

Trip Name : Kanchenjunga Base Camp Trek

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| Starting Point | Fly in KTM-Suketar |
| Ending Point | Fly out Suketar-KTM |
| Type | Fully Camping Trek |
| Grade | Hard |
| Duration | 24 Days |
| Daily Walk | 5-7 hours |
| People in Group | Minimum 2 and Maximum 12 |
| Best Time | April to mid-May and September to mid-November |
| Max. Elevation | 5140 mt. |

Trip Details:

Kanchenjunga region is situated in Eastern Nepal bordering with the Indian State of Sikkim and Tibet of China. Kanchenjunga region although a restricted area, is perhaps one of the most remote trekking regions to the Base Camp of the world's third highest peak. Kanchenjunga was first climbed by a British team in 1955 and opened for organized trekking groups in 1988 only. Mt. Kanchenjunga (8,586m/28,170ft), the "Treasures of the Snow" is believed to be the home of the legendary Yeti. The Kanchenjunga area with unique mountain ecosystems is envisioned as a tri-national peace park with Tibet Autonomous Region (TAR) of China to the north and Sikkim of India in the east. The area is protected as a conservation park by the Nepal Government. The Kanchenjunga Conservation Area has been recognized by WWF as a Global Eco Region. The Himalayan animal species residing here include-red panda, black bear, musk deer, blue sheep, rhesus macaw and the elusive snow leopard. The flora is also inspiring with 1200 species of flowering plant, 69 types of orchid and 30 varieties of rhododendron. The Lapsang La Pass (5,415m/17,766ft) and Sinion/Mirgin La Pass (4,665m/15,305ft) are the challenging passes in the Kanchenjunga region. The north face of Kanchenjunga seen from Pangpema is truly unforgettable, a worthy destination to visit.

Weather in the Kanchenjunga region:

Trekking in Kanchenjunga region is the best in late spring (April to mid May) and autumn (Sept to mid Nov). The days are sunny and warm but the nights are cold and can fall to freezing in higher elevations. The only issue is cold and might be a problem due to ice/snow blockade over the high passes. The high passes are closed in winter and early spring.

High Altitude Warning:

Altitude sickness is a serious concern in the Kanchenjunga Base Camp trek that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Kanchenjunga Base Camp trekking as hard trek and are suitable for passionate trekkers who have courage to walk at least 5-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Kanchenjunga Base Camp trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any

previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Kanchenjunga special trekking permit
- Kanchenjunga Conservation Area permit
- Three meals (B/L/D) a day on trekking from teahouse/lodge and camps
- Accommodations at teahouse/lodge/tents in the mountains
- A Sherpa Group leader along the camp crew
- Necessary porters
- Necessary equipment including high mountain Tents, Ropes, Mattresses, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Suketar-Kathmandu and ground transfers to/from airport
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal equipment that may require for high passes such as Ice-axe, Crampons, etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly from Kathmandu to Suketar (Taplejung) and trek to Jogidanda (2,060m/6,758ft).

Day 02 : Trek Jogidanda to Chirwa (1,800m/5,905ft).

Day 03 : Trek Chirwa to Sekathum (1,650m/5,413ft).

Day 04 : Trek Sekathum to Amjilosa (2,460m/8,071ft).

Day 05 : Trek Amjilosa to Yangswa (2,800m/9,186ft).

Day 06 : Trek Yangswa to Ghunsa (3,430m/11,253ft).

Day 07 : Trek Ghunsa to Rampuk Kharka (3,800m/12,467ft).

Day 08 : Trek Rampuk Kharka to Khambachen (4,040m/13,255ft).

Day 09 : Rest day at Khambachen for acclimatization.

Day 10 : Trek Khambachen to Lhonak (4,790m/15,715ft).

Day 11 : Trek Lhonak to Pangpema (5,140m/16,864ft).

Day 12 : Trek Pangpema to Khambachen.

Day 13 : Trek Khambachen to Ghunsa.

Day 14 : Trek Ghunsa to Sallerie.

Day 15 : Trek Sallerie to Tseram (3,750m/12,303ft).

Day 16 : Trek Tseram to Ramche (4,360m/14,305ft).

Day 17 : Trek Ramche to Oktang and return trek to Ramche.

Day 18 : Trek Ramche to Torontan (3,080m/10,105ft).

Day 19 : Trek Torontan to Lamite Bhanjyang (2,920m/9,580ft).

Day 20 : Trek Lamite Bhanjyang to Yamphudin (1,650m/5,413ft).

Day 21 : Trek Yamphudin to Mamankhe (2,000m/6,562ft).

Day 22 : Trek Mamankhe to Kharde Bhanjyang (2,100m/6,890ft).

Day 23 : Trek Kharde Bhanjyang to Suketar (2,300m/7,546ft).

Day 24 : Fly Suketar (Taplejung) to Kathmandu.