

Kanchenjunga North Base Camp Trek

URL: <https://himalayan360.com/trip/kanchenjunga-north-base-camp-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking

Start / End Point

Kathmandu / Kathmandu

Trip Type

Trekking in The Himalaya

Route

KTM-Ilam-Taplejung-KNBC-Bhadrapur-KTM

Duration

15

Destination

Kanchenjunga Region

Language

Kanchenjunga Region

Per Person From

USD 1,950

Region

Kanchenjunga Region

Max. Altitude

5,140M/16,864FT

Group Size

1 - 20

Best Season

Mar, Apr, May, Sept, Oct & Nov

Activities

5-6 hours walking

Trek Distance

108KM/67Mile

Transportation

Bus, Jeep, Flight

Accommodation

Tea house

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Very Difficult

What Awaits in Kanchenjunga North Base Camp Trek

- A rare glimpse of the numerous flora and fauna of **the Kanchenjunga Conservation Area.**
- Majestic views of **Kanchenjunga (8,586m), the world's third-highest peak.**

- Trek through one of the least explored trekking routes in **Nepal**.
- A trail that passes through different landscapes, from dense green forests to glaciers and rocky paths.
- Walk through the traditional villages of Ghunsa, Kambachen, Ramtang, and Khonak, and experience the local culture and warm hospitality.
- Explore ancient monasteries and prayer flags fluttering in the sky throughout the route.
- You'll see a mesmerizing ice wonderland near the North Base Camp, **Kanchenjunga, and Lhonak Glacier**.
- You'll enjoy eye-catching sunrise and sunset views of the rising sun over the Himalayan peaks.

Kanchenjunga North Base Camp Trek Itinerary

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

The journey to Kanchenjunga North Base Camp begins with a 45-minute flight from Kathmandu to Bhadrapur. Depending on the departure time, you'll have breakfast in Kathmandu or Bhadrapur. As you land at Bhadrapur, you'll take a local bus to get to Ilam. The drive passes through the stunning landscape of Ilam, and you will get to see a tea plantation. A drive should take around 4 hours to get to Ilam. Check in at the accommodation point and spend some time exploring the tea plantations. The day's overnight stay and dinner are at Ilam's guest house.

Highest Altitude:

1,627 m/5,328 ft Ilam

Meals:

Lunch and Dinner

Accommodations:

Lodge

Flight Hours:

45Min

Day 02: Drive from Ilam to Taplejung by Local bus

Day two is another driving day that takes you to **Taplejung from Ilam**. After having a morning meal at Ilam's guest house, you'll take a local bus to drive towards Taplejung. The journey is approximately 6 hours long and offers a raw yet scenic glimpse into Nepal's countryside.

The road from Ilam to Taplejung is mostly bumpy, so expect an adventurous ride. As you drive, enjoy views of rolling hills, terraced farms, and small rural settlements. On a clear day, you might even catch a glimpse of the **Kanchenjunga Massif** in the distance. The road becomes steeper as it passes Phidim village. Likewise, the landscape gradually shifts as you enter the **Kanchenjunga Conservation Area**, with greener hills and cooler air. By late afternoon, you'll arrive at Taplejung, where you'll rest for the night at a local guest house or teahouse.

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

Good morning in the Talejung. After waking up, have breakfast, enjoy the fresh air, and be ready for another exciting ride. Today's journey takes you to **Sekathum**, the gateway to the Kanchenjunga trek. You will take a local jeep to drive towards Sekathum from Taplejung. The drive passes through narrow and winding roads. The road becomes rougher and more remote as you head deeper into the hills.

At the Kanchenjunga Conservation Area check post, your trekking permits will be checked and recorded before continuing further through various settlements. The drive continues following the beautiful Tamor Nadi, with views of lush forests, steep ridges, and cascading waterfalls. After about 4 hours, you'll reach Sekathum. Once you arrive, settle into your teahouse or tent, enjoy a warm dinner, and rest well. Your actual trek begins tomorrow.

Highest Altitude:

1,650 m/5,413 ft Sekathum

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Day 04: Trek from Sekathum to Amjilosa

Today marks the start of your actual Kanchenjunga Base Camp trek. After waking up in Sekathum, enjoy a warm breakfast and get ready for the trail ahead. The hike starts with crossing numerous suspension bridges and walking through Rhododendron forests. The first phase of the hike includes mostly an uphill section, whereas the second part involves challenging climbs.

The trail follows the **Ghunsa Khola** and leads you through remote villages like **Ghaiyabari**, **Jognim**, and **Solima**, offering scenic views of the valleys and surrounding greenery. **Lamatar** is your lunch point where you'll fill your tummy and rest. In the final stretch, you'll hike along a beautiful ridge called **Chanjalung Danda**. The trail becomes a bit steeper here, but after a short climb, you'll arrive at the peaceful village of **Amjilosa**. Your overnight stay and dinner will be at the tea house or tent in **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 Lodge

Trek Distance:

7 km

Day 05: Trek from Amjilosa to Gyabla

After filling your tummy with a yummy morning breakfast, you'll make your way towards Gyabla.

Following the **Ghunsa Khola Valley**, you'll begin by hiking through quiet forest trails filled with rhododendron, bamboo, oak, and birch trees. The trail takes you through Thanyani and past beautiful waterfalls and summer grazing pastures along the way. The soothing sound of the Ghunsa Khola and the rich forest cover make this day's walk peaceful and refreshing.

After six hours of hiking, you'll reach Gyabla village, surrounded by majestic Jaanu Peak. Gyabla is a small village with a mix of local ethnic groups. Take time to explore if you're feeling energetic. The village offers a great glimpse into rural mountain life. If you're tired, feel free to rest at your teahouse. In the evening, enjoy a hot, delicious dinner, then relax and settle in for the night in the calm surroundings of Gyabla.

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 Lodge

Trek Distance:

7.5 km

Day 06: Trek form Gyabla to Ghunsa

On the sixth day, the pathway moves forward from Gyabla to Ghunsa following the North Base Camp Kanchenjunga trek itinerary. After breakfast, the trek begins. The trek starts along an off-beat forest trail with stone steps and occasional uphill climbs. You'll walk past small streams and rivers, and if you're trekking in spring or autumn (peak trekking season), you might spot traces of snow along the path.

The trail is narrow at times, so be cautious and make way for mules or Himalayan yaks carrying goods to the higher villages. About halfway through the trek, you'll reach Phale, a good spot to stop for lunch and rest. After lunch, you'll tackle a few more uphill sections, but the beautiful mountain views and quiet forest paths help keep the walk enjoyable. You'll cross a suspension bridge and continue alongside the river. The final stretch flattens out, and you will reach Ghunsa. Overnight and dinner are at the tea house or tent in Ghunsa village.

Distance:

6 Hours

Ascent:

690 m/2,264 ft

Highest Altitude:

3,415 m/11,204 Ghunsa

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

10.5 km

Day 07: Acclimatation in Ghunsa

As you are already above 3,000m, your body must adjust to the changed surroundings to reduce the risk of altitude sickness. Thus, day seven is the acclimatization day/rest day, which allows you to rest and adjust to your body at a higher elevation. However, acclimatization also involves engaging in light activities and keeping your body active, rather than a complete rest day.

During the day, you can explore the charming Sherpa village of Ghunsa, which features teahouses, shops, and is the largest settlement in the area, boasting a health post facility, police station, and an office within the Kanchenjunga Conservation Area. You can also opt for a short hike to Ghunsa Viewpoint or Dhunkunda.

Highest Altitude:

3,415 m/11,204 Ghunsa

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Day 08: Trek from Ghunsa to Khambachen

After an acclimatization day, you'll continue your trek on day eight. After breakfast at Ghunsa, the route to Khambachen starts via an open pine forest. As you leave the village, you'll see colorful prayer wheels painted in red and gold. The trail splits here: one leading toward Kumbhakarna Himal and the other, which you'll take, heading to Kanchenjunga North Base Camp. The first part of the trail is fairly gentle. You'll walk along the side of the Thango River and begin to feel the remoteness of the area.

The terrain changes, with more rocky paths and boulders, surrounded by juniper trees and rhododendrons. As you move forward, you'll pass small resting spots like Tartang (3,583 m), Chhermalung (3,740 m), and Labuk (3,797 m), where you can stop for lunch and take a break. The trail becomes slightly steeper as you pass through a landslide-prone area, where you'll also see Hajare Gufa, also known as the Thousand Caves. After a final two-hour walk from Labuk, you'll reach the quiet village of Khambachen. Once you arrive, check into your tea house, enjoy a warm meal, and rest well for the next day's journey deeper into the Kanchenjunga region.

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 Lodge

Trek Distance:

10.6 km

Day 09: Trek from Khambachen to Lhonak

Today's trek takes you closer to your final destination, which is North Kanchenjunga Base Camp. After breakfast at Khambachen, you'll make your way to Lhonak. The day's trek gives you the feeling of being

on a challenging journey through the Himalayas, as you'll trek over rocky and open trails shaped by the moraine of the Kanchenjunga Glacier. The path slowly climbs upward to Ramtang, located at an altitude of 4,240 meters. As you walk, you'll get your first clear view of Mount Kanchenjunga, along with other snow-covered giants in the region.

The trail then leads you to Lhonak. The views from here are breathtaking. You'll see some of the most impressive Himalayan peaks, including Twins Peak (6,750m), Wedge Peak (6,750m), Mera Peak (6,344m), and Nepal Peak (6,910m). The vast landscape, open sky, and towering mountains make Lhonak one of the most scenic highlights of the Kanchenjunga North Base Camp trek. Overnight at Lhonak.

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 Lodge

Trek Distance:

9.2 km

Day 10: Day hike up to Kanchenjunga north base camp

Today is the most exciting and rewarding day of the entire trek, the day you finally reach North Base Camp of Kanchenjunga. Early in the morning, with a headlamp, you'll make your way. The journey begins with a steady climb, passing Syamjo (4,851 m), an area renowned for its blue sheep sightings. As you continue, the trail becomes more challenging, with snow, loose rocks, and icy patches. Walk slowly and carefully, especially in areas affected by landslides.

You'll then reach Thanakpu (4,966 m) and Jorkyu (5,035 m). After a final stretch through a narrow and rocky trail, you'll arrive at Pangpema (5,143 m) — the official North Kanchenjunga Base Camp. Here, you'll get a spectacular, up-close view of Mount Kanchenjunga, the third-highest mountain in the world. Other peaks, such as Jannu, Twins Peak, Wedge Peak, Nepal Peak, and Mera Peak, also come into sight. Spend some time here soaking in the beauty, taking photos, and enjoying the sense of achievement.

After a pleasant time at the Kanchenjunga Base Camp and feeling accomplished, you'll return to Lhonak. Due to the harsh weather conditions at base camp, you can't stay overnight there, so you must descend to Lhonak for an overnight.

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 Lodge

Trek Distance:

18.5 km

Day 11: Trek back from Lhonak to Ghunsa

Good morning, Champion. As you have successfully completed the trek to the North Face of Kanchenjunga Base Camp, it's time to retrace your steps back. However, if you wish to extend your trip to the Kanchenjunga Circuit trek, including the journey to [Kanchenjunga South Base Camp Trek](#), you can continue your ascent; otherwise, you'll start your descent. The eleventh day's descent takes you to Ghunsa village.

You'll follow the same trail back, starting with a descent through rocky and uneven terrain. The path takes you past glaciers, boulders, and streams, so take each step carefully. As you make your way down, you'll pass through Khambachen, a familiar stop where you can take a break and enjoy the views one more time. Continuing the journey, the trail becomes easier as more greenery and forested areas replace the dry, rugged terrain. You'll finally reach Ghunsa, where you can settle into your teahouse, enjoy a freshly prepared dinner, and get some rest. Overnight stay in 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 Lodge

Trek Distance:

19.8 km

Day 12: Trek back from Ghunsa to Amjilosa

Have your morning meal and start your downhill walk to Amjilosa. As today's walk will be longer, you will begin the day's trek early. The walkway to Amjilosa follows **Ghunsa Khola** and passes through several settlements before reaching the day's destination. On the day, you'll walk for 8 hours to reach Amjilosa from Ghunsa, covering **18 km / 11.1 miles**. Overnight and supper at the tea house or tent at **Amjilosa**.

Distance:

8 Hours

Ascent:

88 m/289 ft

Descend:

1005 m/3,297 ft

Highest Altitude:

3,415 m/11,204 ft Ghunsa

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

18 km

Day 13: Trek back from Amjilosa to Sekathum

Day Thirteenth marks the end of the trekking journey in **Kanchenjunga North Base Camp**. After breakfast at Amjilosa, the trek begins with a descent to Sekathum. As the day's trek is mostly downhill, your knee may hurt, so take care of it. The trek takes **6 hours** to descend from Amjilosa to Sekathum, covering **a distance of 7 km (4.3 miles)**. Overnight at the tea house or tent at Sekathum.

Distance:

6 Hours

Ascent:

53 m/174 ft

Descend:

901 m/2,956 ft

Highest Altitude:

2,498 m/8,195 ft Amjilosa

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7 km

Day 14: Drive back from Sekathum to Taplejung to Bhadrapur by Local jeep

After an early breakfast in Sekathum, your long return drive begins. You'll first head back to Taplejung and continue onward to Bhadrapur. The route passes through winding mountain roads and sections of both paved and rough terrain.

Along the way, enjoy the changing scenery, green hills, terraced farms, and quiet villages as you descend from the Kanchenjunga region. Once you reach Bhadrapur, check in at your guest house, relax, and enjoy a warm meal before settling in for the night.

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Guest house

Day 15: Flight from Bhadrapur to Kathmandu

After saying goodbye to the Kanchenjunga journey, you'll fly back to Kathmandu from Bhadrapur. The **45-minute** flight offers a beautiful view of the city from the plane's window. We'll drop you off at your hotel upon arrival at Kathmandu's airport. Overnight in **Kathmandu**.

Meals:

Breakfast Dinner

Accommodations:

3 Star Hotel

Flight Hours:

45 min

Location of the Kanchenjunga North Base Camp

At **5,143 meters** above sea level, the Kanchenjunga North Base Camp lies in the Eastern part of Nepal within the Kanchenjunga Conservation Area in the **Taplejung** district. The Base Camp lies near **the border between Nepal and Tibet** and takes to the base of the world's third-highest peak, **Mount Kanchenjunga (8,586m)**. Additionally, the base camp lies in the Koshi province and shares a border with Nepal and Sikkim, the state of India.

Furthermore, the region where the North Base Camp lies is rich in water resources and rare flora and fauna. The base camp lies within a **restricted area**, requiring a special RAP permit and strict rules and regulations. This remote and isolated destination is known for its pristine beauty, diverse flora and fauna, and traditional Tibetan culture, offering exceptional journeys through the **Himalayas of Nepal**.

Trip 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
- Sekathum 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)
- 12 nights in the mountain tea house or camping (on a shared basis)
- **Food:** 15 Breakfast, 14 Lunch, 15 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
- Private Heli services for rescue propse
- 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
- Personally ordered food
- All the soft and hard drinks during the trek
- 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, boild 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 2,720
2 - 4	USD 2,150
5 - 7	USD 1,999
8 - 20	USD 1,950

Common Trek Questions For Kanchenjunga North Base Camp Trek

Is the Kanchenjunga base camp trek difficult?

Yes, the Kanchenjunga Base Camp Trek is considered one of the most challenging treks in Nepal. Its high altitude, remote location, steep terrain, unpredictable weather, and long duration make it a challenging experience. However, with proper preparation, the trek is achievable.

What is the starting point for Kanchenjunga North Base Camp Trek?

The starting point of the Kanchenjunga North Base Camp is Bhadrapur, where the trip begins with a flight from Kathmandu. However, the trek to the North Base Camp of Kanchenjunga begins from Sekathum and goes to Amjilosa.

How high is the Kanchenjunga North Base Camp?

Kanchenjunga North Base Camp, also known as Pangpema, is impressively situated at an elevation of **5,143m**. The higher elevation makes it quite challenging to reach, and the harsh weather makes staying there problematic. But, its elevation provides exceptional views of snow-covered peaks and numerous mountain ranges.

How long is the trek to Kanchenjunga North Base Camp?

The Kanchenjunga North Base Camp is 15 days long. However, the itinerary is customizable, so trekkers can customize their trip according to their preferences, time availability, and personal preferences. Through the itinerary customization option, you can adjust the duration of your trek to suit your preferences.

How much does it cost to go to Kanchenjunga Base Camp?

Going to the Kanchenjunga Base Camp costs \$1950 to \$2720. However, the cost varies based on several factors, including the duration of the trip, customization options, and the level of luxury preferred. Likewise, group size is the primary factor that affects the cost of the trek. The more people in the group, the lower the cost of the trek.

What equipment do I need for the Kanchenjunga North Base Camp Trek?

The equipment needed for the Kanchenjunga North Base Camp Trek includes trekking boots, a down jacket, warm clothing, a sleeping bag, gloves, a hat, sunglasses, a water bottle, sunscreen, and a first aid kit. Besides, trekkers should pack their personal belongings.

Is the Kanchenjunga Base Camp Trek possible in winter?

Yes, the Kanchenjunga Base Camp Trek is possible in winter, but it comes with its own set of challenges. The winter season is one of the coldest times of the year, bringing temperatures below minus degrees Celsius, making the trek challenging. Likewise, the heavy snowfall during the season adds to the difficulty of the trek.

Is altitude sickness a concern during the Kanchenjunga North Base Camp Trek?

Yes, altitude sickness is a significant concern during the Kanchenjunga North Base Camp Trek. You'll reach an elevation of over 5,000m, where the oxygen level is lower, so the risk is a concern. However, proper acclimatization and preparation for potential risks help minimize the risk.

Is charging electronic devices on the Kanchenjunga North Base Camp Trek possible?

Yes, charging electronic devices on the Kanchenjunga North Base Camp Trek is possible, but access to electricity is limited and only available at tea houses and lodges. Also, charging devices costs extra. We recommend that trekkers carry a charger or power bank to keep their devices charged throughout the trek.

Essential Facts About Kanchenjunga North Base Camp Trek

- Kanchenjunga North Base Camp lies in eastern Nepal, at a border between the Taplejung district and the Indian state of Sikkim.
- The trek takes you to **Pangpema (5,143m)** and offers a close-up view of the North side of Mount Kanchenjunga.
- North Base Camp of Kanchenjunga trek is Nepal's most remote and less crossed trekking route.
- Kanchenjunga North Base Camp is a part of **Kanchenjunga Conservation Area**, home to diverse wildlife and unique flora.
- The Kanchenjunga North trek generally takes **14-16 days** to complete. If you are looking for something more diverse and longer trek go for [Kanchenjunga Circuit Trek](#)
- The itinerary to Kanchenjunga North Base Camp begins with a flight to Bhadrapur, and trekking begins from Sekhathum.
- Amjilosa, Gyabla, Ghunsa, Kambachen, and Lhonak are the key villages along the Kanchenjunga North Base Camp route.
- The highest point on the trek is **Pangpema (5,143m)**, the North Base Camp itself.
- The trek offers a majestic panorama of Mount Kanchenjunga, Jaanu (Kumbhakarna), Tent Peak, and Wedge Peak.
- The landscape varies from subtropical forests to high-altitude alpine terrain throughout the journey.
- The trek falls within a restricted area, requires a special permit, and has strict rules and regulations for trekking within the region.
- The trek offers the chance to spot rare birds, including Himalayan monals, blood pheasants, and snow partridges.
- The trek offers the unique culture and tradition of Limbu, Sherpa, and Tibetan origin, providing a rich cultural experience.
- Ghunsa monastery is a prominent spiritual site along the trek to Kanchenjunga North Base Camp.
- The trek is moderately strenuous, requiring good physical fitness and mental resilience.
- Spring and Autumn are the best times for Kanchenjunga North Base Camp Trek, offering ideal weather for trekking.

Unique Culture and Wildlife during Kanchenjunga North Base Camp Trek

Besides its beauty and remote location, the trek to **Kanchenjunga North Base Camp** is renowned for its unique culture and diverse wildlife, offering an all-in-one experience. During your trek, you'll **encounter Sherpa and Tibetan** communities. The communities' unique customs, clothing, and languages offer distinct glimpses into their cultures. Likewise, **Tibetan Buddhism** has had a profound influence on the region, and the presence of monasteries and prayer flags serves as evidence of the area's spiritual significance.

The trek to Kanchenjunga North Base Camp lies within the conservation zone of the Kanchenjunga

Conservation Park, home to a diverse array of plant and animal life. The national park of Kanchenjunga has 250 species of birds and 20 Indigenous gymnosperms. Thus, the trek provides a chance to see various wildlife, including Himalayan black bears, red pandas, and musk deer. The region is also home to the Assamese macaque.

Permits Required for Kanchenjunga North Base Camp Trek

The **Kanchenjunga Conservation Area Permit (KCAP)** and **Restricted Area Permit (RAP)** are two required permits for the trek to Kanchenjunga. Permits are mandatory paperwork necessary for any trekking destination in Nepal, including Kanchenjunga North Base Camp. **Nepal Tourism Board (NTB)**, in collaboration with the **Trekking Agencies Association of Nepal (TAAN)**, has implemented the permit for the Kanchenjunga trek to regulate trekking activities within the region.

The cost of the **Kanchenjunga Conservation Area Permit (KCAP)** is as follows:

Nationality	Cost
For SAARC nationals	NPR 500 per person (about \$5)
For other nationals	NPR 2000 per person (about \$20)

The **Kanchenjunga Restricted Area Permit (RAP)** is as follows:

Days	Cost
For the first week	USD 20 per person per week
For each additional week	USD 10 per person

Preparation for Kanchenjunga North Base Camp Trek

Trekking on strenuous journeys like Kanchenjunga North Base Camp Trek requires thorough preparation for a smooth, successful trip. The trek requires appropriate preparedness, from Physical preparation to mental preparation and preparation for altitude sickness.

Physical Preparation

The journey to a challenging trek will never be completed unless you are physically fit. Thus, trekkers should prepare themselves physically for the journey to Kanchenjunga North Base Camp. The preparedness involves cardiovascular endurance with regular running, cycling, and swimming to improve stamina. Likewise, it includes involvement in strength training by focusing on the legs and core. Furthermore, trekkers should go on hiking for trekking practice.

Mental Preparation

Preparing mentally is equally important as being physically. The preparation involves training the trekker's mind to handle the challenges they face during the trek. Trekkers should learn relaxation methods like deep breathing and mindfulness to manage stress during the trek. Likewise, they should always be positive and visualize themselves succeeding in the journey.

Preparation for Altitude Sickness

The chances of altitude sickness are the primary concern during the trek to Kanchenjunga North Base Camp. As the trek takes over 5000m, trekkers must be prepared for altitude-related issues throughout the trip. Trekkers should choose an itinerary that involves acclimatization to prepare for the issue. Likewise, travelers should consume a balanced diet, stay properly hydrated, and rest properly throughout the trip to prevent altitude sickness.

Requirements of Travel Insurance on Kanchenjunga North Base Camp Trek

Travel insurance is one of the most important things to have when trekking to Kanchenjunga North Base Camp. It's what provides you with peace of mind knowing that you're protected if anything happens to you during the trek to remote areas with limited access to hospitals or emergency care. If something happens unexpectedly, travel insurance provides assistance in medical emergencies and helicopter rescues.

While purchasing travel insurance, travelers should consider that it covers medical emergencies, including altitude sickness up to 5,000 m, accidents, and other health issues. One of the most important things to look for is helicopter rescue and evacuation coverage, as it may be the only way to reach safety in case of an emergency.

Additionally, your insurance plan should also cover trip cancellations, lost or damaged gear, and personal liability. These extra protections can help save you from unexpected costs if your trek is delayed, your bags go missing, or your equipment gets damaged.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal