

## 17 days Kangchenjunga north Basecamp trek

### **Overview**

The **Kangchenjunga North Base Camp Trek** is a thrilling adventure into the remote northeastern region of Nepal, leading to the base of **Mt. Kangchenjunga (8,586m)**, the world's third-highest peak. This trek offers an off-the-beaten-path experience, taking travelers through untouched landscapes, dense forests, and high-altitude glaciers while immersing them in the unique culture of local ethnic communities. The journey begins with a flight from Kathmandu to **Bhadrapur**, followed by a scenic drive to **Taplejung**, the trek's starting point. As trekkers ascend through traditional villages like **Sekathum, Amjilosa, and Ghunsa**, they are rewarded with breathtaking views of **Kangchenjunga, Jannu (Kumbhakarna), and other Himalayan peaks**.

One of the major highlights of this trek is the **Kangchenjunga Conservation Area**, home to diverse flora and fauna, including the elusive **snow leopard, red panda, and Himalayan blue sheep**. The region is also rich in cultural diversity, with indigenous communities such as the **Sherpa, Rai, and Limbu** offering warm hospitality and insights into their traditions. Unlike more commercialized trekking routes, the Kangchenjunga North Base Camp Trek remains peaceful and less crowded, providing a truly immersive experience in Nepal's wild and unexplored highlands.

Reaching the North Base Camp at **Pangpema (5,143m)** is a challenging yet rewarding feat, with panoramic vistas of Kangchenjunga and its surrounding peaks making the effort worthwhile. This trek is best suited for **experienced trekkers** seeking a demanding yet awe-inspiring journey in one of the most secluded regions of the Himalayas. The ideal trekking seasons are **spring (March-May) and autumn (September-November)** when the weather is stable, and the views are at their best. For those craving adventure in an untouched Himalayan paradise, the Kangchenjunga North Base Camp Trek offers an unforgettable experience.

### **Detailed Itinerary**

#### **Day 1: Arrival in Kathmandu**

Upon your arrival in international airport in Kathmandu, our representative will pick you up and transfer to the hotel. After all checking in procedure, you can rest and relax at the hotel. In the evening you will be taken to Thamel where you can find good restaurants, gear shops, money exchangers, ATMs, and others. After the exploration of the Thamel you will be taken to our office for the explanation and short brief of the trip. Overnight at the hotel. And if your arrival is late then briefing would be done next day.

#### **Day 2: Kathmandu Sightseeing (5-6 hrs)**

Today you will be taken for the sightseeing tour around Kathmandu which include Pashupatinath Temple and Bouddhanath stupa.

Pashupatinath Temple is the famous religious destination for the Hindus as it is one of the biggest Hindu temples devoted to Lord Shiva and lies at the bank of Bagmati River. It is also enlisted in UNESCO's world heritage site. During the visit you can see the cremation process of Hindu dead people at the bank of Bagmati River.

Bouddhanath stupa is another UNESCO's heritage site which is also one of the biggest stupas in terms of size and height. The site is peaceful and built based on Mahayana Buddhist Philosophy.

After the tour you will return to the hotel and prepare for the trek. Overnight at the hotel.

**Day 3: fly to Bhadrapur from Kathmandu 45 min of flight and drive to Taplejung (1,820 m) 8-9 hrs Jeep ride**

After having a breakfast at your hotel, your guide will take you to the airport for the flight to Bhadrapur. Reaching Bhadrapur airport, you will take a jeep ride to reach Taplejung. No hiking will be conducted today as you got tired by long jeep ride on bumpy road. Yet you can enjoy serene environment reaching Taplejung. You can immerse yourself in local culture and be prepared for the short jeep ride yet enjoyable ride for tomorrow. Overnight at a local lodge in Taplejung.

**Day 4: Taplejung to Sekathum (1,650 m) 4-5 hours drive**

After having breakfast at Taplejung, you will take a jeep ride to Sekathum. Sekathum is a place from where you will begin your trek tomorrow. Today you will have enough time to roam around local villages and take part in the daily activities of locals. Today you will complete all the paperwork which are required for the Kanchenjunga trek. Overnight at a local lodge.

**Day 5: Sekathum to Amjilosa (2,498 m) 4-6 hours**

Walking through various suspension bridges and Rhododendron forests, small settlements, with constant uphill and downhill trail, you reach Amjilosa. Overnight at a local lodge.

**Day 6: Amjilosa to Gyabla (2,725 m) 4-5 hours**

Today's major part of hike will be at the bank of Ghunsa river. Also you walk through dense forest, where if you be lucky enough, you could spot a rare red panda. Today you will get some glimpse of some snow-capped peaks. Overnight at a local lodge.

**Day 7: Gyabla to Ghunsa (3,415m) 4-5 hours**

Today's hike is majorly on a dense forest. Himalayan yaks can be encountered on the way taking goods upward and downward which are required for the locals and trekkers visiting a area. Overnight at a local lodge in Ghunsa.

**Day 8: Rest Day in Ghunsa for acclimatization, side hike to Napchu Pokhari (4,952 m)**

To avoid altitude sickness and for the rest of the body, you will stay in Ghunsa for this day. The day will be enjoyable because of the magnificent views of surrounding peaks such as Jannu,

Sarphu ranges peaks and Nagphu. For the acclimatization purpose you can hike up to Nupchu Pokharai. (4,952 m)

**Day 9: Ghunsa to Khambachen (4,145 m) 4-6 hours**

Today you can see majestic peaks such as Jannu (7,711 m), Pholesobi Thongje (6,652 m), Temachungi (6,305 m) and others during the hike from the village of Rambuk Kharka and Lyakep. Overnight at a local lodge.

**Day 10: Khambachen to Lhonak (4,792 m) 4-6 hours**

Walking through the dry lake and the side of Kanchenjunga Glacier, and following the trail of Ghunsa river you reach Lhonak. On the way, you can experience majestic Kanchenjunga, third tallest peak in the world and other peaks. Overnight at a local lodge in Lhonak.

**Day 11: Lhonak to Pangpema base camp (Kanchenjunga North Basecamp) (5,143 m) and return to Lhonak 7-8 hours**

You reach at the highest point of your trek, 5,143 m at the north basecamp of the third highest peak of the world. The awe-inspiring views of mountain makes your tough walk of past days make totally worth it and gives you the confidence of self-accomplishment. After some time in the lap of Himalayas, you return back to Lhonak. Overnight at a local lodge.

**Day 12: Lhonak to Ghunsa (3,595 m) 6-8 hours**

The walk for today is about descending to the Ghunsa. The walk will be tiring for the feet as you walk constantly downhill. The mountain views and beautiful Rhododendron forests makes your walk beautiful and memorable. Overnight at a local lodge in Ghunsa.

**Day 13: Ghunsa to Thangyam (3,870 m) 5-6 hrs walk**

You will climb gradually through pine and Rhododendron forest and descend crossing yak pastures and small streams. You will get some glimpse of Mt. Kanchenjunga and others surrounding peaks on the trail. Overnight at a local lodge in Thangyam.

**Day 14: Thangyam to Lamatar (2,800 m) 5-7 hrs walk**

At first you walk uphill on this day and gradual downhill till Dhuncha river. After passing suspension bridge, the trail is almost plane which makes your walk easier than other days. Overnight at a local lodge at Lamatar.

**Day 15: Lamatar to Sekathum (1,650 m) 4 hrs and Drive to Taplegunj (5-6 hrs)**

Today's hike will be shorter and the day is last day to spend in the mountain. Walking downhill and passing small settlements, you reach Sekathum and have your lunch. Later you take a drive to reach Taplegunj where you will spend your night in a lodge.

**Day 16: Drive from Taplegunj to Bhadrapur 8 hrs drive and fly back to Kathmandu 45 mins flight**

After having an early breakfast, you will take a long jeep ride to reach Bhadrapur airport to take a flight to Kathmandu. Overnight at a hotel in Kathmandu.

### **Day 17: Love Kathmandu Tour**

Today we take a walking tour of the local area to experience the historical, cultural, and spiritual riches of Kathmandu. We unveil the social and historical mysteries, see the artistic heritage and traditional crafts, and capture shots of the centuries-old monuments. You will discover some of the city's hidden places on this sightseeing tour. We explore the local market of Ason, glass bead market at Indrachowk, the oldest supermarket at New Road, Kilagal, the Hidden Stupa, etc. Then we walk to Kathmandu Durbar Square. The most unique experience in the square is a visit to the temple of the living goddess "Kumari". Durbar Square walking tour is a perfect mixture of the culture, history, art, architecture, and traditional values prevalent in the Kathmandu Valley. When we finish sightseeing, you can return to the hotel by walking.

### **Day 18: Departure**

As per your flight schedule, we will drop you to the Tribhuvan International Airport, 3 hours prior to your flight.

### **Cost Includes:**

- Airport pick-up and Drop-Off (Domestic and International)
- 3-star standard hotel with Breakfast in Kathmandu
- All sightseeing activities in Kathmandu with a licensed tour guide, private transportation and entry fees
- Breakfast, Lunch, Dinner, Tea/Coffee during the trek
- Tea-House Accommodation during the trek
- A professional, licensed trekking guide and each porter per two clients
- All required permits
- Kathmandu-Bhadrapur-Kathmandu flight tickets
- Salary and insurance for a guide and porters
- Seasonal fruits and first aid medicine box
- Private transportation as per the requirements (Bhadrapur-Taplegunj-Sekathum-Taplejung-Bhadrapur)
- Government Taxes and office service charge

### **Cost Excludes:**

- Any kinds of personal expenses (cold or hard drinks, cigarettes and others)
- Lunch and Dinner in Kathmandu
- Travel Insurance

- Tips for guide and porter
- Any unforeseen expenses
- Any other expenses not mentioned in "Cost Includes" section

## **Equipment Checklist**

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

### *General*

1. Down sleeping bag (you can borrow with us if required).
2. Duffel or Rucksack bag (you can borrow with us if required).
3. Daypack
4. Down Jacket (you can borrow with us if required).
5. Fleece liner (you can borrow with us if required).
6. Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
7. Water bottle with purification tablets.
8. Hand wash liquids.
9. Lip guard.
10. Sun-block cream.
11. Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

### *Upper Body - Head / Ears / Eyes*

1. Cap and ears covering hat.
2. Glacier glasses
3. Head torch.
4. Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

### *Hand*

1. Hand gloves (One light pair and One warmer pair)

### *Body*

1. T-shirts – few.
2. Light and weight thermal tops and warm thermal top.
3. Light jacket and vest.
4. Wind and rain jacket.
5. Shirts and warm shirts.

#### *Lower Body – Legs*

1. Long and short hiking pants.
2. Lightweight and warm long underwear.
3. Rain and windproof trousers and warm trekking trousers.

#### *Feet*

1. Thin and thick socks.
2. Trekking boots, light shoes, and sandal.
3. Trekking Gaiters.

#### *Medicines and First Aid Kits*

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

1. Headache and fever medicine.
2. Ibuprofen for general aches and pains.
3. Burnt cream.
4. Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
5. Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
6. Antibiotics.
7. Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

#### *Miscellaneous*

1. Passport and extra passport photos (2 copies).
2. Durable wallet/pouch for travel documents, money and passport.

3. Pocket knife.
4. Bandanas.
5. Favorite snack foods and energy bars
6. Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
7. Binoculars.
8. Camera.

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.