

Kanchenjunga South Base Camp Trek

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

Destination

Nepal Treks & Tours

Activity

Trekking and Hiking

Start / End Point

Kathmandu / Kathmandu

Trip Type

Trekking in The Himalaya

Duration

14

Destination

Nepal, Kanchenjunga Region

Language

Nepal, Kanchenjunga Region

Per Person From

USD 1,899

Region

Kanchenjunga Region

Max. Altitude

4,740 m/15,551 ft

Group Size

1 - 20

Best Season

Mar, Apr, May, Sept, Oct, Nov

Activities

5-6 hours

Trek Distance

103 km/64 mile

Transportation

Bus, Jeep, Flight

Accommodation

Tea house, and 3 Star hotel

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Challenging

Wonders of Kanchenjunga South Base Camp Trek

- Get the stunning views of mountains like Kanchenjunga, Makalu, Ramtang, Jannu, and others.
- Experience the rich and unique culture of remote Nepali mountain communities.
- Explore one of the most challenging trekking destinations of Nepal in the Kanchenjunga South Base Camp Trek.

- Get the chance to learn about the rich and unique cultures and traditions of Hindus and Buddhists.
- Discover glaciers, mountains, lakes, waterfalls, forests, and charming villages.
- Stroll through Kanchenjunga Conservation Area, and get the chance to see rare animals like the snow leopard.
- Stay in local tea houses to enjoy the local lifestyle and food.
- Scenic views of Mount Rathong and Mount Kabru towering over a glacier moraine along the Nepal and Sikkim border.

14 Days Itinerary of Kanchenjunga South Base Camp Trek

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

Today is the first day of the Kanchenjunga Base Camp Trek, which begins with breakfast in Kathmandu. After breakfast, you will go to the TIA airport to board a 45-minute flight from Kathmandu to Bhadrapur. This flight gives you an aerial view of the landscape below.

Once you arrive in Bhadrapur, you will take a local bus to Ilam. This journey usually takes three to four hours, depending on the road conditions. Once in Ilam, you will check into the hotel. The rest of the day, you can explore some famous tea areas. Overnight stay in a hotel in Ilam.

Highest Altitude:

1,627 m/5,328 ft Ilam

Meals:

Lunch and Dinner

Accommodations:

Guest house or Tea house

Flight Hours:

45 min

Day 02: Drive from Ilam to Taplejung by Local bus

On the second day, after breakfast, you will leave Ilam and head to Taplejung in a local bus. As you leave the tea gardens of Ilam behind, you'll pass through green farmland and hillside villages. You may even get your first glimpse of the Kanchenjunga range from certain points along the Ilam Taplejung route.

The road will get steeper and more winding after you pass the small settlement of Phidim. You will enter the Kanchenjunga Conservation Area when you reach Taplejung. Overnight at Taplejung.

Highest Altitude:

1,820 m/5,971 ft Taplejung

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Day 03: Trek from Taplejung to Lali Kharka

From today, the South Base Camp trek begins officially as you will finally start hiking. After breakfast in Taplejung, you'll begin your trek toward Lali Kharka. The trail takes you through old villages, green forests, and rocky paths. Along the way, you'll pass through farmland and small settlements where you can see the daily life of the local Limbu people.

You might get a chance to learn about their traditional Kirati culture. As you climb higher, the forest starts to change, and the views become wider, with hills and valleys all around. Lali Kharka is a quiet place with just a few teahouses, where you'll rest for the night.

Distance:

6 Hours

Ascent:

489 m/1,604 ft

Descend:

43 m/141 ft

Highest Altitude:

2,266 m/7,434 ft Lali Kharka

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9 km /5.5 miles

Day 04: Trek from Lali Kharka to Khesewa

The fourth day of the South Base Camp of Kanchenjunga trek itinerary takes you to Khesewa. Today's trek begins with a climb to a ridge, followed by a steep descent into Simbu. After reaching Simbu, the trail steeply ascends to Kunjari, a village surrounded by bamboo and banana trees. Then, the path descends a steep road and crosses a suspension bridge over the Phawa Khola river.

You will have a long walk uphill to the Gurung settlement where you can find nice tea houses for lodging, including Kande Bhanjyang, Sinchebu, and Sinchewa Bhanjyang. The rest of the day will be spent in the Kabeli Valley, where you will first see the Kangchenjunga landscape. Later, the route goes through a forest and leads to Khesewa, a prosperous town that grows millet, maize, and rice.

Distance:

7 Hours

Ascent:

314 m/1,030 ft

Descend:

449 m/1,473 ft

Highest Altitude:

2,266 m/7,434 ft Lali Kharka

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

10.5 km /6.5 miles

Day 05: Trek from Khesewa to Mamangkhe

The trek from Khesewa to Mamangkhe (1786m) continues along the Kanchenjunga South Base Camp trail, typically taking 5-6 hours. The first section of the trek is a gradual descent, passing through cultivated lands and the Kabeli Khola. Along the way, you will pass through the village of Phale, a Tibetan refugee settlement with traditional houses and small monasteries.

You will reach the village of Anpan before finally climbing to Mamangkhe, a significant cultural hub for the Limbu, Rai, and Kirat communities. Once in Mamangkhe, you can visit a local cultural museum that gives insight into the customs and daily life of the people in this region. Overnight in Mamangkhe.

Distance:

7 Hours

Ascent:

75 m/246 ft

Descend:

414 m/1,358 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 06: Trek form Mamangkhe to Yamphudin

The sixth day of the Kanchenjunga South Base Camp trek itinerary begins with breakfast in Mamangkhe teahouses. We start our trek along the Kabeli Khola, surrounded by dense rhododendron forests, rivers, and waterfalls. The route crosses charming wooden bridges and leads us past hillside farms where locals cultivate maize and millet.

Yamphudin, our destination, is the last significant settlement before entering the remote high-altitude region. Here, we will experience a blend of Limbu and Tibetan cultures while enjoying spectacular sunset views over the hills. Overnight stay at Yamphudin tea house.

Distance:

7 Hours

Ascent:

0 m/0 ft

Descend:

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 07: Trek from Yamphudin to Tortong

The Kanchenjunga South Base Camp Trek is getting tougher by the day as you gain a lot of altitude. Leaving Yamphudin, the trail climbs steadily through beautiful rhododendron forests and stone steps leading to Lasiya (Lamite) Bhanjyang. From Lasiya, the path leads down to a grassy pass. You can see Mt. Jannu, also known as Kumbakarna, to the northeast, above a large landslide.

After a short climb and a zigzag trail through thick forest, we'll reach the Simbuwa Khola (river). From the river, it's a final steady ascent to reach the peaceful village of Tortong, where you'll spend the night surrounded by nature.

Distance:

7 Hours

Ascent:

1,723 m/5,653 ft

Descend:

435 m/1,427 ft

Highest Altitude:

2,980 m/9,777 ft Tortong

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.5 km /5.9 miles

Day 08: Trek from Tortong to Cheram

Following the Simbuwa Khola, we will hike through dense rhododendron forests, where vibrant pink and red blossoms add color to the landscape. We will pass through Yalung Glacier viewpoints to catch our first close-up views of Kanchenjunga's massive peaks.

As we approach Cheram, the landscape will become more rugged, with towering cliffs and vast open meadows. This small settlement will serve as our base before we head into even higher elevations. Today, there's a big gain in altitude, so it's important to walk slowly and drink plenty of water.

Distance:

7 Hours

Ascent:

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 09: Trek from Cheram to Ramche

The trek from Cheram to Ramche on Day 9 is a shorter 3-4 hours journey and also marks an increase in altitude as you head closer to the Kanchenjunga South Base Camp. The trail generally follows the valley, offering increasingly impressive close-up views of snow-dusted Himalayan peaks and glacial moraines,

including the majestic Kanchenjunga massif.

Before reaching Ramche, you'll pass through Lapsang village, experiencing the rugged alpine scenery as you gain elevation. Ramche is not a typical village, but rather a resting point for trekkers heading toward the Kanchenjunga South Base Camp. From here, it takes only about an hour of hiking to reach the base camp of the world's third-highest peak, Mount Kanchenjunga.

Distance:

3-4 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 10: Day hike up to Kanchenjunga South base camp

From Ramche, we will hike to the South Base Camp to see amazing views of the south side of the mountain Kanchenjunga from the Oktang viewpoint, situated at 4,730 meters. The trekking trail is not too difficult and follows the glacier as it curves north. After about an hour, we'll reach a viewpoint where you can finally see the full south as well as the west face of Kanchenjunga, which was hidden before.

If you want to explore more, you can walk for another hour on a small path along the edge of the Yalung Glacier. There, you'll find a chorten (a small Buddhist monument) with clear views of Kanchenjunga (8,586m), Yalung Kang (8,505m), and Khambachen Peak (7,903m). After enjoying the views, you'll return to Ramche to spend the night.

Distance:

5 Hours

Ascent:

130 m/427 ft

Descend:

130 m/427 ft

Highest Altitude:

5,140 m/16,864 ft Oktang

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Tent

Trek Distance:

7.4 km /4.5 miles

Day 11: Trek back from Ramche to Tortong

After exploring the Southern Base Camp of Mt. Kanchenjunga, today we start our return journey. The South Kanchenjunga base camp trek route retraces the same route back to Tortong. Enjoy the stunning

views of the snow-covered Himalayas along the way.

The first part of the hike is steep and can be slippery in places, so you'll need to walk carefully, especially near the landslide-prone sections. After this, the trail becomes gentler as it goes through beautiful rhododendron and pine forests. You'll walk along the Simbuwa Khola, enjoying views of snowy peaks before crossing a small bridge to reach Tortong. Overnight stay at a tea house or tent in Tortong.

Distance:

7 Hours

Ascent:

32 m/105 ft

Descend:

1,662 m/5,453 ft

Highest Altitude:

4,610 m/15,125 ft Ramche

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

16.6 km /10.3 miles

Day 12: Trek back from Tortong to Ranipul

On the 12th day of our trek, we continue descending and retracing our steps. The path continues downhill, weaving through deep forests and charming villages. We will pass through Yamphudin once again, where we can enjoy a final glimpse of the region's cultural richness. The Kabeli Khola's gentle flow accompanies us as we approach Ranipul, marking the end of our trekking journey. Here, we will rest before beginning our road journey back.

Distance:

7 Hours

Ascent:

35 m/115 ft

Descend:

1,465 m/4,806 ft

Highest Altitude:

2,980 m/9,777 ft Tortong

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12.5 km /7.7 miles

Day 13: Drive Back from Ranipul to Phidim bazaar by local jeep

On Day 13, we will take a local jeep from Ranipul to Phidim bazaar. This is a common way to travel in this hilly area of Nepal. The drive will be bumpy but scenic, with winding roads and views of small villages and the eastern hills. The jeep ride will take a few hours, depending on the road conditions and any stops you make along the way. Phidim Bazaar is the main trading hub in the area.

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Day 14: Drive back from Phidim to Bhadrapur and fly back to Kathmandu

- **Attraction of the day:** Thamel tourist market

Today is the last day of our Kanchenjunga South Base Camp Trek. You will drive on a scenic road from Phidim to Bhadrapur and see the eastern hills of Nepal. The path passes through the terraced rice fields, villages, and jungles before hitting the flat plains of Jhapa. Once in Bhadrapur, you will fly back to Kathmandu, concluding our amazing 14-day trekking in the Kanchenjunga region. In the evening, enjoy a farewell dinner to celebrate the incredible journey you've just completed. We hope you enjoyed this amazing adventure.

Meals:

Breakfast Dinner

Accommodations:

3 Star Hotel

Flight Hours:

45min

Trip Includes/Excludes

Includes

- Airport transfer for a domestic flight
- Kathmandu to Bhadrapur to Kathmandu flight
- Bhadrapur to Ilam to Taplejung by public transport
- Ranipul 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
- 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 2,580
2 - 4	USD 2,140
5 - 7	USD 1,950
8 - 20	USD 1,899

Kanchenjunga South Base Camp Trek Commonly Asked Questions

What is the altitude of the Kanchenjunga South base camp?

The Kanchenjunga South Base Camp is situated at an altitude of about 4,140 meters (13,583 feet). It lies in the eastern part of Nepal, within the Kanchenjunga Conservation Area, offering stunning views of the world's third-highest peak.

How long is the trek to Kanchenjunga base camp?

The Kanchenjunga Base Camp Trek's average duration is about 14 to 21 days and covers 161 km, depending on the itinerary, trekking agency, and your preferred time. During the trek, hikers will walk about 10 km each day. Trekkers should be prepared for moderate challenges, including high altitudes, changing weather, and the long duration of the trek.

How hard is the Kanchenjunga South Base Camp trek?

The Kanchenjunga South Base Camp trek is considered challenging due to its remote trails, long hiking days, and high-altitude terrain. You will need to be physically fit and prepared for steep ascents, river crossings, and unpredictable weather.

Are there any cultural customs I should be aware of during the Kanchenjunga South Base Camp trek?

You should always show respect to the local Limbu and Rai communities by greeting them politely and dressing modestly. Avoid touching religious objects without permission and always walk clockwise around chortens and mani walls. Offering a small donation at monasteries and seeking consent before taking photos of locals is appreciated.

What kind of travel insurance do I need for the Kanchenjunga South Base Camp trek?

You need travel insurance that covers high-altitude trekking up to at least 5,000 meters. Your policy should include emergency evacuation, medical expenses, and trip cancellations due to bad weather or unforeseen events. Check if your provider covers helicopter rescues, as they are often the only way to evacuate in remote areas.

What kind of landscapes will I encounter during the Kanchenjunga South Base Camp Trek?

You will encounter dense forests, alpine meadows, and rugged glacial terrain. The lower sections are filled with rhododendrons and bamboo forests, while higher elevations feature rocky moraines and snow-capped peaks. Throughout the journey, you will experience a dramatic shift from lush valleys to barren mountain landscapes.

Are there any religious sites on the Kanchenjunga South Base Camp Trek?

Yes, you will come across Buddhist monasteries, prayer flags, and sacred mani walls along the route. The region is home to Tibetan Buddhist and Kirati spiritual influences. You will also see several small monasteries where locals perform rituals. You may also encounter traditional chortens that symbolize peace and protection for travelers.

Are there any wildlife threats during the Kanchenjunga South Base Camp Trek?

While wildlife sightings are common, threats are minimal if you take precautions. You may encounter yaks, red pandas, and Himalayan black bears, so avoid leaving food outside your tent and be cautious in dense forests. Snow leopards are rare but present, usually avoiding human activity in remote high-altitude areas.

Is Kanchenjunga's South Base Camp in a restricted area in Nepal?

Yes, Kanchenjunga South Base Camp lies within a restricted area, requiring a special trekking permit. You must travel with a registered guide and at least two trekkers as per Nepal's regulations. The region is protected to preserve its unique culture, fragile ecosystem, and border security concerns.

What's the Accommodation on the Kanchenjunga Base Camp?

Accommodation along the Kanchenjunga Base Camp Trek is mostly in basic tea houses run by local families. These tea houses offer simple rooms with basic bedding, including a mattress, pillow, and blanket. Most rooms are twin-sharing, and toilets are often shared and located outside the main building.

Mountain views during the Kanchenjunga South Base Camp Trek

The Kanchenjunga South Base Camp Trek is a beautiful journey in Nepal that takes you close to the world's third-highest mountain, Kanchenjunga (8,586m). During the trek, you will see many stunning mountains like Mount Jannu (7,710m), which appears early in the trek. As you reach the base camp, you will see Kanchenjunga right in front of you, to the north.

Other mountains like Kabru (7,412m), Talung (7,349m), and Mount Pandim (6,691m) can also be visible from the base camp. While leaving the base camp, you will once again glimpse Mount Kanchenjunga. The trek is ideal for trekkers who love adventure in the mountains and for those who love taking amazing photos of the highest peaks in the world.

Here is a list of mountains you will witness during this trek:

- Kanchenjunga (8,586m)
- Mount Jannu (7,710m)
- Kabru (7,412m)
- Talung (7,349m)
- Siniolchu (6,888m)
- Mount Pandim (6,691m)
- Rathong (6,678m)
- Kaktang (6,147m)
- Narsingh (5,825m)
- Frey Peak (5,830m)

Kanchenjunga South Base Camp Trek route

The Kanchenjunga South Base Camp Trek begins with a short flight from Kathmandu to Bhadrapur, followed by a drive to Ilam. From Ilam, we continue by local bus to Taplejung, where the trekking adventure officially starts. Our first stop will be Lali Kharka, and then we will move to Khesewa and Mamangkhe. Along the way, we will pass through forests, rivers, and terrace farmland while enjoying

early views of Kanchenjunga in the distance.

As we continue trekking, we pass through Yamphudin, Tortong, and Cheram, slowly gaining altitude and getting closer to the mountains. Eventually, we reach Ramche, which is our last overnight stop before Kanchenjunga South Base Camp. A short hike from Ramche takes us to the base camp. The base camp offers breathtaking views of Kanchenjunga and other Himalayan peaks.

After soaking in the mountain scenery, we begin our return journey, retracing the same trail back through Tortong and down to Ranipul. From there, we take a jeep to Phidim and return to Bhadrapur for our flight back to Kathmandu. On arrival, we spend time in Thamel. You can either explore its lively tourist market or relax after completing one of Nepal's most rewarding and less-traveled treks.

Required Permits for Kanchenjunga South Base Camp Trek

For the Kanchenjunga South Base Camp Trek, you will need two permits: the **Kanchenjunga Restricted Area Permit** and the **Kanchenjunga Conservation Area Permit**.

The restricted area permit is required because part of the trek passes through a protected zone near the border. To get this permit, you must trek in a group of at least two people with a licensed guide. Plus, it must be arranged through a government-registered trekking agency. This permit helps conserve natural resources, protect local culture, and ensure the security of the borders.

Likewise, the KCAP is a regular conservation area permit that supports the protection of the area's wildlife, forests, and culture. You can get both permits in Kathmandu from the Nepal Tourism Board or through your trekking agency. These permits are checked along the trail, so you should always carry them with you.

Permit	Foreign Nationals	SAARC Nationals	Kanchenjunga Restricted Area Permit	\$20 per person per week for the first 4 weeks, \$25 per person per week after 4 weeks
			Kanchenjunga Conservation Area Permit	NPR 2000 per person (\$20)
			TIMS Card	NPR 1000 per person (\$5)

Typical Day on Kanchenjunga South Base Camp Trek

On a typical day of the Kanchenjunga South Base Camp Trek, you will start your day early, around 6:00 a.m., and have breakfast. By 7:00 a.m., you will begin trekking, walking for about 5 to 7 hours, depending on the distance and altitude. The trek will be moderately challenging, with steep ascents and descents. The path passes through forests, rivers, and villages, experiencing a mix of uphill and downhill sections. Along the way, you will enjoy views of stunning peaks like Kanchenjunga and Makalu, as well as beautiful landscapes. You will take a break for lunch around noon for about an hour, and then continue walking for another 3 to 4 hours. You will reach your day's destination by 4:00 p.m. You will have dinner around 6:00 p.m. The day will be physically demanding, but the beautiful surroundings will make it all worth it. You will get a good night's rest, usually around 8:00 p.m., to be ready for the next day's adventure. Note that there is no specific day set aside as an acclimatization day; however, our expertly crafted itinerary allows enough time for your body to adjust to the altitude gradually.

Preparation for Kanchenjunga South Base Camp Trek

Before you start the Kanchenjunga South Base Camp Trek, you must **prepare physically and mentally**. You should be in good physical shape as the trek can be challenging, especially with steep climbs and high altitudes. Regular walking, hiking, or cardio exercises can help you build stamina. Walking with a backpack is also helpful for getting used to carrying weight during the trek. Make sure to get enough rest before the trek and avoid overexerting yourself.

You must also prepare for the trek by packing the right gear. Essentials include warm clothing, sturdy trekking shoes, a good sleeping bag, a hat, sunscreen, and a water bottle. Do not forget to carry your permits, a camera for taking photos, and any necessary personal medications. Packaging snacks for energy during the long trekking days is also a good idea. By getting physically ready and packing the right gear, you will be prepared to enjoy the beauty of Kanchenjunga and make the most of your trek within the Kanchenjunga conservation area.

Requirements of Travel Insurance on Kanchenjunga South Base Camp Trek

Travel insurance is necessary for the Kanchenjunga South Base Camp Trek to ensure your safety and well-being throughout the journey. The insurance should cover medical expenses, emergency evacuation, trip cancellation, and loss of personal belongings. Since the trek takes place in remote areas, emergency evacuation by helicopter or other means must also be included in case of illness or injury.

Similarly, it is also essential to have insurance that includes coverage for high-altitude trekking and medical emergencies, as some insurance policies may not cover activities at altitudes above a specific limit. You should check with your insurance provider to confirm the coverage is appropriate for this trek and its particular challenges.

Altitude Sickness and Remedies during Kanchenjunga South Base Camp Trek

Altitude sickness, or acute mountain sickness (AMS), happens when you climb to high altitudes too quickly. Your body needs time to adjust to the thin air and lower oxygen levels. AMS usually starts to affect people above 2,500 meters (8,200 feet), and the risk gets higher as you go up. It is more common at higher elevations, like those on the Kanchenjunga South Base Camp Trek.

Common symptoms of AMS include headaches, dizziness, nausea, fatigue, and trouble sleeping. Since this trek reaches over 4,700 meters (16,864 feet), you are at risk, especially if you do not give your body enough time to adjust to the altitude.

Here's what you can do to prepare for Altitude Sickness:

- Gradually increase your altitude to allow your body to adjust.
- Plan for rest days at higher elevations to help your body adapt.
- Drink plenty of water to avoid dehydration, which can worsen AMS symptoms.
- Ensure you are consuming enough food to maintain energy levels.
- Avoid Alcohol and Smoking, as they can exacerbate altitude sickness.
- Be aware of the signs of AMS and descend if necessary.
- Before the trek, consult your doctor about taking Diamox or other altitude sickness medications.
- If you feel unwell, rest and consult your guide or a healthcare professional immediately.

Which Season can trekkers enjoy the most in Kanchenjunga South Base Camp?

The best times to trek to Kanchenjunga South Base Camp are Spring (March to May) and Autumn (September to November). The weather is mild in spring, with clear skies and pleasant temperatures. You will see beautiful flowers like rhododendrons in bloom, making the trek scenic and refreshing. The views of Kanchenjunga and other mountain peaks are also clear, which makes the trek enjoyable.

Autumn brings calm, crisp weather and clear skies, making it easy to see the mountains. This season is great for trekking because the temperature is mild and there's little chance of rain. Spring and Autumn are the best times for trekking since the temperatures are moderate and there's a lower chance of snow or heavy rain.

However, it is not recommended to trek during the monsoon (June to August) or winter (December to February). The monsoon season brings heavy rainfall, making the trails slippery and challenging. The temperatures drop significantly in winter, and the trails may be covered in snow, making the trek difficult and dangerous.

Kanchenjunga South vs North Base Camp: Which Trek Fits You Best?

When it comes to conquering the mighty Kanchenjunga, two legendary trails call out. One is Kanchenjunga South Base Camp trek and other is Kanchenjunga North Base Camp trek. Both north and south base camp treks give you stunning views of Kanchenjunga. However, each offers a different kind of adventure. Let's find out differences between them:

Feature	Kanchenjunga South Base Camp (Yalung Base Camp)	Kanchenjunga North Base Camp (Pangpema)
Maximum altitude	Around 4,730m (Oktang) or 4,610m (Ramche)	About 5,143m (Pangpema)
Difficulty	Moderate to hard. Slower climbs, less rough trails. Need good fitness and time to get used to the height.	Hard to very hard. Higher altitude, steep climbs, rocky glaciers. Best for very experienced trekkers.
Landscape and scenery	Beautiful forests with rhododendrons, rivers, farms, and great views of Kanchenjunga's South Face and Yalung Glacier.	Rocky glaciers and high mountains. Amazing views of Kanchenjunga's North Face and Mt. Jannu. Wild and remote feel.
Culture	Passes through villages of Limbu and Rai people with traditional ways of life.	Villages influenced by Sherpa and Tibetan culture, with monasteries and unique traditions.
Key views	Close views of Kanchenjunga South Face, Kabru, Rathong, and Yalung Glacier.	Panoramic views of Kanchenjunga North Face, Jannu, and huge kanchenjunga glaciers.
Trail type	Mostly follows rivers and forests, some rocky/glacier areas near higher points.	More rocky, open, and glacial terrain at high altitude.
Duration	Takes 12-14 days to complete the trek.	Takes 15-18 days to complete.

Accommodation	Mostly teahouses that are simple but welcoming. Fewer at high altitude.	Teahouses available but more basic and farther apart. Camping may be needed.
Remoteness	Very remote with few people, though slightly busier than north side.	Extremely remote, very quiet and wild.

So, now the main question arises: who should choose which:

Choose South Base Camp if:

- You want a slightly easier trek that still challenges you.
- You like seeing a mix of forests, farms, and mountains.
- You want to experience the culture of Limbu and Rai villages.
- You want to see the beautiful Yalung Glacier and south side of Mt Kanchenjunga.

Choose North Base Camp if:

- You are very fit and want a tough, high-altitude trek.
- You want the most dramatic, close-up views of north Kanchenjunga.
- You want a raw wilderness experience far from crowds.
- You are interested in Sherpa and Tibetan Buddhist culture.

But, If you have extra days and are very fit, the Kanchenjunga Circuit trek (20-25+ days) is perfect for you. This trek links both North and South Base Camps. It is the ultimate Kanchenjunga adventure, but only for experienced trekkers who want a serious challenge and a full experience.

Address

Address:

Galkopakha Marg – Kathmandu – Nepal