

Mt. Bokta (6,143m) – An Untouched Himalayan Mountaineering Experience

Overview:

Mt. Bokta (6,143 m / 20,154 ft) is a remote and rarely climbed Himalayan peak located in Nepal's Kanchenjunga region, close to the borders of Tibet and India. Surrounded by some of the highest mountains in the eastern Himalayas, it offers a genuine expedition experience in one of Nepal's most isolated and least-visited alpine environments.

The expedition follows a long and scenic approach through the Kanchenjunga region, gradually leaving traditional mountain villages behind as the route enters dense forests, alpine meadows, glacial valleys, and rugged high-altitude terrain. As the journey progresses toward Base Camp, the landscape becomes increasingly wild and remote, allowing for gradual acclimatization while revealing the untouched beauty of eastern Nepal.

From Base Camp, the expedition progresses through higher camps, following an acclimatization schedule before the final summit attempt. The ascent involves glacier travel, steep snow slopes, mixed alpine terrain, and possible fixed-rope sections depending on seasonal conditions. Due to the mountain's altitude, remoteness, and technical nature, successful ascents require previous mountaineering experience, strong physical fitness, sound alpine skills, and the ability to adapt to changing weather and mountain conditions.

Beyond its technical challenges, Mt. Bokta stands out for its remarkable sense of isolation and wilderness. With relatively few expeditions visiting the region each year, climbers experience a quieter side of the Himalayas, where pristine landscapes, towering peaks, and remote valleys define the journey from beginning to end.

The summit offers spectacular views of the Kanchenjunga massif, Jannu, Makalu, and the surrounding Himalayan ranges. Combining technical climbing, remote wilderness, and authentic expedition character, Mt. Bokta is an outstanding objective for experienced climbers seeking a demanding Himalayan expedition in one of Nepal's most remote and least-visited mountain regions.

Quick facts:

Cost: USD per Person

Destinations: Taplejung / Pangpema / Oktang / Bokta Base Camp / Summit / Bhadrapur

Duration: 27 Days

Trek starting point: Sekathum

Trek ending point: Helok

Grade: Strenuous

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 6,143 m

Activities: Hiking ,Trekking, Climbing & 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
- 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**

After breakfast at the hotel, our guide will meet you for a detailed trip briefing covering the itinerary, route conditions, safety procedures, altitude considerations, and important preparations for the journey ahead. For peak climbing expeditions, the climbing guide will also check the required mountaineering equipment and provide guidance on any necessary gear adjustments before departure.

During the briefing, we will complete the required trekking and climbing formalities, including necessary permits and documentation. Afterward, we will explore some of Kathmandu Valley's cultural highlights, including UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple.

The rest of the day is free for final preparations, including organizing trekking equipment, purchasing any last-minute essentials, and making final arrangements before heading into the Himalaya. Overnight at the hotel.

□ **Day 3: Fly from Kathmandu to Bhadrapur and Drive to Taplejung (1,440 m): 240 – 260 km | 8 – 10 hours drive**

After an early breakfast, we will fly from Kathmandu (1,400 m / 4,600 ft) to Bhadrapur (91 m / 300 ft). The 45–55 minute flight offers a dramatic transition from the Kathmandu Valley to the flat, fertile lowlands of eastern Nepal. As we descend into Bhadrapur, the scenery opens into vast green fields, rivers, and tea-growing landscapes of Jhapa district.

From Bhadrapur, we begin our overland drive towards Taplejung (around 1,440 m / 4,720 ft). The journey of approximately 230–250 km takes about 8–12 hours depending on road conditions. We travel along the Mechi Highway, passing through bustling towns, rice paddies, and the scenic tea hills of Ilam.

As we continue north, the terrain gradually shifts from flat plains to rolling hills and then steep mountain roads. The route becomes more winding and rugged as we approach Taplejung, with occasional views of forested ridges and distant Himalayan peaks. By evening, we arrive in the quiet hill town of Taplejung, surrounded by lush landscapes and mountain air, where we settle in for the night. Overnight stay at a lodge.

▮ **Day 4: Drive from Taplejung to Sekathum (1,650 m) and Trek to Amjilosa (2,450 m): Walking Distance: 7 – 9 km | 4 – 6 hours**

After an early breakfast in Taplejung (1,440 m / 4,720 ft), we begin a scenic but rugged jeep drive towards Sekathum (around 1,650 / 5,410 ft). The journey covers approximately 40 – 55 km and takes about 5 – 7 hours depending on road and river conditions. The route follows the Tamor River valley, winding through narrow dirt roads, suspension bridges, waterfalls, and remote hillside villages, gradually leading us deeper into the eastern Himalayas.

From Sekathum, we begin our trek towards Amjilosa (2,450 m / 8,040 ft). The trail is approximately 7 – 9 km and takes 4 – 6 hours of steady uphill hiking. The path climbs continuously through dense bamboo forests, river crossings, and steep ridges, with increasing signs of alpine vegetation as we gain altitude.

By late afternoon, we arrive at Amjilosa, a small hillside settlement surrounded by thick forest and mountain silence, where we spend the night in a simple teahouse.

▮ **Day 5: Trek from Amjilosa to Gyabla (2,730 m): Walking distance : 6 – 8 km | 4 – 5 hours**

Leaving Amjilosa, we continue our trek towards Gyabla (2,730m / 8,960 ft), a peaceful settlement further up the Ghunsa valley. The trail covers approximately 6 – 8 km and takes around 4 – 5 hours depending on pace and trail conditions.

The route is a mix of gentle descents, forested paths, and short uphill climbs, passing through dense bamboo groves, rhododendron forest, and narrow cliffside sections. Occasional suspension bridges and river crossings add variety to the terrain, while the surrounding environment becomes increasingly alpine and cool.

As we approach Gyabla, the forest opens slightly, revealing deeper valley views and quieter Himalayan landscapes. By the time we arrive, we have fully entered a remote mountain environment, where we settle into a simple teahouse for the night.

▮ **Day 6: Trek from Gyabla to Ghunsa (3,415 m): Walking distance: 9 – 11 km | 5 – 7 hours**

Departing from Gyabla, we continue our journey deeper into the upper Ghunsa valley towards Ghunsa (3,415m / 11,200ft). This section marks a significant and steady climb as we transition fully into the high alpine zone of the eastern Himalayas.

The trek covers approximately 9 – 11 km and takes about 5 – 7 hours, depending on walking pace and trail conditions. The route begins with a relatively gentle forest path featuring gradual ascents and descents, winding through dense coniferous and rhododendron forests, moss-covered stones, and narrow riverside trails carved into steep valley walls.

As we gain elevation, the forest gradually thins and the valley opens up, revealing wider views of rugged cliffs, deep gorges, and distant snow-dusted ridges. Occasional suspension bridges and rocky passages add variety to the terrain, while the air becomes noticeably colder and sharper.

By the latter part of the day, we enter a classic high-Himalayan landscape as we arrive at Ghunsa, a well-established Sherpa village surrounded by dramatic peaks and alpine scenery.

We settle into a teahouse for rest and overnight stay, preparing for the higher elevations that lie ahead.

▣ **Day 7: Acclimatization day:**

A well-deserved rest day at Ghunsa allows the body to properly acclimatize to the higher altitude before continuing deeper into the Kanchenjunga region. Surrounded by dramatic Himalayan peaks and alpine forests, Ghunsa is one of the most important settlement stops on the upper valley route.

Rather than remaining idle, the day is typically used for short, gentle hikes that help improve oxygen adaptation. One popular option is a gradual climb above the village towards nearby ridgelines or viewpoints, offering wide panoramas of surrounding snow-capped peaks, hanging glaciers, and the Ghunsa valley below. These short excursions are kept slow and steady, usually gaining only a few hundred meters in elevation before returning to the village.

Back in Ghunsa, there is time to explore the traditional Sherpa settlement, visit the monastery, and observe daily life in this remote high-altitude community. The village is known for its stone houses, prayer flags, and peaceful alpine atmosphere, offering a strong cultural contrast to the lower valleys.

The rest of the day is kept relaxed with hydration, light meals, and rest, allowing proper acclimatization before ascending further toward higher camps in the coming days. Overnight stay in a teahouse at Ghunsa.

▣ **Day 8: Trek from Ghunsa to Khambachen: Walking distance: 10 – 11 km | 6 – 8 hours**

Leaving Ghunsa, we continue our trek towards Khambachen (4,050 m / 13,290 ft), gaining significant altitude as we enter a more remote alpine zone of the Kanchenjunga region. The route covers approximately 10 – 11 km and takes about 6 – 8 hours, passing through river valleys, rocky terrain, and sections exposed to glacial landscapes. As we climb higher, the surroundings become increasingly dramatic and barren, with the forest giving way to open mountain terrain.

Along the way and especially near Khambachen there are impressive views of Mount Jannu (Kumbhakarna, 7,710 m) and surrounding snow peaks, creating a constant high-Himalayan backdrop throughout the trek.

By the time we reach Khambachen, we are fully surrounded by towering mountains and glaciers, with clear views of Jannu dominating the landscape. We settle into a simple teahouse for the night in this stunning alpine setting.

▮ **Day 9: Acclimatization day: Hike to Jannu Base Camp**

A rest day at Khambachen is used for proper acclimatization before moving higher into the Kanchenjunga region. Instead of staying idle, we take a rewarding side hike towards Jannu Base Camp.

The excursion is a challenging but optional day hike, typically covering 8 – 12 km round trip and taking about 5 – 7 hours, depending on how far we go and trail conditions. The route climbs steadily above Khambachen along rocky moraines and glacial terrain, with increasingly dramatic views as we gain elevation.

As we ascend, the scenery opens up to some of the most impressive Himalayan landscapes in the region. The highlight is the close-up view of Mount Jannu (Kumbhakarna, 7,710 m)—a massive, steep, and iconic peak rising dramatically above the valley. From higher points near the base camp area, we also see surrounding glaciers, icefalls, and rugged high-altitude terrain shaped by constant movement of ice and rock.

After spending time at the viewpoint and soaking in the surroundings, we carefully descend back to Khambachen for rest, hydration, and recovery. The rest of the day is kept relaxed, allowing the body to adjust to altitude before continuing further upward.

▮ **Day 10 : Trek from Khambachen to Lonak (4,780 m): Walking Distance: 12 – 15 km | 6 – 8 hours**

Setting out from Khambachen, we continue our trek towards Lonak (4,780 m /15,680 ft), entering one of the most remote alpine basins in the Kanchenjunga region.

The route covers approximately 12 – 15 km and takes about 6 – 8 hours, following a broad glacial valley surrounded by towering peaks and moraine landscapes. The terrain is mostly gradual but becomes increasingly stark, with little vegetation and expansive views of ice, rock, and high Himalayan walls.

As we approach Lonak, the valley opens dramatically with uninterrupted views of the Kanchenjunga massif and surrounding glaciers, creating a powerful high-altitude environment.

By the time we reach Lonak, we are deep in a glacial amphitheater surrounded by massive peaks, where we rest in a basic teahouse for the night before further exploration.

▮ **Day 11: Hike to Pangpema (Kanchenjunga North Base Camp, 5140 m) and Return to Khambachen: 9 – 11 hours**

Starting the day at Lonak, we begin the hike towards Pangpema (Kanchenjunga North Base Camp, 5,140 m / 16,860 ft), following a wide glacial valley carved by ancient ice and filled with moraine and rocky terrain. The trail crosses open alpine landscapes with glacial streams, scattered boulders, and long stretches of barren moraine. As we gain elevation, the scenery becomes increasingly stark and dramatic, with towering Himalayan peaks dominating the horizon and almost no vegetation remaining.

At Pangpema, the valley opens into a vast amphitheater beneath the immense north face of Mount Kanchenjunga (8,586 m). Massive glaciers descend from surrounding slopes, while steep ice walls and serrated ridges enclose the entire basin. On clear days, nearby peaks such-

as Yalung Kang and surrounding glaciated summits rise sharply into view, creating one of the most powerful mountain panoramas in Nepal. We spend time at the base camp viewpoint taking in the scale of the surrounding Himalayas and the raw alpine environment.

We then begin the return journey along the same glacial corridor back to Khambachen, gradually descending into the broader alpine valley as the landscape slowly softens. The full round trip typically takes around 9 – 11 hours, depending on pace, weather conditions, and time spent at Pangpema, making it a challenging but highly rewarding high-altitude excursion. Overnight stay at a teahouse.

▮ **Day 12: Trek from Khambachen to Ghunsa (3,415 m): Walking distance: 10 – 11 km | 4 – 6 hours**

Descending from Khambachen, we retrace our route back towards Ghunsa (3,415m / 11,200 ft), following the upper Kanchenjunga valley through rugged alpine terrain and glacial landscapes. The trail covers approximately 10 – 11 km and takes around 4 – 6 hours, with a steady descent through rocky paths, moraine sections, and open valleys gradually giving way to greener surroundings. Along the route, there are continued views of Mount Jannu (Kumbhakarna, 7,710 m) and surrounding snow-covered peaks, while glaciers and steep Himalayan ridges dominate much of the skyline.

As we lose elevation, the air becomes slightly warmer and vegetation slowly reappears along the valley floor. By the time we arrive back at Ghunsa, the familiar stone houses, alpine forests, and peaceful atmosphere of the village provide a welcome place to rest and recover after the high-altitude sections of the trek. Overnight stay at a teahouse.

▮ **Day 13: Trek from Ghunsa to Selele Camp(4,290 m): Walking distance: 6 – 8 km | 5 – 7 hours**

Continuing from Ghunsa, we leave the main valley trail and begin ascending towards Selele Camp (4,290 m / 14,075 ft), entering a quieter and more remote section of the Kanchenjunga region.

The trek covers approximately 6 – 8 km and takes around 5 – 7 hours, following steep forested trails through rhododendron, pine, and juniper woodland before gradually opening into alpine meadows and rugged high-altitude terrain. As we gain elevation, the views become increasingly expansive, with surrounding ridges and snow-covered peaks appearing above the forest line.

Along the route, there are occasional views of Mount Makalu, Jannu (Kumbhakarna), and parts of the Kanchenjunga massif on clear days, while the isolated mountain environment adds to the sense of wilderness. By the time we reach Selele Camp, we are surrounded by alpine ridges and dramatic Himalayan scenery, where we settle in for the night before crossing the high mountain passes ahead. Overnight stay at a teahouse.

▮ **Day 14: Trek to Tseram via Mirgin La and Sinion La : Walking distance: 13 – 16 km: 7 – 9 hours**

Ascending beyond Selele Camp, we undertake one of the most spectacular crossing days of the trek as we make our way towards Tseram (3,860 m / 12,665 ft) via the high passes of Mirgin La and Sinion La.

The trek covers approximately 13 – 16 km and takes around 7 – 9 hours, following rugged alpine trails across high ridgelines, rocky slopes, and exposed mountain terrain. The route climbs steadily towards Mirgin La Pass (4,630 – 4,665 m) before continuing across Sinion La (4,450 – 4,650 m depending on route variation), with dramatic Himalayan scenery unfolding throughout the day.

From the passes, there are breathtaking panoramic views of major peaks including Kanchenjunga, Makalu, Jannu (Kumbhakarna), and Everest on exceptionally clear days, along with surrounding snow-covered ridges and glaciers stretching across the horizon. Prayer flags flutter across the windswept passes, adding to the sense of remoteness and achievement in this high alpine environment.

After crossing the passes, the trail descends gradually into the Simbuwa Khola valley through alpine meadows and rocky terrain before reaching Tseram, a peaceful settlement surrounded by towering mountains and glacial landscapes, where we rest for the night after a long and rewarding day. Overnight stay at a teahouse.

▮ **Day 15: Hike to Oktang viewpoint and Return to Tseram : Walking distance: 10 – 14 km | 5 – 7 hours**

From Tseram, we begin the hike towards Oktang Viewpoint, following the upper Simbuwa Khola valley through alpine meadows, rocky moraines, and glacial terrain as the landscape becomes increasingly rugged and high-altitude in character.

The trek covers approximately 10 – 14 km round trip and takes around 5 – 7 hours, with a steady ascent of nearly 800 – 900 meters. As we gain elevation, the valley gradually opens up to reveal vast stretches of the Yalung Glacier system and surrounding Himalayan walls.

From Oktang Viewpoint, the scenery is exceptionally dramatic and wide-reaching. The most striking feature is the south face of Mount Kanchenjunga (8,586 m), rising steeply above the glacier in a massive wall of ice and rock. The panorama also includes nearby peaks such as Jannu (Kumbhakarna), the Kabru range (including Kabru North, Kabru South, and Kabru Dome), and other snow-covered ridges stretching across the horizon. Below, the immense Yalung Glacier flows through the valley, creating a powerful contrast of ice, stone, and towering Himalayan summits.

After spending time at the viewpoint, we retrace the same route back to Tseram, descending through shifting alpine light and returning for rest and overnight stay in the peaceful mountain setting. Overnight stay at a teahouse.

▮ **Day 16: Trek from Tseram to Bokta Peak Base Camp (4,900 m): Walking Distance: 9 – 12 km | 5 – 7 hours**

Starting at Tseram, we begin the steady ascent towards Bokta Base Camp, entering the remote upper Yalung Glacier region on the southern side of the Kanchenjunga massif. The trail gradually climbs through alpine meadows before transitioning into increasingly rugged terrain of glacial moraine, rocky slopes, and high-altitude valleys shaped by ancient ice movement.

The trek covers approximately 9 – 12 km one way and takes around 5 – 7 hours, depending on pace, weather, and ground conditions. As we gain elevation, the landscape becomes increasingly barren and dramatic, with loose rock, ice-carved terrain, and vast open views of surrounding Himalayan peaks dominating the horizon.

Bokta Base Camp lies at approximately 4,800–4,900 m / 15,750–16,080 ft, offering a close and powerful viewpoint of the southern Kanchenjunga region. From here, the south face of Mount Kanchenjunga (8,586 m) rises dramatically above the glaciers, accompanied by nearby peaks such as Yalung Kang and the Kabru range, creating an immense alpine amphitheater of ice and rock.

By the time we reach base camp, we are fully immersed in a high-altitude glacial environment surrounded by towering peaks, where we settle in for an overnight stay in this remote and dramatic mountain setting.

▮ **Day 17: Climbing Preparation and Acclimatization**

Spending the night at Bokta Base Camp (approximately 4,800–4,900 m / 15,750–16,080 ft), we dedicate the following day to climbing preparation and acclimatization in this remote high-altitude environment. The focus is on allowing the body to adapt to reduced oxygen levels while preparing for higher objectives in the Kanchenjunga South region.

The day is typically kept light, with a short acclimatization hike around the surrounding ridges above base camp. These gradual ascents help improve altitude adaptation while offering continuous views of the south face of Mount Kanchenjunga (8,586 m), along with nearby peaks such as Yalung Kang and the Kabru range, which dominate the skyline above the glacier basin.

In addition to acclimatization, this day is also used for basic climbing preparation, including gear checks, rope handling practice (if required), route discussion with guides, and assessment of weather and glacier conditions. The surrounding landscape of ice, moraine, and high ridges provides a realistic environment for preparing for higher camps and more technical sections ahead, ensuring safety and readiness for the next stage of the expedition.

▮ **Day 18: Bokta Base Camp to High Camp Ascent (5,700 m): Walking** **Distance: 4 – 6 km | 4 – 6 hours**

From Bokta Base Camp (4,800–4,900 m / 15,750–16,080 ft), we begin a steady and demanding ascent towards High Camp, entering a more exposed and alpine section of the southern Kanchenjunga region. The trail climbs away from the glacier basin, following steep moraine slopes, rocky ridgelines, and broken high-altitude terrain where the landscape becomes increasingly harsh and dramatic.

The route covers approximately 4 – 6 km one way and takes around 4 – 6 hours, depending on snow conditions, pace, and load. As we gain elevation, vegetation disappears completely, replaced by ice-polished rock, scree, and glacial formations. The air becomes noticeably thinner, and the surrounding views open up to the vast icefields and towering southern walls of the Kanchenjunga massif.

Bokta High Camp (around 5,700 m / 18,700 ft) sits in a remote and exposed alpine setting, offering a commanding position above the glacier system. From here, the panorama is dominated by the immense south face of Mount Kanchenjunga (8,586 m), along with nearby-

peaks such as Yalung Kang and the Kabru range, rising above a continuous expanse of snow, ice, and high Himalayan ridges.

Upon reaching High Camp, we settle into a stark high-altitude environment, fully immersed in expedition conditions, preparing for the final summit push and the challenging terrain ahead. Overnight stay at a tented camp.

▮ **Day 19: Summit Bokta Peak (6,143 m) and Descend to Base Camp: Walking distance:**

From Bokta High Camp (approximately 5,700 m), we begin the summit push to Bokta Peak (6,143 m) in the early hours of the day. The route ascends through steep alpine terrain, including snow slopes, exposed ridgelines, and mixed ice sections, requiring the use of fixed ropes, crampons, and ice axe techniques. The climb is slow and steady due to the extreme altitude and technical nature of the route, typically taking around 4 – 6 hours to reach the summit.

At the summit of Bokta Peak (6,143 m), we are rewarded with a vast Himalayan panorama dominated by the Kanchenjunga massif (8,586 m), along with surrounding peaks such as Yalung Kang and the Kabru range, rising above an endless sea of glaciers and high ridges. After a short time at the top, we begin a careful descent back to High Camp, which usually takes around 2 – 3 hours, focusing on controlled movement over steep and technical sections.

From High Camp, we continue the descent to Bokta Base Camp (4,900 m), traversing glacial terrain and moraine slopes for another 2 – 3 hours. By the time we reach base camp, we return to a more stable alpine environment, concluding a demanding and technical summit day in the high Himalayas. Overnight at a tented Camp.

▮ **Day 20: Contingency day**

At Bokta High Camp (around 5,700 m / 18,700 ft), we keep a contingency day to allow flexibility within the summit schedule and ensure safe decision-making in this high-altitude environment. This extra day is essential in alpine expeditions, where weather conditions, wind speed, snowfall, and route stability on the upper mountain can change rapidly.

The day is generally kept low-activity to support recovery and maintain acclimatization. Short, easy movement around high camp may be undertaken if conditions allow, but the main focus remains on monitoring the mountain environment, reviewing route conditions, and waiting for an optimal summit window. Surrounded by the vast glaciers of the Kanchenjunga South Face, the setting reinforces both the scale and seriousness of the climb.

This contingency buffer plays a crucial role in increasing summit safety and success probability, ensuring that the final push to Bokta Peak (6,143 m) is attempted only when conditions are favorable.

▮ **Day 21: Trek from Base Camp to Tseram: Walking Distance: 9 – 12 km | 5 – 7 hours**

Descending from Bokta Base Camp, we make our way back towards Tseram (3,860 m / 12,665 ft), retracing the route through the upper Yalung Glacier region. The trail initially crosses moraine fields and high alpine terrain before gradually easing into wider glacial valleys as elevation is lost.

The descent covers approximately 9 – 12 km and takes around 5 – 7 hours, depending on pace, trail conditions, and weather. Although predominantly downhill, the route demands steady footing over loose moraine, rocky sections, and uneven glacial ground.

As we continue downward, the stark high-altitude landscape slowly transitions into alpine meadows with increasing vegetation and softer terrain. The massive peaks of the Kanchenjunga South Face gradually fade into the distance, offering a final dramatic backdrop to the upper valley.

By the time we arrive at Tseram, we return to a more sheltered and restful environment, concluding the descent from the high alpine zone. Overnight stay at a teahouse.

▮ **Day 22: Trek from Tseram to Tortong (2,950 m): Walking Distance: 10 – 12 km | 4 – 6 km**

From Tseram, we begin a steady descent towards Tortong (around 2,950–3,000 m / 9,680–9,840 ft), leaving behind the high alpine environment of the Kanchenjunga South Valley. The trail initially follows the Simbuwa Khola valley, gradually moving through moraine sections, open alpine slopes, and then into denser forested terrain.

The trek covers approximately 10 – 12 km and takes around 4 – 6 hours, depending on pace, weather, and trail conditions. Although predominantly downhill, the route requires careful footing over rocky paths, stone steps, and forest trails, making it a steady and continuous descent rather than an easy walk.

As we lose elevation, the landscape changes noticeably from stark glacial surroundings to lush rhododendron and bamboo forests, with increasing vegetation and warmer air. Occasional openings in the valley offer distant views back toward the towering peaks of the Kanchenjunga massif before they gradually disappear behind forested ridges.

By the time we reach Tortong, we arrive in a quiet forest settlement surrounded by dense greenery, where we settle for rest after descending from the higher alpine zone. Overnight stay at a teahouse.

▮ **Day 23: Trek to Yamphudin(1,650 m): Walking Distance: 10 – 13 km | 4 – 6 hours**

Continuing the journey beyond Tortong (around 2,950–3,000 m / 9,680–9,840 ft), we make our way towards Yamphudin(around 1,650–1,700 m / 5,410–5,575 ft), gradually transitioning from dense forest landscapes into the lower foothills of the Kanchenjunga region. The trail follows a combination of woodland paths, river corridors, and scattered hillside settlements as the environment steadily becomes warmer and more open.

The trek covers approximately 10 – 13 km and takes around 4 – 6 hours, depending on pace and trail conditions. While the route is predominantly downhill, it includes forest trails, stone steps, and uneven sections that require steady and careful movement throughout the day.

As elevation drops, the scenery shifts from thick rhododendron and bamboo forests into terraced farmland and village landscapes. Occasional openings along the route provide distant glimpses back toward the higher ridgelines before they gradually disappear behind the forested hills.

By the time we reach Yamphudin, we arrive in a peaceful low-altitude settlement marking the completion of the alpine section of the trek, where we settle for rest after a long and varied descent day. Overnight stay at a teahouse.

▮ **Day 24: Trek from Yamphudin to Helok (1,500 m) and Drive to Taplejung:**
Walking Distance: 5 – 7 km | 2 – 3 hours | 3 – 4 hours drive

As the morning begins, we start our trek from Yamphudin (around 1,650–1,700 m / 5,410–5,575 ft) towards Helok, gradually entering the lower valleys of the Kanchenjunga region. The trail winds through terraced farmland, small settlements, and subtropical forest sections, offering a gentle transition from remote mountain trails to more inhabited landscapes.

The trek to Helok covers approximately 5 – 7 km and takes around 2 – 3 hours, mostly along well-defined village paths with mild ascents and descents. As we move lower, the environment becomes warmer and more cultivated, with increasing signs of rural life along the route.

From Helok, we continue by road towards Taplejung, passing through scenic hillside roads, river valleys, and scattered villages. The drive takes approximately 3 – 4 hours, depending on road conditions, eventually reaching Taplejung (around 1,440 m / 4,724 ft), where the trekking section of the journey concludes and we return to a more connected town setting.

▮ **Day 25: Drive to Birtamod: 210 – 230 km | 7 – 9 hours drive**

As the journey continues, we begin the drive from Taplejung (around 1,440 m / 4,724 ft) towards Birtamod, gradually leaving behind the hill districts of eastern Nepal and descending into the lowland plains of the Terai region. The route passes through winding mountain roads, river valleys, and rural settlements before connecting to the more developed highway network.

The drive covers approximately 210 – 230 km and takes around 7–9 hours, depending on road conditions, traffic, and weather. As we move further south, the scenery transforms from terraced hills and forested ridges into flat agricultural landscapes, roadside towns, and subtropical plains.

By the time we reach Birtamod, we arrive in one of the key commercial hubs of eastern Nepal, marking a complete transition from high Himalayan trekking terrain to the lowland Terai region, where the trekking journey formally concludes.

▮ **Day 26: Drive to Bhadrapur and Fly back to Kathmandu:**

After completing the journey in eastern Nepal, we continue with a short drive from Birtamod towards Bhadrapur, gradually moving through the flat Terai plains with views of farmland, small towns, and subtropical landscapes.

The drive covers approximately 15 – 20 km and takes around 30–45 minutes, depending on traffic and road conditions. Bhadrapur serves as a key transport hub in southeastern Nepal and provides convenient access to the domestic airport.

From Bhadrapur Airport, we take a domestic flight back to Kathmandu (around 1,400 m / 4,600 ft). The flight duration is approximately 45 – 50 minutes, offering aerial views of the Terai plains, rolling hills, and distant Himalayan ranges before arriving in the capital city, marking the conclusion of the expedition.

□ **Day 27: Departure day:**

On the final day of the journey, we bid farewell to Kathmandu (1,400 m / 4,600 ft), marking the conclusion of the Kanchenjunga expedition. Depending on flight schedules, the morning is kept relaxed, allowing time for packing, preparation, or a final stroll through the city.

Kathmandu offers a final contrast to the high mountain wilderness experienced during the trek, from the remote valleys of Tseram to the towering alpine landscapes surrounding Bokta Peak (6,143 m), where glacial terrain, steep ridges, and dramatic Himalayan panoramas defined the expedition experience.

Transfer is arranged to Tribhuvan International Airport for the onward international flight. As we depart, the journey concludes with lasting memories of the Kanchenjunga region, including the challenging ascent of Bokta Peak and its vast surrounding Himalayan wilderness.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Round trip flights 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 / camp)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance coverage for Guide, Porter and Climbing Guide
- ☒ Kanchenjunga Restricted Area Permit
- ☒ Royalty Fee and Climbing Permits for Bokta Peak
- ☒ Kanchenjunga Conservation Area entry permits
- ☒ 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
- ☐ 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.