simbua Khola, which originates from the Yalung Glacier on the south of Kanchenjunga. After another ridge we join the steep and narrow Ghunsa Khola Valley and then where the confluence of the Tamur River and Ghunsa Khola meet it is only a short walk to our campsite on the banks of the river at Sukethum, approx. 5 hours.

**Day 7:** Sukethum – Amjlosa (2308m). From Sukethum we trek northeast along the Ghunsa Khola gaining altitude as we head towards Kanchenjunga South Base Camp. Today's walking is on exposed terrain with steep uphill after our lunch stop at Jaubari, bringing us to the Tibetan village of Amjilossa where we will camp for the night, approx. 6 hours. .

**Day 8:** Amjilosa – Gyabla (2730m). Today we will walk through rhododendron and bamboo forests. After lunch we will start our ascent to our final destination of the day, Gyabla. Nearing our destination, we need to keep an eye out for a big waterfall on the opposite side of the river as this signals our imminent arrival at our campsite, one of the most beautiful campsites of the trek, with amazing views, approx. 5-6 hours..

**Day 9:** Gyabla – Ghunsa (3595m). Today we head for not only the largest, but also the last village in valley, Ghunsa. Ghunsa is a picturesque Tibetan village with wooden houses, a micro hydropower plant, school and health post. There are also several lodges and shops in the village and a small Kanchenjunga Conservation Area office, plus a couple of gompas. Ghunsa is the junction for all the trekkers coming and going to KBC and the Sale La Pass. From Gyabla, the trail crosses a broad meadow past a village and climbs a gentle hill before descending to cross the river into the village of Ghunsa, approx. 5-6 hours.

**Day 10:** Ghunsa rest/acclimatisation day. Today we do a morning acclimatisation hike to other side of the river with a gain of about 400 m, taking about 3.5 hours for the round trip. The rest of the day can be spent relaxing and exploring the lively Tibetan village of Ghunsa.





**Day 11:** Ghunsa - Khangpachen (4050m). From Ghunsa the trail makes a gradual ascent through beautiful pine and rhododendron forests along the south bank of the Ghunsa Khola, passing several mani walls and chortens along the way. We will have to cross several scree slopes and some glacial moraine before we drop down to Khambachen, our home for the night. Khambachen is a Tibetan settlement with about a dozen houses nestled in a grassy plain, surrounded by mountains and a very impressive view of the huge north face of Jannu, approx. 7 hours.

**Day 12:** Khangpachen - Lhonak (4780m). Reaching the source of the Ghunsa Khola, we'll stay on the left (north) side of the Kanchenjunga Glacier, hiking along a high plateau past the intersecting Lhonak Glacier to our left to reach the high, flat campsite at Lhonak. Although a cold campsite due to its high elevation, the views are fantastic as we will be surrounded by some of the highest snow-peaks on the planet - Wedge Peak (6750m), Mera Peak (6344m), Nepal Peak (6910m), Twins (7351m) among others, approx. 7 hours.

**Day 13:** Lhonak - Kanchenjunga Base Camp (5143m). After leaving Lhonak we head directly east following the same glacier on the northern ridges to a fantastic campsite at Kanchenjunga North Base Camp, also called Pang Pema. Camping here is one of the highlights of the trek and makes us realise just how small and insignificant we are in this world of snow and rock, approx. 3 hours.

**Day 14:** Kanchenjunga Base Camp - Ghunsa (3595m). Today is a long day as we retrace our footsteps back to Ghunsa where we stay for the night, approx. 8 hours.

**Day 15:** Ghunsa - Tseram (3870m). Today is a bit of an epic, taking us over passes on our way to Tseram, the highest being Sele La (4480m) and Sinion La (4660m). After completing the final pass of the day, we descend 1000m to Tseram, where we will camp for the night, approx. 8 hours.

**Day 16:** Tseram - Ramche (4580m). Today we walk up to Ramche, where we pass the snout of the Yalung glacier into an ablation valley. All the peaks to the east straddle the India-Nepal border, Koktang (6147m), Rathong (6679m) and some of the Kabrus which are all over 7000m. There is a lake and a meadow along with two stone houses at Ramche and blue sheep can often be seen on the grassy slopes above. Approx. 7 - 8 hours.

**Day 17:** Ramche - Yalung Base Camp (4500m). Trekking this day is pretty adventurous, as you have to walk along the glaciers. Today you cross the Oktang glacier, giving panoramic views of Kanchenjunga and Mount Jannu amongst others. We stay overnight at Yalung Base Camp. Approx. 7 - 8 hours

**Day 18:** Yalung Base Camp - Lapsang (4432m). This day you retrace your steps back to Lapsang, approx. 6 hours

**Day 19:** Lapsang - Tortong (2995m). We are starting to descend from today. We steadily descend through a forest of rhododendrons to Tortong. Approx 5 hours.

**Day 20:** Tortong - Yamphudim (2080m). The trail drops steeply to the Imja Khola then crosses the Dubi Pass and descends into Yamphudin. The village has a mixed community of Sherpas, Rais, Limbus and Gurungs and is also home to a Kanchenjunga Conservation Area office. Approx 5 - 6 hours.

**Day 21:** Yamphudim - Rest day

>> **Day 22:** Yamphudim - Phumpe (1858m). We descend from Yamphudin to the Kabele Khola and climb to Phumpe for our camp. Approx. 5-6 hours

>> **Day 23:** Phumpe - Pha Khola (1500m). From Phumpe we climb to a ridge and then descend through a series of side valleys past Phun village to Kesawa (2120m). The trail ascends to the Gurung settlement at Bhanjyang. From here the trail traverses a ridge and descends to the Limbu village of Khanjari. We camp below on the banks of Pha Khola. Approx. 6-7 hours.





**Day 24:** Pha Khola – Suketar (2420m). We descend today to the airport at Suketar for our overnight camp. This will be our last night to celebrate with our crew and porters. Approx 5 hours.

**Day 25:** Drive to Bhadrapur.

**Day 26:** Fly to Kathmandu.

## Costs

Please contact [info@himalayanquests.com](mailto:info@himalayanquests.com) for costs and further information.

## Notes

- >>The trek itinerary is a guide only and may be subject to change at short notice
- >>In order to preserve the remote nature of this trek, it is limited to a maximum of 12 trekkers and requires a minimum of 6 for it to run. 12 trekkers and requires a minimum of 6 for it to run.
- >>**In order to obtain your Kanchenjunga restricted access permit, we need your original passport at least 2 working days before departure.**