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Kanchenjunga Circuit Trek – 25 Days

Day-by-day itinerary

FROM
US$2,690
per person

DURATION	MAX ALTITUDE	DIFFICULTY	REGION	GROUP SIZE
25 days	**5,160 m**	**Hard**	**Eastern Nepal Region**	**Max 12**

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

HIGHLIGHTS



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

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

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

PLACES YOU'LL VISIT



Kathmandu 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...

INCLUDED

• 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)

Permits — all arranged by us

• Kanchenjunga Restricted Area Permit (USD 20 per week for first 4 weeks), TIMS Card, Kanchenjunga Conservation Area Entry Permit (NPR 3,390).

NOT INCLUDED

• 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)

THE FULL ITINERARY

01 Arrival in Kathmandu

Altitude: 1,400 m **Accommodation:** 3-star hotel

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

Altitude: 1,200 m **Accommodation:** Teahouse or trekking lodge

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

Altitude: 1,820 m **Accommodation:** Teahouse or trekking lodge

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

Altitude: 1,660 m **Accommodation:** Teahouse or trekking lodge

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

05 Trek to Amjilosa

Altitude: 2,510 m **Accommodation:** Teahouse or trekking lodge

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

06 Trek to Gyabla

Altitude: 2,730 m **Accommodation:** Teahouse or trekking lodge

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

Altitude: 3,415 m **Accommodation:** Teahouse or trekking lodge

A gentler day ending at Ghunsa, 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

Altitude: 3,415 m **Accommodation:** Teahouse or trekking lodge

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

09 Trek to Kambachen

Altitude: 4,050 m **Accommodation:** Teahouse or trekking lodge

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

10 Acclimatization in Kambachen

Altitude: 4,050 m **Accommodation:** Teahouse or trekking lodge

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

Altitude: 4,790 m **Accommodation:** Teahouse or trekking lodge

Climb through a wide glacial valley with moraine fields to Lhonak, 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

Altitude: 5,160 m **Accommodation:** Teahouse or trekking lodge

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

13 Trek to Ghunsa

Altitude: 3,415 m **Accommodation:** Teahouse or trekking lodge

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

14 Trek to Sele Le Base Camp

Altitude: 4,290 m **Accommodation:** Camping

Climb above Ghunsa 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

Altitude: 3,870 m **Accommodation:** Teahouse or trekking lodge

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

16 Trek to Ramche

Altitude: 4,580 m **Accommodation:** Teahouse or trekking lodge

Continue up the Simjua Khola through rhododendron forest to Ramche, 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

Altitude: 4,500 m **Accommodation:** Teahouse or trekking lodge

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 Ramche.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Yalung (4500 m)

18 Cross Mirgin La to Tseram

Altitude: 3,870 m **Accommodation:** Teahouse or trekking lodge

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

19 Trek to Torongden

Altitude: 2,995 m **Accommodation:** Teahouse or trekking lodge

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

Altitude: 2,080 m **Accommodation:** Teahouse or trekking lodge

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

Altitude: 1,810 m **Accommodation:** Teahouse or trekking lodge

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

Altitude: 1,820 m **Accommodation:** Teahouse or trekking lodge

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

Altitude: 100 m **Accommodation:** Teahouse or trekking lodge

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

Altitude: 1,400 m **Accommodation:** 3-star hotel

Morning flight back to Kathmandu. 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