



A trip to Kanchanjanga by Discovery Mountain Trek and expedition pvt ltd 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 Kanchanjanga Region in eastern Nepal.

At 8,586 meters, Mt. Kanchanjanga 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. Kanchanjanga, 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 Kanchanjanga 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 Bhadrapur, drive to Ilam take you to taplejung, sekathum, Ghunsa, Kanchanjanga base camp and back to suketar then flight from suketar to Kathmandu via bhadrapur. 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 Kanchanjanga Base Camp the highest point of this trek. It is, my many measures, the ultimate Nepalese trekking in the remote and mountainous region of Kanchanjanga.



**Discovery
Mountain**

Trek & Expedition Pvt. Ltd.

Regd. No. : 161822/073/074
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Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	5140m
Duration:	:	19 Days
Walking Days:	:	12 Days
Activity:	:	Trek
Best Period:	:	MAR APR MAY SEP OCT NOV

DAY 1: ARRIVAL IN KATHMANDU

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.

ACCOMMODATION: in hotel

DAY 2: FLY TO BHADRAPUR (95M) DRIVE TO ILAM (1660M)

Today you start your trip with the morning flight to Bhadrapur airport in the East of Nepal. And after reached at Bhadrapur, you will drive in a private vehicle to the Ilam where you spend the night in a hotel. Ilam is known for its tea plantations which is close to India border.

ACCOMMODATION: in hotel

FLIGHT TIME: 45m

DRIVE TIME: 4h

DAY3: DRIVE FROM ILAM TO TAPLEJUNG (1790M)

Today you start your trip early in the morning and drive through cardamom and tea plantations. you will stop on the pass and from where you get your first supper magnificent views of Mt: Kanchenjunga. Then you continue drive to Taplejung. Well you have your lunch at Taplejung and meet your trekking staff

ACCOMMODATION: in lodge

DRIVING TIME: 4h

DAY 4: DRIVE FROM TAPLEJUNG TO SEKHATUM (1620M)

Today you drive follows to the Tamur river. There is check point for your trekking permit at Taplechok at an altitude of 1365m. In this middle hills of East Nepal cardamom grows very well and you are walking in the cardamom field. The rough road ascends above Tamur river to Lelep crossing the bridge and continue drive to Sekathum where you enter the Ghunsa valley.

ACCOMMODATION: in lodge

WALKING TIME: 20m

DRIVING TIME: 5/6h

DAY 5: TREK FROM SEKHATHUM TO AMJILASA (2540M)

After your breakfast your trail today weaves along the north bank of the river a path going up and down on mellow hills. You pass several little village and explore the real local lifestyle of Kanchenjunga region. And continue the trails climb a small village Amjilasa.

ACCOMMODATION: in lodge

WALKING HOUR : 5/6h

DAY 6: TREK FROM AMJILASA TO GYBALA (2750M)

Today the trails start a short ascent to a ridge as you climb through the Ghunsa Valley. And you walk in forests like, rhododendron, oak and lush bamboo. Then the trails descend towards Thyanyani at Ghunsa khola. After all you will see waterfall on the way, and final ascent to Gyabla.

ACCOMMODATION: in lodge

WALKING HOUR : 5/6h

DAY 7: TREK FROM GYBALA TO GHUNSA (3575M)

After your breakfast, your trek will start from Gybala to Ghunsa. An easier trails take slowly ascend and hike through yak pastures to way to Phole. And the weather will start to get colder as you climb above the 3100 meters. This is a Tibetan village with a small Gompa and colorful prayer flags blowing in the wind atop houses make you attractive feelings in this village.

ACCOMMODATION: in lodge

WALKING HOUR : 5/6h

DAY 8: ACCLIMATION AT GHUNSA

Today you have rest after nine days of walking at Ghunsa is a perfect place for a rest and to soak 3400m elevation before trekking to the north kanchanjanga base camp. Where you walk around 1 to 2 hours for your acclimation to adjust the weather.

ACCOMMODATION: in lodge

DAY 9: TREK FROM GHUNSA TO KHABACHEN (4160M)

Today you start your trek after your breakfast and explore one of the most magnificent valley of glacial in Nepal. The trails further north along bank of river called Ghunsa khola and small stupa (chortens), mani

walls with spectacular landscape on your way today. After crossing a bridge, you have your lunch in Rampuk Kharka situated at 3700m, then continue trek to Khabachen.

ACCOMMODATION: in lodge

WALKING HOUR : 5/6h

DAY 10: ANOTHER DAY ACCLIMATION AT KHABACHEN

The day for another acclimation make you full adjust for the weather here very well. Today you have two options for your hiking, 1 for Janu viewpoint and the other is Nupchu. Both are great for views so the guide will decide to you to visit for best.

ACCOMMODATION: in lodge

DAY 11: TREK FROM KHABACHEN TO LHONAK (4755M)

Today you walk along a moraine terrain. Well you pass through yak pastures which is at Ramtang and walk through the moraines and rocky parts of Kanchenjunga Glacier. From Lhonak you will see magnificent views of mera, peak NPL, wedge Peak and many more.

ACCOMMODATION: in lodge

WALKING HOUR : 4h

DAY 12: LHONAK - PANGPEMA - KANCHANJANGA BASE CAMP (5140m) BACK TO LHONAK

Today will be challenging day and main goal of your trekking so you start an early morning. Trails through several section rocky area and landslide. The views from pangpema which make you impressive of massif Kanchanjunga north face and it gives the different views from the other place. Then you trek back to the Lhonak after your picnic (pack lunch).

ACCOMMODATION: in lodge

WALKING HOUR : 7/8h

DAY 13: TREK BACK FROM LHONAK TO GHUNSA

Today you will wake up in the morning with sunrise view on the beautiful mountain around you. Then after your breakfast trek back again to Ghunsa village via rhododendron and pine forest with beautiful waterfalls.

ACCOMMODATION: in lodge

WALKING HOUR : 6/7h

DAY 14: TREK FROM GHUNSA TO AMJILASA

In this morning you pack your bag and coming back to the same trail to the Amjelosa. Mostly every morning the people of here burning incense (Juniper leaves and sunpati) which you smell great and the day start with doing their regular ceremony (pujha) at their home.

ACCOMMODATION: in lodge

WALKING HOUR : 6/7h

DAY 15: TREK FROM AMJILASA TO SEKHATHUM

Today you start your trek after your breakfast, the trail walk downhill following the Ghunsa river and black cardamom field all the way to Sakathum and enjoying the last day of your Kanchenjunga Base Camp.

ACCOMMODATION: in lodge

WALKING HOUR : 5/6h

DAY 16: TREK FROM SEKHATHUM TO SUKETAR (2420M)

After your breakfast walk down to the bus station called Ranipul and takes about 20m. long day drive starts from here with a scenic drive through hills, villages until suketar.

ACCOMMODATION: in lodge

WALKING HOUR : 20m

DRIVING HOUR: 5/6h

DAY 17: FLIGHT FROM SUKETAR TO BHADRAPUR AND KATHMANDU

Today you will take morning flight to Bhadrapur then Kathmandu after our long mountain journey. After reaching in Kathmandu transfer to hotel.

FLIGHT TIME: 15m

FLIGHT TIME: 45m

DAY 18: KATHMANDU 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.

ACCOMMODATION: in lodge

DAY 19: FINAL DEPARTURE

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



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INCLUDED IN THE COST

- Accommodation during the trek with all meals: breakfast, lunch, Dinner & Tea, Coffee
- Trek Staff costs including their salary, insurance, equipment, food and accommodation
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trekking guide
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- Discovery Mountain's down jacket to be returned after your trip completion
- Discovery Mountain's sleeping bag to be returned after your trip completion
- Energy Supplies: Dry fruits, Snickers, Mars, Bounty on your Trek
- All necessary paperwork and trekking permits (ACAP and TIMS)
- Medical kit (carried by your trekking assistant guide)
- Assistant trek guide 4 participants: 1 assistant guide
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Domestic flight from Kathmandu-Bhadrapur-Kathmandu
- Porter service 2 participants: 1 porter
- 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
- Hotel in kathmandu
- Lunch and evening meals in Kathmandu
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at 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 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. There will also be welcome and farewell dinners for guests in Kathmandu. 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 Makalu 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 Guides 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.



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SLEEPING

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

FROM HEAD TO TOE

- Thick walking socks
- Warm gloves
- Hat and scarf
- A cap or sunhat
- 2-pair of thermals
- Suitable shorts
- Walking trousers
- A pair of high rise climbing boots
- 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 light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- 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

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



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MEDICAL

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Water purification tablets or water filter
- Small personal first-aid kit simple and light
- 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

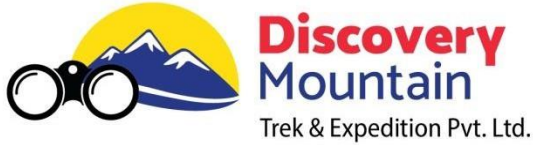
Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required 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 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.



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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