



KANCHENJUNGA CIRCUIT



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking

TRIP GRADE: Strenuous

TRIP STYLE: Tea House

5 Based On 13 Reviews

KG Carbon Footprint

TRIP LEADER: Local Leader

GROUP SIZE: 2 - 10 people

NEXT DEPARTURE: 23 Apr 2025

10 Trees Planted for each Booking

Kanchenjunga Circuit is a trek to North and South Base Camp of Mount Kanchenjunga in Nepal.

The Kanchenjunga trek is one of the finest in Nepal Himalaya. The trekking route follows Nepal's mountainous border with India and Tibet.

Mount Kanchenjunga is the third-highest mountain in the world at an altitude of 8,586m. The summit was first climbed in 1955 by Joe Brown and George Band in a team of British mountaineers. In 1977 an Indian Army team made the second ascent on the northeast ridge from Sikkim on the Indian side.

We designed our Kanchenjunga Circuit itinerary for gradual acclimatisation to high altitude. The ascent profile works best by first trekking to North Kanchenjunga Base Camp. From Pangpema campsite we return to Ghunsa then cross the Mirgin La. After descending from the pass we visit the yak pastures at Ramche and Oktang. There are impressive views of the southwest face of Kanchenjunga and the Yalung glacier.

The vegetation ranges from subtropical jungle through to rhododendron and the alpine zone. Red pandas live in the forests and the elusive snow leopards prowl at higher elevations. You see traditional villages with Rai, Limbu, and Tibetan Buddhist ethnic groups.

This is a teahouse lodged-based trek however we bring along tents so you have the option to sleep inside the lodge or outside in a tent. For a camping-style trek take a look at our [Kanchenjunga Base Camp to Makalu Base Camp GHT](#). For this itinerary, we follow a remote section of The Great Himalaya Trail to the Makalu region.

REASONS TO CHOOSE US

- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- The Mountain Company has organised eight successful Kangchenjunga Circuit treks. For more information on how these treks went please take a look at our [Trip Reports](#).
- Our [AITO Traveller Reviews for Kanchenjunga Circuit](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food.
- We have included a gradual ascent profile in our itinerary for this trekking holiday. This will help you acclimatise to the high altitude.
- We review weather forecasts for the Kanchenjunga region throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning, and group safety.
- We provide the porters with windproof jackets & trousers, crampons, and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We bring a comprehensive medical aid kit.
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Internal flights. The flights are to/from Kathmandu and Bhadrapur. The weight allowance is 15kg for your main bag checked into the hold and 5kg for your day pack.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share rooms at Hotel Ambassador in Kathmandu.
- Breakfast only in Kathmandu.
- All meals are included while on the trek. Breakfast only in Kathmandu. In total for Kanchenjunga Circuit, we provide 25 Breakfasts, 22 Lunches, and 22 Dinners. The meals at the teahouse lodges cost in the region of **£500 (US\$635)** per person. You can select your dishes from the menu at the lodge. The trek meals are breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.
- Dormitory room with common bathroom while on the trek. We also send along a tent as a backup in case you prefer to sleep outside or if the rooms at the lodge are full.
- Trekking arrangements. Including permits and fees, tents, Nepalese guide(s), and porter(s). We provide one trekking guide for a group size of two people. We provide two guides for a group size of three people and three guides for a group size of six people plus.
- Porters to carry your main bag. The porterage allowance is 15kg.
- Weather forecasts for the Kanchenjunga region during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.
- A trekking map is given to you on arrival in Kathmandu.
- UK-registered charity, Pipal Tree, will plant 10 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK (ATOL) and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust

(ABTOT) membership number is 5365).

- Pre-departure support and advice from The Mountain Company. We are available by email, phone, Zoom, or face-to-face meetings

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days.
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 21,000 Nepalese rupees (approx. £130 or US\$160)
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrival in Kathmandu

None

Hotel Ambassador in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. You will get your first view of Himalayan peaks as you make the descent to Kathmandu airport.

After clearing immigration, you will pass to the passenger pick-up area outside. Look out for The Mountain Company signboard, our representative will welcome you and drive you to the hotel.

The rest of the day will be yours to explore Kathmandu and to shop for anything that you might need for the trek. You can leave a bag at the hotel with any items not required to take with you on the trek.

Today you will hear the Nepalese word for hello 'Namaste'. You will never forget the warmth of the hospitality given by the people of Nepal.

DAY 2: BRIEFING AND SIGHTSEEING DAY IN KATHMANDU (1,400M)

Briefing, kit checks & sightseeing in Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

This morning your leader will give the trek briefing and check your gear. We will collect your passports from you so that we can apply for the trekking permits. After the briefing, we organise a one day guided sightseeing tour of the Kathmandu Valley. We visit three out of the seven World Heritage Sites. You visit Patan Durbar Square followed by the Buddhist stupa at Boudhanath. The last stop of the day is at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm. The rest of the day is free to explore Kathmandu and to pack your bags. You can leave a bag at the hotel with items not needed on trek.

DAY 3: FLY TO BHADRAPUR (91M), DRIVE TO ILAM (1,667M)

Flight to Bhadrapur

Bus to Ilam (4 hours)

Breakfast, Lunch and Dinner

Hotel in Ilam

We take the morning flight to the small airport at Bhadrapur in the East of Nepal. We drive in a private bus to the town of Ilam where we spend the night in a hotel. This region is well known for its tea plantations and Darjeeling is not far away on the Indian side of the border.

Important note: there is a safety risk to consider when flying on airlines in Nepal. For information about the aviation risk in Nepal read the relevant sections "Threat and Risk Assessment" and "Internal flights in Nepal". Please get in touch with us if you would like to discuss this further.

DAY 4: DRIVE TO TAPLEJUNG (1,800M), TREK TO MITLUNG (921M)

Drive to Taplejung (4 hours)

Walking for 9km (4 hours)

Walking ascent 37m

Walking descent 800m

Breakfast, Lunch and Dinner

Teahouse lodge

We leave early in the morning and drive through tea and cardamom plantations. We will stop at the top of a pass on the road where we get our first magnificent views of Mount Kanchenjunga. We drive onto Taplejung where we meet the trekking crew.

After lunch we start the trek by following a steep trail down to the Tamur river. The trail can be slippery so it is best to use two trekking poles for stability.

DAY 5: TREK TO CHIRWA (1,270M)

Walking for 14.5km (6 hours)

Walking ascent 695m

Walking descent 350m

Breakfast, Lunch and Dinner

Teahouse lodge

From camp, the trail descends to the Tamur River passing several villages. This is a fertile area with crops including rice, millet, potatoes, and vegetables.

There is a descent to a wooden bridge crossing the Thiwa Khola. The trail undulates before arriving at Chirwa. This village has a bazaar, some lodges, and shops. We camp a short walk from the village in a large field near a large boulder.

DAY 6: TREK TO SEKATHUM (1,660M)

Walking for 11.5km (5 hours)

Walking ascent 580m

Walking descent 260m

Breakfast, Lunch and Dinner

Teahouse lodge

After leaving camp the trail follows the Tamur river along the valley floor. After a couple of hours we arrived at Taplechok at an altitude of 1,380m. After checking our trekking permit at the park gate we cross a suspension bridge over the river. We walk along the west bank along a path where cardamom is growing in the forest. Cardamon is a cash crop and grows well in the middle hills of East Nepal.

We have lunch at a lodge in Phembu after about 3 ½ hours trekking. After lunch the trail ascends above Tamur river to Lelep at an altitude of 1,750m. We cross a suspension bridge over Tamur river to enter the more narrow Ghunsa Khola Valley. Our camp for the night is at Sekathum. From here you get the first views of the high Himalaya where Jannu is visible on a clear day up the Ghunsa valley.

DAY 7: TREK TO AMJILOSSA (2,510M)

Walking for 10km (4.5 hours)

Walking ascent 965m

Walking descent 160m

Breakfast, Lunch and Dinner

Teahouse lodge

At Sekathum camp we cross the suspension bridge and follow the path through dense forest. In places the trail is steep and narrow as we walk through a dramatic gorge. We have lunch at one of the basic lodges in Solima. After lunch we hike along a trail with switchbacks up through trees. We reach Amjilossa high above the gorge where we camp for the night.

DAY 8: TREK TO CYBALA (2,730M)

Walking for 10km (4.5 hours)

Walking ascent 750m

Walking descent 450m

Breakfast, Lunch and Dinner

Teahouse lodge

On leaving Amjilossa there is a short ascent to a ridge. We walk through lush bamboo, oak and rhododendron forest. We descend towards Ghunsa Khola at a place called Thyanyani. The trail is

undulating and after passing a large waterfall there is a final steep climb to Gyabla.

DAY 9: TREK TO GHUNSA (3,595M)

Walking for 12.5km (5 hours)

Walking ascent 910m

Walking descent 220m

Breakfast, Lunch and Dinner

Teahouse lodge

From Gyabla, the valley opens out and we walk along an easier path for most of the way to Phole. It starts to get cooler today as we climb above 3,000m. The vegetation changes with more rhododendrons and azaleas. Before Phole we pass through the winter settlement used by Ghunsa villagers.

At Phole village there is a monastery and you are likely to see the women weaving carpets. It takes a further 1 ½ hours to reach the larger village of Ghunsa. This is a Tibetan village with wooden houses covered in colourful prayer flags. There are lodges and shops and a small Kanchenjunga Conservation Area office. We camp in the garden of one of the lodges and will use their dining room for meals. There are hot showers available in the lodge.

DAY 10: ACCLIMATISATION DAY AT GHUNSA (3,595M)

Breakfast, Lunch and Dinner

Teahouse lodge

We spend two nights in Ghunsa for time to rest and acclimatise to the high altitude. It is a good idea to walk in the morning as this will help your acclimatisation. We follow the route above the village to Lobsang La. This walking trail reaches 4,000m in about 3 hours from camp and 2 hours to return to Ghunsa.

DAY 11: TREK TO KHAMBACHEN (4,100M)

Walking for 12km (6 hours)

Walking ascent 810m

Walking descent 170m

Breakfast, Lunch and Dinner

Teahouse lodge

After leaving Ghunsa we walk through pine and rhododendron forest. We are on the east bank of the Ghunsa Khola and pass Buddhist mani walls and chortens along the way. After three hours we cross a bridge over Ghunsa Khola. We have lunch in a grassy area called Rampuk Kharka (3,720m). Today the

mountain scenery becomes ever more spectacular. The north face of Jannu towering above is dramatic. Be careful when crossing the landslide before Khambachen as there is a risk of rockfall. The trail contours the hillside then descends to Khambachen. This is a Tibetan settlement with houses nestled in a grassy plain with mountains all around.

DAY 12: ACCLIMATISATION AND REST DAY AT KHAMBACHEN (4,100M)

Breakfast, Lunch and Dinner

Teahouse lodge

We spend two nights at Khambachen at an altitude of 4,100m for essential acclimatisation. In the morning you can join a walk. This helps your body adapt to the high altitude by following "climb high, sleep low". The walk up Nupchu Khola from Khambachen is well worth doing for the impressive views of Mount Jannu. For a longer walk you can head up to the Jannu shrine at 4,400m. This is a 5 to 6 hour walk there and back.

DAY 13: TREK TO LHONAK (4,785M)

Walking for 10.5km (4 to 5 hours)

Walking ascent 820m

Walking descent 150m

Breakfast, Lunch and Dinner

Teahouse lodge

From Khambachen the trail is along a lateral moraine. We pass through a seasonal yak herder's camp at Ramtang at an altitude of 4,370m. The vegetation is azalea, juniper and rhododendron. After an hour or so the trail becomes rockier and we pass under a landslide area. Keep moving at a steady pace and to keep alert for any rockfall. We walk through rocky areas and cross moraines North West of the Kanchenjunga Glacier. The campsite at Lhonak is near some stone huts. There are superb views of Wedge Peak (6,750m), Mera (6,344m), Nepal Peak (6,910m), Twins (7,351m) among others.

DAY 14: TREK TO PANGPEMA (5,143M) AT NORTHSIDE BASE CAMP OF KANCHENJUNGA AND RETURN TO LHONAK (4,785M)

Walking for 18km (8+ hours)

Walking ascent 700m

Walking descent 700m

Breakfast, Lunch and Dinner

Teahouse lodge

From Lhonak we follow the trail on the lateral moraine of Kanchenjunga Glacier for two hours. We pass through several sections of loose rock and landslide area. The trail climbs to reach the stone huts in a grassy area at Pangpema in a further two hours. The view of the vast north face of Kanchenjunga from Pangpema is very impressive. After eating our pack lunch we start the return walk back to Lhonak, taking about 3 hours.

DAY 15: RETURN TO GHUNSA (3,595M)

Walking for 22km (8 hours)

Walking ascent 500m

Walking descent 1,600m

Breakfast, Lunch and Dinner

Teahouse lodge

We walk back along the same trail through Kambachen back to Ghunsa village.

DAY 16: TREK TO HIGH CAMP BEFORE MIRGIN LA (4,100M)

Walking for 7.5km (5 hours)

Walking ascent 880m

Walking descent 100m

Breakfast, Lunch and Dinner

Teahouse lodge

After leaving Ghunsa we follow a rocky trail through the forest. We ascend a ridge with a short, steep section to Sele La pass at an altitude of 4,290m. The views are fantastic and you can see High Camp which is about half an hour further walking from the pass. High Camp is well positioned in sheltered spot with wooden lodges and a small lake nearby. From here you can also see Mount Makalu in the far distance.

DAY 17: CROSS MIRGIN LA (4,663M) TO TREK TO TSERAM (3,870M)

Walking for 17km (8 hours)

Walking ascent 700m

Walking descent 870m

Breakfast, Lunch and Dinner

Teahouse lodge

After an early start from High Camp we follow the trail ascending to our first pass Sinion La at an altitude of 4,440m. From here the trail contours the hillside and after a short steep climb brings you to Mirgin La Pass at 4,480m. The trail then descends before contouring before a short steep climb to the top of Sinelapche La Pass at 4,840m. From the top of every pass today you have magnificent views.

From this last pass there is a 1,000m descent to Tseram. The trail descends past a small lake. Tseram is a small settlement located above the Simbua Khola.

DAY 18: DAY TRIP TO OKTANG (4,730M), BACK TOT RAMCHE (4,580M)

Walking for 15km (7 to 8 hours)

Walking ascent 890m

Walking descent 350m

Breakfast, Lunch and Dinner

Teahouse lodge

In the morning we hike up to Ramche for lunch. The trail follows passed the snout of the Yalung glacier into an ablation valley. All the peaks to the East straddle the India-Nepal border. Including Kaktang (6,147m), Rathong (6,679m) and the Kabrus over 7,000m. There is a lake and a meadow along with two stone houses at Ramche. There are often blue sheep on the grassy slopes above.

In the afternoon we continue to follow the ablation valley to Oktang. This is the view point of the South West face of Mount Kanchenjunga. The three main summits of Kanchenjunga massif are over 8,400m. We can see the climbing route to the summit of Kanchenjunga, first climbed by Joe Brown and George Band in 1955.

DAY 19: TREK TO TORTONG (3,000M)

Walking for 16.5km (8 hours)

Walking ascent 75m

Walking descent 1,520m

Breakfast, Lunch and Dinner

Teahouse lodge

We follow the trail back to Tseram. We continue walking along the river through rhododendron forest to Tortong. We camp here for the night.

DAY 20: TREK TO YAMPHUDIN (2,080M)

Walking for 13.5km (7 to 8 hours)

Walking ascent 820m

Walking descent 1,760m

Breakfast, Lunch and Dinner

Teahouse lodge

From Tortong the trail ascends through forest and through a landslide zone. It takes about 3 hours to lunch spot at Lamite Bhanjang. After lunch the trail descends on a good path for about 2 hours before crossing

Imja Khola. The trail then contours round the hillside before dropping into Yamphudin. This village has a mixed community of Sherpas, Rais, Limbus and Gurungs. There is also the Kanchenjunga Conservation Area office.

DAY 21: TREK TO PHUMPE DANDA (1,860M)

Walking for 13km (6 hours)

Walking ascent 490m

Walking descent 735m

Breakfast, Lunch and Dinner

Teahouse lodge

After leaving Yamphudin we take an undulating path high above the river to Mamankhe. Then the trail enters a side canyon and crosses a stream on a long suspension bridge. We reach Phomphe village and two tea shops located on a ridge.

DAY 22: TREK TO KANDE BHANJANG (2,170M)

Walking for 13.5km (8 hours)

Walking ascent 1,100m

Walking descent 744m

Breakfast, Lunch and Dinner

Teahouse lodge

From Phumpe Danda, we traverse through a series of valleys past several villages. The trail continues up to Kande Bhanjyang where we camp for the night.

DAY 23: DRIVE TO SUKETAR (2,300M)

Drive to Suketar (4 hours)

Breakfast, Lunch and Dinner

Lodge in Suketar

From Kande Bhanjang, we take jeeps to Suketar. We have now completed an amazing journey around the Nepalese side of Mount Kanchenjunga.

DAY 24: DRIVE TO BHADRAPUR (91M)

Bus to Bhadrapur (10 hours)

Breakfast, Lunch and Dinner

Hotel in Bhadrapur

We drive to Bhadrapur following the same road as on the way in passing through Ilam.

DAY 25: FLY TO KATHMANDU

Flight to Kathmandu

Breakfast and Lunch

Hotel Ambassador in Kathmandu

We take the flight from Bhadrapur back to Kathmandu.

DAY 26: FLY BACK HOME

Flight home

Breakfast

We arrange transfers to Kathmandu airport for your flight back home.

DATES & PRICES

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
23 Apr 2025 to 18 May 2025	Local Leader	US\$3,895pp	US\$240pp / NA	Guaranteed
29 Oct 2025 to 23 Nov 2025	Local Leader	US\$3,895pp	US\$240pp / NA	2 Left to Guarantee

2026

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
22 Apr 2026 to 17 May 2026	Local Leader	US\$3,995pp	US\$250pp / NA	2 Left to Guarantee
28 Oct 2026 to 22 Nov 2026	Local Leader	US\$3,995pp	US\$250pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON A TEAHOUSE TREK IN NEPAL

We provide a comfortable experience on our teahouse lodge-style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). The lodges provide your meals in a communal dining room. You will sleep in private rooms with a shared bathroom. There is a range of standards and service in teahouse lodges depending on location. i.e. lodges at higher altitudes and places with fewer trekkers tend to have more basic facilities.

The day starts with getting up in your room shared with another trekker in our group. Before heading for breakfast you pack your overnight gear into your main bag (this could be a duffel, kit bag, or rucksack). You would have given your breakfast orders to the guide to pass onto the kitchen last night. At the designated time the group will assemble in the dining room to eat breakfast. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast plus two cups of hot drinks such as tea, coffee, or lemon ginger honey.

While the group is having breakfast the porters arrange their loads and set off in the cool of the morning. After breakfast, between 7am and 8am, we start walking. The pace of the trek is moderate as there is plenty of time in the itinerary to reach the lodge for tonight. Enjoy the scenery, take photos, and explore the local villages. Lunch will be around midday at a teahouse lodge by the side of the trail. This includes one dish such as fried rice, dal bhat, momos, or pasta plus two cups of hot drinks.

After lunch, we continue the walk and on most days we arrive at the lodge around mid-afternoon. On arrival, you will get a hot drink and biscuits. For dinner, you get a two-course dinner (soup and main meal). The menus are quite standard with a range of dishes such as dal bhat, momos, and the famous Sherpa stew. Dal bhat is a Nepalese dish of rice and lentils with vegetable curry. It is also possible to order spaghetti and pasta; pizzas; vegetable burgers and chips and fried rice. We also provide up to two cups of hot drinks per meal.

After supper, the leaders will discuss the plan for the next day. Afterward, people might stay in the dining room chatting about the day's events or playing cards. After a tiring day, most people head to their rooms quite early for the night. Tomorrow is likely to be very similar to today!

You can read more about [Teahouse Trekking in Nepal](#) on our Blog. This article explains the facilities available at a teahouse lodge. It also describes the advantages and disadvantages of camping-style treks. Plus the amount to budget for extra costs. We also touch upon what to pack for a teahouse trek, safety, and security plus responsible use of the lodge.

Meal Plan

MEAL PLAN

We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food. However, some people will pay for extra treats along the way such as to get cake and a coffee at the bakeries and cafes!

If you are comparing our prices with other operators you should be careful to compare apples with apples. These days many operators do not include meals in their packages when staying at the teahouse lodges. The food at the lodges is expensive and will cost an average of £25 (US\$35) per person per day. If you are paying for the meals directly to the lodges you would need to carry a lot of cash including the tip money too. Having this amount of money with you will be a security risk and for peace of mind, it is better to pay for the meals to us when booking the trip. Also, it will be difficult to know in advance how much cash to bring with you on the trek (there are no ATMs when on trek). Furthermore, in practice, it will be complicated and time-consuming for you and the guides to work out individual bills after checking out each day from the lodge.

With our meal plan, you can select your dishes from the menu at the lodge. In our package, we include the cost of your breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice

pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.

We cater to a variety of dietary requirements. There are always meals that are suitable for vegetarians. During booking, we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR KANCHENJUNGA CIRCUIT TREK

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for the Kangchenjunga Circuit trek.

As a reminder, the weather on this trek will vary from season to season and day to day as you ascend to higher elevations. At the start of the trek, you will experience hot conditions with temperatures up to 25 Celsius. You experience the coldest temperatures in Lhonak at an altitude of 4,785m. Overnight lows here will be down to around -15 Celsius.

You should bring a rucksack or backpack for the gear required during the day. Your pack should contain items such as warm clothes, a jacket, a camera, water bottles, a personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear

- Walking Boots. A pair of water-repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek. Over the years we have had several boots fall apart so you should also bring trail shoes as a backup.
- Trail shoes. Used around camp and as a replacement if your walking boots fall apart!
- Sandals. Enclosed sandals are best to protect your feet during river crossings. Required for river crossings as well as two trekking poles.
- Walking socks.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers.
- Soft Shell Trousers.
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/PrimaLoft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet is used in combination with base layers, other fleeces and a down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.

- Medium-weight down jacket.

Heads and Gloves

- Fleece gloves.
- Warm mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf. (eg. [Buff Headwear](#) or buy a [#myTMCbuff](#)).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or a wraparound design.

For crossing the passes

- Trekking poles (Black Diamond with “Flick Lock” are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- [Kahtoola Microspikes](#) or [YakTrax Summits](#). These are for your security when descending passes with snowy or icy conditions. They fit onto your walking boots.
- Gaiters. A pair of knee-high gaiters used to keep boots dry if walking through snow or on wet ground.
- Climbing helmet.

Personal equipment

- Sleeping bag. Overnight lows down to -15 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Sleeping mat (eg. Thermarest). On trek, we provide everyone with a foam mat. We recommend two layers for insulation and comfort.
- Day pack. Recommended size is around 40 litres. You need to have enough space to carry water bottles, a camera, snacks and extra clothing and climbing gear. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold drybags such as from Exped.
- Two water bottles. Nalgene wide-mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men, you can use an old water bottle. For women take a look at [SheWee](#).
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

Travelling

- Duffle bag for your personal gear on the trek (carried by a porter). Rugged and waterproof made of a plastic material. Size 100-120 litres. Eg. Mountain Equipment 100l or Rab 120l. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag with soap, travel towel, toothbrush etc. We provide toilet paper while on the trek.

Personal first aid kit

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you

might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

Threat and risk assessment

RISK ASSESSMENT FOR KANCHENJUNGA CIRCUIT TREK

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Kangchenjunga Circuit trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE, and HAPE.
- Getting lost or becoming separated from the group eg. crossing Mirgin La pass in a whiteout.
- Severe bad weather and conditions when trekking.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia, or heat stroke). Please note it will be very hot and humid for the first three days of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches e.g. crossing passes.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffic accidents.
- Flight accidents. Read paragraph "Internal flight".
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Internal Flights

INTERNAL FLIGHTS IN NEPAL

Flights from Nepal's Short Take-Off & Landing ("STOL") airstrips are dependent on weather. Delays often happen if there is poor visibility or high winds. For our itineraries with flights to or from STOL, we include one extra day in Kathmandu at the end of the trip. This is in case of delays flying back. If the delays are longer we will help reschedule your international flights. There is likely to be a fee charged by the airline

for this. You also have to pay for costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

You should read the Foreign, Commonwealth, and Development Office ("FCDO") travel advice for Nepal. For their latest advice take a look at their [Safety & Security section under Air Travel](#). There have been some recent air accidents in Nepal. The European Union has banned Nepalese airlines from flying to Europe. For more information on Nepal's air safety profile take a look at [Aviation Safety Network](#).

Weather and conditions

WEATHER AND CONDITIONS FOR KANCHENJUNGA CIRCUIT TREK

Kangchenjunga Circuit trek has a wide range of temperatures. This depends on the season, altitude and time of day. In the mountains between 1,000m and 3,500m the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 25 Celsius. At higher altitudes temperatures range from about 15 Celsius to -15 Celsius.

The trekking season in Nepal is late September to May. October and November is generally recognised as having the best weather. Spring is a popular time of year with warmer weather than in Autumn. Also there is the advantage of seeing spring flowers and rhododendrons in bloom.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the differences between the trekking regions of Nepal.

Suggested reading

SUGGESTED READING AND MAPS FOR KANCHENJUNGA TREK

Maps

Kanchenjunga by Himalayan Maphouse Trekking Maps of Nepal. Scale: 1:100,000. **We include this map in your welcome pack when you arrive in Nepal.**

Nepal Trekking Map Himalayan Maphouse Scale: 1:900,000

Books

Kanchenjunga the Untrodden Peak by Charles Evans.

The Hard Years by Joe Brown

The Kanchenjunga Adventure by Frank Smythe

Round Kanchenjunga by Douglas Freshfield

Living on the Edge: The Winter Ascent of Kanchenjunga by Cherie Bremer-Kamp

Kanchenjunga; First Ascent from the North-East Spur by Col Narinder Kumar

Kangchenjunga Himal and Kumbhakana by Jan Kielkowski

The Ascent of Rum Doodle by WE Bowman

Nepali Phrasebook by Lonely Planet

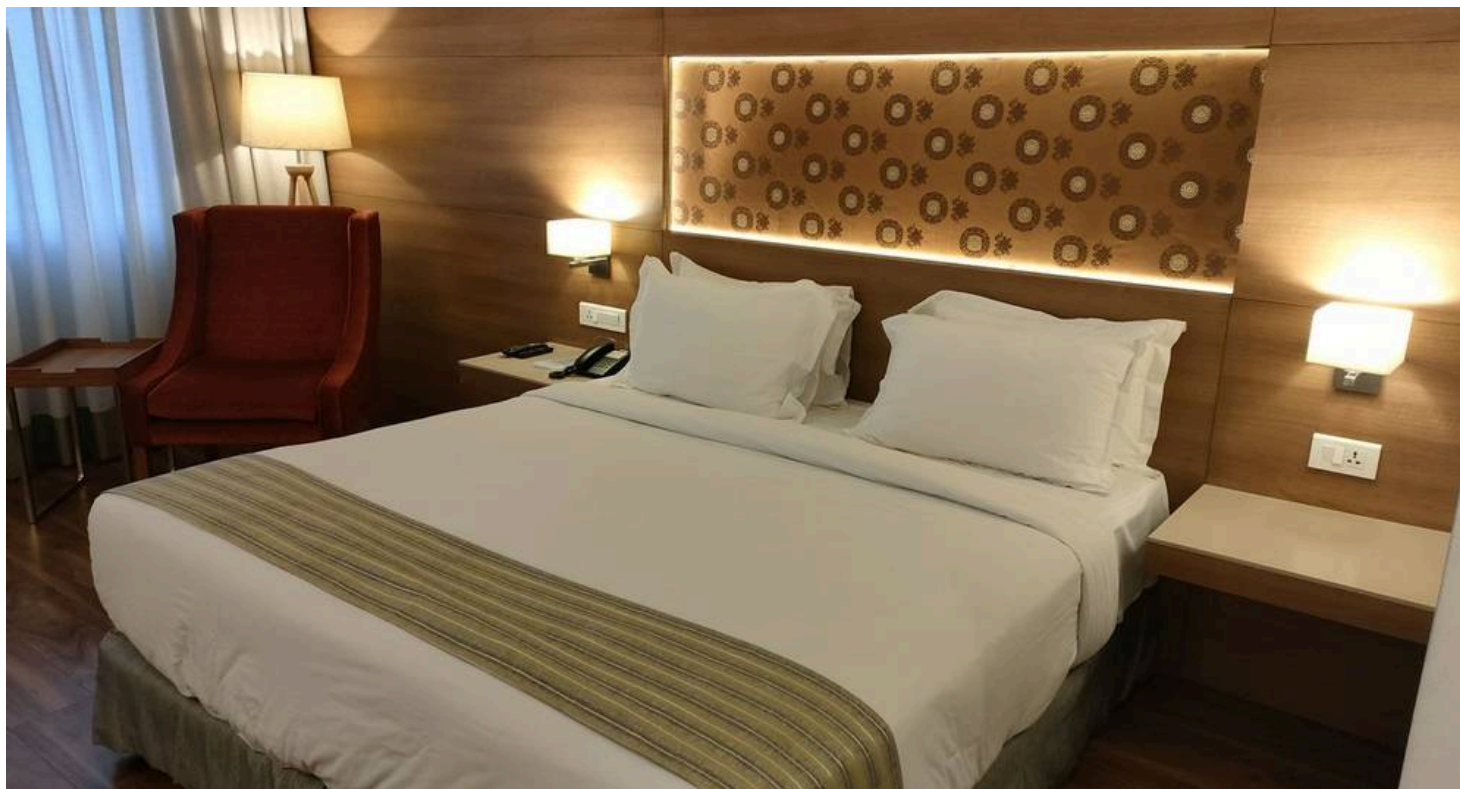
ACCOMMODATION

TEAHOUSE LODGE IN NEPAL



While on a teahouse lodge trek in Nepal, there are twin share rooms with common bathroom and a heated communal dining room. We will provide all meals at the lodges and include breakfast, lunch, afternoon tea, and biscuits plus a two-course dinner (soup and main meal) plus up to two cups of hot drinks per meal. We regularly inspect and select the best lodges in each location.

HOTEL AMBASSADOR IN KATHMANDU



We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

TRIP REPORTS

To read our trip report please click on the link below to our blog:

[Kanchenjunga Circuit in November 2022 led by Natalie Wilson](#)

[Kanchenjunga Circuit in late October 2019 led by Natalie Wilson](#)

[Kanchenjunga Circuit in late October 2018 led by Natalie Wilson](#)

[Kanchenjunga Circuit in April 2018 led by Almas Khan](#)

[Kanchenjunga Circuit in November 2016 led by Almas Khan](#)

[Kanchenjunga Circuit in April 2016 led by Ade Summers](#)

[Kanchenjunga Circuit in November 2015 led by Almas Khan](#)

[Kanchenjunga Circuit in late October 2014 led by Jill Lawson](#)

[Kanchenjunga Circuit in late October 2013 led by Almas Khan](#)

[Kanchenjunga Circuit in October 2011 led by Jhire Rai](#)

TRIP REVIEWS

REVIEW BY BRI78 ON 09/01/2023

Incredible experience The Kanchenjunga circuit is just absolutely incredible, the surroundings are always changing. Definitely a harder trek, but worth every bit of the hardships. The forests in the lower elevations are so rich in different greens, still with lots of flowers blooming along the way. Then as you climb to the higher elevations the landscape changes to this almost another planet kind of feel. The views in Lhonak are just incredible. The lower village of Ghunsa is a great little spot to really see the culture of the people that live in these surroundings. Not a lot of other trekkers were out there while we were hiking, there were 12 other people doing the circuit. So it is definitely not as crowded as some of the other treks in Nepal. It will be changing a lot over the upcoming years with all the roads and hydropower being put in. I am interested to see how it changes when I go back. Definitely worth all the hard work. The Mountain Company did such an incredible job putting this trip together. The experience that Roland Hunter brings is just outstanding. Along with the knowledge of the leaders that he uses on the trek. Roland is always there to answer any questions that come up during the prep and planning phase. Then to always be able to contact him during the trek is an added assurance along the way. He hires very highly trained and knowledgeable local guides and staff to ensure that you have the best experience while in Nepal and on the trek. I can't wait to get out on another one of their trips. ...

REVIEW BY MARTIN ON 05/01/2023

Outstanding trek, with a great variation in climatic zones driven and trekked through with wonderful mountain vistas, especially the eye-catching Junna. The owner of The Mountain Company is passionate about Nepal, it's people and ensuring his trekkers have the best possible experience. This is replicated by the western trekking guide, in this instance Natalie Wilson who was top class and the Nepali trekking team, in particular Sirdar Bishwo, guides Bal, Joms and Ratana, head cook Sangram and his team and Head porter Pemba and his team. We were very fortunate with the weather which was deep blue sky for the majority of the time, ensuring we could make the most of the mountain views, enjoy the trekking and the villages and locals we met. As already mentioned above but to underline, nothing is too much for Roland as he seeks to ensure you have the greatest of times. He is invariably in Kathmandu during all of the trekking seasons and ensures he meets the trekkers before and after each trek. Irrespective of whether in Nepal or UK Roland also is available on Satellite phone for the trekking team. ...

REVIEW BY CT ON 29/12/2022

The Kanchenjunga North and South Base Camp trek is a remote, tough trek in the eastern part of Nepal walking mainly on good trails. Compared to, for example, the Dhaulagiri Circuit, the trekking days are longer (most days 7+ hours tent to tent), the trails are quieter with few other groups, and the scenery is more varied – starting with cardamon plantations, climbing up through rhododendron, bamboo and oak forests, and finally into high mountain landscapes. The length and remoteness of the trek mean that it is important to be physically fit, mentally resilient, and prepared, and to have the right equipment for both the heat and very cold weather. The Mountain Company operates treks that have been designed with the client's enjoyment in mind. To this end the itineraries are based on necessary acclimatisation and not fitting into a set number of days off work which significantly increases the chance of the team achieving their objective; trip dates are chosen based to try and time more stable weather for better views (the compromise for this trip is that also means colder evenings and nights); and finally leaders on the ground are empowered to make decisions to improve the itinerary (for example our trek arranged jeeps to avoid a final 8-hour walk down a new road). Finally, not everything always goes to expectation but the company actively seeks out feedback with the genuine intention of improving future trips. ...

Notes downloaded on: 21-11-2024

