

Kanchenjunga Circuit Trek: A Remote Himalayan Adventure

Overview:

The Kanchenjunga Circuit Trek is one of Nepal's most rewarding and least explored trekking adventures. Set in the remote eastern Himalayas, this remarkable journey circles the foothills of Mt. Kanchenjunga (8,586 m), the world's third-highest mountain, through an extraordinary landscape of ancient forests, alpine meadows, glacial valleys, and traditional mountain villages. For trekkers seeking genuine wilderness rather than crowded trails, few routes in Nepal offer an experience as authentic and immersive.

Unlike the Everest and Annapurna regions, Kanchenjunga has remained largely untouched by mass tourism. Days often pass with only a handful of fellow trekkers on the trail, allowing you to experience the Himalayas in their most natural form. Along the way, you'll pass through welcoming Limbu, Rai, Sherpa, and Tibetan-influenced communities, where local traditions, Buddhist monasteries, and a slower pace of life continue much as they have for generations.

One of the highlights of the trek is reaching both Pangpema (Kanchenjunga North Base Camp) and Oktang (Kanchenjunga South Base Camp), each offering a unique perspective of the Kanchenjunga massif. Crossing the scenic Sele La Pass connects the two valleys and rewards trekkers with breathtaking views of towering snow-covered peaks, hanging glaciers, and remote Himalayan landscapes that few visitors ever witness.

The trek lies within the Kanchenjunga Conservation Area, a protected region renowned for its exceptional biodiversity. Dense rhododendron and pine forests provide habitat for rare wildlife, including the red panda, Himalayan black bear, musk deer, blue sheep, and the elusive snow leopard. The combination of dramatic mountain scenery and pristine ecosystems makes this one of Nepal's most remarkable trekking destinations.

The Kanchenjunga Circuit Trek typically takes around 23 days to complete and is best suited to experienced trekkers with a good level of fitness. As a restricted trekking region, special permits and a licensed guide are required, helping preserve the area's unique culture and fragile environment.

For those looking to venture beyond Nepal's classic trekking routes, the Kanchenjunga Circuit Trek offers something increasingly rare in the Himalayas: true solitude, rich cultural encounters, and an unforgettable journey through one of the last great wilderness regions on Earth.

Quick facts:

Cost: USD per Person

Destinations: Bhadrapur / Taplejung / Khambachen / Kanchenjunga Base Camp / Sinion La / Oktang / Suketar

Duration: 23 Days

Trek starting point: Sekathum

Trek ending point: Suketar

Grade: Strenuous

Transportation: Domestic flight / Private vehicle / Public Jeep

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 5,143 m

Activities: Hiking & trekking, cultural tour, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▣ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel.

▣ **Day 2: Kathmandu Sightseeing and preparation for trekking**

Morning wake-up and breakfast in the hotel

Our guide will meet you at your hotel and brief you about the upcoming trek. He will guide you through all the formalities and necessary paperwork required for the trek.

After that, we then do a sightseeing tour in Kathmandu Valley of famous UNESCO world heritage sites like Boudhanath, one of the largest Stupas in the world; Swayambhunath, a famous monkey temple; and Pashupatinath, a sacred Hindu temple complex. Apart from Sightseeing, we also get a TIMS card and permits for our trekking on this day. In the evening, we do initial preparation for the trek.

Overnight at the hotel.

▣ **Day 3: Fly from Kathmandu to Bhadrapur and Drive to Taplejung (1,820 m) | 8 – 10 hours drive**

After an early breakfast, we transfer to the airport for our flight from Kathmandu to Bhadrapur. The short flight takes us from the Himalayan capital to the warm plains of eastern Nepal, where our overland journey toward the mountains begins.

Upon arrival, we meet our vehicle and drive through Birtamod before gradually climbing into the hills of Ilam, Nepal's renowned tea-growing region. The road winds through green tea estates, small villages, and forested ridges, offering a completely different landscape from what we left behind in Kathmandu. We stop for lunch along the way and continue our drive through Phidim, one of the major settlements of eastern Nepal and an important trading center for the surrounding hill districts.

As the day progresses, the road follows a series of ridges and valleys with occasional views toward the higher mountains. The drive is long but rewarding, providing a glimpse into daily life in eastern Nepal, far from the country's more frequently visited trekking regions. By late afternoon, we arrive in Taplejung Bazaar (1,820m), the administrative headquarters of Taplejung District and the traditional gateway to the Kanchenjunga region.

After checking into our lodge, there is time to relax, explore the town, and make final preparations before beginning the trek the following day. Overnight stay at a teahouse or lodge.

▮ **Day 4: Drive from Taplejung to Sekathum (1,650 m) and Trek to Amjilosa (2510 m): Walking Distance: 7 km | 2 – 3 hours**

This morning, we leave Taplejung behind and continue our journey deeper into the Kanchenjunga region. A jeep drive along a rough mountain road takes us through the settlements of Mitlung, Sinwa, and Chiruwa, following the Tamor River through a landscape of terraced fields, cardamom plantations, and forested hillsides. Although the road can be challenging at times, it offers a fascinating introduction to the remote valleys and communities that characterize eastern Nepal.

After approximately 4 – 5 hours of driving, we reach Sekathum (1,650m), where the road ends and our trek begins. Following lunch, we cross a suspension bridge over the Tamor River and enter the narrow valley of the Ghunsa Khola. The trail climbs steadily through lush subtropical forest, passing waterfalls and small resting points used by local villagers and porters traveling between settlements.

As we gain altitude, the surroundings become quieter and more remote, providing the first true sense of being in the Kanchenjunga wilderness. After 2 – 3 hours on the trail, we arrive at Amjilosa (2,510m), a small settlement nestled on a hillside above the river. The village serves as an important stop for trekkers heading north toward Ghunsa and Kanchenjunga Base Camp. Overnight stay at a teahouse.

▮ **Day 5: Trek from Amjilosa to Gyabla (Kyapra, 2,730 m): Walking Distance | 7 – 8 km | 4 – 5 hours**

Leaving Amjilosa in the morning, we continue our ascent deeper into the Ghunsa Khola valley. The trail immediately enters a quiet stretch of dense forest, where bamboo, rhododendron, and pine line the steep hillsides and the river can be heard far below. The path is narrow in sections but well-defined, used mainly by trekkers and local porters connecting the remote settlements of the upper valley.

As we gain altitude, the surroundings begin to shift noticeably. The air becomes cooler, and the vegetation gradually thins, revealing more open views across the valley. Along the way, we pass a few small resting points used by locals traveling between villages, though the route remains largely untouched and peaceful.

After approximately 4 – 5 hours of steady trekking, we arrive at Gyabla (also known as Kyapra), a small Tibetan-influenced settlement nestled on a hillside above the river. The village is quiet and traditional, with stone houses, prayer flags, and a strong sense of isolation that reflects life in this remote part of eastern Nepal. Overnight stay at a teahouse.

▯ **Day 6: Trek from Gyabla to Ghunsa (3,540 m) : Walking Distance | 10 – 11 km | 5 – 6 hours**

From Gyabla, the trail gradually climbs into a higher and more open section of the Ghunsa Khola valley as we make our way toward Ghunsa. The route continues through dense forest in the early part of the day, with bamboo and rhododendron giving way to pine as the altitude increases and the valley slowly broadens.

The walking is steady with a mix of gentle ascents and a few steeper sections. Along the way, we pass Phale, a small Tibetan-influenced settlement with traditional stone houses, prayer flags, and chortens that reflect the strong Buddhist heritage of this remote region. It is one of the key cultural points on today's route before continuing further up the valley.

After approximately 5 – 6 hours of trekking, the landscape becomes more alpine in character, with clearer views of surrounding ridges and distant snow peaks. We eventually arrive at Ghunsa (3,540m), one of the most important settlements in the Kanchenjunga region, set in a wide valley surrounded by forested slopes and high mountains. Overnight stay at a teahouse.

▯ **Day 7: Trek from Ghunsa to Khambachen (4,050 m): Walking Distance | 9 – 11 km | 5 – 6 hours**

Departing Ghunsa, we make our way deeper into the upper reaches of the Ghunsa Khola valley, where the trail steadily climbs into a noticeably more rugged and alpine environment. The forest begins to thin out as we progress, replaced by open slopes, rocky terrain, and increasingly dramatic views of the surrounding Himalayan walls.

Not long after leaving the village, the route crosses the exposed Lhiyep section, a traversing path carved into a steep hillside above the river. This stretch is known locally for its exposure and occasional rockfall, particularly during unsettled weather, and is crossed carefully before the trail continues into more stable ground further ahead.

Further along the valley, the scenery becomes more striking with each step. The massive pyramid of Jannu (Kumbhakarna, 7,710 m) gradually comes into full view, dominating the skyline and serving as one of the key visual highlights of this section of the trek. Glacial formations and high ridgelines also begin to define the horizon as we move deeper into the high Himalaya.

After approximately 5 – 6 hours of trekking from Ghunsa, we reach Khambachen (4,050m), a remote settlement surrounded by cliffs, ice, and towering peaks, set in one of the most dramatic landscapes of the entire Kanchenjunga region. Overnight stay at a teahouse.

▯ **Day 8: Acclimatization Day**

We spend a full day in Khambachen for acclimatization, allowing the body to adjust to the increasing altitude before moving further into the high Himalaya. The morning begins at a relaxed pace, with time to enjoy the quiet surroundings of the valley and the impressive views of the surrounding peaks, including the dramatic face of Jannu (Kumbhakarna, 7,710 m), which dominates the skyline above the settlement.

After breakfast, we set out on a short acclimatization hike into the surrounding slopes above Khambachen. The trail climbs gradually over rocky terrain and alpine meadows, offering expansive views of the Ghunsa Valley and nearby glaciers. This gradual ascent helps improve

acclimatization while also providing a closer look at the rugged high-altitude landscape that defines this region.

After spending some time at a higher elevation, we descend back to Khambachen for lunch and rest. The afternoon is free to relax, explore the settlement, or simply take in the mountain scenery. As one of the most remote villages on the route, Khambachen offers a peaceful environment surrounded by towering cliffs, ice formations, and the constant sound of the Ghunsa Khola below. Overnight stay at a teahouse.

▣ **Day 9: Trek from Khambachen to Lhonak (4,780 m): Walking Distance | 7 – 9 km | 4 – 5 hours**

After an early breakfast, we leave Khambachen and begin our climb into the upper Kanchenjunga valley, where the landscape quickly opens into a broad glacial basin. The trail follows the upper Ghunsa Valley, gradually moving into a more rugged and exposed alpine environment surrounded by towering ridges and moraine slopes.

As we gain altitude, vegetation fades away and the terrain becomes increasingly raw, made up of rock, ice, and braided meltwater streams spreading across the valley floor. The walking slows naturally due to altitude and uneven ground, with a growing sense of isolation as we enter this remote high-mountain section.

Throughout the day, the massive peak of Jannu (Kumbhakarna, 7,710 m) remains a dominant presence in the background, while the valley ahead opens toward the glacial world leading up to Kanchenjunga. After approximately 4 – 5 hours of trekking, we arrive at Lhonak (4,780m), a small seasonal settlement on a wide glacial plain beneath dramatic Himalayan peaks. Overnight stay at a teahouse.

▣ **Day 10: Hike to Kanchenjunga North Base Camp (5,143 m) and return to Lhonak | 7 – 9 hours**

Today is dedicated to a high-altitude hike to Kanchenjunga North Base Camp (Pangpema), one of the most spectacular viewpoints in the entire Himalaya. We leave Lhonak early and follow the broad glacial valley north, where the landscape is completely dominated by ice, moraine, and towering mountain walls. The trail is gradual but fully exposed, with no vegetation and a strong sense of isolation throughout the walk.

As we approach Pangpema, the valley opens dramatically and the immense north face of Kanchenjunga (8,586 m) gradually comes into view, rising above a complex system of glaciers and icefalls. The scale of the surrounding peaks becomes overwhelming, offering one of the closest and most dramatic perspectives of the mountain range. Time is spent at base camp to rest and take in the scenery before beginning the return journey.

We retrace our steps back through the glacial valley to Lhonak, completing a long but unforgettable day in the high Himalaya. Overnight stay at a teahouse.

▣ **Day 11: Trek from Lhonak to Ghunsa (3,540 m): Walking Distance | 19 – 21 km | 7 – 8 hours**

From the high glacial basin of Lhonak, we start our long descent back into the Ghunsa Valley, retracing our steps south through one of the most remote sections of the Kanchenjunga region. The trail initially crosses the open moraine fields beneath towering peaks, where the landscape remains stark and exposed before gradually softening as we lose altitude.

As we continue downhill, the vast alpine basin slowly narrows and vegetation begins to reappear along the river corridor. The route follows the Ghunsa Khola for much of the day, offering a continuous reference point as the valley transitions from glacial terrain back into alpine meadows and scattered forest patches.

Further down, the surroundings become noticeably greener, and the valley feels more sheltered as we approach the upper forest zone above Khambachen. On clear days, distant views of Jannu may still be visible above the ridgelines, offering a final reminder of the high mountains we have just left behind.

After approximately 7– 8 hours of trekking, we arrive at Ghunsa (3,540m), a well-established village in the Kanchenjunga region, where the atmosphere feels comparatively warmer and more settled after the stark glacial environment of Lhonak. Overnight stay at a teahouse.

▮ **Day 12: Trek from Ghunsa to Sele Le (4,200 m): Walking Distance | 14 – 16 km | 6 – 7 hours**

Leaving Ghunsa in the morning, we begin a steady and continuous ascent toward the high ridgelines above the Kanchenjunga valley. The trail initially follows a short section of the valley before turning sharply uphill, where the character of the trek changes from river-side walking to sustained mountain climbing on steep alpine slopes.

As we gain elevation, the landscape gradually shifts from dense alpine forest into more open terrain. Pine and rhododendron begin to thin out, replaced by rocky trails, scrub vegetation, and exposed ridgelines. The climb is physically demanding, with long uphill sections and limited flat ground, requiring a steady and controlled pace. As we rise higher, views open up toward the Kanchenjunga massif and surrounding Himalayan peaks.

After approximately 6 – 7 hours of trekking, covering around 8 – 10 km, we reach Sele Le (4,200 m), a remote high ridge camp known for its exposed alpine setting and sweeping mountain panoramas. From here, trekkers are rewarded with wide-ranging views of the Kanchenjunga range, Jannu Himal, and the vast wilderness stretching toward the Tibetan border. The dramatic high-altitude environment makes Sele Le one of the most memorable camps on the route. Overnight stay at a teahouse camp.

▮ **Day 13: Trek from Selele to Tseram (3,870 m) via Sinion La (4,646 m): Walking Distance | 9 – 11km | 7 – 8 hours**

Setting out from Sele Le (4,200 m) in the early morning, we begin a demanding high-altitude traverse across the ridge system separating the Ghunsa and Tseram valleys. The trail first climbs steadily toward Sele Le La (4,480 m), the initial pass of the day, where the terrain becomes increasingly exposed and alpine views begin to open in every direction.

From Sele Le La, the route follows a rugged ridgeline before making a final ascent to Sinion La (4,646 m). This section is remote and striking, with barren slopes, glacial remnants, and uninterrupted panoramas of Kanchenjunga, Jannu Himal, and the surrounding Himalayan peaks. The crossing of two high passes in a single day makes this one of the most physically demanding sections of the trek.

After Sinion La, the trail descends steeply into the Tseram valley, gradually re-entering a broader alpine basin beneath towering mountain walls. After approximately 7 – 8 hours of trekking, covering around 9 – 11 km, we reach Tseram (3,870 m), a quiet settlement set in a dramatic mountain amphitheatre below the southern face of Kanchenjunga. Overnight stay at a teahouse.

▯ **Day 14: Trek from Tseram to Ramche (4,580 m): Walking Distance | 6 – 7 km | 3 – 4 hours**

Departing Tseram (3,870 m) in the morning, we continue deeper into the upper Kanchenjunga valley along the course of the Simbuwa Khola. The trail follows a gradual ascent through open alpine terrain, where the valley slowly widens and the environment transitions from mixed alpine vegetation into a more barren, high glacial landscape. The walking is steady and well-formed, with moderate gradients throughout this section.

As we move higher, the scenery becomes increasingly remote and exposed. The route passes through moraine deposits and glacial outwash plains formed by the Kanchenjunga Glacier system. Mountain views begin to open in clearer weather, with the upper valley framed by high peaks, though visibility is fully dependent on seasonal cloud and local conditions.

After approximately 3–4 hours of trekking, covering around 6–7 km, we arrive at Ramche (4,580 m), a remote high-altitude settlement situated close to the edge of the glacier. It serves as a key viewpoint for exploring the upper valley and offers a raw Himalayan atmosphere surrounded by ice, rock, and high mountain terrain. Overnight stay at a teahouse or tented camp in Ramche.

▯ **Day 15: Day trek to Oktang (4,730 m) Kanchenjunga South Base Camp: Walking Distance | 7 – 8 km | 4 – 6 hours**

After breakfast at Ramche (4,580 m), we set out on an excursion to Oktang (4,730 m), the principal viewpoint of the Kanchenjunga South Base Camp region. The trail follows the upper Simbuwa Valley through open alpine terrain, crossing glacial outwash plains and moraine landscapes shaped by the immense Kanchenjunga Glacier system.

As we progress deeper into the valley, the scenery becomes increasingly dramatic. The route passes beneath the vast Yalung Glacier, one of the largest glaciers in the Kanchenjunga region, with its icefalls and moraine fields dominating the upper valley. In clear weather, Oktang offers outstanding views of the towering south face of Kanchenjunga (8,586 m) and the surrounding glaciated landscape, creating one of the most impressive mountain panoramas in eastern Nepal.

After approximately 2 – 3 hours of trekking, covering around 3.5 – 4 km, we reach Oktang (4,730 m) and spend time exploring the viewpoint and enjoying the spectacular mountain scenery. Following our visit, we retrace the same trail back to Ramche. The excursion typically takes 4–6 hours in total, covering approximately 7 – 8 km round trip. Overnight stay at a teahouse or tented camp in Ramche.

▯ **Day 16: Trek from Ramche to Lasiya Bhanjyang (3,310 m): Walking Distance | 14 – 17 km | 8 – 9 hours**

Leaving the alpine wilderness of Ramche (4,580 m), we begin our long descent toward Lasa Bhanjyang (3,310 m), retracing the trail through the upper Simbuwa Khola valley system beneath the Kanchenjunga south face. As the trail gradually loses elevation, the stark glacial terrain of the Kanchenjunga South Base Camp region gives way to alpine meadows, juniper scrub, and eventually dense rhododendron forests, offering a striking contrast to the high mountain environment of the previous days.

The route passes through Tseram (3,870 m) and follows the Simbuwa Khola downstream, traversing a landscape shaped by centuries of glacial activity. Throughout the day, impressive

views of Kabru, Rathong, and the surrounding ridgelines accompany our descent, while the warmer air and increasing vegetation signal our return to lower elevations. The trail combines long sections of gradual downhill walking with occasional short climbs, making for a rewarding journey through some of the most diverse scenery in the Kanchenjunga Conservation Area.

After approximately 8–9 hours of trekking, we arrive at Lasiya Bhanjyang (3,310 m), a tranquil mountain pass nestled among rhododendron forests and seasonal grazing pastures. The peaceful surroundings and comfortable lower elevation provide an ideal setting to rest and reflect on the remarkable journey through the remote valleys beneath the world's third-highest mountain. Overnight stay at a teahouse.

▯ **Day 17: Trek from Lasiya Bhanjyang to Yamphudin (2,080 m): Walking** **Distance | 12 – 13 km | 5 – 7 hours**

We continue our descent from Lasiya Bhanjyang (3,310 m) toward Yamphudin (2,080 m), gradually leaving the high alpine zone and entering the forested mid-hills of the southern slopes of the Kanchenjunga region. The trail drops steadily through changing vegetation, where rhododendron and alpine scrub slowly give way to dense stands of oak, fir, and mixed forest. As we lose elevation, the air becomes noticeably warmer and more humid, marking a clear transition in climate and landscape.

The path follows natural hillside contours, winding through quiet forest sections and crossing a few small streams along the way. This section is considered difficult mainly due to its long, continuous descent, uneven terrain, and occasional landslide-prone slopes, particularly after rain. While non-technical, it requires steady pacing and careful footing throughout the day. The walk is long but varied, with occasional clearings offering distant views back toward the higher ridges we have crossed.

After around 5 – 7 hours of trekking, covering approximately 12 – 13 km, we arrive at Yamphudin (2,080 m). This is one of the key settlements in the lower Kanchenjunga region, home to Limbu, Rai, and Sherpa communities. Surrounded by terraced fields and forested hills, Yamphudin presents a marked contrast to the remote high-altitude landscapes of the previous days. Overnight stay at a teahouse.

▯ **Day 18: Rest day at Yamphudin:**

A rest day in Yamphudin (2,080 m) offers a well-earned break after several demanding trekking days through the remote sections of the Kanchenjunga region. The village is set in a quiet valley surrounded by terraced fields, forested hills, and the river valleys of the lower Kabele watershed, creating a peaceful setting to recover and adjust after continuous descents from higher elevations.

This is a good opportunity to relax, rehydrate, and allow the body to recover from the sustained effort of trekking over high passes and steep terrain. For those who wish to stay active, short walks around the village provide a closer look at local life, traditional farming practices, and the daily routines of the Limbu, Rai, and Sherpa communities who inhabit this region.

Yamphudin also offers time to prepare for the next stages of the trek, with opportunities to rest properly, check gear, and enjoy the slower rhythm of lower Himalayan life. Overnight stay at a teahouse.

▮ **Day 19: Trek from Yamphudin to Phumphe Danda (1,858 m): Walking Distance | 12 – 14 km | 6 – 8 hours**

We leave Yamphudin (2,080 m) and enter the upper Kabeli Khola valley system, following a well-established trail that climbs gradually through farmland, scattered settlements, and forested slopes above the village. The river remains deep below as the route contours along the hillside, with a mix of gentle ascents and traverses through woodland terrain.

The trail climbs steadily toward Ghaticchinne Bhanjyang (approx. 2,300–2,500 m), a small ridge section where the gradient briefly steepens before entering quieter forest. From here, the route undulates through ridgelines and mixed woodland, descending gradually to Mamankhe (1,785 m), a key hillside settlement and a natural stop for rest or refreshments.

From Mamankhe, the trail continues along forested ridges with gradual ups and downs toward Phumphe Danda (1,858 m). The final section involves a steady but manageable climb through oak and rhododendron forest, with occasional clearings and local footpaths. This is typically a 6–8 hour trekking day covering around 12 – 14 km, depending on pace and trail conditions. Overnight stay at Phumphe Danda teahouse.

▮ **Day 20: Trek from Phumphe to Simbu (1,875 m): Walking Distance | 9 – 11 km | 5 – 7 hours**

We set off from Phumphe Danda (1,858 m) and enter a steadily evolving ridge trail that leads toward Khesewa (2,120 m). The path moves through cultivated slopes, scattered homesteads, and patches of mature forest, following a consistent uphill gradient that is manageable but sustained. This is a lived-in mountain route where farmland and woodland sit side by side along the ridge.

From Khesewa, the trail continues across rolling ridgelines in the direction of Kande Bhanjyang (2,130 m). Rather than a single climb, the section involves a series of gentle ascents and descents through forest corridors and narrow ridge paths. The surroundings become noticeably quieter, with fewer settlements and a more enclosed forest atmosphere.

Past Kande Bhanjyang, the route eases into a gradual descent through forested terrain and scattered fields toward Simbu (1,845 m). The walking is steady and broken by natural undulations typical of this ridge system before eventually opening into a more inhabited hillside zone. This section generally takes 5 to 7 hours to cover approximately 9 to 11 km, depending on pace and trail conditions. Overnight stay at a teahouse.

▮ **Day 21: Trek from Simbu to Suketar (2,420 m): Walking Distance: 8 – 10 km | 4 – 6 hours**

We begin our trek from Simbu (1,845 m) and take the gradual uphill trail toward Suketar (Taplejung Airport, 2,420 m), leaving behind the lower ridge settlements and entering the higher mid-hill farming belt. The path starts off through terraced fields and scattered houses, following a well-trodden route that links local villages with the district headquarters area.

The ascent continues steadily through a mix of cultivated land, cardamom plantations, and forested sections. The gradient becomes more consistent as we move higher, with stone-paved paths and woodland trails leading toward the ridgeline above Taplejung. Along the way, intermittent openings provide broad views across the surrounding valleys and hills.

The final stretch toward Suketar (2,420 m) is a continuous climb through forest and village tracks before reaching the airport ridge and nearby settlements. This section generally takes 4 to 6 hours to cover approximately 8 to 10 km, depending on walking pace and trail conditions. Overnight stay at guesthouse.

▯ **Day 22: Fly from Suketar to Biratnagar, and there to Kathmandu (1,400 m):**

After completing the trek, we take a short domestic flight from Suketar (Taplejung Airport, 2,420 m) to Biratnagar, offering a scenic farewell view of the eastern Himalayan foothills as we descend from the mountains to the plains. This is a small aircraft service, and flight operations are weather dependent, so timing can vary.

From Biratnagar, we connect to a domestic flight onward to Kathmandu, the capital city of Nepal. The second leg is a short and comfortable flight, bringing us back to the Kathmandu Valley after the trekking journey in the remote eastern Himalayas.

This marks the end of the trek, transitioning from the quiet mountain trails of Kanchenjunga region back to the urban setting of Kathmandu. Overnight stay at a hotel.

▯ **Day 23: Farewell and Final departure**

Today marks your final day in Nepal and the end of your trekking adventure. Depending on your flight schedule, you will be transferred from your hotel to Tribhuvan International Airport for your onward international departure.

This is a moment to reflect on the unforgettable journey through the Kanchenjunga region, from remote mountain trails and high passes to traditional villages and diverse cultural landscapes. The experiences and memories gathered along the way mark a truly remarkable Himalayan adventure.

Safe travels.

What's Included:

- ✓ Airport Pick-up and drop Service
- ✓ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ✓ Roundtrip airfare between Kathmandu and Bhadrapur
- ✓ Guided Tour of Kathmandu valley with an experienced tour guide
- ✓ Sightseeing charges and Entry fees
- ✓ Accommodation during the trek (teahouse / guesthouse / homestay)
- ✓ All meals during the trek (Breakfast, Lunch, Dinner)
- ✓ Transportation (Private vehicle / Local Bus or Jeep, Bhadrapur – Taplejung – Sekathum & Sekathum – Ilam – Bhadrapur airport)
- ✓ Experienced licensed English-speaking trekking guide
- ✓ Local government Entry Permit of Rs. 2000 (started in 2018)
- ✓ Insurance of the Guide and Porter
- ✓ Khanchenjunga Restricted Area Permits
- ✓ Khanchenjunga Conservation Area Permit
- ✓ TIMS (Trekking Information Management System) Trekking Permit Card
- ✓ Medical kits carried by the guide
- ✓ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ✓ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ✓ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ✗ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ✗ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ✗ Personal interest items or gears
- ✗ Tips to guide / driver / porter
- ✗ Extra night accommodation in Kathmandu in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ✗ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ✗ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.