Kanchenjunga Trek : 21 Days (All- inclusive)

3 Star Hotel Package

2700USD per person

*Including healthy meals

5 Star Hotel Package

3100USD per person

*Including healthy meals

Trip Style: Trekking

Trip Difficulty: Challenging

Kanchenjunga Trek: A Journey to the Sacred Peaks of the Himalayas, Where Adventure Meets Awe

The **Kanchenjunga Trek** is a journey of a lifetime, taking you deep into the heart of the Eastern Himalayas to the base of the third-highest mountain in the world, Kanchenjunga. This trek offers an unparalleled experience for adventurers seeking both beauty and challenge. The route leads through lush forests, remote villages, and high-altitude landscapes, providing stunning views of snow-capped peaks and diverse wildlife.

As you walk through the **Kanchenjunga** Conservation Area, you'll encounter rich cultural traditions, with opportunities to interact with the indigenous Limbu and Rai communities. The trek is a true off-the-beaten-path adventure, far from the crowds, offering solitude and the chance to connect with nature in its purest form.

Reaching the **Kanchenjunga Base Camp** is a truly humbling experience, standing at the foot of this majestic mountain, surrounded by dramatic glaciers and towering peaks. The trek is physically demanding, requiring proper acclimatization and preparation, but the reward is an overwhelming sense of accomplishment and awe at the raw beauty of the Himalayas. This is not just a trek; it's a profound, life-changing experience.

Why Trekkers Choose Mountain Sherpa Trekking for the Kanchenjunga Trek:

1. **Authentic Sherpa-Owned Company:** As a family-run Sherpa company, we offer genuine, heartfelt hospitality and deep local knowledge that only the Sherpas can provide.
2. **26+ Years of Expertise:** With over two decades of experience in Himalayan trekking, we ensure a safe, well-planned, and unforgettable journey.
3. **Unmatched Quality Service:** From the moment you book with us, expect top-notch service, personalized attention, and a hassle-free adventure.
4. **Expert Sherpa Guides and Team:** Our highly skilled Sherpa guides and support team are dedicated to making your trek both safe and enriching.
5. **Flexible & Customizable Itineraries:** We tailor our itineraries to fit your schedule, interests, and budget, offering the perfect balance of adventure and comfort.
6. **Carefully Designed Itineraries:** Our treks are meticulously planned to maximize acclimatization, minimize risks, and ensure a rewarding experience.
7. **Warm Sherpa Hospitality:** We welcome you like family, ensuring that your journey is filled with warmth, kindness, and cultural immersion that you'll cherish forever.

Book your **Kanchenjunga trek** with Mountain Sherpa Trekking and experience the Himalayas like never before, guided by the people who call these mountains home.

DURATION: 21 days

ITINERARY

Day o1:: Arrival in Kathmandu (1,400m / 4,593ft)

Upon arrival in **Kathmandu,** you'll be warmly welcomed and escorted to your hotel to relax and soak in the excitement of the journey ahead. Meet your guide for a final briefing, where any questions will be answered, ensuring you're ready for the adventure of a lifetime. As the evening unfolds, explore the vibrant streets of Kathmandu, immersing yourself in its rich culture. Rest peacefully in your hotel, knowing an unforgettable adventure awaits you at sunrise.

Day 02:: Half day city tour and Trek preparation-Hotel

After a hearty breakfast, we'll begin an unforgettable half-day city tour, diving deep into Kathmandu's vibrant cultural and historical tapestry. Our first stop takes us to the awe-inspiring **Swayambhunath,** the "Monkey Temple" – a sacred Buddhist stupa perched high on a hill, offering breathtaking panoramic views of the city below. As you take in the serenity of this spiritual haven, you'll feel the essence of Nepal's ancient traditions all around you.

Next, we'll step into the heart of Nepal's rich history at **Kathmandu Durbar Square,** a UNESCO World Heritage Site where time seems to stand still. Here, you'll wander through intricate palaces, majestic temples, and bustling courtyards, all enveloped in the energy of a place where ancient kings once ruled. It's a living testament to Nepal's heritage and a perfect introduction to the wonders that await you.

Afterward, we'll immerse ourselves in the colorful chaos of **Thamel Market**, a lively hub brimming with the energy of local traders, artisans, and trekkers alike. It's the ideal place to grab any last-minute gear or equipment for your trek – whether it's trekking boots, jackets, or simply something to remind you of this incredible journey you're about to embark on. The market's vibrant atmosphere will energize you, ensuring you're all set for the adventure ahead.

The remainder of the day in Kathmandu is yours to relax and recharge. You'll have time to reflect on the excitement of the day and let the vibrant spirit of Nepal seep into your soul. This is more than just preparation; it's a chance to connect with the heart of the Himalayas before you set off on your life-changing trek. By the end of this day, you'll feel ready—body, mind, and spirit—for the adventure of a lifetime.

day 03:: Fly to Bhadrapur & Drive to Suketar (2,420m / 7,939ft)

Arriving in Bhadrapur, your heart will race with excitement as you board the vehicle for a scenic drive to Suketar, nestled at an altitude of 2,420 meters (7,939 feet). The road winds through lush green hills and picturesque villages, offering a first taste of the beauty that awaits. As you approach **Suketar,** the cool mountain air and breathtaking views of the Eastern Himalayas will remind you that you are on the edge of a new adventure, one that will stay in your heart forever. With every twist and turn of the road, the anticipation builds as you draw closer to the start of your trek.

day 04:: Trek from Suketar to Lali Kharka (2,290m / 7,510ft)

The trek from **Suketar to Lali Kharka**, situated at 2,290 meters (7,510 feet), is an unforgettable journey through the untouched beauty of eastern Nepal. As you climb, you are enveloped by the tranquil atmosphere of the rugged landscape, where every step reveals breathtaking views of lush forests, terraced fields, and distant snow-capped peaks. The air grows crisp and the heart swells with a deep sense of connection to the land, as the path leads you through vibrant villages, where warm smiles greet you like old friends. This is not just a trek; it's an invitation to experience the soul of the Himalayas in its purest, most awe-inspiring form.

day 05:: Trek from Lali Kharka to Kande Bhanjyang (2,780m / 9,120ft)

The trek from Lali Kharka to Kande Bhanjyang is a breathtaking journey that will leave you in awe of the Himalayan beauty surrounding you. It takes about 6-7 hours, winding through lush forests, charming villages, and scenic terraced fields. The trail gently ascends, offering stunning views of snow-capped peaks and deep valleys. As you reach Kande Bhanjyang (2,780m), the fresh mountain air fills your lungs, and the quiet serenity of this secluded spot is enough to stir deep emotions, making every step worth the effort.

day 06:: Trek from Kande Bhanjyang to Ghunsa (3,595m / 11,794ft)

The trek from **Kande Bhanjyang to Ghunsa** (at 3,595m / 11,794ft) is part of the popular Kanchenjunga Circuit in eastern Nepal. This portion typically takes about 6 to 8 hours of trekking, depending on your pace and acclimatization.

The trail involves a combination of steep ascents, descents, and various terrain types, so it's important to maintain a steady pace, especially considering the altitude. Be sure to take breaks to stay hydrated and acclimatize properly to avoid altitude sickness. Your trek will be led by our expert Sherpa guide, who will carefully guide you every step of the way and ensure you have enough rest stops.

day 07:: Acclimatization Day at Ghunsa (3,595m / 11,794ft)

An acclimatization day at Ghunsa (3,595m / 11,794ft) is crucial for proper adjustment to the altitude. It allows your body to adapt to the thinning air and helps prevent altitude sickness as you continue ascending. During this day, you can take a short hike to higher elevations, such as around **Khangbachen** or **Rammachha,** before returning to Ghunsa for rest. This gradual ascent ensures that you gain the necessary acclimatization, promoting a safer and more enjoyable trek ahead.

day 08:: Trek from Ghunsa to Kambachen (4,100m / 13,451ft)

The trek from Ghunsa to Kambachen (at 4,100m / 13,451ft) typically takes around 5 to 7 hours, covering a distance of approximately 12-14 kilometers. The trail passes through lush forests, scenic villages, and gradually ascends through rocky terrain, offering stunning views of Kanchenjunga and the surrounding peaks. As you approach Kambachen, the altitude increases, so it's crucial to trek at a steady pace and take frequent rest stops for proper acclimatization. The terrain becomes more rugged and barren as you near Kambachen, with great views of the surrounding high mountains, including Jannu and Kanchenjunga.

day 09:: Trek from Kambachen to Lhonak (4,780m / 15,682ft)

The trek from **Kambachen to Lhonak (4,780m / 15,682ft)** is a challenging but rewarding leg of the Kanchenjunga Circuit. This section typically takes around 4 to 5 hours, covering a distance of approximately 8 to 10 kilometers. The trail ascends steadily through a rocky and rugged terrain, with spectacular views of snow-capped peaks and alpine landscapes. Due to the altitude, it's essential to take it slow, stay hydrated, and allow time for acclimatization to avoid altitude sickness.

day 10:: Trek to Kanchenjunga Base Camp (5,143m / 16,876ft)

The trek from **Lhonak** to **Kanchenjunga Base Camp** (5,143m / 16,876ft) typically takes about 4 to 5 hours. The trail involves a gradual ascent, passing through rocky terrain, moraines, and alpine meadows. As you approach the base camp, the altitude becomes more pronounced, so it's crucial to pace yourself and stay well-acclimatized. The views of Kanchenjunga and its surrounding peaks from the base camp are spectacular, making it a rewarding destination for trekkers.

day 11:: Explore Kanchenjunga Base Camp (5,143m / 16,876ft)

Kanchenjunga Base Camp (5,143m / 16,876ft) sits at the foot of Mount Kanchenjunga, the third-highest mountain in the world. The trek to the base camp offers breathtaking views of towering peaks, glaciers, and lush

valleys. Today we'll spend the day exploring the area, soaking in panoramic views of Kanchenjunga's majestic north, south, and central summits. This is a truly unique and awe-inspiring location for trekkers seeking an unforgettable Himalayan experience.

day 12:: Trek from Kanchenjunga Base Camp to Lhonak (4,780m / 15,682ft)

The trek back from Kanchenjunga Base Camp to Lhonak (4,780m / 15,682ft) typically takes around 6 to 7 hours. The route descends from the base camp, passing through rugged terrain with some steep sections. As you descend, the altitude decreases, making the trek less strenuous, but still challenging due to the uneven paths and occasional rocky stretches.

day 13:: Trek from Lhonak to Kambachen (4,100m / 13,451ft)

The trek from **Lhonak to Kambachen** (at 4,100m / 13,451ft) in the Kanchenjunga region typically takes around 5 to 6 hours. The trail descends gradually through alpine meadows and forests, offering breathtaking views of the majestic mountains around you. While the descent is less strenuous than the ascent, our experienced **Sherpa guide** will be by your side every step of the way, ensuring you feel supported and allowing you to fully enjoy each moment of this unforgettable journey. Remember to pace yourself and stay hydrated for a safe and memorable return.

day 14:: Trek from Kambachen to Ghunsa (3,595m / 11,794ft)

The trek from **Kambachen to Ghunsa** (3,595m / 11,794ft) is a **beautiful descent** that takes approximately 4 to 5 hours. As you make your way down, the trail winds gently through lush, vibrant forests, offering breathtaking views of the surrounding peaks. The descent is moderate, yet trekkers should remain cautious, particularly on slippery sections, which can be more challenging after rainfall.

Our **experienced Sherpa guide** will be with you every step of the way, providing unwavering support and guidance, ensuring you feel confident and secure. Their presence will allow you to embrace each moment of this unforgettable journey with peace of mind.

Upon reaching **Ghunsa,** you'll be greeted by its **tranquil atmosphere**, a perfect place to rest and soak in the serene beauty of the village. This peaceful stop is the perfect opportunity to reflect on the journey thus far before continuing onward. Every step of this trek is a new adventure, filled with awe-inspiring landscapes and moments of quiet wonder.

day 15:: Trek from Ghunsa to Sele La (4,290m / 14,078ft)

The return trek from **Ghunsa to Sele La (4,290m / 14,078ft)** is an unforgettable journey that challenges both your physical endurance and mental strength. As you ascend, the air thins, and the breathtaking Himalayan views stretch endlessly, making every step a triumph. The steep climb tests your limits, but the sense of accomplishment with each hard-won gain is indescribable. Reaching Sele La feels like standing at the roof of the world, with the majestic peaks surrounding you and a profound sense of peace in the heart. It's a journey that will leave an indelible mark on your soul.

Day 16:: Trek from Sele La to Cheram (3,870m / 12,697ft)

The descent from Sele La takes you through beautiful landscapes to the village of Cheram, where you'll stay overnight. The route offers amazing views of Kanchenjunga and other surrounding peaks.

day 17:: Trek from Cheram to Thiwa (2,230m / 7,316ft)

The final leg of the trek takes you down to Thiwa, a village located at a lower altitude, where you can relax and reflect on the unforgettable journey.

day 18:: Trek from Thiwa to Suketar & Drive to Bhadrapur

Altitude: 2,420m / 7,939ft

Trek back to Suketar and then drive to Bhadrapur. The journey provides the opportunity to reflect on your incredible adventure through the Kanchenjunga region.

day 19:: Fly from Bhadrapur back to Kathmandu 1,400m / 4,593ft

Fly from Bhadrapur back to Kathmandu, where you'll have time to relax and enjoy your final moments in Nepal before your departure.

day 20:: Recharge and Explore: A Rest Day to Unwind in Kathmandu

This day is your chance to relax and recharge—whether recovering from the trek or treating yourself after a successful adventure. If all went smoothly, use it as a bonus to explore Kathmandu's vibrant culture. Wander through bustling markets like Thamel or Asan for unique souvenirs, or immerse yourself in the ancient beauty of **Patan** and B**haktapur,** with their stunning temples and rich history. For a more peaceful retreat, unwind at your hotel with a **luxurious massage** from Mountain Sherpa Trekking, soothing your muscles and restoring your spirit. It's your moment to savor, before the flying back to home.

day 21:: Transfer to international Airport and Fly back to Home

After a hearty breakfast, our team will be there to escort you to the airport, ensuring a smooth and comfortable transfer from your hotel. It has been an incredible honor to guide you through the breathtaking landscapes of Nepal, and we at **Mountain Sherpa Trekking & Expeditions** will forever treasure the bonds we've shared. Your adventurous spirit has made this journey truly special, and we're so grateful you chose us as your trekking partner.

The beauty of the **Kanchenjunga region**, from its towering peaks to the warmth of its **Sherpa culture**, will forever remain in our hearts and, we hope, in yours as well. As you depart, know that we are bidding you a heartfelt farewell, but also hoping for the day we can welcome you back for another unforgettable adventure.

Please Note: While we aim to follow the itinerary, the mountains can be unpredictable. Please know that any necessary adjustments are made with your safety and well-being as our top priority. Thank you for your trust, and for the memories we've created together. You'll always have a place with us, and we look forward to the day our paths cross again.

Cost Includes

Transports & Accommodations

- Airport arrival pickup and departure drop-off by private car.
- 4 nights in a 4/5-star hotel in the city, including breakfast.
- Round-trip flight from Kathmandu to Bhadrapur.
- Jeep transfer from Bhadrapur. to Suketar and back after the trek.
- Basic tea house lodge accommodations for the entire trek.

Meals & Drinks Included As Per Below

- Buffet breakfast is included during your stay in the city.
- All meals (breakfast, lunch, and dinner) are included throughout the entire trek.
- Hot beverages such as tea, coffee, and lemon tea are provided during the trek.

- A welcome or farewell dinner in Kathmandu is included.

Best Sherpa Guide & Porters Will Be Provided

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole.
- Warm sleeping bags and down jackets will be provided if required.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for oxygen saturation as well as heart rates

Staff Pay, Insurance & Required Permits

- Pay and insurance for guide and support staff
- Kanchenjunga Conservation Area entry permit fee
- Guide and driver during city tour in Kathmandu
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We provide a complimentary Local Market Guiding Service for our valued clients to purchase souvenirs at both wholesale and local prices.

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek