Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Kanchenjunga Treks Brief Itinerary

Day 01 : Arrival in Kathmandu.(1,300 M)

Well Come to Nepal at Tribhuwan International Airport (TIA) in Kathmandu, we will be greeted by a representative from Global Treks and expedition who will reception and drop us off at our hotel. When you are ready you will be collected from your hotel lobby and driven to our Thamel office Global Treks and Expedition where you will be formally introduced to your Trekking Guide. We will go through your entire trek itinerary and arrangements with you ensure every detail is in place. We will also ask for your passport photographs and any other details so that we can organize any permits required for your trek and the region you will be exploring.

Day 02 : Flight from Kathmandu to Biratnagar & drive to Taplejung by Jeep. (2,300 M)

This morning you fly to Biratnagar in the eastern Terai. It is Nepal's second largest city and an energetic, bustling place. You take the short 30 to 40-minute flight to Sukhetar / Taplejung, where the trek crew will be waiting for your arrival. After landing, you take a little time for refreshments and for the porters to prepare their loads before beginning your walk along the ridgeline above Taplejung village.

Day 03 : Trek from Suketar (2,300 M.) to Kunjari (1,928 M)

Climb gradually along a rhododendron-covered ridge. The trail crosses the ridge and contours past the Deorali Khola and four more streams to a pass at 2,570 M. Descend through the forests to Lali Kharka, houses at 2,220 M., then through fields to the substantial Limbu village of Thembewa at 1,880 M. Now climb steeply to Kunjari, a Limbu village at 1,700 M.

Day 04 : Trek from Kunjari to Mamangkhe (1,920 m)

From here the trail makes a long looping traverse to Bhanjyang, a Gurung settlement with several local tea shops, on a pass at 2,120 M. From Bhyanjyang there are views of Kanchenjunga and Kyabru. Now you head north just below the top of a ridge descending to the scattered village of Keswa at 1,960 M. You pass below waterfalls crossing several streams and landslide to Phun Phun. You descend through a series of side valleys to shops on a ridge at 1,850 M, then descend steeply through rice terraces into a side canyon, cross a stream on a long suspension bridge at 1,540 m, then climb to Mamankhe, a prosperous Limbu village with local tea shops, shops and a large school at 1,810 M.

Day 05 : Trek from Mamangkhe to Yamphudin (2,080 M.)

Beginning with an easy climb, the walk to Yamphudin is along a trail, which contours the hillside above the Kabeli Khola. You cross the ridges and stream beds that make up the valley sides and the trail eventually becomes level with the river a couple of hours before Yamphudin. Along the way, you can stop to bathe in one of the many clear pools in this beautiful river. It is a truly idyllic spot and after lunch by the river, you complete the day's walk to Yamphudin. Yamphudin is the most remote settlement in this area and the last habitation you will see until you reach Gunsa. It is a charming place tucked away beneath the ridge of the Deorali Danda, which you must cross next.

Day 06 : Trek from Yamphudin to Omje khola (2,460 M)

Cross the Omje Khola on a couple of bamboo poles and follow the Kabeli Khola upstream for a short distance, ignoring the suspension bridge. After you pass behind a ridge out of sight of Yamphudin, cross a small stream and take a trail that heads straight uphill. Zigzag up through fields of corn and barley to Darachuk, and keep climbing past meadows to Dubi Bhanjyang, a pass at 2,540 M. Descend through ferns and big trees to the Omje Khola at 2,340 M. and follow the stream uphill for a short distance. Cross the stream on a log bridge, and go a bit further upstream to a campsite.

Day 07 : Trek from Amjekhola to Torontan (2,890 M.)

From the stream, the trail makes a steep climb through bamboo to a Kharka at Chitre (2,920 M.) and continues up to a notch. After a short descent, the ascent to a clearing is less strenuous and then the trail passes through a forest of pines and rhododendrons to a pond at Lamite Bhanjyang, 3,410 M elevation. From this ridge, you can see a trail across a huge landslide scar; a better route is to stay on the ridge and follow it east along its top until you are well beyond the landslide, then follow a steep set of switchbacks leading downhill. Once the initial steep descent is finished, the trail becomes gentler. It passes through damp, orchid-filled forests, crossing streams and isolated clearings used by herders and woodcutters.

Day 08 : Trek from Toronde to Tserma (3,870 M.)

This morning, you follow the right bank of the river, passing through pine and rhododendron forests. The valley climbs steeply and, as the day progresses, the trees become sparser and more stunted, giving you glimpses of the snow-capped giants ahead and of the massive snout of the Yalung Glacier. Just before Tseram, the towering heights of Kabru and Rathong start to peep over the moraine. You camp at Tseram where the night-time temperature plummets, reminding you that you are really gaining height.

Day 09 : Trek from Tserma to Ramche (4,580 M.)

You proceed for a relatively short day’s walk today to your next camp at Ramche. The scenery is magnificent as you ascend past the snout of the Yalung Glacier and into a series of ablation valleys. A frozen lake, crystal clear streams and views of Kokthan, Rathong and Kabru are the highlights of this walk into Ramche which is situated on a broad, flat ablation zone.

Day 10 : Trek from Ramche to Yalung B.c.(5,400 M)

While trekking this day, you cross long distance moraines and follow Yalung Glacier to climb onto the moraine. You can see Chhorten at 4,800 m and there is a fine view of the south face of Kanchenjunga. A short distance beyond the Chhorten is a view of Mount Jannu. You must climb down the rough moraine onto the Yalung Glacier. Following Yalung Glacier, you get to the Yalung Base Camp.

Day 11 : Trek from Yalung Bc.to Ramche (4,580 M.)

You retrace back to Ramche following Yalung Glacier. On the way, you see juniper jungle, yak herds and landslides. While trekking, you can enjoy the views of different mountains. Some part of the path is covered by Mani walls and prayer flags. Herds of the blue sheep live on the cliff above. Ramche is occupied with few tea shops and houses made of stones.

Day 12 : Trek from Ramche to Toronde (2,890 M)

On the way, you see juniper jungle, yak herds and landslides. While trekking, you can enjoy the views of different mountains. Some part of the path is covered by Mani walls and prayer flags. Herds of the blue sheep live on the cliff above. While trekking, you pass the junction with the trail to Mirgin La is nearby. Some path of the trails is loose, rocky and slippery. The trail goes alongside the moraine of Yalung Glacier. Somewhere during the trek, you cross the rhododendron forests and landslides. On the way is a Buddhist shrine decorated with rock cairns and prayer flags.

Day 13 : Trek from Toronde to Amjekhola (2,460 M.)

You trek begins with the cross of a suspension bridge. Normally, you trek through flat path following thick jungle. At a certain point of the jungle, your trail begins to gently ascend. You can see landslides on your way. After a short distance, the trail starts to descend to Amjekhola.

Day 14 : Trek from Amjekhola to Yamphudin (2,080 M.)

Your trek is in decent way through the jungle. You cross the suspension bridge to reach Yamphudin. Yamphudin is relatively a big town inhabited by a mixed community of Buddhist and Hindus. Here you can see the long terraced fields as people are involved in agricultural activities. There are few lodges and tea shops with other local shops.

Day 15 : Trek from Yamphudin to Mamangkhe

You descend to the west side of the Kabeli Khola through the less dense forest. There is a lot of flood damage here, so it becomes a rock hopping exercise, over boulders, tree roots and intersecting stream channels, as you head upstream. Now you ascend gradually to the Tenguwa Khola. You need to cross the stream by jumping from stone to stone. Switchback steeply up to another ridge marked by a Chhorten and prayer flags, and then ascends across rubble and rock slides and cross another stream. Parts of the trail are on cliffs high above the river to get to Kabeli Khola at 1640m. Mamankhe is a prosperous Limbu village with Local tea Shops, shops and a large school at 1,810 M.

Day 16 : Trek from Mamangkhe to Keswa (2,120 M.)

The first part of your trek is ascent through the rice terraced into a side cannon, cross a stream on a long suspension bridge at 1,540 M. Then go up a bit to Phonpe village at 1,780 M. You head generally downwards through forest past a large waterfall. Normally you cross several waterfalls, streams and a landslide to reach Phun Phun. Not only this, you cross a saddle where a stately pipal tree offers a rest in the shade. Finally you get to Keswa which is village inhabited by Limbu and Gurung, the ethnic groups of Nepal.

Day 17 : Trek from Keswa to Suketar (2,300 M.)

The trail is mixed with ascents and descents. You cross streams at several places. You have to cross Pokara village to a suspension bridge across the Phawa Khola at 1,430 M.. There is a good swimming hole here. You descend steeply at Kunjari, a Limbu village at 1700m. Climb down through wheat fields to a saddle. From here, the trail makes a long, looping traverse to Bhanjyang, a Gurung settlement with several bhattis, on a pass at 2,120 M. From Bhanjyang, there are views of Kanchenjunga and Kyabru. Now the trail enters the Kabeli Khola valley. For some part, you gradually climb down along the rhoderdrons covered ridge.and cross the Deurali Khola with four more streams to a pass at 2,570 M. Ascend through forest to Lali Kharka. Suketar is a village above the Taplejung.at 2,300 M.

Day 18 : Fly from Biratnagar to Kathmandu via Suketaar

Today finally you will be back to the Kathmandu through the routes of Suketar. After reaching to the Kathmandu in Thamel you will can enjoy your shopping and fooding .

Day 19 : Back to your final destination

Our Airport Representative will drop you at the international airport in Kathmandu for your flight departure from Nepal. You will have a good and safe journey.

Cost include

- Airport / Airport pick up & drop by private tourist vehicle.
- 2 N Kathmandu Hotel accommodation sharing bases with B/B(Bed & Breakfast)
- 2 N Hotel accommodation in Suketar with B/B(Bed & Breakfast)
- All your standard mentions Meals during the trek **(B-Breakfasts, L-Lunches, D- Dinners).**
- Lodges/Guesthouses accommodation during the 7 Days trek
- Local GLOBAL TREKS English speaking guide
- National Park permits and TIMS permit for trekking.
- Private transportation entire this trek. (Kathmandu-Suketar-Kathmandu)
- Food, accommodation, salary, insurance and medicine for all staff.
- All our government taxes, vat, tourist service charges
- Official expenses.

Cost Exclude

- Lunch /Dinner whilst in Pokhara & Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on ‘Price Includes’ section.