

Kanchenjunga Trek



Flanked on the northeastern part of the Nepal and dominated by the **World Third Highest Peak Kanchenjunga** bordering between Nepal and Sikkim, **Kanchenjunga region** is bliss of nature marveling with alpine grass, sub-tropical forest, deep valley as well as Global Eco recognized by WWF area Kanchenjunga conservation area.

Trek to **off the beaten path** Kanchenjunga gives feeling of witnessing the natural scenery poster or watching wilderness documentaries as region famed as jewel on earth harbors rustic natural beauty full of wilderness untouched by foreigners awaiting to amaze the adventurer, wanderer along added bonus of camping on tent during every overnight stay as well as spotting the different animals like snow leopard, musk deer and Himalayan black bear with the perception of the diverse ecosystem and lush beauty of the dense forests blooming with rhododendrons, this secluded region tames.

Apart from the trekking on the **isolated region** immersing on the scenic beauty, incredible **Kanchenjunga trek** fascinates with the rich cultural heritage along proud historical legacy of ethnic Rai and Limbu inhabitants who feel pride on the adorned culture, religion they have embraced and furnish through charismatic religious activities, festivals and overwhelming hospitality.

Duration: 18 days

Price: \$2049

Group Size: 2

Grade: Challenging

Destination: Nepal

Activity: Trekking

Region: Kanchenjunga

Equipment Lists:

Footwear : Well broken-in walking shoes - these must be suitable for snow, thick socks, light socks, camp shoes.

Clothing : Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.

Other equipment: Sleeping bag (5 seasons), lock, day pack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve, gaiters.

Other items: Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit.

Itinerary:

Day 1: Arrival in Kathmandu

Langtang RI representatives will welcome you by garland at the KTM Airport with a banner and drop you off at the hotel after check-in and refreshments, LRT office management personnel and a guide will formally introduce them and provide a trip briefing. Group members should submit 2 passport size photos plus a copy of their passport and also, a copy of Travel insurance and return flight information

Day 2: Fly to Biratnagar

This day morning, we will arrange permit for you & afternoon fly to Biratnagar & overnight.

Day 3: Fly to Suketar & trek to Mitlung

The first day of trek starts with a short flight of 20 minute to suketar. Suketar is situated at a height of 2420m. From Suketar we start our trek to Mitlung which will be our destination for the day. Today's trek is mostly downhill as we decent around 1530m. It will take around 5/6 hours of hiking to reach Mitlung from Suketar. Most the people living in these regions are from Rai and Limbu ethnic groups.

Day 4: Mitlung to Taplethook

Our destination for today will be Taplethook. The path to follow is quite narrow and passes through jungle mainly covered with cardamom plants and other vegetation mostly lush lice fields. We will also see the small gardens of orange and on your way. We will also pass through Tamur River. Today's journey will be 6/7 hours long, which includes accent and decent with an overall accent of 450m.

Day 5: Taplethook to Amjilasha

The first one and half-hour we trek through normally flat land. Then our trail goes steeply ascent up to Amjilasa. The total trek for today will be around 6/7 hours. We will pass through Ghunsa River and dense forest where can see birds and squirrels before we reach Amjilasha. Amjilassa is small village with few houses and yak herds with local shops where you find basic supplies. Most of the people in the region consists of Rai, Limbu and Sherpa ethnic group.

Day 6: Amjilasha to Gyapla

Again, we hike upward in the riverbank of Ghunsa River. Today's journey is 4/5 hours long. We will pass through the densely

forest consisting of bamboo, fir and rhododendrons. We will find that the river drops steeply with many waterfalls and pools. The overall accent to Ghunsa is around 690m. Ghunsa is a Tibetan settlement so most of the people consist of Sherpa Ethnic Group.

Day 7: Gyapla to Ghunsa

The trails pass through jungle. We will see Gunsa River down the trail. The trail passes through few human settlements where the influence of Tibetan culture and lifestyle is visible. We will pass through terrace fields where potato, wheat, barley, bucks are grown. Today we will see the view of Jannu himal and other small peaks.

Day 8: Acclimatize and Explore around Ghunsa

Today we take a rest in order to acclimatize and excursion in and around the Ghunsa. Gunsa is also rich with Tibetan and Buddhist culture. Ghunsa is relatively larger town. It is inhabited by Tibetan people. Mainly the women are involved in carpet weaving profession.

Day 9: Ghunsa to Kambachen

Today we will be making our way towards Kambachen. The Journey will take around 6/7 hours long. We will cross rivers and pass through forest where we may get glimpse of birds, blue sheep and domesticated Yaks. Today we will get fantastic view of Jannu Himal and other small peaks in the region.

Day 10: Kambachen to Lhonak

Today we will travel from Kambachen to Lonak which will take around 4/5 hours. We trek through rocky fields and large boulders on the hillside along the riverbank and arrive at a waterfall. We will be able to see Yaks and Blue Sheep on the way. Views of Jannu Himal, Khambachen Kirat Chuli and more small peaks can be see on the way.

Day 11: Trek to Pangpema (Kanchenjunga North Base Camp)

We trek along the Kanchenjunga Glacier to spend a night at Pangpema, Kanchenjunga base camp on the north side. After a total walk around $\frac{3}{4}$ hours you reach Pangpema, a flat grassy base camp. Today we will be able to see the view of Mt. Kanchanjunga, Kirat Chuli, Nepal Peak, Dromo Peak, Khambachen Peak and other smaller peak of this region.

Day 12: Pangpema to Ghunsa

We descend around 1375m to Ghunsa from Lonak, which means that we get to enjoy the beautiful forests along with a backdrop of impressive mountain scenery. The journey will be 6/7 hours long. We will see lot of local Sherpa people and also pass through the Ghunsa Khola.

Day 13: Ghunsa to Amjiloshia

This day you will trek back to Amjilosa following same route. The journey will be 6/7 hours long with around 925 m of decent.

Day 14: Amjiloshia to Chhirua

We will decent again from Amjiloshia to Chhirua. The total decent will be around 1185m and the total journey will be 6/7 hours long. We will meet people from Sherpa and Rai ethnic group and pass through forests, rice fields, schools and the Tamur Khola.

Day 15: Chhirua to Suketar

Today we will make an overall ascent of around 1335 to reach Suketar from Chhirua. The journey will be 6/7 hours long. The ethnic people in this region will be Rai and Limbu. We will pass through villages, rice fields and schools.

Day 16: Fly to Kathmandu via Biratnagar

Today we will fly to Biratnagar from Suketar and from Biratnagar we will make another flight to Kathmandu. Overnight in Hotel

Day 17: Free Day at Kathmandu

This is the free day and you can use it for your shopping or any remaining sightseeing in Kathmandu. In the evening we will take you for farewell dinner with cultural program.

Day 18: International Departure

All too soon it's time to bid Nepal farewell and one realizes that we can never be intimate, only acquainted with this amazing adventure Himalaya.

Cost Include:

- Airport Pick up & Drop Transportation by private vehicle
- Twin/Double sharing accommodation at Kathmandu in 2 to 3 stars hotels with breakfast
- Kathmandu- Sukhetar- Kathmandu flight for members, guide and cook and Cargo
- Accommodation in tent during trek
- Meals (Breakfast, lunch, dinner) in trekking
- Boiled drinking water, tea and coffee during trek
- Tents, mattress, cooking utensils and camping equipments
- A First Aid and Eco trained & Government licensed holder English Speaking guide and required porter while on trek
- Experienced cook, kitchen crew & sherpa
- Wages, equipment, insurance and other facilities to staffs
- Seasonal sleeping bag
- Trekking map for group
- All necessary paper work & Permits
- Accommodation, meals, salary, equipment & Insurance of Langtang Ri trekking staffs
- First Aid Kit
- Travel & Rescue arrangement
- All government taxes
- Farewell dinner

Cost exclude:

- International Airfare
- Nepal Visa fee (US\$ 40 per person for 30 days)
- Excess baggage charges
- Lunch/Dinner in Kathmandu
- Medical evacuation in case of emergency
- Personal gears & clothing (available on hire)
- Client's insurance, Items of personal nature i.e. Soft/hard drinks, Tips etc
- Expenses incurred due to mishaps, landslides, strikes, political unrest etc. In such case extra will be charged as per actual
- Anything not specified in cost include section