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Kanchenjunga Base Camp Trek

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

Trip Code

NBT 028

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

16

Per Person From

USD 1,910

Accommodation

Tea Houses & Lodges

Region

Makalu

Max. Altitude

5,143 m / 16,873 ft

Nature Of Trek

Lodge to Lodge Trekking

Best Season

September, November, March, May

Activity Per Day

4-7 Hours

Transportation

Domestic Flight, Bus, Jeep

Tea Houses & Lodges

Breakfast, Lunch, and Dinner

Strenuous

Our "Strenuous" trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Highlights Of Kanchenjunga Trek

- Visit both the South and North Base Camps of Mount Kanchenjunga.
- Experience diverse landscapes, from lush forests to high-altitude alpine meadows.
- Encounter remote villages and interact with local communities.
- Cross high mountain passes with panoramic views of the Himalayas.

- Explore the unique flora and fauna of the Kanchenjunga Conservation Area.
- Witness traditional Tibetan Buddhist culture and monasteries along the route.
- Marvel at the majestic peaks of Mount Kanchenjunga, the third highest in the world.
- Enjoy the solitude and pristine natural beauty of the eastern Himalayas.

Kanchenjunga Trek Overview

The Kanchenjunga Base Camp Trek in Nepal is a fantastic adventure that will lead you to the southern and northern base camps of Mount Kanchenjunga, which stands at 8,586 meters (28,169 feet). This trekking route lies on the border of Nepal and Sikkim and is one of the few where trekkers can visit two base camps. As the **world's third highest mountain**, it is known as a holy site across the border in Sikkim, where climbing directly to its main summit is traditionally restricted out of respect for its sacred status.

The cultural and geographic beauty of the trek combine to make it popular with travelers. Kanchenjunga Trek is *challenging and recommended for **experienced hikers** and physically fit trekkers*. The trail passes through alpine meadows, forests, high passes, and rocky terrains. These include beautiful scenery and ideal exposure to the Himalayan region.

There is likely to be some change in weather, particularly during flying in the Himalayan region from Kathmandu to Bhadrapur. Therefore, there may be some delays or even cancellations of the flights. Flexibility is crucial to ensure a smooth trip, and we recommend adding buffer days to your itinerary after the trek to accommodate any unforeseen changes.

Trip Itinerary

Day 01: Kathmandu (1300 m / 4265 ft) to Bhadrapur (91 m / 299 ft) by flight, then drive to Ilam (1,208 m / 3,963 ft)

You will start your Trip by flying from Kathmandu to Bhadrapur on a short, beautiful flight of 40-50 minutes. After reaching Bhadrapur, you will take a road trip to Ilam, at 1677m/5501ft., which is famous as Nepal's tea garden capital. This will take you about a 5-hour drive through beautiful scenery. This day helps you leave behind the hustle of Kathmandu. It readies you for the green hills of Ilam, where your trek awaits.

Trek Distance:

650 km / 404 miles (Flight + Drive)

Trek Duration

5-6 Hours Drive

Highest Altitude:

Ilam (1,208 m / 3,963 ft)

Flight Hours:

1 Hour Flight

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Tamu Ilam in Ilam

Day 02: Ilam (1,208 m / 3,963 ft) to Taplejung (1,440 m / 4,724 ft) by drive

On the 2nd day of the Kanchenjunga Trek, you start the central part of the journey, driving for 5 hrs from Ilam to Taplejung. It passes through shades of green terraced fields and hills to reach Taplejung, with an altitude of 1,820 meters (5,971 feet) above sea level. When you get there during the day, you can take time to roam around the town after lunch.

Taplejung is an exciting area of the country, and it is very popular for numerous Buddhist monasteries called gompas. One of these gompas has butter lamps, the lights of which have been burning for 400 years. It is a great day to get familiar with the region's altitude, the locals' traditions, and cultural and spiritual values.

Trek Distance:

242 km / 150 miles (Drive)

Trek Duration

7-9 Hours by Drive

Highest Altitude:

Taplejung (1,440 m / 4,724 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Janu Inn in Taplejung

Day 03: Taplejung (1,440 m / 4,724 ft) to Sekathum (1,576 m / 5,170 ft) by drive

On the third day of the Kanchenjunga Trek, you will start by taking a short jeep ride from Taplejung to Sekathum. This drive will take you deeper into the Kanchenjunga area, which covers diverse terrain and scenic landscapes, helping you reach your destination more quickly. Sekathum is located at an altitude of 1600 meters and is an entry point to the trekking trails. It is surrounded by natural beauty and calmness. This lets trekkers relax before their expedition.

Trek Distance:

40 km / 25 miles Drive

Trek Duration

4-5 Hours by jeep

Highest Altitude:

Sekathum (1,576 m / 5,170 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Namaste Guest House in Sekathum

Day 04: Sekathum (1,576 m / 5,170 ft) to Amjilosa (2,510 m / 8,235 ft)

Sekathum to Amjilosa is the beginning of the actual Kanchenjunga trek. After having breakfast, you will proceed on the track, which involves several steep inclines that may be rigorous. The tour is roughly a five-hour hike on different terrains, including forests, valleys, and stepped fields. This route does not have any available food stopping points apart from Jaubari, which is halfway through the route, so ensure you

pack some food and enough water for the day.

Despite the demanding ascent, you will eventually arrive in the picturesque seasonal village of Amjilosa at an altitude of 2,510 meters (8,234 feet). This stop will provide great opportunities to rest, take breathtaking views, and get used to the altitude before trekking.

Trek Distance:

10 km / 6.2 miles

Trek Duration

6-7 Hours trek

Highest Altitude:

Amjilosa (2,510 m / 8,235 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Amjilosa Guest House in Amjilosa

Day 05: Amjilosa (2,510 m / 8,235 ft) to Gyabla (2,730 m / 8,957 ft)

On the fifth day, you will move from Amjilosa to Gyabla, a 4-hour trek. The trail follows the Ghunsa Khola Valley. It passes through attractive rhododendron and oak forests. It also crosses several side streams and rivers. Some of these paths can be slippery, so be cautious while walking, especially on the stone-based stairs and where the ground is muddy.

Gyabla is at an altitude of 2,730 meters (8,956 feet) and comprises a few Tibetan-styled houses occupied by people of various ethnic origins. Still, most of them are Tibetans who relocated to the area several generations back. As the trek is shorter than the other one, you can wander around the beautiful nature, meet the families that own the teahouse, and experience the authentic culture of the region and its warm welcome.

Trek Distance:

12 km / 7.5 miles

Trek Duration

5-6 Hours trek

Highest Altitude:

Gyabla (2,730 m / 8,957 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Namaste Guest House in Gyabla

Day 06: Gyabla (2,730 m / 8,957 ft) to Ghunsa (3,410 m / 11,188 ft)

The sixth day involves the trek from Gyabla to Ghunsa, which takes about four hours. While the hours are not very long, the altitude gained is considerable. As you approach 3,595 meters (11,794 feet), it's essential to maintain a steady pace to get used to the higher altitude.

When you get to Ghunsa, the largest village in this region, you get more developed amenities, such as a

health post and a police station. The teahouses here are even more modernized; some even provide an internet connection. You can walk around the village to visit the local monastery.

Trek Distance:

10 km / 6.2 miles

Trek Duration

5-6 Hours trek

Highest Altitude:

Ghunsa (3,410 m / 11,188 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Peaceful Guest House in Ghunsa

Day 07: Acclimatization Day in Ghunsa (3,410 m / 11,188 ft)

Day 7 is an acclimatization in Ghunsa at 3,595 meters (11,794 feet) of altitude. Due to the rise in altitude, it's essential to spend some time here adjusting to it. After breakfast, taking short walks around the village or up to the higher ridges is advised. They are ideal for acclimatization since movement helps at high altitudes. It is advisable to discuss with the guide which areas they recommend for a visit. Ghunsa is the most prominent place in the area, so it offers some local shops and opportunities to interact with the Sherpa community. You can visit the Kanchenjunga Conservation Area HQ or explore the village. It is known for its beauty and peacefulness.

Trek Duration

short hike (optional)

Highest Altitude:

Ghunsa (3,410 m / 11,188 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Peaceful Guest House in Ghunsa

Day 08: Ghunsa to Kambachen (4,050 m / 13,287 ft)

On Day 8, while moving from Ghunsa to Kambachen (4,100 m / 13,451 ft), the trekkers encounter a relatively more arduous path than the previous days. Walking through a glacier valley, you will encounter rocky trails and areas likely to be affected by landslides. Despite the shorter distance, the increased altitude makes the hike more strenuous. While ascending, you can see beautiful views of Mount Jannu, one of the area's great mountains. This short hike will feel more challenging due to the steep climb. But, the view of Kambachen, a remote village amid towering peaks, will reward you. At the end, enjoy the beautiful sunset over Mt. Jannu after getting to the basic teahouses.

Trek Distance:

12 km / 7.5 miles

Trek Duration

5-6 Hours trek

Highest Altitude:

Kambachen (4,050 m / 13,287 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

White House Hotel in Kambachen

Day 9: Acclimatization Day in Kambachen (4,050 m / 13,287 ft)

On day nine, because of the elevation, you will rest in Kambachen at 4,100m / 13,451ft to help the body adjust to the high altitude. Wake up early for a leisurely breakfast and then commence a short, gentle hike to an elevated ridge above Kambachen. This is a 2- 3 hour hike, and on reaching the top, you get extraordinary sights of the Kanchenjunga range with the best view of Jannu. The trail is technical in some areas and has some rough areas, but it is advisable to climb because of the pretty views.

Spend the morning descending to Kambachen. Then, rest and stroll around the tiny settlement in the afternoon. This peaceful place is a small village located in a cozy valley with high mountains on each side. Always ensure your body is well hydrated for the acclimatization process, and make sure you move slowly. This preparation is essential, especially when climbing to other areas in the next few days as you advance to higher altitudes.

Trek Duration

Short Hike

Highest Altitude:

Kambachen (4,050 m / 13,287 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

White House Hotel in Kambachen

Day 10: Kambachen to Lhonak (4,780 m / 15,682 ft)

On Day 10, you will trek from Kambachen to Lhonak (4,785 m / 15,698 ft). It involves crossing the moraine of the Kanchenjunga Glacier. It will immerse you in high mountains, surrounded by stunning peaks. The trek is thrilling, and you will feel like you are in the high Himalayas. This area is famous for snow leopards, but you'll unlikely spot them, as snow leopards avoid contact with people.

Lhonak has tea houses and lodges. It is a key stop for many trekkers on the Kanchenjunga Base Camp trek. Due to its elevated barren land, these accommodation facilities are more like dormitories with limited services.

Trek Distance:

10 km / 6.2 miles

Trek Duration

5-6 Hours trek

Highest Altitude:

Lhonak (4,780 m / 15,682 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Lhonak Guest House in Lhonak

Day 11: Day Trip to Kanchenjunga North Base Camp (5,143 m / 16,873 ft) and back to Lhonak

Today, you will go on one of the most fascinating treks from Lhonak (4,785m/15,698ft) to Kanchenjunga North Base Camp. This demanding 8-hour trek is done early in the morning. After breakfast, walk through the Kanchenjunga Glacier moraines. You'll reach the North Base Camp, marked by Buddhist prayer flags.

The beautiful views of Kanchenjunga, Jannu, Pyramid Peak, and other giants make the demanding trek truly rewarding. Upon arrival, take a few minutes to look around and capture some beautiful memories. Then, retrace your steps back to Lhonak.

Trek Distance:

16 km / 10 miles (round trip)

Trek Duration

6-7 Hours

Highest Altitude:

Kanchenjunga North Base Camp (5,143 m / 16,873 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Lhonak Guest House in Lhonak

Day 12: Lhonak (4,780 m / 15,682 ft) to Ghunsa (3,410 m / 11,188 ft)

On Day 12, it is time to head back home. Begin by walking from Lhonak (4,785m/ 15,698 ft) and descending to Ghunsa (3,595 m / 11,794 ft). It is a 7-hour trek that takes one downhill to low grounds, passing through moraine and glacier tracks.

You will stop in Kambachen for lunch along the way, revisiting the village before continuing along the Tamor River towards Ghunsa. The descent presents an opportunity to relax and contemplate the experience and the shift in geography from mountains to plains and forests. After reaching Ghunsa, you will have time to refresh and prepare for the following days.

Trek Distance:

22 km / 13.7 miles

Trek Duration

6-7 Hours trek

Highest Altitude:

Ghunsa (3,410 m / 11,188 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Peaceful Guest House in Ghunsa

Day 13: Ghunsa to Amjilosa (2,510 m / 8,235 ft)

On Day 13, you will trek from Ghunsa (3,595 m / 11,794 ft) to Amjilosa (2,510 m / 8,234 ft). These last seven hours, passing through the meadows and forests, are relatively easy with the altitude drop, but the paths require caution due to the irregular terrain. As you arrive in Amjilosa, you will find a welcoming teahouse to have a break and contemplate the journey.

Trek Distance:

20 km / 12.4 miles

Trek Duration

6-7 Hours trek

Highest Altitude:

Amjilosa (2,510 m / 8,235 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Peaceful Guest House in Ghunsa

Day 14: Amjilosa to Sekathum (1,576 m / 5,170 ft)

On Day 14, you will trek from Amjilosa (2,510 m / 8,234 ft) to Sekathum (1,600 m / 5,250 ft). This is the last day of trekking in this adventure, and the terrain is relatively easy, with primarily downhill hiking. You will hike along the stunning Dudh Koshi River, cross suspension bridges, and marvel at the soaring peaks of the valleys. The last few kilometers are relatively flat, making for a relaxing end to your journey before arriving in Sekathum.

Trek Distance:

10 km / 6.2 miles

Trek Duration

5-6 Hours

Highest Altitude:

Sekathum (1,576 m / 5,170 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Namaste Guest House in Sekathum

Day 15: Sekathum to Taplejung to Ilam (1,208 m / 3,963 ft) by drive

On Day 15, you will drive from Sekathum to Taplejung and Ilam. This Trip takes approximately 10-12 hours, beginning on poor roads and then on improved roads as it descends to the Terai town of Bhadrapur. After reaching Bhadrapur, you can rest at a hotel and have time for well-deserved fun in recognition of your successful journey.

Trek Distance:

280 km / 174 miles (Drive)

Trek Duration

10-12 Hours drive

Highest Altitude:

Ilam (1,208 m / 3,963 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Tamu Ilam in Ilam

Day 16: Drive to Bhadrapur and Flight to Kathmandu

On Day 16, you will fly from Bhadrapur back to Kathmandu with a spectacular view of the Kathmandu valley. Finally, as you are flying, the high mountains you just explored will be visible from your window. When you arrive at Kathmandu's 1,400 m / 4,600 ft altitude, you'll have time to relax and reflect on your adventure.

Leaving the forested areas behind, we will trek through a dry, barren landscape dotted with juniper and Burberry bushes. As we navigate uphill across a large landslide area, we will see fabulous vistas of the Khumbakarna Himal. Our day will conclude with a descent to our overnight camp at Kangbachen, overlooking majestic peaks like Mt. Sharphu and the North Face of Mt. Janu with Wedge Peak in the backdrop.

Trek Distance:

44 km / 27 miles Drive

Trek Duration

1.5 hour Drive

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Flight Hours:

1 Hour Flight

Meals:

Breakfast, Lunch, and Farewell Dinner

Inclusion on Kanchenjunga Base Camp Trek Price

- All ground transportation in Bhadrapu-Taplejung-Sekhathum-Ilam-Bhadrapur
- Flight Fare for Kathmandu-Bhadrapur-Kathmandu
- 15 Nights Best Accommodations during the trekk
- Meals at your Choice during the trek (Breakfast, Lunch, & Dinner)
- Choice of Hot Tea/Coffee during the trek
- All trekking Permit, and Local Entrance Fees
- An Experienced Mountain guide (Government License Holder)
- Local Strong Porter (above two people)
- Down Filled Sleeping bag to use during the trek
- Down Filled Jacket to use during the trek
- Waterproof Duffel bag to use during the trek

- Seasonal fruits, Dry fruits, and Cookies during the trek
- No extra charge for food during the trek
- Trekking Insurance for guides and porters
- Your insurance will pay Emergency Helicopter Rescue
- All Medical supplies (first aid kit will be available) on the trek
- All government taxes & service charges of Nepal Base Camp Treks

Exclusion on Kanchenjunga Base Camp Trek Price

- Deserts (cakes, bakes and pies)
- Bottled drinks, Boiled Water, W-Fi, hot shower
- Personal Expenses any type
- Travel insurance and evacuation insurance
- Tipping for Guide and Porter Appreciate

Group Discounts Available

No. of Persons	Price per Person
1 - 2	USD 1,950
3 - 5	USD 1,930
6 - 9	USD 1,910
10 - 14	USD 1,880
15 - 19	USD 1,860
20 - 30	USD 1,830

Trip Information

Kanchenjunga South Base Camp trek

The Kanchenjunga South Base Camp Trek is situated in eastern Nepal, between the borders of Sikkim and India, and within the conservation area. The Kanchenjunga South Base Camp Trek is relatively complex, as it will pass through the forest meadows, cross several glacial rivers, and several Limbu, Rai, and Sherpa villages. The trek usually starts at Taplejung, which can be reached by flight from Kathmandu or by jeep from Bhadrapur. From here, the trek passes through the rhododendron forests, past the beautiful fields of the terrace, and then through the stunning terrains until it reaches the base camp of 4730 meters (1518 feet).

Key Facts About Kanchenjunga Base Camp Trek

- **Elevation:** The trek arrives at the south base camp at 4730 meters above sea level.
- **Duration:** Standard trekking time takes between 18 and 21 days, with the likelihood of having acclimatization days embedded in the specific trail.
- **Remote Location:** One of the trek's surprises was the lack of modern tourism attractions like lodges, making the experience much more serene than the EBC trek offers.

Kanchenjunga North Base Camp trek

Kanchenjunga North Base Camp Trek is a challenging trek that requires moderate physical fitness and proper acclimatization because it takes you to an altitude of over 5000 meters. Located in the eastern region of Nepal, near the Tibetan border, it takes you to the base of Kanchenjunga, the third tallest mountain in the world at 8,586 meters/28,169 feet. You have to be well equipped; it is essential because you will travel through the countryside and mountains and have few hospitals.

Key Facts:

- **Elevation:** The trek reaches North Base Camp (Pangpema), 5,143 meters (16,873 feet) high.
- **Duration:** It usually lasts 15 to 25 days, though it may be longer based on the necessity of acclimatization.
- **Best Seasons:** The best months that are favorable for trekking are the spring season, which is from March up to May, and the autumn season, which starts from September up to November. Spring is characterized by the bright red blossom of the rhododendron, while autumn is characterized by a more transparent atmosphere and a better mountain view.

Length And Terrain Of The Kanchenjunga Base Camp Trek

Based on the itinerary, a standard Kanchenjunga Base Camp Trek covers approximately **220 to 260 kilometers (137 to 161 miles)**. The trekking involves various ecosystems, from lowland tropical rainforests to temperate pastures and ice fields.

Lowlands: In the early stages, you hike across slopes of terraced farmland through forests and valleys of rivers. Most trails are easy to follow, but the paths may become slippery or muddy during the monsoon season.

Mid-Altitude: The higher you go, the higher the elevation of the land, and it becomes more rocky. You will discover beautiful areas of rhododendron and bamboo forests, as well as suspension bridges over rivers and streams. The formations have easy slopes as well as inclined slopes in between.

High Altitude: Above 4,000 meters of altitude, more complicated and harsh conditions prevail. You hike on rocks, moraines, and valleys of glaciers. Some have steep slopes where landslides are possible and should be carefully crossed. The trails become steeper and less well-defined after a certain altitude.

Kanchenjunga Accommodations

Accommodations along the Kanchenjunga Trek range from basic tea houses to camping. Here's what you can expect:

Tea Houses and Lodges

Tea houses offer fundamental accommodation. They typically consist of simple rooms with twin beds. Rooms can be cold, and we recommend you bring your **sleeping bag**. Most tea houses have shared bathroom facilities. The availability of hot water is limited, especially at higher altitudes. There is usually a communal dining area where you can gather, eat, and warm up by the fire in the evening. In simple terms, they focus on providing basic shelter and meals.

Camping

Camping may be necessary in more remote trek sections, particularly near the higher base camps. If you are camping, your trekking agency usually provides tents, sleeping bags, and mats. They will also handle meal preparation. A team of porters, guides, and cooks will accompany you to set up camp, cook meals, and assist with navigation.

Acclimatization

Acclimatization is crucial when trekking to higher altitudes. It prevents **Acute Mountain Sickness** and ensures your trek is safe and enjoyable. *Proper acclimatization is vital during the Kanchenjunga Base Camp Trek, which reaches around 5,000 meters.* You should be aware of the symptoms of altitude sickness, including headache, nausea, dizziness, and shortness of breath. Acclimatization helps your body adjust to lower oxygen levels at high altitudes. It reduces the risk of symptoms and lets you trek more comfortably. Here are some measures you can follow to prevent altitude sickness:

- Ascent gradually to allow your body time to adjust.
- Climb to a higher altitude during the day and descend to sleep at a lower elevation.
- Stay well-hydrated and maintain a balanced diet rich in carbohydrates.
- Incorporating rest days into your itinerary is essential.
- Pay attention to how you feel and communicate any symptoms to your guide.

Dining Option Across The Kanchenjunga Trek

Along the trek, tea houses and lodges serve simple and hearty meals. You will find staple Nepali dishes like dal bhat (rice with lentils), vegetable curry, and fried rice on the menu. These staples are sources of carbohydrates and essential for energy during the long days of trekking. As you ascend higher, the variety of food decreases. Some places may offer basic international options, like pasta, noodles, and pancakes. But those are costly and scarce.

These meals are typically made using local ingredients. Tea houses do their best to accommodate dietary needs, but options might be limited. The atmosphere in tea houses is welcoming, and they provide a comfortable place to rest and refuel during your trek.

- **Breakfast:** Tibetan bread, chapati, porridge, eggs (boiled, scrambled, or omelets), and pancakes with honey or jam.
- **Lunch and Dinner:** Dal Bhat, momo (Nepali dumplings), thukpa (noodle soup), fried noodles, and sometimes yak meat dishes.
- **Snacks:** Biscuits, chocolates, boiled potatoes, and seasonal fruits.

Best Time For Kanchenjunga Trek

The **best time** for the Kanchenjunga trek is during the **Pre-monsoon(Spring)** and **Post-monsoon (Autumn)** seasons. During these seasons, the weather is more transparent, offering the best views of snow-capped mountains and surrounding areas.

Spring

Spring starts in March and ends in May. This Season is ideal for trekking if you want to experience the blooming rhododendrons and other wildflowers. This adds vibrant colors to your trekking experience. Also, the weather is clear, and the temperature is mild. You will also have a slight chance of encountering rainfall. Trekking this Season is perfect, but the chance of altitude sickness is a little high because of the blooming rhododendrons.

Autumn

Autumn lasts from September to November. Like spring, this Season is mild and straightforward, but you have a massive chance of encountering mild rainfall, which increases the difficulty of the trek. Also, significant festivals fall during this Season. Trekking in autumn will give you a huge chance to experience Nepal's rich culture and traditions. But make sure you book your accommodation beforehand, as the trail is **full of crowds**.

Besides that, we recommend you refrain from trekking during winter (December to February) and summer (June to August). These are the most unfavorable seasons for trekking. You will encounter massive rainfall in summer, making the trail slippery and risky. Similarly, in winter, snow fills the trails, making them slippery.

Kanchenjunga Trek Difficulty

The Kanchenjunga Trek is one of the more **challenging** treks in Nepal, with *daily hikes lasting 5 to 7 hours. You must pass varied terrain, including steep ascents and descents, rocky paths, moraines, and glaciers.* The trek reaches around 5,000 meters at the North Base Camp (Pang Pema). The high altitude poses a risk of **Acute Mountain Sickness** (AMS), so proper acclimatization is essential.

Weather is another difficulty when trekking towards the Kanchenjunga Trek. *The weather in the Himalayas is unpredictable, and you can see sudden changes.* The temperature during the day can be mild, but it can go beyond 0 degrees at night. You must prepare for cold temperatures, especially at night, when they can drop below freezing.

When you trek in Kanchenjunga, accommodations are basic. Tea houses and lodges provide necessary services without many luxuries. Because the trek is in a remote area, fewer amenities are available. You will need to be more self-sufficient during your journey. *Hiring experienced **guides and porters** is strongly advised.* They know the area, offer support, and can help in emergencies. Overall, the Kanchenjunga Base Camp Trek is challenging. It is best suited for trekkers who have prior experience with high-altitude trekking.

Permits Needed For KBC Trek

When trekking to Kanchenjunga, you will need several permits. Each permit serves a specific purpose, ensures your safety, and contributes to the area's conservation. Here's a detailed explanation:

Kanchenjunga Restricted Area Permit (RAP):

This permit is mandatory, as the Nepalese government has restricted Kanchenjunga to protect its fragile environment and local cultures. You can get this permit from a registered trekking agency in Kathmandu or the Department of Immigration there.

Price: USD 20 per person per week for the first four weeks, USD 25 per week after four weeks.

Kanchenjunga Conservation Area Project (KCAP) Permit:

This permit is necessary for entry into the Kanchenjunga Conservation Area. The fees collected contribute to conservation efforts, infrastructure development, and local community support. Where to Get: You can obtain this permit at the Nepal Tourism Board office in Kathmandu or directly at the entry point of the conservation area.

Price: NPR 2,000 per person (approximately USD 20).

TIMS (Trekbers' Information Management System) Card:

The TIMS card helps track trekkers in the Himalayas, ensuring their safety and security. It helps during emergencies such as rescue if you need it. You can get the TIMS card at the Nepal Tourism Board office in Kathmandu or Pokhara, or through your trekking agency.

Price: NPR 2,000 per person for individual trekkers. If you are trekking with an agency, it costs NPR 1,000 per person

Physical Fitness & Preparations for the Kanchenjunga Circuit Trek

Endurance and Stamina

The Kanchenjunga Circuit Trek is a remarkable trek involving long days of hiking or walking for **5 to 7 hours on average**. It should be noted that enduring ability is necessary. *In preparation, one is advised to undergo endurance activities, including hiking, jogging, cycling, or swimming, at least 3-4 times a week, 3-6 months before the trekking exercise.* Building up the amount of exercise time and the level of exertion is the thing that will enable one to accomplish the amount of effort required on rugged terrains.

Leg Strength and Core Fitness

The terrain of the Kanchenjunga Circuit features steep climbs and descents, which require significant leg strength. *Many sections involve **walking up and down steep trails** with sharp rocks and stones.* To prepare your legs for the workout, incorporate strength exercises such as squats and running up the stairs. Various planks and sit-ups would improve core strength and make the respondent stable and balanced in certain terrains during the trek.

Acclimatization and Altitude Training

Crossing 5,000 meters (16,400 feet) posed the problem of thin air, in which the danger of **acute mountain sickness** is always lurking. To prepare for high altitudes, it is advisable to undergo high-altitude training or use a fake altitude exercise mask. *Frequent hikes to elevations above 2,500 meters (8,200 feet) can help your **body adapt**, allowing you to handle the high altitudes experienced in trekking.*

Mental Preparation

The Kanchenjunga Circuit is a tough one, and most of the time, it leads the trekkers to areas with few facilities. It requires mental strength to maintain energy and enthusiasm throughout the trek. Perhaps one could consider doing more extended hikes or even multi-day backpacking trials to strengthen one's character. Introducing the visualization method and preparing psychologically for the work can help people remain optimistic when confronted with trek requirements.

Cardiovascular Fitness

During your day-to-day activities, you will physically rise and establish yourself at higher altitudes, putting a lot of pressure on your cardiovascular system because of the **lower oxygen levels**. However, to ensure your heart can exert the required amount of effort, it is necessary to include cardiovascular exercises in your fitness program, such as jogging, cycling, or aerobic dancing. All these exercises will increase your heart and lung capacity to help you do better in the physical aspects of the trek.

Transport Options for Kanchenjunga Circuit Trek

In the case of the Kanchenjunga Circuit Trek, there are various mode of transportation available, which has their advantages and disadvantages:

- **Flight:** The journey starts with a 40-50 minute flight from Kathmandu to Bhadrapur in southern Nepal. This flying trip provides excellent views of the Himalayan range and valleys, which makes it very interesting and exciting to start trekking.
- **Bus:** Local buses are available from Bhadrapur. From there, one can move to Ilam and Taplejung. This is the most economical option, but it can sometimes be longer because it may have to stop very often, and the state of the roads can also play a part.
- **Jeep:** If you wish to travel more comfortably and quickly, you can hire a private or shared jeep from Bhadrapur to Ilam and then to Taplejung. The jeep offers a comfortable and picturesque mode of transportation, and the time taken is shorter than that of the bus.

Travel Insurance

Travel insurance is **essential** for the Kanchenjunga Trek. The trek involves high-altitude climbing and medical emergencies. *Therefore, having insurance is vital to cover those uncertainties.* Furthermore, you might also need **emergency evacuations**, including helicopter rescues. Sometimes, trips may be canceled or interrupted. Personal belongings may be lost or stolen. Thus, getting travel insurance before going to any of the Himalayas in Nepal is best. This ensures safety and provides peace of mind.

*When selecting a policy, you should look for high-altitude trekking coverage up to **5,500 meters**.* The insurance should also cover emergency medical evacuation, trip cancellation, and interruption. You can choose popular insurers like World Nomads, IMG Global, and Allianz. *The cost of such policies typically ranges between **\$100 and \$200**.* Reading the policy details and carrying the required documents for a safe, enjoyable trek is vital.

Where is Kanchenjunga located?

Kanchenjunga is in the eastern part of the great Himalayas. *It lies between Nepal's **Kanchenjunga***

Conservation Area and India's *Khangchendzonga National Park*. Both are protected areas. They have rich, diverse biospheres and are home to endangered species, like the snow leopard and red panda.

Geographically, the mountain is located in Nepal, with its main base camps located in the remote Taplejung District of Nepal's far east. The **northern and southern base camps** can be reached from Nepal, making it a beautiful trekking area for mountain adventures. As in Sikkim, it is called a sacred mountain, and climbing has been forbidden since ancient times because of cultural and religious beliefs.

Still, it is possible to approach the mountain via the Goecha La trek in Sikkim, but it does not provide direct access to the base camps. The hill's location makes it a cultural and environmental bridge between Nepal and Sikkim. Therefore, it is a site of great religious and ecological importance.

How many people have climbed Kanchenjunga?

By 2018, according to the available records, 312 climbers had succeeded in climbing Mt Kanchenjunga, and the **success rate** was about 21%, which was the climbers to the fatal deaths. This high fatality rate proves the mountain is difficult due to its rugged topography, unfavorable climate, and technical climbing. It is climbed less frequently than other **8,000-meter peaks** because of the rugged terrain and lack of accessibility.

Frequently Asked Questions

Is the Kanchenjung trek safe?

Yes, the Kanchenjunga trek is generally safe under proper guidance and preparation. It involves trekking through remote mountainous terrain. So you should be in good physical fitness and have greater mental endurance. Also, never miss to include the proper acclimatization days on your trekking itinerary.

How to do the Kanchenjunga trek?

You must plan and prepare well to do the Kanchenjunga trek. This includes getting permits, hiring a qualified guide, and ensuring enough supplies and equipment. You can trek independently or through organized trekking agencies. But we recommend you go to an agency for more safety.

How long is the trek to Kanchenjunga Base Camp?

The trek to Kanchenjunga Base Camp takes 18 to 25 days. It depends on the chosen route and acclimatization stops. The Trip covers approximately 150 to 200 kilometers (93 to 124 miles) round Trip, with a daily hike of 6 to 7 hours.

Can a beginner climb the Kanchenjunga Trek?

Yes, the Kanchenjunga Trek is doable for fit beginners with some high-altitude trekking experience. It requires stamina, acclimatization to high altitudes, and prep for remote, tough conditions. However, if you do not have prior experience, we recommend hiring a guide to enhance your safety.

How much does it cost to climb Kanchenjunga?

The cost of climbing Kanchenjunga ranges between \$1500 and \$5000 per person. It depends on several factors. These include the chosen route, the trekking agency or guide hired, the trek's duration, and the preferred level of service and accommodations.

Do I need a guide for the Kanchenjunga Trek?

While trekking to Kanchenjunga can be done independently, it is highly recommended that you hire a guide. A guide ensures your safety, helps you navigate remote areas, and provides cultural insights. Guides also assist with permits and logistics.

Who is the youngest climber of Kanchenjunga?

The 18-year-old Nima Rinji Sherpa reached the top of Kanchenjunga for the first time on Saturday with his climbing partner.

Can you see Everest from Kanchenjunga?

No, Mount Everest cannot be seen from Kanchenjunga. Although both peaks are in the eastern Himalayas, the distance between them and several other mountain ranges is vast. Hence, one cannot directly view Mount Everest from Kanchenjunga or its base camp.

What is the difference between Mount Everest and Kanchenjunga?

The main difference is their altitude: Mount Everest is the tallest mountain, 8,848 meters high. At the same time, Kanchenjunga ranks third at 8,586 meters. Everest receives more climbers, unlike Kanchenjunga, which is less climbed, technically tricky, and considered dangerous because of weather conditions.

Why is it called Kanchenjunga?

Kanchenjunga comes from the Tibetan "Kang-Chen-Dzö-Nga." It means "The Five Treasures of the Great Snow." Local beliefs say the name reflects the mountain's five peaks. They symbolize five sacred treasures: gold, silver, gems, grain, and holy scriptures.

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