

# Kanchenjunga

28 Day Trekking Adventure

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A trek to Kanchenjunga is an unforgettable adventure into the heart of the Himalayas where the scale of both mountain and valley is difficult to comprehend. Kanchenjunga is classed as a strenuous trek due to its remoteness and altitude.

## Trek Overview

Trip Code:	KAN28	Duration:	28 Days
Trip Level:	Strenuous	Max. Altitude:	5,400m / 17,716 ft
Start Point:	Kathmandu	End Point:	Kathmandu

## About The Trek

The Ammonite Adventure Kanchenjunga Trek is basically a month trekking and you spend 24 of the 28 days in the upper reaches of the [Himalayas](#). At 8,586 m / 28,169 ft , Kanchenjunga is the 3rd highest mountain in the world and you will reach as far up as 5,400m / 17,716 ft. You will be guided by one of our experienced guides through some of the most stunning scenery you will ever see.

### Kanchenjunga Trek Start Point

The Kanchenjunga Trek starts with a flight from Kathmandu to Suketar – also known as Taplejung. From there you will trek north to Chirwa. The Chirwa people are a very friendly people and will help in any way they can.

Day 6 will be a challenge because although the trek starts off in nice flat land, you will encounter a steep ascent to Amjilosa (2,460m / 8,070 ft) where you will climb 900m / 2,900 ft elevation in just 5 hours.

Over the following 6 days you will trek north through various villages and spending the night in tea houses at Kyapar, Ghunsa, Kambachen. Kambachen will be a rest day the you will continue on to Lhonak and Pangpema.

At this point, you will descend over the next few days south back to Ghunsa then take the track East towards Ramche. From Ramche you will make your way South West back to the star point of [Suketar \(Taplejung\)](#). A scenic flight back to Kathmandu will finish off and amazing experience.

### Kanchenjunga Trek Level

Kanchenjunga Trek is considered **Strenuous**. A good level of cardiovascular fitness and some trekking experience is strongly advised.

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In a scale of 1 to 10, the Kanchenjunga Trek is **rated 8**. You will spend a number of nights sleeping at altitudes above 4,000m / 13,000ft so you must be willing and able to rough it as most creature comforts are back in Kathmandu.

Your safety and the safety of the support team safety of everyone on the trek is our highest concern and like all strenuous treks, the Everest Base Camp Trek is treated as an expedition.

## Itinerary - Overview

- Day 1      Arrival in Kathmandu
- Day 2      Sightseeing around Kathmandu and Pre-trip meeting
- Day 3      Fly to Biratnagar
- Day 4      Fly to Taplejung and Trek to Lali Kharka
- Day 5      Lali Kharka – Khesewa
- Day 6      Khesewa – Mamankhe
- Day 7      Mamankhe – Yamphudin
- Day 8      Acclimatization Day
- Day 9      Yamphudin – Chitre
- Day 10     Chitre – Tortongn
- Day 11     Tortongn – Tseram
- Day 12     Tseram – Ramche
- Day 13     Explore Ramche – Trek to Oktang
- Day 14     Oktang – Yalung Base Camp
- Day 15     Yalung Base Camp – Ramche
- Day 16     Ramche – Sallerle via Mirgin La
- Day 17     Sallerle – Ghunsa
- Day 18     Ghunsa – Kambachen
- Day 19     Acclimatization Day
- Day 20     Kambachen – Lhonak

Day 21	Lhonak – Pang Pema
Day 22	Pang Pema – Kanchenjunga Base Camp – Kambachen
Day 23	Kambachen – Ghunsa
Day 24	Ghunsa – Amjilosa
Day 25	Amjilosa – Sakathum
Day 26	Sakathum – Chhiruwa
Day 27	Chhiruwa – Suketar
Day 28	Fly Back to Kathmandu

## Itinerary - The Details

### Day 1 - Arrival in Kathmandu (1,400m / 4,593 ft)

An Ammonite Adventure representative will meet you at the Airport and take you to your hotel. Depending on the time of day you arrive, you can rest or explore the suburb of Thamel. The taxi to your hotel is covered in the package but an optional tip is not.

- No Meals Included
  - Overnight in Hotel
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### Day 2 - Sightseeing around Kathmandu and Pre-trip Meeting

After breakfast (at your hotel included) you will be picked up by your tour guide. You will be taken to 3 must see attractions:

#### **Pashupatinath Temple**

Pashupatinath Temple is one of the most significant Hindu temples of Lord Shiva in the world, located on the banks of the Bagmati River. Though you are not allowed to go inside the temple as it is strictly for Hindus only, you can clearly see the temple and the activities from the eastern bank of the Bagmati River. It is a square two-tiered pagoda temple built on a single-tier plinth which is famous all over the world.

#### **Boudhanath Stupa**

Boudhananath is one of the holiest Buddhist sites in Kathmandu. It was built in the 5th century with four pairs of eyes of Lord Buddha in four cardinal directions keeping an eternal watch over the people and their doings. You will find Buddhist pilgrims from Tibet going round the stupa spinning the prayer wheels.

### **Bhaktapur Durbar Square**

Visit the Bhaktapur Durbar Square, the Royal Residential Quarter of Bhupatindra Malla, famous five-storied temple of Nyatapola in Pagoda style Batsala temple, Bhairavnath temple, Duttatraya Temple, Pujari Muth and Palace of 55 windows.

The rest of your time in Kathmandu is free for further exploration and some last-minute shopping in Thamel area for trekking essentials.

- Breakfast Included
  - Overnight in Hotel
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### **Day 3 - Fly to Biratnagar**

An Ammonite Adventure representative (or your actual guide - depending on where your guide is when you are ready to start the trek) will meet you at your hotel, take you to Kathmandu Airport where you will board an afternoon flight to Biratnagar (80m / 262 ft).

- 40 Minute Flight
  - Breakfast and Dinner Included
  - Overnight in Hotel
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### **Day 4 - Fly to Taplejung and Trek to Lali Kharka**

A half-hour flight will get you to Suketar Airport in Taplejung (1,820m / 5,971 ft) where we will be welcomed by the ground staff and porters. The crew will arrange your gear as you have lunch after the flight. In the afternoon you start with an easy 2 to 3 hour walk along the ridgeline to Lali Kharka (2,665m / 7,431 ft).

- 30 Minute Flight / 3.5 Hour Trek
  - All Meals Included
  - Overnight in Hotel
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## Day 5 - Trek from Lali Kharka to Khesewa

After traversing the hillside a short way, we descend to the village of Pakora along the Phawa Khola, crossing a suspension bridge before beginning the steep climb up towards Kunjuri.

Lunch will be taken somewhere below Kunjuri. The afternoon's walk takes you on a short distance over the crest of the ridge to Khesewa (2,120m / 6,955). You will get your first views of Kanchenjunga and should be able to clearly make out the south and main summit along with Yalung Kang.

- 5 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 6 - Khesewa – Mamankhe

Today the path covers steep hillside through terraced fields high above the Kabbeli Khola. There are some ups and downs crossing side valleys but there are many shady spots to rest. After lunch, you will pass the village of Anpan, before descending to cross the Kashawa Khola and finally, you climb again through terraced fields to the village of Mamankhe (1,785m / 5,856 ft).

- 5 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 7 - Mamankhe – Yamphudin

The walk starts with an easy climb to Yamphudin along a track which contours the hillside above the Kabela Khola. The path has several ups and downs as we cross the ridges and stream beds that make up the valley sides.

Generally, the route is flat and the river eventually becomes level with the trail, a couple of hours before Yamphudin (2,080m / 6,824 ft). After lunch by the river you complete the day's walk to Yamphudin, the most remote settlement in this area and the last village you will see until you reach Ghunsa.

- 6 Hour Trek
- All Meals Included
- Overnight in Guesthouse

## Day 8 - Yamphudin – Chitre

Beyond Yamphudin the trail ascends a steep spur, a gentle introduction for what will come. Leaving villages behind you trek through pleasant forest, stopping for lunch in a meadow capturing fine views of the north and south. A steep descent to the river an interesting bridge across the Omje Khola to Chitre (2,962m / 9,717 ft).

- 5 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 9 - Chitre – Tortongn

Starting the day with 3 hours of steep ascent to the crest of the Deurali Danda in dense forest most of the way. From the 3,230m / 10,597 ft pass we see Jannu. You then descend across some steep and exposed areas before entering the forest again.

The sharp descent through beautiful forest continues down into the valley of the Simjua Khola before crossing the interesting-looking and challenging wooden bridge at Tortongn.

- 6 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 10 - Tortongn – Tseram (Cheram)

Day 10 follows the river through a more beautiful forest, the conifers giving way to the rhododendron forest. The valley climbs fairly steeply, with the day progressing the trees become more stunted and scattered, giving us glimpses of the snow-capped giants ahead and the massive snout of Yalung Glacier.

Just before Tseram (3,870m / 12,696 ft), the towering heights of Kabru and Rathong peak start to peep over the moraine. Tseram is also known as Cheram.

- 6 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 11 - Tseram – Ramche (Ramchaur)

Today is a shorter day's walk up the final 600m / 1,968 ft to Ramche (4,580m / 15,026 ft) where the trail to Kanchenjunga South turns dangerous. The scenery is magnificent as we ascend past the snout of Yalung Glaciers into a series of ablation valleys, which gives easy walking and good camping.

A frozen lake, clear streams and views of Kaktang, Rathong and Kabru are the highlights of this stroll. Expect to feel the altitude today. Ramche is also known as Ramchaur.

- 4 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 12 - Explore Ramche – Trek to Oktang (Okhordung)

Today will be your first close encounter with Kanchenjunga. Following the valley around to see the stunning south face of Kanchenjunga and Jannu. You cross the Yalung Ri Glacier and continue a sweeping curve, at Oktang, 4,730m, / 15,518 ft suddenly you are confronted with the southern wall of the mountain. Oktang is also known as Okhordung.

- 5 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 13 - Oktang – Yalung Base Camp

This extended part will take you to the high altitudes and requires determination. The crossing of high passes requires good weather, and of course perfect logistic support. Expect to get acclimatized with the altitude today.

- 5 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 14 - Yalung Base Camp – Ramche (Ramchaur)

Yalung Glaciers and a series of valleys, give good and easy walking today. A frozen lake, clear streams and magnificent views are the highlights of this stroll to Ramche (4,580m / 15,026 ft). Ramche is also known as Ramchaur.

- 5 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 15 - Ramche – Selele La

You trek down the valley, passing the turn off to the high and challenging Labsang La route to Ghunsa and the north side of Kanchenjunga. This pass is rough and dangerous, especially for porters so we take the more southern set of passes, beginning with the Mirgin La.

After an initial steep climb and several false summits we reach Mirgin La. Apart from the magnificent Jannu on the horizon are Makalu, Gyakung Kang, Everest, Lhotse and Chamalang. To the south, it is possible to see down to the Terai, a panorama worth the effort.

- 6 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 16 - Sallerle – Ghunsa

Although there are 4 more passes to go, there is little descent between them, so in effect it is a high scenic area. After lunch the descent brings you to Lamba Sumba Kharka, where there are more views of the awesome Southwest Face of Jannu.

From Kharka the going is easy again down a pleasant forested trail to the village of Ghunsa, where we camp in the village. Ghunsa (3,427m / 11,243 ft) is a picturesque Tibetan village; prayer flags flutter from the wooden houses and there are two monasteries, a welcome sight after the many days of wilderness.

- 6 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 17 - Ghunsa – Kambachen

Gradually the trail ascends to south of the Ghunsa Khola and crossing flood plains while emerging on a pasture situated at the north side of the river. A steep climb to a slope from where it crosses a slide and then descends to Lakepo. A short climb from here to the village of Kambachen 4,040m / 13,287 ft.

- 6 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 18 - Acclimatization / Exploration Day

The 18th day is all about acclimatizing to the high altitude in preparation for the push to Kanchenjunga Base Camp - the highest point of the trek (5,143m / 16,873 ft). It also doubles up as a rest day and can be used for a short morning hike to explore the area around Kambachen.

Those who feel the urge should be able to catch up on their laundry. Otherwise, a good book should get you through the day perfectly. It is essential to acclimatize to the higher altitude as you have been spending a lot of time at lower altitudes.

- All Meals Included
  - Overnight in Guesthouse
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## Day 19 - Kambachen – Lhonak

A gradual climb through rocky fields gets you to Ramtang at an elevation of 4,240m / 13,910 ft then crossing northwest of the Kanchenjunga Glacier you will reach Lhonak (4,780m / 15,682) which is on a sandy plain near a dry lakebed. Water is very scarce in Lhonak and you will need to use only as much as absolutely necessary.

- 6 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 20 - Lhonak – Pang Pema

The main Kanchenjunga peak is only visible from Pang Pema (5,140m / 16,863 ft) which is the base camp for expeditions on Kanchenjunga. From Lhonak, the trail gradually ascends across the plain but soon gets steeper as it follows the moraine.

- 4 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 21 - Pang Pema – Kanchenjunga Base Camp – Kambachen

A climb of around 300m / 984 ft on a morning hike up a ridge, north of Pang Pema, provides a great vantage point with views of Kanchenjunga, Wedge Peak, the Twins and Tent Peak. You will have time to explore Kanchenjunga Base Camp (5,143m / 16,873 ft) before heading back to Kambachen (4,040m / 13,287 ft).

- 5 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 22 - Kambachen – Ghunsa

More descents thru magnificent sections of forest as long as we make Amjilosa tomorrow. From Ghunsa (3,427m / 11,243 ft) an hour down we pass through Phole, a village in two parts. The upper section houses Tibetan refugees who are well established, the second is the winter village of Ghunsa. Further down is Yangswa, a great and warm camp.

- 6 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 23 - Ghunsa – Amjilosa

Initially, we pass thru the beautiful forest opening out to steep, grassy hillsides where Amjilosa (2395m / 7,857ft) is perched.

- 4 Hour Trek
- All Meals Included
- Overnight in Guesthouse

## Day 24 - Amjilosa – Sakathum

After a short climb, you will begin the steep descent that will take most of the day. You reach the joining of the Tamur and Ghunsa Kholas.

- 5 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 25 - Sakathum – Chhiruwa (Chiruwa)

You cross the Simbu Khola, which originates from the Kanchenjunga south base camp, the Khola that you followed up from Torontan. It is pleasantly warm at these low altitudes and cardamom grows freely in the moist shaded forest.

Crossing numerous small tributary streams you reach Chhirwa (1,270m / 4,166 ft), a village set among large boulders. Chhiruwa is also known as Chiruwa or Chirawa.

- 5 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 26 - Chhiruwa – Suketar

Traversing in and out of minor valleys, you pass thru a succession of picturesque villages on our way to Suketar (2,420m / 7,939 ft), reaching around late afternoon.

- 5 Hour Trek
  - All Meals Included
  - Overnight in Guesthouse
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## Day 27 - Fly to Kathmandu

Enjoying your last glimpse of the mountains you have recently visited one last time on the 30 minute Scenic flight back to Kathmandu.

- 30 Minute Flight
- Breakfast Included
- Overnight at your Hotel

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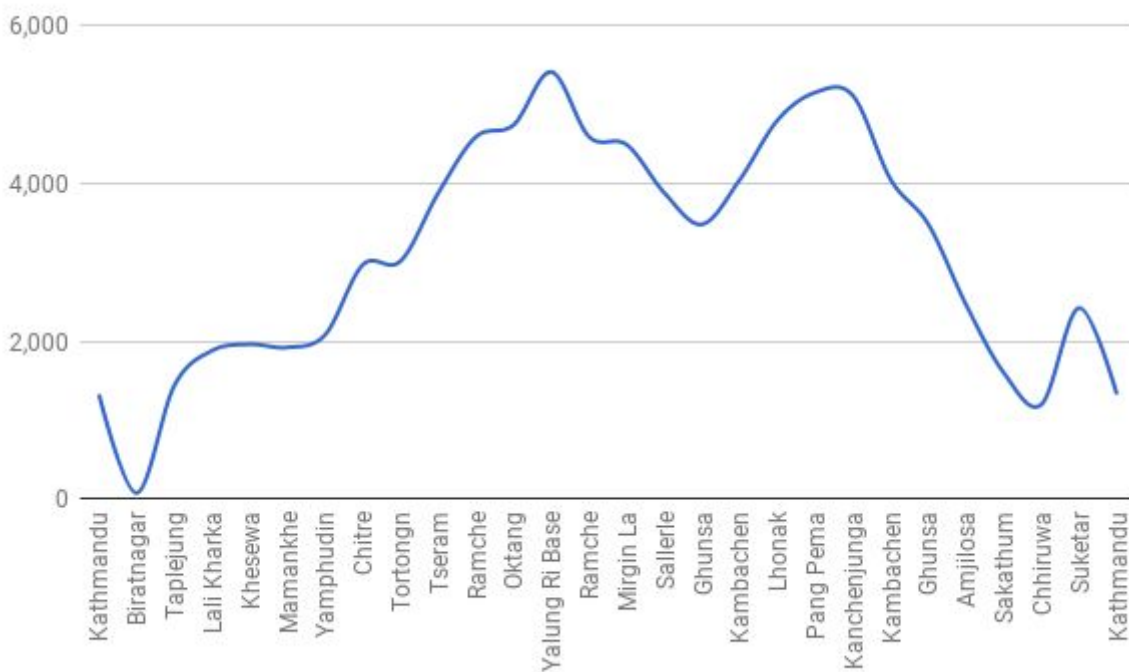
## Day 28 - Leisure day in Kathmandu

Today is yours to do as you wish. If you are departing Nepal, an Ammonite Adventure representative will get you to the Airport in plenty of time.

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## Trek Altitudes

As you can see, most of the trek is above 3,000m / 9,000ft and Altitude Sickness can be a real issue for some.



## Altitude Sickness

The term Altitude Sickness is used often but there are intact 3 types of Altitude Sickness. The most common is actually Acute Mountain Sickness – or AMS for short. AMS becomes a real threat when ascending at altitudes of 3,000m / 9,000ft or more.

AMS comes into effect usually because a trekker or climber ascends too quickly. As the air become thinner, there is less oxygen available. Your lungs need time to adjust in order to carry much needed oxygen to the different parts of your body.

All Ammonite Adventure treks over 9,000ft (3,000 m) include rest days – known as acclimatization days.

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