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Kanchenjunga Circuit Trek – 25 Days

일자별 일정

최저가
US$2,690
1인당

기간	최고 고도	난이도	지역	그룹 인원
25 일	**5,160 m**	어려움	네팔 동부 지역	최대 12

Dates, prices and booking online: https://mounteverestgo.com/ko/환각/kanchenjunga-circuit-trek/

하이라이트



Reach both Pangpema North Base Camp (5,143m) and Yalung South Base Camp (4,500m) on a single circuit.



Cross three high passes: Sele La (4,290m), Sinion La (4,665m), and Mirgin La (4,480m).



Trek through one of Nepal's least-visited protected areas with rare wildlife sightings.



Witness sunrise on Kanchenjunga's massive 3,000m north face and its equally dramatic south face.



Experience Sherpa, Limbu, and Rai culture in villages that see fewer than 200 foreign trekkers per year.

ITINERARY AT A GLANCE

일차 1	카트만두 도착	1,400 m
일차 2	Fly to Bhadrapur & Drive to Illam	1,200 m
일차 3	Drive to Taplejung	1,820 m
일차 4	Trek to Sekathum	1,660 m
일차 5	Trek to Amjilosa	2,510 m
일차 6	Trek to Gyabla	2,730 m
일차 7	Trek to Ghunsa	3,415 m
일차 8	Acclimatization in Ghunsa	3,415 m

일차 9	Trek to Kambachen	4,050 m
일차 10	Acclimatization in Kambachen	4,050 m
일차 11	Trek to Lhonak	4,790 m
일차 12	Trek to Pangpema (North Base Camp) & Return to Lhonak	5,160 m
일차 13	Trek to Ghunsa	3,415 m
일차 14	Trek to Sele Le Base Camp	4,290 m
일차 15	Cross Sele La & Sinion La to Tseram	3,870 m
일차 16	Trek to Ramche	4,580 m
일차 17	Hike to Yalung South Base Camp & Return to Ramche	4,500 m
일차 18	Cross Mirgin La to Tseram	3,870 m
일차 19	Trek to Torongden	2,995 m
일차 20	Trek to Yamphudin	2,080 m
일차 21	Trek to Mamangkhe	1,810 m
일차 22	Trek to Khebang & Drive to Taplejung	1,820 m
일차 23	Drive to Bhadrapur	100 m
일차 24	Fly to Kathmandu	1,400 m
일차 25	Final Departure	

방문 지역



카트만두 1,400 m

Kathmandu is the capital of Nepal and the gateway to every trekking region — a UNESCO World Heritage valley with 7 monument zones, the...

포함 사항
• All airport pickups and drops in private vehicle
• Kathmandu hotel (3 nights, B&B) with welcome and farewell dinners
• Domestic flights where applicable to itinerary
• All ground transport in private vehicle
• All necessary permits (TIMS, National Park, Conservation Area, Restricted Area where applicable)
• Three meals daily (BLD) during the trek with tea/coffee
• Tea house or camping accommodation during the trek
• Experienced English-speaking trekking guide and assistant guide for groups of 6+
• Porters (1 per 2 trekkers, 15kg luggage allowance) with full insurance
• Sleeping bag, down jacket, and duffel bag (refundable deposit)
• First-aid kit, pulse oximeter, and emergency oxygen
• Satellite phone for emergency communications
• All government and local taxes
• Full camping crew and equipment (4-season tents, dining tent, toilet tent, kitchen gear)
입산 허가증 — 전 일정 본사 완벽 대행
• Kanchenjunga Restricted Area Permit (USD 20 per week for first 4 weeks), TIMS Card, Kanchenjunga Conservation Area Entry Permit (NPR 3,390).

불포함
• International airfare to and from Kathmandu
• Nepal visa fee (USD 30 for 15 days, USD 50 for 30 days)
• Travel and high-altitude rescue insurance (mandatory)
• Personal trekking gear and clothing
• Hot showers, Wi-Fi, device charging, and alcoholic beverages
• Lunch and dinner in Kathmandu
• Tips for guide, porter, and driver (recommended 10-15% of trip cost)
• Costs from unforeseen events (weather, flight delays, route changes)

전체 상세 일정표

01 카트만두 도착

고도: 1,400 m **숙소:** 3성급 호텔

Arrive at Tribhuvan International Airport and transfer to your hotel in Thamel. Evening welcome dinner and trek briefing.
Meals: Dinner · **Overnight:** Kathmandu (1400 m)

02 Fly to Bhadrapur & Drive to Illam

고도: 1,200 m **숙소:** 찻집 또는 트레킹 롯지

Scenic morning flight east to Bhadrapur, then drive through tea estates to Illam for an overnight stop.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Illam (1200 m)

03 Drive to Taplejung

고도: 1,820 m **숙소:** 찻집 또는 트레킹 롯지

Full-day jeep ride up the Tamor valley to Taplejung, the administrative hub and start of the trek.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Taplejung (1820 m)

04 Trek to Sekathum

고도: 1,660 m **숙소:** 찻집 또는 트레킹 롯지

Begin walking through Limbu villages along the Tamor, then turn up the 촌서부 Khola to Sekathum.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Sekathum (1660 m)

05 Trek to Amjilosa

고도: 2,510 m **숙소:** 찻집 또는 트레킹 롯지

Climb through oak and rhododendron forest with several river crossings. Reach the small Tibetan settlement of 아질로사.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Amjilosa (2510 m)

06 Trek to Gyabla

고도: 2,730 m **숙소:** 찻집 또는 트레킹 롯지

Continue through forest with occasional views of the river far below. Reach Gyabla, still recovering from a 2011 glacial lake flood.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Gyabla (2730 m)

07 Trek to Ghunsa

고도: 3,415 m **숙소:** 찻집 또는 트레킹 롯지

A gentler day ending at 춘서부, a prosperous Sherpa village with a monastery, school, and the last proper lodges before the high country.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Ghunsa (3415 m)

08 Acclimatization in Ghunsa

고도: 3,415 m **숙소:** 찻집 또는 트레킹 롯지

Rest and acclimatize with an optional hike toward the opposite ridge for first views of Jannu (7,710m). Visit the 100-year-old 춘서부 monastery.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Ghunsa (3415 m)

09 Trek to Kambachen

고도: 4,050 m **숙소:** 찻집 또는 트레킹 롯지

Gradual climb through scattered summer settlements with expanding views of Jannu's massive north face. Reach 캄바헨, the last permanent village.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Kambachen (4050 m)

10 Acclimatization in Kambachen

고도: 4,050 m **숙소:** 찻집 또는 트레킹 롯지

Day hike toward Ramtang (4,240m) for acclimatization and views of Wedge Peak, Nepal Peak, and the Phole Valley.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Kambachen (4050 m)

11 Trek to Lhonak

고도: 4,790 m **숙소:** 찻집 또는 트레킹 롯지

Climb through a wide glacial valley with moraine fields to 로낙, a windswept grazing settlement beside a glacial lake.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Lhonak (4790 m)

12 Trek to Pangpema (North Base Camp) & Return to Lhonak

고도: 5,160 m **숙소:** 찻집 또는 트레킹 롯지

Early start to reach Pangpema (5,160m) for sunrise on Kanchenjunga, Chang Himal, and Taple Shikhar. Return to 로낙 for the night.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Pangpema (5160 m)

13 Trek to Ghunsa

고도: 3,415 m **숙소:** 찻집 또는 트레킹 롯지

Long retracing descent back to 촌서부 for a proper meal and warm night.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Ghunsa (3415 m)

14 Trek to Sele Le Base Camp

고도: 4,290 m **숙소:** 캠핑

Climb above 촌서부 through forest to a high meadow camp at the foot of Sele La. Tents are set up by our crew.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Sele Le (4290 m)

15 Cross Sele La & Sinion La to Tseram

고도: 3,870 m **숙소:** 찻집 또는 트레킹 롯지

Cross Sele La (4,290m) and Sinion La (4,665m) with spectacular views south to Yalung Glacier, then descend to 웨일스의.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Tseram (3870 m)

16 Trek to Ramche

고도: 4,580 m **숙소:** 찻집 또는 트레킹 롯지

Continue up the Simjua Khola through rhododendron forest to 안장 부랑자, the base for the South Base Camp excursion.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Ramche (4580 m)

17 Hike to Yalung South Base Camp & Return to Ramche

고도: 4,500 m **숙소:** 찻집 또는 트레킹 롯지

Hike up the Yalung Glacier to the South Base Camp viewpoint (4,500m). The south face of Kanchenjunga and Kabru fill the skyline. Return to 안장 부랑자.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Yalung (4500 m)

18 Cross Mirgin La to Tseram

고도: 3,870 m **숙소:** 찻집 또는 트레킹 롯지

An alternative high route over Mirgin La (4,480m) offers another angle on Kanchenjunga before descending to rejoin the trail at 웨일스의.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Tseram (3870 m)

19 Trek to Torongden

고도: 2,995 m **숙소:** 찻집 또는 트레킹 롯지

Begin the long descent, crossing a low pass and dropping into warmer forest.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Torongden (2995 m)

20 Trek to Yamphudin

고도: 2,080 m **숙소:** 찻집 또는 트레킹 롯지

Continue descending through Limbu and Rai villages as the air warms and cultivated land returns.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Yamphudin (2080 m)

21 Trek to Mamangkhe

고도: 1,810 m **숙소:** 찻집 또는 트레킹 롯지

Walk through rolling mid-hills to the Limbu village of Mamangkhe, where traditional houses and cardamom farms line the trail.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Mamangkhe (1810 m)

22 Trek to Khebang & Drive to Taplejung

고도: 1,820 m **숙소:** 찻집 또는 트레킹 롯지

Final descent to Khebang, then a half-day jeep ride back to Taplejung for a celebration dinner.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Taplejung (1820 m)

23 Drive to Bhadrapur

고도: 100 m **숙소:** 찻집 또는 트레킹 롯지

Long scenic jeep ride back down the Tamor valley to Bhadrapur for an overnight stay near the airstrip.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Bhadrapur (100 m)

24 Fly to Kathmandu

고도: 1,400 m **숙소:** 3성급 호텔

Morning flight back to 카트만두. Free afternoon for shopping and rest. Evening farewell dinner.
Meals: Breakfast · **Overnight:** Kathmandu (1400 m)

25 Final Departure

Transfer to the international airport approximately 3 hours before your flight. Trip concludes.
Meals: Breakfast