



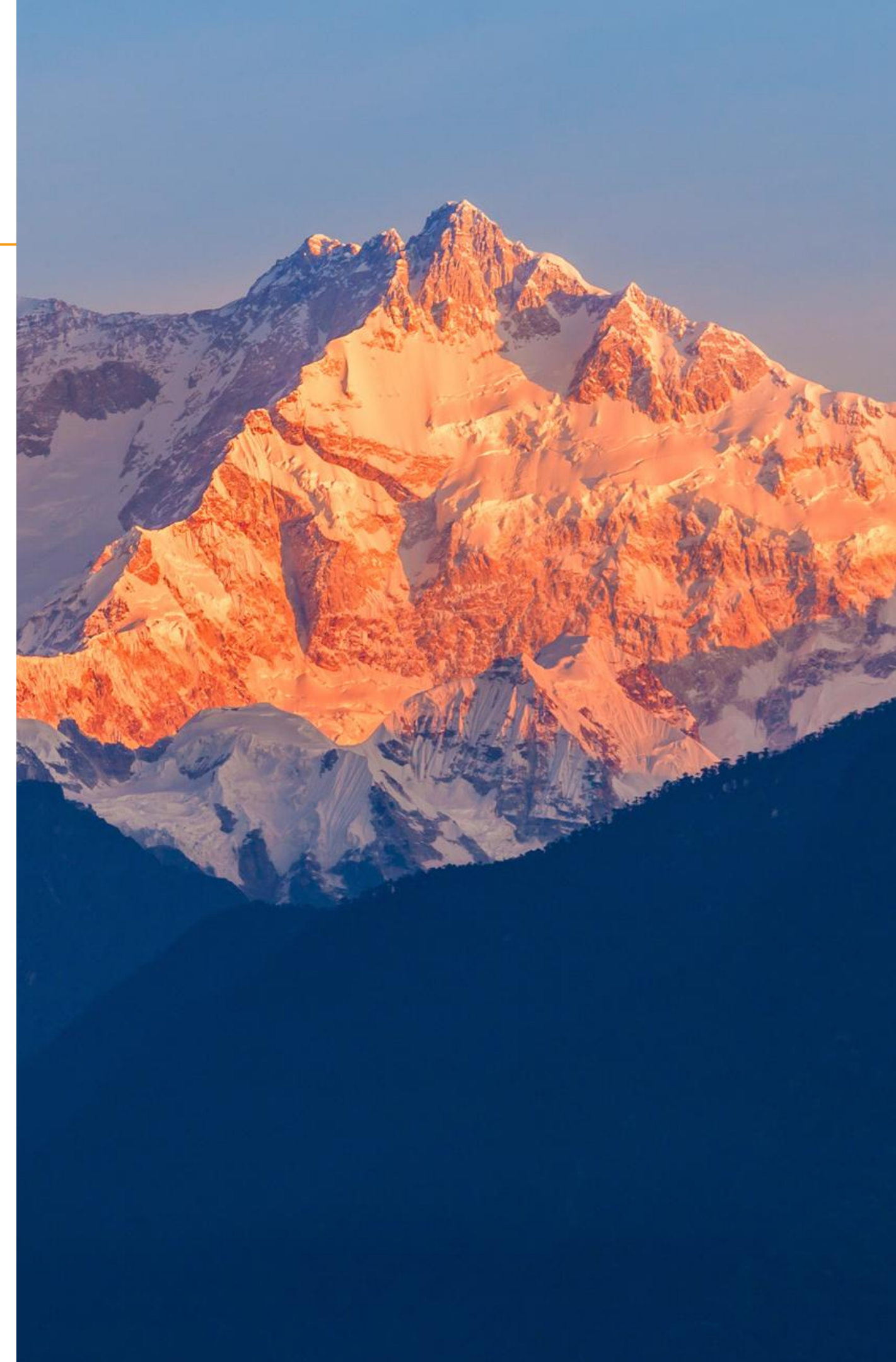
COMMUNITY ACTION TREKS

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# Kangchenjunga North and South Base Camp Trek

Experience the dramatic scenery around the sacred mountain of Kangchenjunga

NEPAL







**GRADE**  
DEMANDING

**MAX ALTITUDE**  
5139m

**TREKKING DAYS**  
23

**TRIP LENGTH**  
29 days

**MIN PEOPLE**  
4

# Kangchenjunga North and South Base Camp Trek

Kangchenjunga is the world's third highest mountain and lies between Nepal and Sikkim. The region is off the beaten track for most trekkers and retains much of its pristine beauty. Lepchas and Buddhists regard Kanchenjunga as a sacred mountain. Its name is often translated as 'the five treasures of the great snow', referring to the five summits, each of which is believed to house sacred elements such as gold, turquoise, salt and other precious minerals. Out of respect for these beliefs no climber has ever set foot on the true summit.

The area is home to a rich diversity of flora and fauna. There are nearly 30 species of rhododendron, which provide an amazing flower spectacle in the spring and some 70 different types of orchids. Endangered wildlife in the region includes Snow Leopard, Himalayan Black Bear, Musk deer, and Red Panda. With dramatic views of the Kangchenjunga Massif all around this is a trek for people wanting to get off the beaten track in a remote region of Nepal.



**TREKKING WINDOW**  
MAR - MAY & OCT - DEC

## PRICE

£3695 per person\* (land only price - see last page)

\*prices are subject to change





Kangchenjunga North and South  
Base Camp Trek

# Itinerary

LODGE TREK

walking times are approximate

## Day 1

### Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day, you can relax at the hotel or take a short evening walk around the local markets on your own.

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## Day 2

### Free Day in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

## Day 3

Fly to Bhadrapur, Drive to Phidim 1264m (45-minute flight, 6-hour drive).

We take a morning flight to Bhadrapur. From here we drive to Birtamod where we have lunch then we travel on to Phidim where we stay overnight.

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## Day 4

Drive to Taplejung (or Suketar) and Trek to Lali Kharka 2270m (6-7 hours walking).

We set off early to make the journey by road from Phidim to Taplejung, or to Suketar. On arrival we meet with our porters and begin our trek. We follow a ridge to start with, before descending through forests to the valley and our overnight stop at Lali Kharka.

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## Day 5

Lali Kharka to Khare Bhanjying 2170m (7.5 hours walking).

Our day starts with a descent through the village of Tambawa to Pakora, where we cross the Phawa Khola using the suspension bridge. We then climb steeply into the forests which will give us welcome shade from the heat of the day. From the top of the pass at Khare Bhanjyang where we stay overnight, we may get our first views of distant Kangchenjunga.





## Day 6

### **Khare Bhanjying to Mamamkhe 1830m (7 hours walking).**

Today's walk starts with a descent to warm up. We pass several villages, including the delightfully named Funfun, where we may get our first views of impressive Jannu (7710m). The rest of the day's trail undulates up and down to our next stop at Mamamkhe, a substantial village of about 60 houses.

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## Day 7

### **Mamamkha to Yamphudin 1735m (6-7 hours walking).**

We have a shorter walk today as we follow the valley above the river Kabeli Khola. Climbing through terraced fields we reach Yamphudin, the most remote permanent village on our route.

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## Day 8

### **Yamphudin to Omje Khola 2445m (7-8 hours walking).**

We start the day with a climb to the pass at Dupi Bhanjyang (2,684m). Trekking downhill through the woods we come to our overnight destination, Omje Khola.

## Day 9

### **Omje Khola to Thoronton 2995m (5-6 hours walking).**

Leaving the farmlands behind, we now trek mostly through forest and pastureland. We gain further height to cross the pass of Lamite Bhanjyang 3430m, before descending to the valley of the Simbua river that flows from the Yalung glacier. We stay overnight in a wooded valley at Thoronton.

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## Day 10

### **Acclimatisation Day.**

Today we have an acclimatisation day at Thoronton, and we recommend a local walk to gain height during the day, returning to spend a second night at the same altitude. This is a very important aspect of our trek and will undoubtedly assist with the success, as well as with our enjoyment of it.

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## Day 11

### **Thoronton to Tseram 3890m (6-7 hours walking).**

Though we continue to gain height, today's walk is gentle and follows the Simbuwa river. The rhododendron forests thin to give superb views of Kabru 7338m and Talung 7349m. Our overnight stay is at 3890m and, at this altitude, we can expect a colder night.







## Day 12

### Tseram to Ramze 4110m (7 hours walking).

Today we reach the tree line and the landscape opens out to the valley of the Yalung Glacier, littered with moraines and glacial debris. We follow the northern edge of the glacier with good views of Kabru South 7317m, Ratong 6678m and Kotkan 6147m.

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## Day 13

### Acclimatisation and Exploration Day.

Today we have an acclimatisation day at Ramze. For an acclimatisation walk we can move further up the Yalung Glacier where we start to get views of Kangchenjunga's south face. Reaching Oktang (4624m), Jannu's icy east face towers above us. It may be possible to climb higher for better views if time and energy permit - your guide will advise on this.

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## Day 14

### Ramze to Yalun 4500m (7-8 hours walking).

Today we spend the morning in the Ramze area for further acclimatisation. In the afternoon we descend to Yalung in preparation for crossing the Mirgin La.

## Day 15

### Yalung to Mirgin La 4640m (7-8 hours walking).

This morning we start the long climb up towards Sinelapche La (4640m) the highest point on the route, followed by the crossing of the Mirgin La pass. The views of nearby Jannu are spectacular but in the distance Makalu, the Khumbu Himal and the mountains bordering Tibet are a panoramic backdrop. We spend the night at Mirgin La.

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## Day 16

### Mirgin La to Ghunsa 3414m (7.5 hours walking).

We descend through rhododendron forests to Ghunsa, a Sherpa village and our first contact with permanent habitation for almost a week. Ghunsa nestles on the valley floor. If it weren't for the mani walls and prayer flags fluttering in the breeze, the setting could almost be alpine. Forests of giant deodar and other conifers, bearing masses of Spanish moss, grow up the hillsides.



## Day 17

### Ghunsa to Kambachen 4090m (5-6 hours walking).

We climb steadily today but the terrain starts to open out, with less forest and better views of the mountains. With the climbing over, we trek around the flank of the valley in full view of imposing Jannu (7710m), known as the 'peak of terror'. We stay overnight at Kambachen, the summer home of the people of Ghunsa.

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## Day 18

### Kambachen to Lhonak 4700m (6-7 hours walking).

A day of spectacular scenery as we are back amongst the high peaks. The walking is easier today but no doubt the altitude will slow us down. We pass the summer pastures of Ramtang just before reaching the moraines of Kangchenjunga's glacier. We stay overnight at Lhonak, just beyond the glacier, with views of Tent Peak (7365m), Nepal Peak (7168m), Wedge Peak (6750m) and Mera (6335m).

## Day 19

### Lhonak to Pang Pema 5139m (4-5 hours walking).

If we have fully acclimatised, we will continue with the short walk into the base camp at Pang Pema, though the altitude and distracting scenery are likely to slow us down. Our overnight stay lies at the entrance to a vast cirque formed of Wedge Peak(6750m), Ramtang (6700m), Kambachen (7902m), Yalung Kang (8505m) Kangchenjunga (8586m), The Twins (7350m) and Cross Peak (6510m). This is a dramatic setting for a well-earned supper.

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## Day 20

### Contingency/Exploration Day.

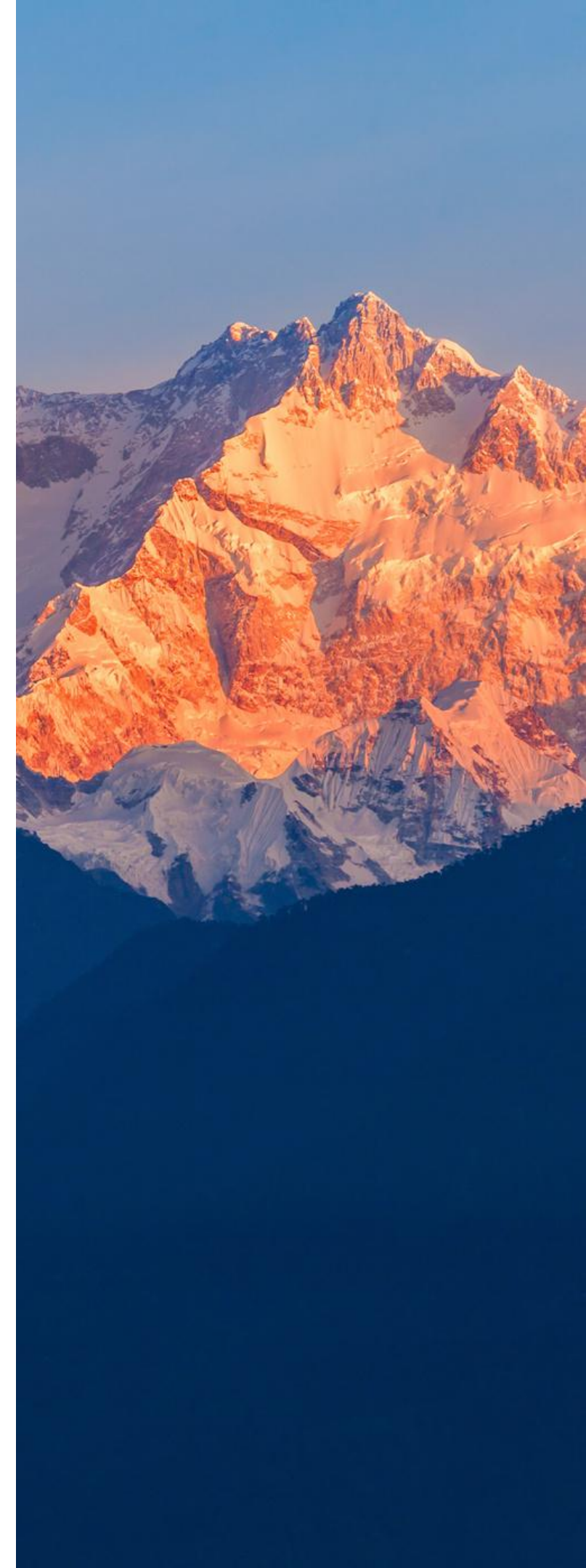
Today we have a free day to explore these wonderful surroundings. In case of any delays on our walk in, this day can be used as contingency day.

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## Day 21

### Pang Pema to Ramtang 4370m (5-6 hours walking).

We begin our journey back down the valley. Though we are following the same route on our descent, a journey is never quite the same in reverse. There may be chances to photograph scenery missed on the journey up.





## Day 22

### Ramtang to Ghunsa 3414m (6.5 hours walking).

Today we have a leisurely walk back down this spectacular valley to Ghunsa.

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## Day 23

### Ghunsa to Gyapla 2770m (6.5 hours walking).

A pleasant day walking through dense forest with occasional monkey troupes for company.

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## Day 24

### Gyapla to Amjilasa 2500m (6-7 hours walking).

Leaving the village, the trail descends fairly steeply, following the river as it cascades downwards. There are several side streams to negotiate as we make our way downstream to the Tibetan village of Gyabla (2725m). Then, still following a trail above the right-hand side of the Ghunsa Khola, we pass a camping place at Thyangyam which has fine views of the surrounding area. There is a fair bit of ascent and descent on this day as we negotiate landslide areas in the steep-sided valley.

## Day 25

### Amjilasa to Chirwa 1270m (6-7 hours walking).

Today we have a longer day, continuing our descent through cultivated land.

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## Day 26

### Chirwa to Taplejung 1820m (5-6 hours walking).

Our final trek to Taplejung ends with a short climb back into the town, where we stay overnight.

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## Day 27

### Drive to Biratnagar, Fly to Kathmandu (9-hour drive, 45-minute flight).

We have an early start today for our long drive back to Biratnagar. We take an evening flight back to Kathmandu where you will be transferred back to your hotel.





## Day 28

### Final Day in Kathmandu.

This is the final day in Nepal. A chance to do some shopping, explore at leisure or merely relax at the hotel. We enjoy a final night together, reliving the trek and our extraordinary achievements.

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## Day 29

### Depart Nepal.

Transfer to Kathmandu airport.





#### The price includes (on a full camping basis):

- Transfers between Kathmandu airport and hotel accommodation
- Ground Transportation as per itinerary.
- Return flights between Kathmandu-Bhadrapur & Biratnagar-Kathmandu, including departure taxes for internal flights where applicable.
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size)
- All Nepalese staff insurance as per Government regulations
- All trekking permits.

#### Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

#### Land only prices

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

#### Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

# Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

#### DENISE PRIOR (LONDON)

+44 (0) 7986 372 558

deniseprior@catreks.com

#### BHAI B. TAMANG (KATHMANDU)

info@catreks.com

or visit our website at [www.catreks.com](http://www.catreks.com)

Community Action Treks,  
Stewart Hill Cottage, Near Hesketh Newmarket,  
Wigton, Cumbria,  
CA7 8HX

#### Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.