

Earthbound Expeditions

Kanchenjunga Base Camp Trek

28 days, from US$2,397 per person

Duration
28 days

Grade
Strenuous

Max altitude
5,143 m

Start and end
Kathmandu

On the trail
5 to 7 hours a day

Best season
Apr to May, Oct to Nov

Accommodation
Teahouses

Meals
All meals on the trek

Group size
Up to 10

Getting there
Fly to Biratnagar

Kanchenjunga Base Camp Trek Overview

A four-week trek to the foot of Kanchenjunga, the third highest mountain on earth, in the far east of Nepal, on a restricted trail used by a few hundred trekkers a year.

Trek overview

This trek has twenty-two walking days and takes you to the north base camp of Kanchenjunga, the third highest mountain on earth, in the far eastern corner of Nepal on the border with Sikkim. It is the longest trek we offer and by far the least crowded: a few hundred foreign trekkers walk it each year, compared with tens of thousands in the Khumbu. For several days at a time you will meet only local people going about their daily lives.

Both sides of the mountain

This itinerary follows the full circuit rather than returning the same way. You go up the Ghunsa valley to Pangpema for the north face, then cross the Sele La at around 4,700 m into the Yalung valley for Oktang and the south face. Most Kanchenjunga itineraries visit only one side. Visiting both is why the trek takes four weeks rather than three, and it is the main purpose of this route.

Who this trip is for

Trekkers who have completed a two-week Himalayan trek and want to spend a month on the trail. It is not technically harder than the Annapurna Circuit, but it is far more remote: there is no road for two weeks, no reliable helicopter landing site above Ghunsa and no clinic, and many teahouses are simple rooms in family homes. The difficulty comes from the length and isolation of the trek rather than the altitude.

Teahouse accommodation

Teahouses are now available along the whole route, which was not the case ten years ago, and they are basic. Expect a plywood room, a shared long-drop toilet, dal bhat twice a day and no shower above Ghunsa. Several are run by a single family and have only four beds. Conditions are closer to Manaslu fifteen years ago than to anything in the Annapurna region today.

Key highlights of the Kanchenjunga Base Camp Trek

- Pangpema, the north base camp of Kanchenjunga (5,143 m)
- A restricted area with a fraction of the Everest region's visitors
- Rhododendron forest, Limbu villages and the Tibetan village of Ghunsa
- Twenty-two days of walking, the longest trek we offer

Itinerary

Day	Route	Hours	Distance	Altitude
3	Fly to Biratnagar, drive to Hille	-	-	1,900 m
8	Reach Taplejung, the last road head	-	-	1,820 m
10	Sekathum, where the restricted area starts	-	-	1,640 m
13	Ghunsa, the Tibetan village	-	-	3,410 m

15	Khambachen, acclimatisation day	-	-	4,050 m
17	Pangpema and the north face	-	-	5,143 m
20	Over the Sele La into the Yalung	-	-	4,700 m
21	Ramche and Oktang, the south face	-	-	4,580 m
26	Back to Taplejung and the road	-	-	1,820 m
27	Fly back to Kathmandu	-	-	1,400 m
28	Fly home	-	-	-

Day 1

Arrive in Kathmandu

We meet you at the airport and take you to your hotel, with a briefing in the evening. This is a restricted area trek, so we check the permit paperwork and passport copies at the same time.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Kathmandu Valley sightseeing

Visits to Swayambhunath, Pashupatinath, Boudhanath and Patan, and an equipment check in the afternoon. On a four-week trek, it is important to find any problem with your boots before you start.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 3

Fly to Biratnagar and drive to Hille

A short flight to the Terai, followed by a long drive up into the eastern hills. The far east of Nepal is greener, wetter and far less visited than any other region we cover.

Altitude: 1,900 m On foot: None, flight and 3–4 hr drive Night: Lodge, Hille Meals: Breakfast, Lunch, Dinner

Day 4

Trek from Hille to Shidua

The trek begins through terraced hillsides and Rai villages, on local paths used by villagers rather than dedicated trekking routes.

Altitude: 2,150 m On foot: 5–6 hrs Night: Teahouse, Shidua Meals: Breakfast, Lunch, Dinner

Day 5

Trek from Shidua to Door Pani

You climb through rhododendron and oak forest to a ridge with the first clear view east towards Kanchenjunga.

Altitude: 2,780 m On foot: 6 hrs Night: Teahouse, Door Pani Meals: Breakfast, Lunch, Dinner

Day 6

Trek from Door Pani to Gupha Pokhari

A day along the ridge, past a small sacred lake, with Makalu behind you and Kanchenjunga ahead on a clear morning.

Altitude: 2,890 m On foot: 5–6 hrs Night: Teahouse, Gupha Pokhari Meals: Breakfast, Lunch, Dinner

Day 7

Trek from Gupha Pokhari to Nesum

A long descent out of the rhododendron forest into farmland and Limbu villages.

Altitude: 1,620 m On foot: 6 hrs Night: Teahouse, Nesum Meals: Breakfast, Lunch, Dinner

Day 8

Trek from Nesum to Taplejung

You descend to the river and climb again to the district town, the last place with shops, a bank and road access.

Altitude: 1,820 m On foot: 6 hrs Night: Lodge, Taplejung Meals: Breakfast, Lunch, Dinner

Day 9

Trek from Taplejung to Chirwa

You enter the Tamur valley and follow the river north. From here, the trail is the only route in or out.

Altitude: 1,270 m On foot: 5–6 hrs Night: Teahouse, Chirwa Meals: Breakfast, Lunch, Dinner

Day 10

Trek from Chirwa to Sekathum

The trail follows the Tamur upstream through cardamom fields and across suspension bridges to the confluence at Sekathum, where the restricted area begins.

Altitude: 1,640 m On foot: 6 hrs Night: Teahouse, Sekathum Meals: Breakfast, Lunch, Dinner

Day 11

Trek from Sekathum to Amjilosa

The gorge narrows and the trail, cut into its side, climbs steeply. The distance is short, but the day is physically demanding.

Altitude: 2,510 m On foot: 6–7 hrs Night: Teahouse, Amjilosa Meals: Breakfast, Lunch, Dinner

Day 12

Trek from Amjilosa to Gyabla

The trail passes through mossy forest and waterfalls as the valley narrows. The villages change from Limbu to Tibetan.

Altitude: 2,730 m On foot: 5–6 hrs Night: Teahouse, Gyabla Meals: Breakfast, Lunch, Dinner

Day 13

Trek from Gyabla to Ghunsa

The trail leaves the gorge for an open valley and the largest village on the route, a Tibetan settlement with a gompa, a micro-hydro scheme and a school.

Altitude: 3,410 m On foot: 5 hrs Night: Teahouse, Ghunsa Meals: Breakfast, Lunch, Dinner

Day 14

Trek from Ghunsa to Khambachen

You climb above the treeline, crossing a landslide section slowly and carefully, as the north face of Jannu comes into view.

Altitude: 4,050 m On foot: 6 hrs Night: Teahouse, Khambachen Meals: Breakfast, Lunch, Dinner

Day 15

Acclimatisation day in Khambachen

An acclimatisation day, with a walk up towards the Jannu glacier and back down to Khambachen to sleep.

Altitude: 4,050 m On foot: Optional 3–4 hrs Night: Teahouse, Khambachen Meals: Breakfast, Lunch, Dinner

Day 16

Trek from Khambachen to Lhonak

A high, open day across rubble beside the moraine, with very little vegetation and extensive mountain views.

Altitude: 4,780 m On foot: 5–6 hrs Night: Teahouse, Lhonak Meals: Breakfast, Lunch, Dinner

Day 17

Hike to Pangpema and return to Lhonak

This is the main objective of the trek. You walk for four hours up the Kanchenjunga glacier to Pangpema at 5,143 m, where the entire north face rises three and a half vertical kilometres in front of you. You return to Lhonak to sleep.

Altitude: 5,143 m at Pangpema On foot: 7–8 hrs Night: Teahouse, Lhonak Meals: Breakfast, Lunch, Dinner

Day 18

Trek back to Ghunsa

A long descent, covering the ground of two days in one, with breathing becoming easier as you lose height.

Altitude: 3,410 m On foot: 7 hrs Night: Teahouse, Ghunsa Meals: Breakfast, Lunch, Dinner

Day 19

Trek from Ghunsa to Sele Le

You leave the valley floor and climb through forest towards the pass, camping at a high site.

Altitude: 4,290 m On foot: 6 hrs Night: Teahouse, Sele Le Meals: Breakfast, Lunch, Dinner

Day 20

Cross the Sele La to Tseram

The pass crossing: a series of passes up to around 4,700 m, with Jannu, Makalu and Everest visible on a clear morning, followed by a long descent into the Simbuwa valley.

Altitude: 4,700 m at the pass On foot: 8–9 hrs Night: Teahouse, Tseram Meals: Breakfast, Lunch, Dinner

Day 21

Trek from Tseram to Ramche and visit Oktang

You walk up the Yalung valley to Ramche and continue to the Oktang viewpoint for the south face of Kanchenjunga.

Altitude: 4,580 m On foot: 6 hrs Night: Teahouse, Ramche Meals: Breakfast, Lunch, Dinner

Day 22

Trek from Ramche to Torontan

You descend the Yalung valley back into forest, losing height quickly.

Altitude: 2,995 m On foot: 6–7 hrs Night: Teahouse, Torontan Meals: Breakfast, Lunch, Dinner

Day 23

Trek from Torontan to Yamphudin

You leave the high country for farmland and reach the first village with a shop for several days.

Altitude: 1,690 m On foot: 6–7 hrs Night: Teahouse, Yamphudin Meals: Breakfast, Lunch, Dinner

Day 24

Trek from Yamphudin to Phumphe

Rolling hill country through Limbu villages and cardamom fields.

Altitude: 1,780 m On foot: 5–6 hrs Night: Teahouse, Phumphe Meals: Breakfast, Lunch, Dinner

Day 25

Trek from Phumphe to Phawa Khola

You descend to the river and follow it, on paths used daily by local people.

Altitude: 1,430 m On foot: 5–6 hrs Night: Teahouse, Phawa Khola Meals: Breakfast, Lunch, Dinner

Day 26

Trek from Phawa Khola to Taplejung

The last day of walking, back to the road head and a comfortable bed.

Altitude: 1,820 m On foot: 5 hrs Night: Lodge, Taplejung Meals: Breakfast, Lunch, Dinner

Day 27

Return to Kathmandu from Taplejung

Depending on your dates, you either drive to Bhadrapur and fly west to Kathmandu, or travel the whole way by road. A farewell dinner in the evening.

Altitude: 1,400 m On foot: None, drive and flight day Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 28

Departure

We take you to the airport for your flight home. At four weeks, this is the longest trek we run.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers & ground transport
- Licensed English-speaking guide
- Accommodation throughout the trip
- All permits & national park fees
- Meals as per the itinerary

Not included

- International flights
- Travel & rescue insurance
- Personal trekking gear
- Tips & personal expenses
- Nepal entry visa (on arrival)

Permits and other costs

Permit	Fee	Issued by
Kanchenjunga restricted area permit. Covers everything north of Sekathum. It is the least expensive restricted area permit in Nepal, and it still requires a party of at least two and a licensed guide.	$20 per person per week, $25 after four weeks	Department of Immigration, Kathmandu, through an agency
Kanchenjunga Conservation Area permit. The conservation area is managed by a local council rather than the government. This is unusual in Nepal, and it works well.	NPR 3,000, about $22	Kathmandu, before you start
Licensed guide, and a registered agency. A restricted area permit is only issued through an agency, so it is not legally possible to trek this route alone.	Inside the trek price	-
TIMS card. The restricted area permit replaces it.	Not required	-

Other cost	Amount	Note
Kanchenjunga restricted area permit	$20 a week	$20 per person per week for the first four weeks, then $25. Lower than the permits for Manaslu or Mustang
Kanchenjunga Conservation Area permit	$22	NPR 3,000
Kathmandu to Biratnagar or Bhadrapur flights	$180–240	Both ways
Road transfers into the hills	$120–200	Two long days each way on rough road
Teahouse bed	$4–10 a night	Twenty-two nights. Simple, and among the least expensive in Nepal
Food on the trail	$22–32 a day	Less choice than in the Khumbu, with more dal bhat
Licensed guide	$30–40 a day	Compulsory in a restricted area, for twenty-two days
Porter, one per two trekkers	$22–28 a day	Plus their accommodation, meals and the journey home from the far east
Travel insurance to 6,000 m	$160–260	For four weeks, and it must cover helicopter rescue
Tips, guide and porter	$300–450	Per trekker, for a month of work by the team

Packing list

Weight limits for four weeks

Your porter carries a strict maximum of 20 kg, shared between two trekkers. The flights to the east allow 15 kg, and bags are weighed. There is no shop after Taplejung on day 8, so you need to buy everything for the twenty-two days in Kathmandu. We provide the duffel bag and the sleeping bag.

On your head

- Sun hat with a brim, and a warm hat that covers your ears
- Buff or neck gaiter, two of them
- Sunglasses, category 3 or 4. Snow glare at this altitude is serious
- Headtorch and spare batteries
- Sunscreen SPF 50 and lip balm with sun protection

On your body

- Three or four merino or synthetic base layers, no cotton
- Two mid layers, one fleece and one light insulated jacket
- Down jacket. We provide one; bring your own if you feel the cold at night
- Waterproof jacket and trousers that pack small
- Two pairs of trekking trousers, one lined
- Underwear for four or five days, washed on the way

Hands and feet

- Liner gloves and insulated outer gloves or mittens
- Trekking boots with ankle support, fully broken in before the trek
- Four pairs of wool trekking socks
- Camp shoes or trainers for the evenings
- Gaiters, if you are going in winter or early spring

Bags

- Duffel bag for the porter, 20 kg maximum. We provide one
- Daypack, 30 to 35 litres, with a rain cover
- Dry bags or thick liners. Bags do not stay waterproof for long on a Himalayan trail

Sleeping

- Sleeping bag rated to -15°C. We provide one
- Silk or cotton liner, for warmth and hygiene
- Earplugs. Teahouse walls are made of plywood

Health

- Personal first aid: blister plasters, tape, painkillers, rehydration salts
- Diamox, if your doctor agrees, plus any medicine you take routinely
- Water purification: tablets, a filter, or a SteriPen
- Hand sanitiser and wet wipes
- Throat lozenges. Almost everyone develops a dry cough at high altitude

Papers and money

- Passport valid for six months, plus two photocopies
- Four passport photographs for permits
- Travel insurance certificate showing helicopter cover to 6,000 m
- $450 to $650 in small notes. The last cash machine is at Taplejung, on day 8, and it is not reliable

Extra items for four weeks in a restricted area

- All the cash you will need. There is no reliable cash machine after Taplejung, and cards are not accepted anywhere
- Two power banks, and a solar charger if you have one. Electricity is rationed for twenty-two days
- One or more books. The evenings are long and dark, with no internet
- Spare boot laces, tape and a repair kit. There is no shop to replace anything after day 8
- Leech socks for the lower gorge, which is wet forest in the shoulder months

Accommodation

Accommodation on the trek

This is a teahouse trek, and the teahouses are basic. On the approach, Hille and Taplejung have simple lodges. In the villages of the Tamur gorge, the teahouse is often part of a family home, with a plywood twin room, a shared long-drop toilet and meals cooked on the family stove. Ghunsa, where you spend two nights, has the best lodges on the route, and a bucket of hot water is available for a fee.

Accommodation at higher altitude

Khambachen and Lhonak have seasonal lodges, which are very basic, with twin rooms or a dormitory and no shower. On the Yalung side, after the Sele La, the lodges are again small and basic. Charging is limited and there is little or no wifi. Bring a warm sleeping bag for the whole trek.

Where	Nights	Type	Room	Bathroom
Kathmandu	3	Three-star hotel	Twin or double	Private, hot water
Hille and Taplejung	3	Simple lodge	Twin	Shared
The Tamur gorge villages	6	Teahouse, often in a family home	Twin, basic	Shared, long-drop
Ghunsa	2	Teahouse, the best on the route	Twin	Shared, hot bucket for a fee

Khambachen and Lhonak	4	Teahouse, seasonal and very basic	Twin or dormitory	Shared, no shower
The Yalung side	5	Teahouse	Twin, basic	Shared

Heating
One stove in the dining room, lit at dusk. Bedrooms are not heated at any altitude.

Hot shower
Available up to Ghunsa for $3 to $5, as a bucket shower heated by gas or solar. None above Ghunsa.

Charging
$3 to $5 per device. Solar and rationed above Ghunsa, and unavailable at Lhonak. Bring two power banks for the four weeks.

Wifi
Ghunsa has an intermittent connection powered by its micro-hydro scheme. There is no wifi anywhere else on the route.

Phone signal
NTC reaches Taplejung, Chirwa and parts of the Ghunsa valley. Expect to be out of contact for two weeks, and let people at home know.

Water
Boiled water costs $1 to $3 a litre. Carry purification, as there are fewer safe water stations here than on any other route we run.

Sleeping bag
Provided, rated to -15°C. It is lent to you for the trek and returned at the end.

Bedding
A mattress, a pillow and a blanket. Your sleeping bag is used on top of these, not instead of them.

Meals

Meal	Time	What it is like
Breakfast	7:00–7:30	Porridge, Tibetan bread, eggs, chapati, pancakes, tea or coffee
Lunch	12:00–13:00	Dal bhat, fried rice, noodles, soup, momo, potatoes in every form
Dinner	18:30–19:30	Dal bhat, pasta, thukpa, curry and rice, soup to start
Tea	on arrival	Black, milk, lemon, ginger or masala tea. Included at every stop.

Diet	How we manage it
Vegetarian	Straightforward throughout. Dal bhat is vegetarian and is the best dish on the menu.
Vegan	Manageable with notice. Tell us when you book so the guide can order ahead.
Gluten free	Rice, dal, potatoes and eggs are safe. Bread, noodles and momo are not, and cross-contamination in a teahouse kitchen cannot be ruled out.
Halal	There is no certified halal kitchen on the route. Vegetarian food is the practical option.

Meat	Available, but we advise against it above Chirwa, as it is carried up for two days without refrigeration.

A typical day

Time	What happens
6:00	Tea served in your room, with a bowl of warm water to wash in
6:30	Pack, and put the duffel outside your door for the porter
7:00	Breakfast together in the dining room
8:00	On the trail. The guide sets a slow, steady pace
12:00	One-hour lunch stop at a teahouse on the route
13:00	Two to four more hours of walking, depending on the day
15:30	Arrive at the teahouse for tea, choose a bed, wash and rest if you need to
17:00	Oxygen saturation and pulse measured and recorded
18:30	Dinner, and a briefing from the guide on the next day
20:30	Bedtime. At 4,000 m, most people are asleep before nine

Difficulty and preparation

Difficulty 4 of 5

Not technically difficult, but very long and very remote, lasting a month.

- Twenty-two walking days with two rest days, the longest of any trip we offer.
- Two days of eight to nine hours: the Pangpema day and the Sele La crossing.
- The gorge between Sekathum and Ghunsa is steep, exposed in places and prone to landslides.
- You sleep at 4,780 m at Lhonak and reach 5,143 m. The altitude is the smallest of the challenges.
- No road for two weeks, no clinic on the route and no reliable helicopter landing site above Ghunsa.

Altitude and safety

The altitude profile is gentle by Himalayan standards: eight days below 3,000 m before you begin to climb, then a steady rise to Ghunsa and a rest day at Khambachen. What makes Kanchenjunga demanding is not the altitude but the distance from help if something goes wrong. From Lhonak, Ghunsa is a hard day's walk and Taplejung is four days away. There is no aid post and no reliable landing site above Ghunsa.

What to watch for

- A headache that does not ease with water and paracetamol
- Nausea, or a complete loss of appetite
- Breathlessness at rest, not only when climbing
- Poor sleep at Khambachen or Lhonak, or waking short of breath

- Loss of coordination, which means you must descend immediately

How to prevent it

- Use the rest day at Khambachen. It is the only acclimatisation day on the high section.
- Drink three to four litres of water a day, and purify it.
- Eat well. Over four weeks you can lose significant weight and reach the Sele La with no energy reserves.
- No alcohol above Ghunsa, and no sleeping pills at any altitude.
- Tell your guide on the day a symptom starts. From Lhonak, descent is slow.

What we do

1. Daily health checks
We record your oxygen saturation and pulse every evening above 3,400 m, and again on any morning you feel unwell.

2. Mild symptoms
We descend six hundred metres to Ghunsa, which has the best lodges and the only reliable communications on the route. Most cases are resolved here.

3. Serious symptoms
Descent is the only effective treatment, and on this route it takes days rather than hours. This is the trade-off you accept in return for the remoteness of the trek.

4. Helicopter evacuation
Helicopters can reliably reach Ghunsa, and Lhonak in good conditions, but Kathmandu is a long way to the west, so evacuation is not quick. The cost is $4,000 to $6,000, higher than in the Khumbu, and the helicopter will not fly without a payment guarantee.

Guides and porters

Your guide

A government-licensed guide with wilderness first aid training leads every departure, and one porter carries for every two trekkers. For groups of 7 or more trekkers a second guide joins, so nobody is left alone at the back of the group. Our guides come from the hill regions they lead you through.

Porters and luggage

Each porter carries a maximum of 20 kg, which is your duffel bag and one other. This is below the 25 kg limit set by the trekking association and well below the loads you will see on the trail. If your bag is over the limit, the load is split rather than added to. Porters carry luggage, not daypacks: your water, camera, jacket and snacks for the day stay with you.

Staff pay and insurance

Salary, insurance, food and accommodation for every guide and porter are included in the price you pay, and are never collected on the trail. Every member of the team is insured for altitude and for helicopter evacuation on the same terms we ask of you. Porters in this industry have long been expected to carry too much, in unsuitable footwear, for very low pay. We include fair pay and insurance in the package price so that our trips do not contribute to this.

Tipping

Tipping is customary but not compulsory, and it never replaces wages. The usual amount for this trip is $300 to $450 per traveller for the whole team, given together on the last evening rather than daily. Your guide will not ask for a tip, and would prefer that you do not hand it over in front of the group.

Responsible travel

Drinking water

A traveller drinking bottled water uses around 60 plastic bottles on this trip, and every one of them has to be carried in and carried out again. Boiled water is available at every lodge for one or two dollars a litre, and we ask you to buy that instead. Bring purification as a backup rather than as your main supply.

Waste

We carry out everything we bring in that is not food. The Kanchenjunga Conservation Area has a rubbish problem that it did not create and cannot solve alone, and every operator should avoid adding to it.

Supporting local communities

The lodges are family businesses in the villages you pass through. The guides and porters live in this district. The conservation area is managed by a council of local user groups rather than by the government, which is unusual in Nepal, and the permit money stays in the district. Almost all of what you pay is spent within a few days' walk of the trail. This is a strong reason to book with a Nepali operator rather than a foreign company, many of which subcontract to local operators such as us.

Local customs

Ask before photographing anyone. When you meet a mule train, stand on the mountain side of the trail, away from the drop, and let it pass. Monasteries welcome visitors, but they are places of worship rather than tourist attractions: remove your hat and shoes, and if a service is taking place, wait.

Booking and payment

How to book

Email us with your dates and tell us about your previous trekking experience. This is a restricted area, so we need passport scans early. As the trek lasts four weeks, we would like to discuss its length with you openly before you pay a deposit.

Deposit

A deposit of 30 per cent holds your dates, and the balance is paid when you arrive in Kathmandu, in cash or by card. At the same time, we ask for a copy of your passport, your insurance certificate and any dietary or medical information.

Payment

You can pay by bank transfer, or by card through a secure link. Card payments carry the bank's fee of about 4 per cent, which we show you before you pay. The balance in Kathmandu can be paid in US dollars, pounds, euros or Nepali rupees.

Cancellation

If you cancel more than 30 days before departure, the deposit can be transferred to any other date or trip we run, with no time limit. Within 30 days of departure the deposit is retained, because the permits, flights and crew are booked by then. If we cancel for any reason other than weather, you receive a full refund.

Private and group departures

Both cost the same for a party of five or more. A private departure runs on your dates at your pace and can be arranged for one person. A group departure runs on the dates in the table above. Most travellers book privately, at no extra cost.

Late bookings

We need at least six weeks' notice, and three months is better. The restricted area permit is issued for named passports on working days only, and there are few flights to the east.

Frequently asked questions

Answers to the 6 questions travellers ask us most often. If your question is not here, contact us and we will answer it.

How hard is this trip?

We grade it Strenuous. You reach about 5,143 m, so the main challenge is the altitude rather than technical climbing. Rest days are built in to help you adjust, and a good level of everyday fitness is enough to enjoy it. Tell us about your experience when you enquire and we will give you an honest assessment of whether the trip suits you.

When is the best time to go?

The best time to go is spring and autumn (April to May, and October to November), when the weather is most settled and the views are clearest. We also run the trip outside these months on request. Ask us and we will tell you what to expect.

How big are the groups?

Groups are small. Many of our trips run for just one or two people, and we keep group sizes low so that the pace suits you and your guide has time for everyone. You can also book the whole trip privately.

What do I need to pay to book?

A 30% deposit, about $719 on this trip, holds your place, and the balance is due before you travel. You can change your dates free of charge up to 60 days before departure.

Do I need permits, and are they included?

Yes. We arrange all national park fees and trekking permits for this route, and they are included in the price. You need a valid passport and a Nepal entry visa, which you can obtain on arrival.

Can you tailor the itinerary?

Every itinerary can be adjusted to suit your dates, your pace and the time you have. If you would like extra rest days, a different start, or to add another region, tell us and we will plan the trip around you.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/kanchenjunga-trek