



Kanchenjunga Circuit Trek

Facts

Destination: Nepal

Trip Difficulty: Strenuous

Trip Style: Trekking and Tour

Transport: Private Vehicle / Aeroplane

Food: Breakfast+Lunch+Dinner

Accommodation: 3-Star Hotel + Teahouses + Lodges

Group Size: Min 1

Max Elevation: 5143 m

The Kanchenjunga Circuit trek is an extraordinary 21-day adventure that circles Mt. Kanchenjunga (8,586 meters), the world's third-highest peak. Along the Nepal-India border in the eastern Himalayas, this comprehensive trek offers a complete circuit of Mount Kanchenjunga. It combines both the northern and southern base camp routes, passing through Nepal's remote Taplejung districts.

The name "Kanchenjunga" comes from Tibetan, meaning "Five Treasures of the Great Snow"- referring to the mountain's five peaks. Until 1852, Kanchenjunga was believed to be the world's highest peak. The region remained isolated mainly until Nepal opened its borders to trekkers in 1988. The mountain holds deep spiritual significance for the local Limbu, Rai, and Sherpa communities, who consider it sacred.

The Kanchenjunga Conservation Area (KCA), established in 1997, showcases the region's incredible biodiversity. The trek route traverses multiple ecological zones, from subtropical



forests to alpine meadows. Wildlife enthusiasts might glimpse rare species such as snow leopards, red pandas, Himalayan black bears, and musk deer.

The Kanchenjunga Circuit trekking begins with a Kathmandu to Bhadrapur flight followed by a scenic drive to Taplejung, the gateway to the Kanchenjunga region. From there, another road journey takes you to Sekathum, the starting point of the trek. The trail winds through lush forests and traditional settlements, gradually climbing through Amjilosa and Gyable before reaching Ghunsa.

As the trek progresses higher, the landscape changes dramatically. Ghunsa is the last permanent village on the Kanchenjunga north base camp trek route and an important place to rest and acclimatize. Here, you can visit the ancient Tashi Choeling Gompa. The trail then continues through the high settlements of Khambachen and Lhonak.

The trek reaches its first major highlight at the Kanchenjunga North Base Camp at Pangpema (5,143 meters). Here, you'll admire the view of Kanchenjunga's north face, along with Chang Himal, Jannu Peak, and numerous Tibet Himalayan ranges. After soaking in these appealing vistas, retrace your steps through Lhonak back to Ghunsa.

From Ghunsa, the path leads to one of the trek's most challenging sections- crossing the Sele La Pass at 4,290 meters. This pass is a crucial junction connecting the northern and southern base camp routes. After crossing Sele La, the trail descends to Tseram. Walking alongside the Yalung Glacier, you'll reach Ramche while passing through diverse ecosystems, from rhododendrons and pine forests to glacial moraines and high-altitude grasslands. Keep your eyes open for blue sheep grazing on the mountainsides.

The southern portion of the trek culminates at Oktang Base Camp, also known as Kanchenjunga South Base Camp (4,730 meters). This vantage point offers enthralling views of Kanchenjunga's three main peaks, each towering above 8,400 meters. The descent leads



through Tseram and Tortong, where the landscape gradually transforms back to lower elevations with moss-covered trees and vibrant forests.

The Kanchenjunga trekking concludes in Yamphudin, also known as Sherpagaon. From here, you'll transition to a scenic drive to Illam, Nepal's famous tea-growing region. Finally, the Kanchenjunga circuit adventure ends with a return to Bhadrapur for your flight back to Kathmandu.

Highlights

Key Kanchenjunga Circuit Trek Highlights

- Witness the sweeping vistas of Mount Kanchenjunga (8,586m) and its five peaks, plus views of Makalu, Lhotse, and Everest on clear days.
- Stay in authentic mountain villages: Ghunsa (Tibetan monastery), Tseram (stone houses), and Yamphudin (Limbu-Rai culture).
- Experience uncrowded trails from subtropical cardamom fields to alpine meadows with spring rhododendrons.
- Spot rare wildlife in Kanchenjunga Conservation Area: red pandas, snow leopards, black bears, and 200+ bird species.
- Connect with diverse ethnic groups: Limbu (Kirat traditions), Rai (mountain music), and Sherpa (Buddhist customs).
- Explore massive Himalayan glaciers: Kanchenjunga and Yalung glaciers.



- Visit both base camps of Mt. Kanchenjunga, Pangpema (North Base Camp, 5,143m), and Oktang (South Base Camp, 4,730 m).
- Cross the challenging Sele La Pass (4,290m), a gateway to Kanchenjunga's North and South Base Camps.
- Get a chance to tour Ilam's renowned tea estates and taste Nepal's finest orthodox tea.

Day to Day Itinerary

Day 01: Arrival in Kathmandu (1,400m/4,593ft)

Day 02: Full-Day Kathmandu Sightseeing and Trek Preparation.

Day 03: Fly to Bhadrapur Airport and Drive to Taplejung (1,820m/5,971ft)

Day 04: Drive to Sekathum (1,575m/5,167ft)

Day 05: Trek to Amjilosa (2,310m/7,579ft)

Day 06: Trek to Gyable (2,730m/8,957ft)

Day 07: Trek to Ghunsa (3,475m/11,401ft)

Day 08: Acclimatization Day in Ghunsa

Day 09: Trek to Khambachen (4,050m/13,287ft)

Day 10: Trek to Lhonak (4,780m/15,682ft)

Day 11: Trek to Pangpema, Kanchenjunga North Base camp (5,143m/16,864ft) and Back to Lhonak

Day 12: Trek to Ghunsa (3,475m/11,401ft)

Day 13: Trek to Sele La Kharka (4,200m/13,780ft)

Day 14: Trek Over Sele La Pass and Trek Down to Tseram (3,870m/12,697ft)

Day 15: Trek to Oktang Base Camp (4,730m/15,518ft) and Back to Ramche (4,580m/15,026ft)



Day 16: Trek back to Tseram (3,870m/12,697ft)

Day 17: Trek from Tseram to Tortong (2,995m/9,826ft)

Day 18: Trek to Yamphudin (2,080m/6,824ft)

Day 19: Drive to Ilam

Day 20: Drive to Bhadrapur and Fly to Kathmandu

Day 21: Final Departure

Cost Includes

- Airport Pickup and drop service during both international and domestic flights
- All necessary trekking permits
- Hotel in Kathmandu with buffet breakfast.
- All accommodations during the trek
- Meals (Breakfast/Lunch/Dinner) during the trek.
- Government Licensed and first aid-trained trekking guide and Salary, food, equipment, and insurance.
- Porters to carry luggage (two trekkers sharing basis)
- Sharing Jeep / Bus (Bhadrapur - Taplejung - Sekathum and Yamphudin - Kanyam - Bhadrapur airport)
- Flight From Kathmandu - Bhadrapur, and Bhadrapur - Kathmandu
- First aid kit with basic medication
- Sleeping bag / Down Jacket if needed (it is refundable)
- Official expense, all local and government tax and VAT.

Cost Excludes

- Travel and health Insurance that covers emergency Rescues and evacuations
- Personal expenses and others which is not included section.



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- Sightseeing entrance fees (temples, monasteries)
 - Tips for trek guide and porter (it is expected)