



Kananchjunga Trek 24 Days (5140m)

Details Itinerary

A trip to Kananchjunga organized by Discovery Mountain Trek is an opportunity to have a unique and wonderful experience of trekking in the remote hills and mountains of Nepal. The trail is lined by natural and unspoiled beauty. The landscapes are awesome, with splendid views of several peaks in the Kananchjunga Region in eastern Nepal.

At 8,586 meters, Mt. Kananchjunga is the third highest peak in the world. A less explored route, this satisfying experience lets you savor the exotic beauty of the snow-capped peaks of the Himalayas. We will see Mt. Jannu, Mt. Kirat Chuli, Mt. Kananchjunga, and several other peaks in eastern Nepal. You will be trekking along deep valleys with unique religions and races - who have their equally unique culture. You will come across a glacier, frozen lakes, glacial rivers, dense green forests, and alpine jungles - all during this one program from Discovery Mountain Trek.

It is relevant to mention that Kananchjunga is one of the prominent regions where stories and tales of yeti emerge from time to time. The amazing topography, when you see it, is very likely for the snowman to provide shelter! At least, it makes all those stories credible when you see the vertical landscapes that might eventually let a yeti hide! Fables aside, the real wildlife you might see are the elusive snow-leopard, musk deer, red panda, the mountain black bear, and several other species of mammals and reptiles. On the avian side, you will see the pheasant, magpie, and the aptly named shy dragon.

We will begin with a flight from Kathmandu Suketar, and take us to the villages of Lali Kharka to Khesewa and to Mamankhe in the Kananchjunga peaks. Later, we will trek through villages like Yamphudin, Tortong, Cheram, Ramche and cross an incredible four different high-altitude passes in a single day. We will then reach the Base Camp and return to Suketar for a flight back to Kathmandu.

Although it requires a lot of stamina, the rewards are totally worth it. In recent years, it is growing popular among trekkers but traditionally peak climbers would prefer to visit Kananchjunga Base Camp - the highest point of this trek. It is, my many measures, the ultimate Nepalese trekking in the remote and mountainous region of Kananchjunga

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| Fitness Level: | : |  |
| Group Size: | : | 2 to 15 people |
| Max-Altitude: | : | 5140m |
| Duration: | : | 24 Days |
| Walking Days: | : | 20 Days |
| Activity: | : | Trek |
| Best Period: | : | MAR APR MAY SEP OCT NOV |

DAY 1 : ARRIVAL IN KATHMANDU (1365M)

After your arrival at Kathmandu International Airport, we will pick you up and transfer you to the hotel. You can spend the evening around Thamel.

DAY 2 : FLY TO SUKETAR (2415M) AND TREK TO LALIKHARKA (2265M)

The journey begins with one a flight to Suketar at 2,420 meters. This is where the actual trekking begins. Starting right away, you will have beautiful views of Mt. Kanchanjanga (8,586 m) and Mt. Jannu (7,110 m) in the distance. Trek to the pass of Deurali, take a short break, and ascend along the trail to reach Lali Kharka.

DAY 3 : TREK FROM LALIKHARKA TO KHESEWA (2125M)

After breakfast, we will take a simple descent to Phundrawa at first. Later, the trail will ascend to Yangpang until we arrive at Pumphe Danda. Take a quick break, and trek further to reach Khesewa through a dense tropical forest. Stay overnight at Khesewa

DAY 4 : TREK FROM KHESEWA TO MAMANKHE (1785M)

Leave behind Khesewa and head towards Mamankhe, our destination for tonight. Early on, you will have wonderful views of the peaks of Kanchanjanga Region. You will trek further through forests of rhododendron, cross at least one river, and pass through several villages before reaching Mamankhe. Here we'll camp for the night.

DAY 5 : TREK FROM MAMANKHE TO YAMPHUDIN (2070M)

After breakfast, follow a path through terraced farmlands until we arrive at the banks of Amji River. From there we will trek up to Lassiya Pass, cross it, and take a short break. The views from this pass are excellent, as we take some photos and leave. A short trek from there will bring us to Tortong where we'll camp for the night.

DAY 6 : TREK FROM YAMPHUDIN TO TORTONG (2985M)

After breakfast, follow a path through terraced farmlands until we arrive at the banks of Amji River. From there we will trek up to Lassiya Pass, cross it, and take a short break. The views from this pass are excellent, as we take some photos and leave. A short trek from there will bring us to Tortong where we'll camp for the night.

DAY 7 : TREK FROM TORTONG TO CHERAM (3870M)

Cheram is located at an altitude of 3,870 meters, and takes around six hours of walk from Tortong. After breakfast, we will first take a steady ascent beside Simbu (or Simbuwa) Khola. Although the trail is rough, you will be rewarded by wonderful views along the way. The valley of Lalung and the peak of Tuplung will be visible for a long time today. As we come near Cheram, we will be further graced by the views of Yalung Glacier. Upon reaching Cheram, we will set up camp and stay for the night.

DAY 8 : ACCLIMATIZE AT CHERAM

This will be first day of rest after a week of consecutive trek. We have selected this village for the purpose of acclimatization because Cheram is a really beautiful village where you can enjoy the beauty of Nature. The close-up views of Kabar and Rathong peaks will be memorable, as will the environment. Take a short hike during this day of acclimatization - probably going near Yalung Glacier. Return to Cheram for the overnight stay.

DAY 9 : TREK FROM CHERAM TO RAMCHE (4570M).

After a day of rest, you will once again feel the energy to trek forward. Start with a leisurely breakfast and head on a gently ascending trail. Coming across an impressive point, you will see sections of Yalung Glacier. Take some photos if you like, and later we will be trekking through a valley. The short walk today from Cheram to Ramche is lined with beautiful sceneries of the hills, valleys, and snow-capped peaks. Later, we will cross Lapsang and then reach Ramche at an altitude of 4,570 meters.

DAY 10 : TREK FROM RAMCHE TO YALUNG BASE CAMP (4515M) – BACK TO CHERAM

Start early after breakfast, first crossing a valley and then a river. From there we will take an ascending route until we arrive at Oktang Monastery. We will take a break here before heading for Yalung Base Camp. From here we can have wonderful views of Mt. Jannu and other snow-capped mountains. Enjoy the moment of glory, take some photos and clips to make your friends jealous back home, and then descend all the way to Cheram. Set up camp for the night.

DAY 11 : TREK FROM CHERAM TO SELE LA (4295M)

Leaving behind Cheram, we will head to the pass of Sele La. Sele La is of the four high-altitude passes on our route today - the three other being Sine Lapcha Pass, Mirgin La Pass, and Mirgin La Pass. In a matter of six hours, we will have crossed four passes and a number of valleys. Arriving at Sele La, set up camp for the overnight stay.

DAY 12 : TREK FROM SELE LA TO GHUNSA (3475M)

After breakfast, we will head to the village of Ghunsa. The trail passes through a ridge until we arrive at a shorten lined with colorful fluttering prayer flags. Take a break here, and make a gradual descent via forests of rhododendron and pine until we arrive at Ghunsa for the night.

DAY 13 : TREK FROM GHUNSA TO KAMBACHEN (4055M)

Beginning the trek today we will walk along the river. The six-hour trek today is an average walk through forests of pine, rhododendron, and other sub-alpine vegetation. Once we arrive at Rampuk Kharka, we will take a break near a waterfall and then continue the ascent to Kambachen.

DAY 14 : TREK FROM KAMBACHEN TO LHONAK (4775M)

Lhonak is a beautiful place at an altitude of 4,790 meters. The trekking duration from Kambachen to Lhonak is around six hours with plenty of stops in between. Today we will be taking breaks near huge boulders, beside a river bank, and also a monastery. The trek will mostly be through a rough terrain, and even near a landslide. We will reach Lhonak for the overnight stay.

DAY 15 : TREK FROM LHONAK TO KANCHENJUNGA BASE CAMP TO PANGPEMA.

It's a short trek to Kanchanjanga Base Camp today. In fact, it's the northern base camp of the peak, also referred to as Pang Pema, or Pangpema. We will be doing an easy trek near

Kanchanjanga Glacier - all the way up to the northern base. The close-up views of the peaks are astounding today, especially that of the northern face of Mount Kanchanjanga. Spend some time at the base camp, and trek back to Pangpema at the altitude of 5145m for the overnight camping stay.

DAY 16 : TREK FROM PANGPEMATO LHONAK (4775M)

Today we will retrace our step to Lhonak. The easy trek will take less than five hours of walking. Arriving at Lhonak, we will set up camp for the night.

DAY 17 : TREK FROM LHONAK TO GHUNSA (3475M)

Starting from Lhonak, we will have wonderful views of Kanchanjanga and other peaks. The scenic trail today is mostly a rough one but with gradual ascents and descents and plenty of rest along the way. Stay overnight at Ghunsa.

DAY 18 : TREK FROM GHUNSA TO AMJILASA (2300M)

After breakfast, we will first descend through a juniper forest to Phale. This hamlet is marked by a couple of mani walls and a monastery. After a quick break we will descend to a river, cross a forest, pass a waterfall, and come to a second river. Take a break, and trek up to the village of Amjilosa.

DAY 19 : TREK FROM AMJILASA TO CHIRWA (1275M)

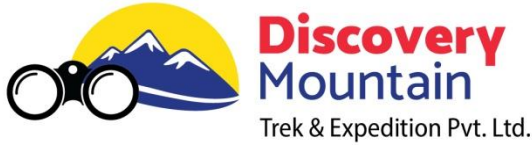
It's a seven-hour trek to Chirwa. Leaving after breakfast, we will first come near a waterfall. Take some pictures here and descend through the village of Solima upon Ghunsa. Cross the village and the river, and take little breaks further along the trail before you arrive at Chirwa. The beautiful views of Tamor River will enrich the trek today. Stay overnight at Chirwa.

DAY 20 : TREK FROM CHIRWA TO PHURUMBU (1550M)

After breakfast we will head to Phurumba along a beautiful and scenic trail. If you happen to be here in spring, you will enjoy the green here. Cross some villages today to arrive at Sinwa, and later descend to Sisne Khola. Cross it, trek through some villages and farmlands, and later arrive at Phurumbu. Stay overnight here.

DAY 21 : TREK FROM PHURUMBU TO SUKETAR (1550M)

It's an easy trek to Suketar located at 1,550 meters. In this easy four-hour trek you will have time to take plenty of rests and also take some photographs. Suketar is the same place from earlier, from where we began this trek. Stay overnight at a lodge or a guest house.



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DAY 22 : FLY FROM SUKETAR TO KATHMANDOU

Pack your bags in the morning and reach Suketar Airstrip. If you catch an early flight, you will arrive at Kathmandu before lunch. Transfer to the hotel and spend the rest of the day as you wish.

DAY 23 : KATHMANDOU SIGHTSEEING

After breakfast, we will take you on a sightseeing tour of some iconic places in the Kathmandu Valley, that will essentially include UNESCO World Heritage sites. In the evening, you are invited to join us for a farewell dinner.

DAY 24 : DEPARTURE TRANSFER

According to your schedule, we will take you to the airport for your flight ahead

INCLUDED IN THE COST

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- 3 -star hotel accommodation in Kathmandu and Biratnagar with bed and breakfast
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek Guide
- Down jacket and sleeping bag: to be returned after trip completion
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: KCAP and TIMS
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service: 2 participants: 1 porter
- Personal insurance for Nepalese trekking staff
- Gamow bag for your safety and security
- All Government and local taxes

NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu and Biratnagar
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

SLEEPING

- 1 sleeping bag: -10° or -15° (*)
- Fleece sleeping bag liner (optional)

FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- Warm gloves
- Hat and scarf
- Suitable shorts
- Walking trousers
- Thick walking socks
- Discovery Mountain Trek's down Jacket (*)
- Discovery Mountain Trek's half T-shirt (*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns

- A pair of high rise walking boots
- A breathable windproof, water proof jacket (Gore-Tex...)
- A light fleece or equivalent (plus extra warm layers if necessary)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

PRACTICAL ITEMS

- Tissue /toilet roll
- Anti-bacterial hand wash
- Female hygiene products
- Wet wipes (baby wipes)
- 1 compass or GPS (optional)
- 1 medium-sized quick drying towel
- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries

MEDICAL

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Small personal first-aid kit simple and light
- Water purification tablets or water filter
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.