

Kanchenjunga Circuit Trek

URL: <https://himalayan360.com/trip/kanchenjunga-circuit-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking

Start / End Point

Kathmandu / Kathmandu

Trip Type

Trekking in The Himalaya

Route

KTM-Taplejung-Ghunsa-Ramche-Khesewa-KTM 23

Duration**Destination**

Kanchenjunga Region

Language

Kanchenjunga Region

Per Person From

USD 2,330

Region

Kanchenjunga Region

Max. Altitude

5,140 m/16,864 ft

Group Size

1 - 20

Best Season

Mar, Apr May, Sept, Oct & Nov

Activities

5-6 hours walking

Trek Distance

180.7 km/112.2 mile

Transportation

Bus | jeep | flight

Accommodation

Tea house

Meals

All Meals (Breakfast, Lunch & Dinner) during the trek

Difficulty

Very Difficult

Major Highlights of Kanchenjunga Circuit Trek

- You will witness a spectacular view of Mount Kanchenjunga (8,586 m), the third-highest mountain in the world.
- Experience the peaceful and pristine natural beauty of the remote, less-traveled trails in the

Kanchenjunga region.

- You'll trek through diverse landscapes, including dense forests, mountain grasslands, and the rugged terrain of high-altitude regions.
- Explore both Kanchenjunga North Base Camp and Kanchenjunga South Base Camp to gain a unique perspective of Mt. Kanchenjunga.
- Get a glimpse of various rare species of wildlife, flowers, and birds of the Kanchenjunga Conservation Area.
- The Kanchenjunga trek crosses several high mountain passes, including the tough yet rewarding Mirgin La Pass.
- Along the way, you'll also come across beautiful waterfalls, such as the majestic Jhapre Waterfall, adding to the scenic beauty of the trek.
- Experience the warm hospitality and culture of Tibetan and Sherpa ethnic communities.
- From the highest point and well-renowned viewpoint, Pangpema (5,143m), you'll enjoy a jaw-dropping view of the north face of the Kanchenjunga mountain.
- Catch mesmerizing sunrise and sunset views during the golden hour from high-altitude viewpoints.

23 days Kanchenjunga Circuit Trek day by day itinerary

Day 01: Domestic flight from Kathmandu to Bhadrapur and Drive to Ilam by Local bus

The journey to **the Kanchenjunga Circuit** begins with a 45-minute flight from **Kathmandu's domestic airport** to **Bhadrapur (Chandragadhi Airport)**. After reaching Bhadrapur, you'll take a short break, fill your stomach if you're hungry, and prepare for another journey closer to your trek's starting point.

From Bhadrapur, you'll take a local bus and drive to Ilam, the heart of the tea plantation. Ilam is **82km from Bhadrapur**, and it takes approximately 4 hours to travel via **Charali**. As you arrive in Ilam, you'll check into your accommodation, freshen up, and explore the town. Your overnight and dinner are at Ilam's guest house.

Highest Altitude:

1,627 m/5,328 ft Ilam

Meals:

Lunch and Dinner

Accommodations:

Guest house or Tea house

Day 02: Drive from Ilam to Taplejung by Local bus

On day 2, you will start your day with a warm breakfast in Ilam, surrounded by the tea gardens the region is famous for. After packing up, you'll board a local bus for a scenic journey to Taplejung. The drive winds through hilly terrain, passing small towns like Phidim. Most of the route is paved, though you'll encounter some bumpy sections along the way. There is also an alternative route via Mai Beni.

After 6 hrs of driving, you will reach Taplejung. Taplejung. The district serves as the gateway to the Kanchenjunga Circuit and is surrounded by natural beauty and mountain peaks. Similarly, the village is renowned for the culture, language, and festivals of the Limbu communities. Overnight and dinner at **Taplejung's guest house**.

Highest Altitude:

1,820 m/5,971 ft Taplejung

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Day 03: Drive from Taplejung to Sekathum by Local Jeep

After a hearty breakfast, you'll hop into a local jeep and begin your drive toward Sekathum, your next stop. While many trekkers choose to walk this section, we use local transport to make the trip shorter. This way, we arrive at Sekathum two days earlier than usual.

The scenic drive follows the Tamor Nadi and passes through several charming villages, including Mitlung, Chirwa, Thapethok, and Lelep. On the way, you'll stop at the Kanchenjunga National Park checkpoint, where your permits will be checked before continuing the journey. Once cleared, the jeep ride continues through beautiful landscapes until you arrive at Sekathum for your overnight stay.

Highest Altitude:

1,650 m/5,413 ft Sekathum

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Tent

Day 04: Trek from Sekathum to Amjilosa

Your trek to the Kanchenjunga Circuit begins on the fourth day. After a morning meal at the accommodation point in Sekathum, you'll start your trekking journey. The pathway begins with an ascent along the **Ghunsa Khola** and involves crossing a wooden bridge. The trek also traverses dense forests of rhododendron, bamboo, and oak.

In addition, you'll walk through a rocky and narrow route, making the journey quite challenging. Passing through villages of **Jonggim and Ghaiyabari**, you'll reach the day's overnight point, Amjilosa.

Distance:

6 hours

Ascent:

901 m/2,956 ft

Descend:

53 m/174 ft

Highest Altitude:

2,498 m/8,195 ft Amjilosa

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

7 km/4.3 miles

Day 05: Trek from Amjilosa to Gyabla

After a sound sleep at Amjilosa's lodging point, start your day with a delicious breakfast. Then, begin trekking toward Gyabla, also known as **Kyapra**. The walkway begins with a hike through a dense forest of pine, bamboo, rhododendron, and oak, with no human settlement. If you're lucky, you might even spot a red panda along the way.

The route from Amjilosa to Gyabla features a mix of steep ascents and gentle descents. You'll enjoy the sights and sounds of waterfalls and streams during your 6-hour, 7.5 km walk. When you reach Gyabla, settle into your tea house or tent for the night.

Distance:

6 hours

Ascent:

315 m/1,033 ft

Descend:

88 m/289 ft

Highest Altitude:

2,725 m/8,940 ft Gyabla

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

7.5 km/5.6 miles

Day 06: Trek from Gyabla to Ghunsa

On day 6, after breakfast, you will resume your hike to Ghunsa. The day's trek begins in a thick rhododendron and pine forest. You'll follow the Ghunsa riverside and cross several wooden suspension bridges. After a while of trekking, you'll reach Phale village, a Tibetan refugee settlement. Continuing the route from Phale, you'll reach Ghunsa.

Ghunsa is an impressive and significant location in the Taplejung district of Nepal's far eastern region. Mountain peaks and dense forests surround the village, providing a pleasant hospitality of the Sherpa and Gurung communities. Similarly, the peaceful environment and higher elevation make it an ideal location for a stopover point for trekkers heading on the Kanchenjunga trek.

Distance:

6 hours

Ascent:

690 m/2,264 ft

Descend:

0 m/0 ft

Highest Altitude:

3,415 m/11,204 ft Ghunsa

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

10.5 km/6.5 miles

Day 07: Acclimatation in Ghunsa

Today is an important rest day to help your body adjust to the higher altitude and reduce the risk of altitude sickness. You can choose to take a light hike up to Ghunsa Ree glacier or head toward Chherpuk Kharka near Selele La Pass. Another option is to climb to a viewpoint above the monastery on the way to Lobsang La Pass.

From the summit of Lobsang La Pass, you'll be rewarded with stunning views of Phale, Ghunsa village, Selele La, Ghunsa Peak, and many other surrounding mountain peaks. This day allows you to relax while gently preparing your body for the days ahead.

Highest Altitude:

Acclimatation in Ghunsa

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Tent

Day 08: Trek from Ghunsa to Khambachen

With the fresh energy of the seventh day's acclimatization, you'll make your way toward the eighth day's destination – Khambachen after your morning meal. You will begin a gradual uphill trek through an open pine forest. With a bit of luck, you might spot blue sheep or even catch a glimpse of the elusive snow leopard in this remote habitat. As you continue, the trail leads you through landslide-prone areas, so you should take careful steps to navigate them.

The route also offers a view of the **Jaanu Himal** rising in the distance. The scenery transforms into stunning green glacier valleys, adding to the natural beauty of the journey. After 7 hours of trekking, you will finally arrive at Khambachen village, where you'll rest for the night surrounded by peaceful Himalayan landscapes.

Distance:

7 hours

Ascent:

690 m/2,264 ft

Highest Altitude:

4,145 m/13,599 Khambachen

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

10.6 km/6.6 miles

Day 09: Trek from Khambachen to Lhonak

Have your morning meal and continue your journey to the Kanchenjunga glacier sections. An initial gradual walk from Khambachen takes you to **Ramtang**, where you can explore **Ramtang Monastery**. The route to Ramtang is quite challenging as it involves walking alongside the Kanchenjunga Glacier. A 6-hour trek from **Khambachen** takes you to Lhonak, covering a distance of 9.2 km (5.7 miles).

Lhonak is a prominent location on the Kanchenjunga Circuit Trek route. The area is renowned for its natural beauty and serves as the base for expeditions to Kanchenjunga's North Base Camp. A 360-degree view of the surrounding mountains, including the Kanchenjunga massif and its nearby peaks, is the highlight from this location. Overnight and dinner will be at Lhonak's accommodation point.

Distance:

6 Hours

Ascent:

691 m/2,267 ft

Descend:

44 m/144 ft

Highest Altitude:

4,792 m/15,722 ft Lhonak

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

9.2 km / 5.7 miles

Day 10: Day hike up to Kanchenjunga north base camp

Day ten is one of the prominent days in the journey to the Kanchenjunga Circuit. On the day, you'll hike to **Kanchenjunga North Base Camp (5,140 m/16,864 ft)**, also known as Pang Pema. The North base camp trek route features steep climbs along the Kanchenjunga Glacier, following a rocky and sandy path with significant inclines. As you get to **Kanchenjunga North Base Camp (Pangpema)**, the giant north face of Kanchenjunga, along with Chang Himal, Ramtang, and Wedge Peak, will welcome you.

Due to the harsh weather conditions, you can not stay overnight at the Base Camp and must return to Lhonak. Thus, after appreciating the view from the North Base Camp of Kanchenjunga, you'll hike down to Lhonak for an overnight stay.

Distance:

7 hours

Ascent:

348 m/1,142 ft

Descend:

348 m/1,142 ft

Highest Altitude:

5,140 m/16,864 ft north base camp

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

18.5 km /11.5 miles

Day 11: Trek back from Lhonak to Ghunsa

After completing the **North Kanchenjunga Base Camp trek**, you'll descend to Ghunsa from Lhonak to complete the Kanchenjunga **Circuit trek**. We pass through familiar sections, including areas known for falling rocks and rugged terrain. The trail, though already walked, offers a new sense of appreciation as we take in the changing light, different perspectives, and the quiet beauty of the Himalayas one more time before reaching Ghunsa.

Distance:

7 hours

Ascent:

44 m/144 ft

Descend:

1,381 m/4,531 ft

Highest Altitude:

4,792 m/15,722 ft Lhonak

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

19.8 km /12.3 miles

Day 12: Trek from Ghunsa to Sele la camp

You'll have your breakfast at Ghunsa and begin trekking towards Sele La Camp. The route traverses through dense forests, where there is a chance of spotting **snow leopards**, although they are very rare. The route to Sele La Camp is less traveled and remote, with only a few teahouses, and most of them open only during the main trekking season.

Sele La Camp, at an elevation of **4,240 m/13,911 ft**, is one of the prominent locations within the Kanchenjunga Conservation Area. Likewise, it is one of the significant points on the **Kanchenjunga Circuit Trek** that separates the northern and southern valleys of Kanchenjunga.

Distance:

7 hours

Ascent:

825 m/2,707 ft

Highest Altitude:

4,240 m/13,911 ft Sele la camp

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

7.5 km / 4.6 miles

Day 13: Trek from Sele la camp to Cheram

Day thirteen begins in the early morning after a warm breakfast at Sele La Camp. The trek begins with a steep ascent to **Sinelapche (4,645 m)** and then to **Mirgin La (4,480 m)**. The passes offer spectacular views of the **Kanchenjunga massif and Jannu**. After crossing the passes, the route descends steeply and changes from barren high-altitude terrain to dense forest. However, the descent can be challenging as it may hurt the knees.

Cheram, also spelled as Tseram, is a beautiful village located along the route to Kanchenjunga South Base Camp. The stunning mountain views of Kabaru and Rathong, along with the landscape of open and alpine pastures, add to the beauty of the village, making it an ideal location for a day's stay. You will stay overnight and have dinner in Cheram.

Distance:

6 hours

Ascent:

405 m/1,329 ft

Descend:

777 m/2,549 ft

Highest Altitude:

4,645 m/15,240 ft Sinelapche

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

8.5 km /5.2 miles

Day 14: Trek from Cheram to Ramche

Get ready for another day's adventure that takes you to Ramche, a popular resting point, before heading to the **South Base Camp of Kanchenjunga**. The trail commences with a gradual ascent along **Simbuwa Khola**. The incredible views of Mt. Kabru, Rathong, and Kanchenjunga South will accompany you as you climb higher.

The final section of Ramche follows the moraine of the **Yalung Glacier, also known as the Kanchenjunga South Glacier**. Upon reaching Ramche, you'll find a couple of stone houses, a small lake, and wide meadows where yaks and sometimes blue sheep can be seen grazing on the nearby slopes. The views along the way are breathtaking. Your day's overnight and lunch is at the tea house or tent at Ramche.

Distance:

7 hours

Ascent:

774 m/2,539 ft

Descend:

32 m/105 ft

Highest Altitude:

4,610 m/15,125 ft Ramche

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

6.6 km / 4.1 miles

Day 15: Day hike to Oktang viewpoint and Trek back to Cheram

Today is another highly anticipated day on the Kanchenjunga Circuit Trek. Early in the morning, with a

headlamp and backpack, you'll head towards **Oktang viewpoint (4,740 m/15,551 ft)**, one of the vantage points on the journey. The trail follows the **moraine of the Yalung Glacier**. The highlight of the viewpoint is the spectacular golden hours with the rising sun's rays glittering over **Mount Kanchenjunga, Yalung Kang, Kokthang, Rathong, Kabru Range, Jannu, and Yalung Glacier**. Moreover, the **Kanchenjunga South Base Camp (4,730m)** lies just below the Oktang viewpoint with prayer flags and stone chortens. It depends on whether you want to hike to the south base camp. After your exploration and spending time in the majesty of the Himalayas, you'll descend to **Cheram via Ramche**. Overnight and dinner are at the tent or tea house in Cheram.

Distance:

9 hours

Ascent:

130 m/427 ft

Descend:

872 m/2,861 ft

Highest Altitude:

4,740 m/15,551 ft. Oktang viewpoint

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

14 km / 8.7 miles

Day 16: Trek from Cheram to Tortong

Wake you, champion. You have successfully completed most of the section of Kanchenjunga, and it's time to return from one of the fabulous treks in Nepal. The trail descends through the rhododendron forest after breakfast at **Cheram**. The trek is mostly downhill through the gorge and steep uphill through an area prone to landslides at the final part. It takes **6 hours** to reach Tortong from Cheram, **covering a distance of 10 km (6.2 miles)**.

Distance:

6 hours

Descend:

888 m/2,913 ft

Highest Altitude:

3,868 m/12,690 ft Cheram

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

10 km / 6.2 miles

Day 17: Trek from Tortong to Yamphudin

After the morning meal at Tortong, you'll continue your descent. The trek starts with a steep ascent to **Lasiya Bhanjyang Pass (3,415m)**. After crossing the pass, the trail steeply descends towards Yamphudin. You'll follow the **Amji Khola** and **Kabeli Khola** and cross several suspension bridges to reach the day's destination. The distance from Tortong to Yamphudin is **9.5 km/5.9 miles**, taking **7 hours**. Overnight and dinner is at the accommodation point of **Yamphudin (2,080m)**.

Distance:

7 hours

Ascent:

435 m/1,427 ft

Descend:

1,723 m/5,653 ft

Highest Altitude:

2,980 m/9,777 ft Tortong

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

9.5 km /5.9 miles

Day 18: Trek from Yamphudin to Mamangkhe

Today's trek is one of the easiest, taking you from Yamphudin to **Mamangkhe**. The trail mostly follows Kabeli Khola, passing through terraced fields and culturally rich villages. The vegetation shifts from alpine forest to subtropical topography. It takes **7 hours** of trekking through a gentle descent, covering **10 km (6.2 miles)**.

Distance:

7 hours

Ascent:

94 m/302 ft

Highest Altitude:

1,786 m/5,860 ft Mamangkhe

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

10 km /6.2 miles

Day 19: Trek from Mamangkhe to Khesewa

The nineteenth day takes you from Mamangkhe to Khesewa. The day's trek starts with a warm morning meal at Mamangkhe. The route follows the **Kabeli River** and passes through a dense forest of rhododendrons and bamboo. The trail has a mix of ascents and descents, making the trek moderately difficult. Covering **11 km/6.8 miles** and taking **7 hours**, you'll reach Khesewa from Mamangkhe. Your overnight stay is at Khesewa's tea house.

Distance:

7 hours

Ascent:

414 m/1,358 ft

Descend:

75 m/246 ft

Highest Altitude:

2,125 m/6,972 ft Khesewa

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

11 km /6.8 miles

Day 20: Trek Khesewa to Lali kharka

Day 20 takes you to an even lower altitude as you are on your return journey. As you finish your breakfast at Khesewa, descend your hike to Lali Kharka. The route passes through beautiful terraced farms and forested paths. Within 7 hours of trekking from Khesewa, you reach Lali Kharka, covering a distance of 10.5 km (6.5 miles). Overnight at Lali Kharka (2,266 m/7,434 ft).

Distance:

7 hours

Ascent:

449 m/1,473 ft

Descend:

314 m/1,030 ft

Highest Altitude:

2,266 m/7,434 ft Lali Kharka

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

10.5 km /6.5 miles

Day 21: Trek from Lali Kharka to Taplejung

On the day, you'll traverse a gentle descent through farmlands and lush green forest. The route also offers spectacular views of Nepal's green hills and river valleys. Within **6 hours**, you'll reach Tapeljung, your day's destination. Moreover, the distance from Lali Kharka to Taplejung is **9 km/5.5 miles**. Overnight and supper are at the lodge in Taplejung.

Distance:

6 hours

Ascent:

43 m/141 ft

Descend:

489 m/1,604 ft

Highest Altitude:

2,266 m/7,434 ft Lali Kharka

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea house or Tent

Trek Distance:

9 km /5.5 miles

Day 22: Drive from Taplejung to Bhadrapur

The trek to Kanchenjunga Circuit ends here, and you don't have to be involved in any physical excursion today. You'll have your breakfast and drive towards Bhadrapur on the 22nd day. The drive takes you from the hilly area of eastern Nepal down to the Terai's plain area. The drive passes via Phidim and Ilam before reaching Bhadrapur. It takes 8 hours to travel from Taplejung to Bhadrapur, covering a **distance of 210 km (130 miles)**. The day's overnight point is at the guest house of Bhadrapur.

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Guest house

Day 23: Flight from Bhadrapur to Kathmandu

You'll fly back to Kathmandu early morning from Bhadrapur. A **45-minute** scenic flight takes you to Kathmandu's domestic airport. Our representative will meet you at the airport and escort you to your hotel upon arrival. Get refreshed, utilize your time to explore the surrounding area, and enjoy **Thamel's nightlife** at night. Overnight at Thamel's Hotel.

Meals:

Breakfast, and Dinner

Accommodations:

3 Star Hotel

Flight Hours:

45 min

Can a beginner climb Mount Kanchenjunga

No, beginners can't climb Mount Kanchenjunga. It is one of the most difficult mountains to attempt and requires advanced mountaineering skills, high-altitude experience, and the ability to use technical climbing gear. The harsh terrain, high altitude, frequent weather changes, risk of high-altitude cerebral edema (HACE), and the need for specialized equipment make the climb unsuitable for beginners.

Even the Kanchenjunga Circuit Trek itself is considered difficult for beginners, so the actual climb is far beyond a beginner's capacity. Only experienced climbers with proper training and multiple high-altitude ascents should consider attempting this peak.

Kanchenjunga Circuit Trek Includes/Excludes

Includes

- Airport transfer for a domestic flight

- Kathmandu to Bhadrapur to Kathmandu flight
- Bhadrapur to Ilam to Taplejung to Sekathum by public transport
- Taplejung to Bhadrapur by public transport
- 1 Night Kathmandu in a 3-star hotel (sharing basis)
- 1 Night in Bhadrapur in Normal Guest house (sharing basis)
- 1 Night in Ilam in Normal Guest House (Sharing Basis)
- 20 nights in the mountain tea house or camping (on a shared basis)
- **Food:** 23 Breakfast, 22 Lunch, 23 Dinner
- Government-licensed English-speaking local trek leader
- Restricted Area Permit (RAP)
- Kanchenjunga Conservation Area Project (KCAP)
- Local Gov. Permit Fees
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Staff insurance, salary, equipment, food & clothing.
- Duffle bag during trek (should return after trek)
- **MEDICAL KIT:** Comprehensive Medical kit.

Excludes

- International flight
- Private transfer during the trek
- Extra transfer which is not mentioned in itinerary
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Extra nights in Ilam
- Extra night during Trekking
- Porter to carry bags (2:1porter)
- Nepal visa fees
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 3,320
2 - 4	USD 2,600
5 - 7	USD 2,365
8 - 20	USD 2,330

Kanchenjunga Circuit Trek FAQ's

How long is the Kanchenjunga circuit trek?

The Kanchenjunga Circuit Trek generally takes 23 days to complete in a round trip. However, depending on the choice of trekkers, it can be completed in as little as 18 days or even 20 days. As Himalayan 360 offers a customizable Kanchenjunga Circuit Trek itinerary, trekkers can tailor their itinerary to their time availability. Still, a 23-day package is a smooth and hassle-free experience.

Why is it called Mount Kanchenjunga?

The name Kanchenjunga means “Five Treasures of the Great Snow,” which is derived from the Tibetan words that comprise Kanchenjunga: “snow,” “great,” “treasure,” and “five.” According to local legend, “treasures” symbolize various aspects of nature, including gold, silver, grain, gems, and sacred religious texts, highlighting the mountain’s holy significance.

Is the Kanchenjunga trek difficult?

Yes, Kanchenjunga is one of the most challenging treks in Nepal’s Himalayas. Its high-altitude terrain, remote location, longer trekking duration, unpredictable weather, and basic infrastructure make it difficult to navigate.

Is travel insurance required for the Kanchenjunga Trek?

Yes, travel insurance is mandatory for the Kanchenjunga Trek. It provides peace of mind while trekking in the high-altitude Kanchenjunga area. However, we recommend purchasing travel insurance that covers emergency evacuation, theft or loss of belongings, trip cancellation, and medical expenses.

Can I do a solo Kanchenjunga Circuit trek?

No, you can’t do a solo Kanchenjunga Circuit Trek due to the region’s restrictions. The journey lies within the **Kanchenjunga restricted area where solo trekking is prohibited**. Thus, to trek in Kanchenjunga, trekkers must be with two people in a group along with a registered guide.

How cold does it get at Kanchenjunga Base Camp at night?

At night, temperatures at Kanchenjunga Base Camp can drop significantly below freezing, but it depends on the season. In **spring and summer**, the temperature of KBC drops to **-10°C**. Likewise, the temperature drops from **-10°C to -15°C in Autumn** and **-20°C in Winter**.

What should I pack for the Kanchenjunga Circuit Trek?

For the **Kanchenjunga Circuit Trek**, trekkers should pack clothing, footwear, sleeping gear, backpacks, miscellaneous items, and other documents. Similarly, the weather in mountain areas is unpredictable and changes frequently, so trekkers must pack items that suit every weather.

What ethnic groups will you encounter while trekking the Kanchenjunga Circuit?

The journey to Kanchenjunga takes place within the border between **Nepal, Sikkim, and Tibet**, offering insight into diverse ethnic groups throughout the trip. **Rai, Limbu, Jirel, Tamang, Thakali, Gurung, Magar, and Sherpa** are the ethnic groups you will encounter while trekking the Kanchenjunga Circuit.

Why should a trekker choose the Kanchenjunga Trek over other treks?

Undoubtedly, Nepal has numerous trekking destinations, from the world-renowned Everest Base Camp to the Annapurna Circuit. Yet, trekkers choose the Kanchenjunga Trek over other treks to experience more untouched wilderness and fewer crowds, witness a close-up view of the third highest peak in the world, experience-rich ethnic culture, and face true adventure in a remote location.

Kanchenjunga Circuit Trek cost

The **Kanchenjunga Circuit Trek** costs range from **USD 2330 to USD 3320**, depending on the group size. Although group size is the primary factor that affects the cost of the trip package, other factors also impact and change the overall price of the trip.

The duration of the journey, customization of the package, trek itinerary, chosen trekking agency, mode of transportation, and level of luxury you prefer are all factors that affect the cost of the trek to **the Kanchenjunga Circuit**.

What kind of food can I expect on the Kanchenjunga Trek?

You can expect a basic kind of food on the Kanchenjunga Trek. Most tea houses along the trek provide a traditional meal of rice, lentils, and vegetables (**Dal Bhat**) and have no formal menu. Also, you can expect to get Thukpa (a noodle soup or stew). Due to the area's remoteness, the region offers basic food, which trekkers must adjust to.

However, at **Ghunsa village**, you'll get fresh-grown vegetables from the field, which you can also cook. Moreover, fresh goat meat and **Nyak milk** (Yak's female milk) are must-try on the journey to the Kanchenjunga Circuit. Furthermore, it's a good idea to carry some snacks with you during the trek, especially for in-between meals or in case of an emergency. As you ascend to higher altitudes, food tends to become more expensive, and the variety of options becomes limited.

Kanchenjunga Circuit Trek and its flora and fauna

The Kanchenjunga Circuit Trek takes place within the Kanchenjunga National Park, which is home to a diverse array of flora and fauna. Thus, trekkers on their journey to Kanchenjunga can expect to witness and glimpse rare species of plants and animals. The region has over 2,000 species of flora within the National Park zone, including rhododendrons, magnolias, orchids, Pine, bamboo, fir, and hemlock.

Likewise, the Kanchenjunga region is home to exclusive rare fauna, from red pandas, snow leopards, Himalayan black bears, musk deer, blue sheep, and wild dogs. Moreover, the region is home to 252

species of birds and 82 species of insects.

Who should avoid the Kanchenjunga Circuit Trek?

People who are beginners and who aren't comfortable with high-altitude treks, remote locations, long trekking days, and rough trails should avoid the Kanchenjunga Circuit Trek. Likewise, people lacking physical and mental preparedness should also avoid the Kanchenjunga Circuit Trek.

The route to the Kanchenjunga circuit trek is one of the most demanding, with very steep and complex, uneven terrain that makes it unsuitable for trekking. Likewise, the trek takes place above 4,500m, where the chance of altitude-related issues is high, as air pressure is thinner, making it difficult to breathe.

Can I access clean drinking water during the Kanchenjunga Circuit Trek?

Access to clean drinking water on the Kanchenjunga Circuit Trek is limited. While tap water is available in most villages, it is not safe to drink without treatment. Buying bottled water is an option, but it can be expensive and environmentally unfriendly in remote areas.

A better alternative is to carry a refillable bottle along with water purification tablets or a filtration device. This way, you can refill your bottle from local sources and purify the water yourself. It's a cost-effective and sustainable solution to stay hydrated throughout the trek.

Best Seasons for Kanchenjunga Circuit Trek

Spring and Autumn are the best seasons for trekking on the Kanchenjunga Circuit. Spring, from March to May, and Autumn, from September to November, offer the finest time for trekking in the Himalayas due to the perfect weather. The weather is pleasant and stable, with minimal changes in rainfall during that season. Likewise, Spring is even better if someone wants to witness the blossom of the National flower of Nepal, the rhododendron. On the other hand, trekking in monsoon and winter is not recommended.

Address

Address:

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