



Kanchenjunga Base Camp Trek

Duration: 21 days

Difficulty: Hard

PAN No. 601340433

NMA. AM#1171, TAAN

NRB No. 1573/021/072

Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 5143m

Season: Spring/Fall/Winter

Accommodation: Teahouse

The Kanchenjunga Base Camp Trek is one of our favourite treks and we'd be delighted to help you explore this magnificent region in Nepal.

Overview

Mt. Kanchenjunga 8,586m is one of the planet's most exquisite and 3rd tallest pillar mountain located in far eastern Nepal, on border with Sikkim. Lush rhododendrons forests, dramatic mountain vistas, communities that abound in the folklore and Kanchenjunga, entire combine to make this is a paradise for trekking off of the beaten path. Kanchenjunga was one of the initial areas of the Himalaya to be explored in the ninetieth century.

The Nepal side of the Kanchenjunga massif is split into two sections; the remote valleys that lie beneath the horseshoe-shaped southwest face and ridges, around Yalung, and the north face where the Base Camp for the mountaineering groups. Dozens of peaks form as maze of ridges that isolate communities' popular areas.

With Incredible Himalayan Sherpa Adventure, you'll not only be able to enjoy this unique landscape, Kanchenjunga north-south, lush rhododendrons forest, virgin high mountain terrain, magnificent wilderness area but you'll also have the chance to observe the traditions and rituals of the local combination of Sherpa, Limbu, Rai and Gurung people. We put great emphasis on authentic experiences and our professional local guides will introduce you to their culture.

The initial journey commences with short scenic flight to Bhadrapur or Biratnagar and further short drive to Taplejung. All our treks can be booked as private trips - no large, impersonal groups but small, individual experiences. Let Incredible Himalayan Sherpa Adventure take you on your very own adventure trek to Mt. Kanchenjunga.

Highlights:

A. Trekking in the feet of 3rd crown of the planet

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, **Tel:** +977-1-4411641

Mob: +977-9841071023, **Email:** mytrek2nepal@gmail.com

info@himalayansherpaadventure.com

Kanchenjunga Base Camp Trek

Duration: 21 days

Difficulty: Hard

- B.** Breath-taking view of Mount Dhaulagiri 8167m, Mt. Manaslu 8163m, Annapurna I 8091m and other remarkable peaks
- C.** Trek in uncrowded and magnificent wilderness region

Suggested Itinerary:

Day 01; Arrive Kathmandu (1350m)

Flying into Kathmandu is a memorable experience with the Himalaya spread out before you. After landed your flight in Tribhuvan International Airport in Kathmandu (1350m), our airport representative will be waiting for you with your name written on the placard. We welcome you by offering Tibetan scarf and transfer to the hotel in a private vehicle. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Overnight at hotel]

Day 02; Kathmandu Tour

Your tour in Kathmandu, the most beautiful UNESCO World Heritage sites- Swayambhu and Bhaktapur. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03; Scenic flight to Biratnagar (80m) and drive to Taplejung (1820m), 50min fly+6hr drive

We fly to Biratnagar and drive a jeep to Taplejung, from where a magnificent trek to Kanchenjunga Base Camp starts and is the large settlement of Limbu people. The name Taplejung is derived from the name *Taple* and the word *jung*. *Taple* was the medieval Limbu king who used to rule the area and *jung* in the Limbu language means fort. Literally, Taplejung means Fort of King *Taple*.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 04; Descend down the valley, pass the field, moves on to a spur & final descend to reach Phurumbu (1545m), 4-5hr walk

From the airstrip we follow a grass-covered trail northwards which bring us to a major trail junction. The trail slowly descends providing views of the Tamor Khola valley below to our left. This is a very fertile region with three crops being produced per year, depending on the season and altitude it might be rice, millet, corn, potatoes, cauliflowers or green vegetables that surround us. Slowly curving north wards the trail moves on to a spur that suddenly steepens at Gadidanda (1890m). We have final descent of 350m to reach Phurumbu.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, Tel: +977-1-4411641
Mob: +977-9841071023, Email: mytrek2nepal@gmail.com
info@himalayansherpaadventure.com

Kanchenjunga Base Camp Trek

Duration: 21 days

Difficulty: Hard

Day 05; Follow the ups and downs trail, pass the historical valley and final climb to reach Chiruwa (1270m), 6-7hr walk

The trail dips and climbs slightly as we pass a stream, and then again after Baishakhe. Now the descent towards the Tamor Khola continues, first to Linkhim (1300m), then Tawa (1120m) before finally reaching the valley floor before Ngadin (1050m). The valley we pass through are part of a historically important region in Nepal; this is where the Kirati warriors came from the Himalaya into a single sovereign state. Further we climb slightly as we approach Chiruwa (1270m), a compact settlement of teahouses, shops and school, all squeezed between the river and steep hillside.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 06; Trek through the river bank, pass the National Park check post and continue to reach Sukathum (1575m), 6-7hr walk

From there, we first winds through cardamom fields and then into dense forest before gradually climbing away from the Tamor Khola to Lelep (1750m) which has a small teahouse. We descend rapidly from Lelep to a suspension bridge across the Tamor Khola to Sukathum (1575m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 07; Cross the suspension bridge, pass the dense forest and waterfall, and another walk through forest reach Amjilosa (2310m), 6-7hr walk

We cross the suspension bridge at the Sukathum campsite and follow a trail through dense forest until the valley narrows into a deep gorge. Waterfall cascade down both sides of the valley, and the sound of the river will make conversation difficult. Locals have built a stone walkway beneath a cliff face along the river's water-line, which makes for some great pictures. After negotiating this section, there is another hour of dense forest trail before us, come to a bridge at the base of a steep climb. Switchbacks ascend 350m before the gradient eases about 1 hour before Amjilosa (2308m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08; Climb a minor ridge, walk through dense forest and treks up and down to reach Gyabla (2730m), 5-6hr walk

Our trek begins with a minor ridge to a sharp turn to the north. The forest is dense and dark as we again descend towards the Ghunsa Khola at Thyanyani (2405m) and the first of a few slippery log bridges across a stream. There are a few small stone shelters here which are normally only used by herders in monsoon. After the third bridge, the trail climbs another steep track for roughly 300m, the last section beside a stream can be slippery. We crest the climb and find our self on the outskirts of the picturesque village of Gyabla (2730m).

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, Tel: +977-1-4411641

Mob: +977-9841071023, Email: mytrek2nepal@gmail.com

info@himalayansherpaadventure.com

Kanchenjunga Base Camp Trek

Duration: 21 days

Difficulty: Hard

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 09; Climb up the hill, pass the Tibetan refugee settlement and walk through the waterfall to reach Ghunsa (3595m), 5-6hr walk

After the previous week this days marks a change in the flora and fauna along the trail. Trek commence with a broader valley bottom permits views of the river and hillsides. Then we climb for 200m and suddenly notice rhododendron, camellias, and azaleas rather than bamboo and cardamom beside the trail. The village of Phale (3140m) is spread over a large area. The first houses are the winter village for Ghunsa. This is a Tibetan refugee settlement where it's possible to buy handicrafts and homemade rugs from some of the locals. From Phale we walk through dwarf conifer and pine forest before arriving at Ghunsa (3595m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 10; Acclimatization day in Ghunsa

We have now passed the 3000m mark, and we take a pause and explore the village, the Yamtari Khola which boasts a fantastic view of Jannu (7711m) from the south-continue up the left hand side of the river until we reach some herders' huts, then climb to our left for a viewpoint. This valley is also the route to the disused and dangerous Lapsang La (5161m), as well as Selele La (4290m) and Sinion La (4440m) both of which offer interesting route variations to/from Yalung if one possessed camping gear.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 11; Trek through the most impressive section of trail along the entire trek to reach Khangpache (4050m), 5-6hr walk

After an hour of trek, we reach the bridge across the main river before Rampuk Kharka (3720m), which is often blocked with sticks to prevent yaks from wandering. We then climbs almost 400m past, then through, a large landslide beside the terminal moraine of the Kanchenjunga Glacier to 4100m. A brief traverse of the hillside might offer a glimpse of Jannu before descending to the yak farming settlement of Khanpachen 4050m.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 12; Acclimatization day in Khangpachen

We have an acclimatization day here in Khangpachen, where there are two great day walks to help us adjust to the 700m altitude gain next day. One route is to explore the valley directly behind Khangpachen, and walk up to the base of Tha Nagphu (5980m), a massive snow and rock dome that we can see from the village. Alternatively, for those feeling fit, cross the river and climb the left-hand side of the Kumbhakarna Glacier lateral moraine to

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, Tel: +977-1-4411641

Mob: +977-9841071023, Email: mytrek2nepal@gmail.com

info@himalayansherpaadventure.com

Kanchenjunga Base Camp Trek

Duration: 21 days

Difficulty: Hard

the popular pilgrimage site beneath the massive vertical north face of Jannu-there is a large boulder and plenty of prayer flags to mark a viewpoint.

Included meals: Breakfast+Lunch+Dinner

Overnight at teahouse

Day 13; Follow the easy scrubby lateral moraine, climb up a long section of landslide and cross the stream to reach Lhonak (4780m), 5-6hr walk

The trail away from Khangpachen is surprisingly easy as we gradually climb scrubby lateral moraine for 1hr. Then comes perhaps the hardest and the most challenging section of the entire trek, a climb up a long section of landslide, mostly across large boulders. Once across the stream from the water-fall section the trail climbs steeply for a short section to the top of an ancient lateral moraine at 4670m, where the gradient eases as we cross some scrubs and grass covered moraine. On the far side is the Lhonak Khola, which we follow to a seasonal bridge and a few stone shelters at Lhonak 4780m.

Included meals: Breakfast+Lunch+Dinner

Overnight at teahouse

Day 14; Acclimatization day in Lhonak

The large sandy bed of the Lhonak Khola offers an inviting walk for an acclimatisation trip. It is important that we are prepared for, and understand the hazards of river crossings if we want to fully explore this valley. It is possible to explore a rough track along the western edge of the Lhonak glacier to the confluence of the Chabuk and Chijima Glacier at 5080m, 5 hours return. Alternatively, we will enjoy the great views of Gimmigela, Wedge Peak, Nepal Peak and Tent Peak (Tharpa Chuli) that line and head the valley to the east.

[included meals: Breakfast+Lunch+Dinner

Overnight at teahouse

Day 15; Climb gently along massive lateral moraine, take a steep section and continue trail to reach Kanchenjunga Base Camp (5145m), 4-5hr walk

From here we climb gently along the massive lateral moraine of the Kanchenjunga glacier. It's hard not to stop and admire the views of the peaks and the glacier below. A short steep section of loose rock & landslide formed by a side river. We then climb more gently for another hour before we reach the few stone huts of Kanchenjunga Base Camp 5143m.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Kanchenjunga Base Camp Trek

Duration: 21 days

Difficulty: Hard

Day 16-19; Retrace the same route to Taplejung (2420m)

We retrace along the same route downwards Taplejung.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 20; Drive to Biratnagar(80m) and fly to Kathmandu (1350m), 5hr drive+ 50min fly

We take a jeep from Taplejung to Biratnagar, and flight to Kathmandu.

[Included meals: Breakfast+Lunch]

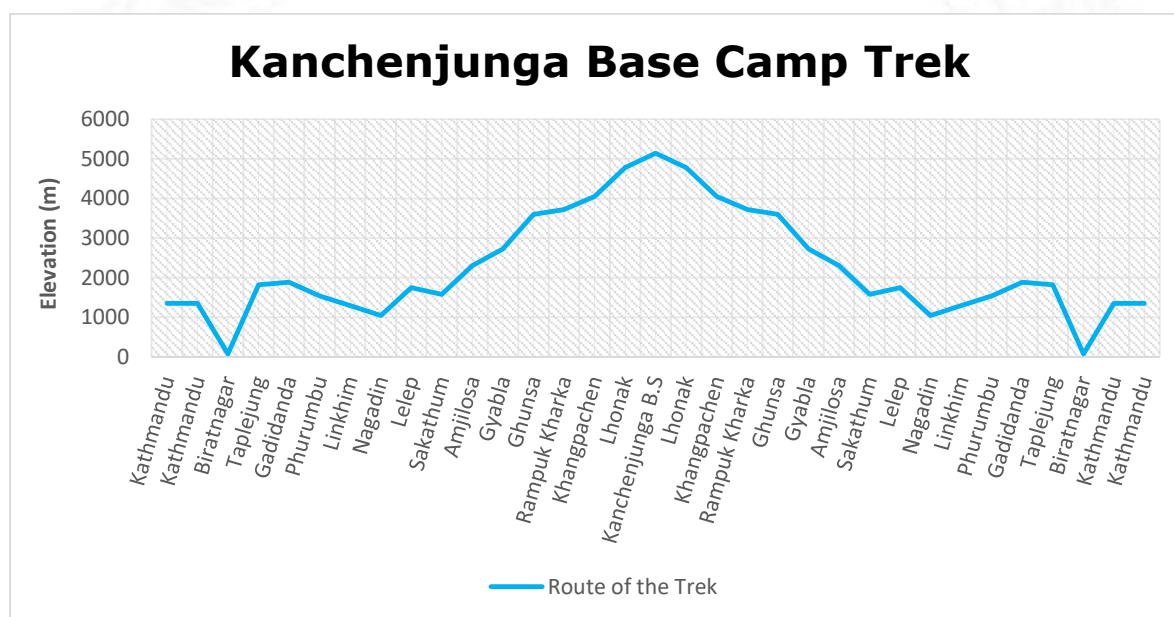
Overnight at hotel

Day 21; Departure from Kathmandu

A representative of IHSA will drop off you at the airport by private vehicle.

[Included: Breakfast]

Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some plentiful sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 21 days Kanchenjunga Base Camp Trek
- + Guide and porter services
- + Food throughout the trip
- + Airport pick up & drop off personally. For details see below.

Price: 2030 USD per person with group size of 2

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, Tel: +977-1-4411641

Mob: +977-9841071023, Email: mytrek2nepal@gmail.com

info@himalayansherpaadventure.com

Kanchenjunga Base Camp Trek

Duration: 21 days

Difficulty: Hard

Comfort Package:

As Basic and

+ 3* Hotel in Kathmandu

+ Sightseeing with guide. For details see below.

Price: 2150 USD per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please **contacts us** for details.

Trek Duration:

Standard itinerary – 21 days. Can be shortened or extended depending on time and fitness

Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu [upgrade possible]
- + Sightseeing in Kathmandu by private vehicle and professional English speaking city guide
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + Flight from KTM to Biratnagar & return + Sharing(local) jeep/bus from Biratnagar to Taplejung & return
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully basic teahouses
- + All permits and TIMS card
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

Kanchenjunga Base Camp Trek

Duration: 21 days

Difficulty: Hard

Additional Options:

+ Additional porter: 450 USD [25 USD per day]

We plan with one porter per 2 clients. If you require additional support, you can book an additional porter for the trip to lighten your load.

+ Hotel upgrade in Ktm: [35 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Private Jeep (195 USD for Taplejung one way)

For a more comfortable ride from Biratnagar to Taplejung or Taplejung to Biratnagar.

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, Tel: +977-1-4411641
Mob: +977-9841071023, Email: mytrek2nepal@gmail.com
info@himalayansherpaadventure.com

Kanchenjunga Base Camp Trek

Duration: 21 days

Difficulty: Hard

plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveler's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 - 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 8 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal - especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any

Kanchenjunga Base Camp Trek

Duration: 21 days

Difficulty: Hard

personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good trip...

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, **Tel:** +977-1-4411641

Mob: +977-9841071023, **Email:** mytrek2nepal@gmail.com

info@himalayansherpaadventure.com