



Kanchanjunga (North & South) Base camp Circuit trek

Trip Facts

Difficulty	Max Altitude	Accommodation	Meals
Activity Off the Beaten trail	Best Season	Start / End Point	Duration 0 Days

Trip Overview

The **Kanchenjunga Base Camp Trek** is a legendary, high-altitude wilderness expedition that takes you to both the North and South Base Camps of **Mount Kanchenjunga (8,586m)**—the third-highest mountain on Earth [RAP]. Located in the remote, far-eastern corner of Nepal bordering Sikkim and Tibet, this **strenuous-to-extreme restricted area trek** requires a **minimum of two travelers** and a licensed guide, making it the ultimate frontier for adventurers seeking to escape commercial crowds completely [RAP].

Spanning **18 to 22 days** and covering a rugged **200 to 220 km (124–136 miles) full circuit**, the trail climbs dynamically through subtropical lowlands, moss-draped cloud forests, and vibrant rhododendron valleys inside the protected **Kanchenjunga Conservation Area** [RAP]. The southern approach culminates at the spectacular **Oktang Viewpoint (4,730m)** overlooking the immense Yalung Glacier [RAP]. From there, trekkers cross the challenging, snow-dusted **Sele La Pass (4,290m)** to reach the northern wilderness, finishing at the magnificent **Pangpema North Base Camp (5,140m / 16,863ft)** right against a colossal wall of ice [RAP].

Supported by rustic, authentic community teahouses and traditional villages inhabited by the indigenous Limbu, Rai, and Tibetan-Buddhist communities, this epic loop packs unparalleled Himalayan scale and raw biodiversity [RAP]. **Himal Trek Nepal** manages all complex logistics, including your restricted permits, overland 4x4 transport, and internal flights to Suketar or Bhadrapur [RAP].

Trip Itinerary

Day 01 - Arrival in Kathmandu & Later Trek Briefing

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 02 - Kathmandu Preparation (1,350m)



Difficulty	Max altitude 1,350m/4,429ft	Accommodation	Meals
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Day 03 - Flight to Bhadrapur & Drive to Ilam

Difficulty	Max altitude 1,627m/5,338ft	Accommodation	Meals
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Day 04 - Drive from Ilam to Taplejung & Sukathum

Difficulty	Max altitude 1,585m/5,200ft	Accommodation	Meals
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Day 05 - Sukathum to Amjilosa

Difficulty	Max altitude 2,510m/8,235ft	Accommodation	Meals
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Day 06 - Amjilosa to Gyabla

Difficulty	Max altitude 2,730m/8,957ft	Accommodation	Meals
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Day 07 - Gyabla to Ghunsa

Difficulty	Max altitude 3,595m/11,795ft	Accommodation	Meals
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Day 08 - Acclimatization in Ghunsa

Difficulty	Max altitude 3,595m/11,795ft	Accommodation	Meals
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Day 09 - Ghunsa to Kambachen

Difficulty	Max altitude 4,050m/13,287ft	Accommodation	Meals
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Day 10 - Kambachen to Lhonak

Difficulty	Max altitude 4,780m/15,682ft	Accommodation	Meals
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Day 11 - Lhonak to Pangpema (North Base Camp, 5,143m) & back to Lhonak

Difficulty	Max altitude 5,143m/16,873ft	Accommodation	Meals
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Day 12 - Lhonak back down to Ghunsa



Difficulty	Max altitude 3,595m/11,795ft	Accommodation	Meals
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Day 13 - Ghunsa to Sele Le Kharka

Difficulty	Max altitude 4,297m/14,098ft	Accommodation	Meals
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Day 14 - Cross High Passes (Sele La & Sinion La) to Cheram/Tseram

Difficulty	Max altitude 3,870m/12,697ft	Accommodation	Meals
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Day 15 - Tseram to Ramche

Difficulty	Max altitude 4,580m/15,026ft	Accommodation	Meals
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Day 16 - Hike to Oktang (South Base Camp, 4,730m) & back to Tseram

Difficulty	Max altitude 4,730m/15,518ft	Accommodation	Meals
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Day 17 - Tseram to Tortong

Difficulty	Max altitude 2,995m/9,826ft	Accommodation	Meals
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Day 18 - Tortong to Yamphudin

Difficulty	Max altitude 2,080m/6,824ft	Accommodation	Meals
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Day 19 - Yamphudin to Phumphe Danda

Difficulty	Max altitude 1,858m/6,096ft	Accommodation	Meals
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Day 20 - Phumphe Danda to Kande Bhanjyang

Difficulty	Max altitude 2,129m/6,985ft	Accommodation	Meals
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Day 21 - Trek to Trail head & Drive to Taplejung

Difficulty	Max altitude 2,420m/7,940ft	Accommodation	Meals
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Day 22 - Drive from Taplejung to Bhadrapur/Birtamod



Difficulty	Max altitude 2,470m/8,104ft	Accommodation	Meals
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Day 23 - Fly from Bhadrapur back to Kathmandu

Difficulty	Max altitude 2,470m/8,104ft	Accommodation	Meals
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Day 24 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 3 nights accommodations during Kathmandu stay in twin sharing basis.
- 2 nights accommodations during Bhadrapur stay in twin sharing basis.
- Internal domestic Air-Transfer (From & Kathmandu/Bhadrapur) and all the ground transfers during trek.
- Required Permits & Fees: 1.Kanchanjunga Conservation Area Project Permit. 2.Kanchanjunga Restricted Area Permit.
- Accommodation Along the Trail: 1.Standard twin-sharing rooms in local tea houses or mountain lodges for 18 nights.
- Trekking Support Staff: 1.Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2.Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1.Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. 2.Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1.First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: 1.International airfare to and from Kathmandu. 2.Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single supplementary fee
- Travel and Emergency Insurance: 1.Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1.Hot Showers: Gas or solar-heated showers cost between \$3 to \$7 USD per shower (prices increase with altitude). 2.Device Charging: Power banks, phones, and camera battery charging cost \$2 to \$5 USD per full charge. 3.Wi-Fi / Connectivity: Wi-Fi prepaid cards cost roughly \$5 to \$10 USD for a set amount of data only on few places during trek. 4.Drinking Water: Bottled water costs \$1 to \$4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1.Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around \$1 to \$2 a day).
- Beverages & Snacks: 1.Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items or trail cafes.
- Tips & Gratitude: 1.Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening.