

Kanchenjunga Base Camp Trek - Itinerary

1. Arrival in Airport

Our representatives will be at airport to pick you up and transfer you to designated hotel in Kathmandu. There you can take rest or read articles on trekking. At evening we provide you short briefing regarding the trip information.

2. Sightseeing in Kathmandu

Kathmandu is very rich in cultural and historical aspects. And you will be visiting some of the historically and culturally important locations whilst your stay. Swayambhunath – Monkey Temple, Pashupatinath – Biggest Hindu Temple, Baudhanath and Patan Durbar Square are places to focus on. Exploring the beautiful ancient structures you can get a chance to analyze the ancient cultural values and traditions of Nepalese people. You'll have to attend meeting in the evening.

3. Fly from Kathmandu to Suketar (Taplejung) then trek to Jogidanda (2059m/6755ft.)

After Breakfast in the morning we take a flight from Kathmandu to Suketar. During the flight we observe the panoramic views of Surke Danda filled with rhododendron. From Suketar, we pass the ridge of 2580m above the sea level and cross the forest trail along with Limbu village; we can explore the Limbu cultures and traditions here. Our first camping is in Jogidanda. From here we get first views of Mt. Kanchenjunga and Jannu. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Jogidanda to Chirwa (1800m/5905ft.) – 7 hrs

Today, trail leads us through narrow path of jungle covered in green vegetation of cardamom plants and many others. During the walk we pass by the beautiful small streams and some gardens of orange. Route from here is flat surface and we can see small village with small lodges and camping sites once we reach Chirwa. Here we know that the locals are dependent on agriculture for income. This trek takes us through many ascents and descends. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Chirwa to Sekathum (1660m/5446ft.) – 6 hrs

From Chirwa we trek to Sakathum, the trail is little bit like our previous one. Except this time we will be a bit closer to destination. There is river which you will be following and a bridge to cross before reaching Sekathum. Including the many ascends and descends while walking we walk through the forests trail full of cardamom and many other vegetation. At last we cross the small hanging bridge and reach Sekhatum in around 5 to 6 hours overall. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Sekathum to Amjilosa (2510m/8234ft.) – 5 hrs

After the early breakfast, we trek from Sekathum camp to Amjilosa. First we cross a suspension bridge and then pass through the dense forest. We get to walk along the steep and narrow path on the trek. After walking for some hours we have lunch in Solima and then again continue trail up through trees and reach Amjilosa high above the gorge. Reaching at Amjilasa, we explore the region of few houses and small shops where the shops are also known as “Bhattis” in native language. Meals included: Breakfast, lunch and dinner and

finally an overnight stay in trekking lodge.

7. Amjilassa to Kyapar (2730m/8956ft.) – 7 hrs

Today, our trekking is little bit short; starting from Ghunsa Valley. The trail is from forest of Bamboo, Rhododendron and brown oaks through scatters pasture and waterfalls. And then climb steeply to Kyapar in the middle of terraced hill just above from Ghunsa Khola. During the climbing through Sherpa village, there is place called Gyabla or Kyapar where we observe the lifestyle of people from Buddhist culture. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Kyapar to Ghunsa (3695m/12122ft.) – 6 hrs

Kyapar to Ghunsa is 6 hour trek in a flat terrace field and gently altitude ascends as you walk further through the trail that passes from jungle. Trekking through the jungle trail offers you to observe Gunsa River below the trail. Walking constantly also takes us by some human settlements and terrace fields of potato, wheat, barley etc. Tibetan settlements during the trail offer you to analyze the highly influenced Tibetan cultures and traditions of people. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Ghunsa to Khambachen (4099m/13448ft.) 6-7 hrs

From Ghunsa we will be heading north to Khambachen. Following the Gunsa River we gradually head upward. Along the way pine and rhododendron forest with mani walls and chortens become real treat to our eyes. You will cross a bridge over Ghunsa Khola and have lunch in grassy area called Rampuk Kharka (3,720m). Mountain sceneries, landslides and hillside village of Tibetan influenced Nepali's are worth watching. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Rest Day Explore the Khambachen (4099m/13448ft.)

Before moving further up to altitude over 7500m, we acclimatize/rest in Khambachen. Here you can join short walk with guide and spend rest of the day resting. Early walk to Nupchu Khola from Khambachen is worth doing for scenic views of Mount Jannu. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Khambachen to Lhonak (4785m/15698ft.)

Through rhododendron forest and seasonal yak herder's camp along the trail, we trek to Lhonak. The trek is rockier and we have to cross landslide area. We have to pass North West of the Kanchenjunga Glacier to reach Lhonak. Trek to Lhonak takes us through the dry lake bed and an open sandy plain. The campsite is composed of several large stone huts and offers incredible views of Wedge Peak (6,750m), Mera (6,344m), Nepal Peak (6,910m), Twins (7,351m) and others. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Lonak to Pang Pema (5143m/16873ft.) 6 – 7 hrs

After the breakfast, we trek to Pang Pema from Lonak. To get the best view of Kanchenjunga, Pang Pema is must visit place. The view from here with panoramic view of Peak Kanchenjunga and other peaks towering over the single roofless hut at Pang Pema is the one you will never regret of visiting. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

13. Pang Pema (5243m/17201ft.) – 7 hrs

From Pangpema we trek to Kanchenjunga (North) Base Camp (5280m) for up close views. We trek upward until we reach the base camp. During the trek we get to observe the gorges of nice mountain glacier where water flows all the time and during the middle of the day falling avalanches fascinates you the most. Then we trek back to Pangpema. Trekking down from the base camp we see yaks grazing over the mountainous pastures. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

14. Pang Pema to Khanbachen (4040m/13254ft.) – 6 hrs

After fabulous time at Pang Pema, morning walk and long descend with few short climb the journey leads you to the retracing route to camp at Kambachen from where we previously trekked. Reaching at the height of two to three hundred meters offers the spectacular views of stunning mountains like Kanchenjunga, Wedge Peak, Twins Peak, Tent Peak and the Pyramid Peak. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

15. Khangpachen to Phole (3100m/10170ft.) – 6 hrs

Retracing back through the same route where we trekked from, early in the morning we cross Ghunsa Khola and then walk pleasantly through pine forest. Walking constantly for some hours the trail takes us to the interesting Sherpa village of Phole. Here we get a chance to observe the daily living style of Sherpa people with beautiful cultural and traditional values. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

16. Phole to Amjilassa (2500m/8202ft.) – 7 hrs

Today, we take an early breakfast and start the trek to Amjilassa through the tree lines and rich vegetation area. The trail is steep climb for about half hour and then gentle climb to the down hills for about an hour. This trek leads you step up and down again for two hour through forest trail. Walking for some hours finally takes us to open grassland at Amjilassa. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

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Today we continually descend to lower altitude and through the farm land and villages we reach Tapethok. Tapethok village is settled by Limbu (Subba) Kirat ethnicity and you have to pass through the village of Ghaiya Bari and Sekathum villages. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

18. Trek to Phoram (1650m/5413ft.) – 6 hrs

Our journey continues through the left bank of Tamur River and to Chiruwa village from where you walk through several farm villages leading you uphill through mix forests of rhododendrons, oaks and pine trees. The trail gets better once you leave forest behind and reach Phoram, Phoram is fairly a large and neat village and surrounding great. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

19. Trek to Suketar (2440m/8005ft.) – 5 hrs

This is the last trek or the last day we have to walk. We trek to Suketar through enchanting forest of the mid hills with people of different races. The walk is steep up and gradual and pleasant walk all the way to Taplejung village before stopping around the foot hills of Mt. Kanchenjunga. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

20. Drive to Ilam & Bhirtamod – 6 hrs

We will be driving to Ilam, Ilam is a beautiful town famous for tea trees. And from there we drive further to Bhirtamod town for next early morning flight to Kathmandu. Bhirtamod on route to Bhadrapur airport you can see interesting markets and many shops. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

21. Drive to Bhadrapur & Flight or drive to Kathmandu

You can drive or flight to Kathmandu. It takes around 40 minutes to reach Bhadrapur airport. And depending on the flight schedule you can get to enjoy great panoramic mountain views on the way to Kathmandu. You will be picked up from airport by our representatives. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

22. Kathmandu Rest & Join Cultural Dinner Program

You can visit around Kathmandu and take a day off to enjoy the historic city or shop around for souvenirs. You can also enjoy spa/massage/yoga for refreshing your mind. Meals included: dinner by our side and finally an overnight stay in hotel.

23. Departure & Farewell

Last day, you can either safely make return journey to home or you can join for another exciting adventure with Sunrise Adventure Treks. And according to flight schedule you will be escorted to airport approximately 3 hours earlier to catch flight to your next destination. Have a safe Journey!

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)