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Kanchenjunga Circuit Trek - 20 Days

The Kanchenjunga Circuit Trek 2026 is a 20-day remote Himalayan trekking expedition in eastern Nepal that circles Mount Kanchenjunga (8,586m), the world’s third-highest peak. The trek reaches up to 5,143m and requires a licensed guide and restricted-area permits (RAP + KCAP). It is known for its extreme remoteness, fewer crowds, rich biodiversity, and authentic Himalayan cultural experiences.

- Starting Price: USD 2,200 per person
- Region: Eastern Nepal
- Guide Required: Yes

Kanchenjunga Circuit Trek Overview

The Kanchenjunga Circuit Trek 2026 is a 20-day remote Himalayan journey in eastern Nepal reaching 5,143m, requiring a licensed guide and restricted-area permits (RAP + KCAP). This is not a commercial trekking route. It is one of Nepal’s last true wilderness expeditions.

Far away from the busy trekking routes of Everest and Annapurna lies one of the Himalayas' greatest secrets.

The Kanchenjunga Trek takes you through ancient forests, glacial valleys, remote mountain villages, and dramatic high-altitude landscapes beneath the towering walls of Mount Kanchenjunga.

Unlike more commercial trekking routes, this journey offers genuine wilderness, authentic cultural encounters, and a feeling of exploration that has largely disappeared from modern trekking.

Each day reveals something extraordinary: crossing suspension bridges over roaring rivers, walking through rhododendron forests, sharing tea with local families, and finally standing beneath the

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immense glaciers of the world's third-highest mountain. The trek passes through remote regions of the Kanchenjunga Conservation Area, including villages like Ghunsa and Taplejung, offering a true remote trekking experience in eastern Nepal.

Kanchenjunga Circuit Trek Route

The trekking route gradually transitions from cultivated valleys to high alpine terrain:

- **Taplejung to Ghunsa**: cultural villages and forested trails
- **Ghunsa to Kambachen:** increasing altitude and alpine scenery
- **Kambachen to Pangpema**: glacier approach to North Base Camp
- **Sele La region**: high pass section (weather and conditions dependent)

Each stage offers a noticeable shift in landscape, climate, and settlement patterns, making the journey highly varied over its duration.

Kanchenjunga Circuit Trek Highlights

- Visit both North and South Kanchenjunga Base Camps
- Trek beneath the world's third-highest mountain (8,586m)
- Cross the scenic Sele La high-pass region
- Explore the Kanchenjunga Conservation Area
- Experience traditional Limbu, Rai, Sherpa, and Tibetan-influenced communities.
- Walk through forests, alpine meadows, glaciers, and high mountain valleys
- Enjoy one of Nepal's least-crowded trekking routes

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Why Choose the Kanchenjunga Circuit Trek?

The Kanchenjunga Circuit Trek combines dramatic mountain scenery, diverse landscapes, and rich Himalayan heritage in one of Nepal's most rewarding long-distance trekking adventures.

- Visit both North and South Base Camps
- Spectacular views of Kanchenjunga (8,586m)
- Diverse landscapes from forests to glaciers
- Rich Himalayan cultures and monasteries
- Fewer trekkers than Everest and Annapurna
- Exceptional biodiversity
- One of Nepal's premier long-distance trekking adventures

Kanchenjunga Circuit Trek Cost

For 2 trekkers, the cost is USD 2,200 per person.

For a group of 3 to 5trekkers, the cost is USD 2,000 per person.

For a group of 6 to 9 trekkers, the cost is USD 1,800 per person.

For a group of 10 to 15 trekkers, the cost is USD 1,600 per person.

For a group of 15 to 19 trekkers, the starting price is USD 1,400 per person.

Note: Prices are calculated per person and vary depending on group size. Larger groups benefit from lower per-person rates.

Cultural Experience

The trail passes through communities influenced by multiple Himalayan cultures, including Rai, Limbu, Sherpa, and Tibetan traditions.

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Common cultural elements along the route include:

- Buddhist monasteries and prayer flags
- Traditional subsistence farming practices
- Isolated mountain villages and lifestyles
- Hospitality-driven tea-house stays
- These cultural encounters are an integral part of the trekking experience.

Why Trek With Trek Curator

Local Expertise

- Experienced mountain guides
- Safety-first operations
- Personalized service

Responsible Trekking

- Support local communities
- Sustainable tourism practices
- Fair porter treatment

Complete Logistics

- Permits arranged
- Accommodation reserved
- Transportation organized

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Why Book the Kanchenjunga Circuit Trek 2026 Early?

As a restricted-area trek, the Kanchenjunga Circuit requires advance permit processing, guide arrangements, accommodation reservations, and transportation planning.

Booking early allows you to:

- Secure your preferred trekking dates
- Join guaranteed group departures
- Obtain permits without last-minute complications
- Access better flight availability to Bhadrapur
- Receive personalized trip preparation support
- Reserve experienced guides and porters

For spring (March–May) and autumn (September–November) departures, we recommend booking at least 2–6 months in advance.

Ready to Explore Nepal's Last Great Wilderness?

- Limited departures available for 2026.
- Contact our trekking specialists today for a customized itinerary and quotation.

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PRICE INCLUDES

- Arrival and departure transfers in Kathmandu
- Airport pickup and drop-off in Kathmandu
- Domestic flight Kathmandu – Bhadrapur – Kathmandu
- All necessary permits and trekking fees (TIMS,
- Kanchenjunga Conservation Area Permit, etc.)
- Accommodation during the trek (teahouses/lodges)
- Accommodation in Kathmandu (2 nights, usually standard guesthouse or hotel)
- All meals (breakfast, lunch, dinner) during the trek
- Experienced English-speaking trekking guide
- Porter service (1 porter per 2 trekkers)
- Ground transportation from Bhadrapur to Taplejung,
- Taplejung to Sekathum, Yamphudin to Ilam, Ilam to Bhadrapur, etc.
- Trekking equipment for guides and porters
- Necessary rescue/evacuation coordination in emergencies
- Trekking route planning and itinerary as described

PRICE EXCLUDES

- International airfare to and from Kathmandu
- Nepal visa fees on arrival (usually $30 for 15 days)

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- Travel insurance (including evacuation insurance)
- Personal expenses (phone calls, laundry, snacks, drinks, tips)
- Accommodation and meals in Kathmandu beyond the specified days
- Additional trekking gear or equipment rental/purchase
- Any extra sightseeing or activities beyond the itinerary
- Optional tips for guides and porters (recommended)

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DETAILED ITINERARY

Day 1: Arrival in Kathmandu

Upon landing at Tribhuvan International Airport, you will be greeted by our representative with a garland. Then you will have a private transfer to the hotel. After reaching the hotel, you can rest for some time and then go on a short walk near the hotel area or Thamel. But mainly focus on rest and hydration. You can also exchange money and buy a SIM if needed. In the evening, after dinner, sleep early to recover from travel.

Day 2: Trek Preparation & Half-Day Kathmandu Sightseeing

On this day, you will stay in Kathmandu to prepare for the long trek and half-day sightseeing. As soon as you have breakfast, you will be picked up by the guide for the Kathmandu sightseeing. During the sightseeing, you will explore Swayambhunath Stupa (Monkey Temple), Pashupatinath Hindu Temple, and Boudhanath Stupa. During the sightseeing, you will learn about Nepali culture, religion, art, and architectural history. Then you will return to your hotel and rest for some time. Afterward, you will be given a full trek briefing where you learn about daily walking hours, altitude sickness symptoms, etc. You will also have a permits equipment check (boots, jacket, sleeping bag). If you need any gear, you can buy or rent it in the Thamel shops. In the evening, you will have final packing for the trek and sleep.

Day 3: Fly Kathmandu to Bhadrapur – Drive to Taplejung

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You will wake up early in the morning for the flight to Bhadrapur. Then you will be picked up by the guide and assisted to the airport. The flight takes about 40 to 45 minutes with views of hills, rivers, and plains. As soon as you land at Bhadrapur Airport, you will head to Taplejung. The mountain drive will be long, where you pass local villages and towns, driving through tea gardens. The roads become rough and narrow as the drive continues. You will reach Taplejung in the evening, where you will have your first experience of eastern Nepal. Overnight stay is in Taplejung.

Day 4: Drive from Taplejung to Sekathum

You will have breakfast at your lodge, then start the drive to Sekathum. The drive will be off-road, bumpy, and dusty along the Tamor River. During the drive, you will pass several Rai and Limbu villages, seeing waterfalls and green hills. You will stop at a few small tea shops on the way and reach Sekathum village. You will check into a basic lodge where the facilities are limited. You can have a short walk around the village and talk to the local people. You will have an early dinner and rest for a trekking day.

Day 5: Trek from Sekathum to Amjilosa

From this day, your first official trekking day starts. You will trek to Amjilosa from Sekathum. You will start your trek after breakfast. You will trek along the river, crossing suspension bridges. You will also have a jungle trekking experience where you will walk through dense forest, passing bamboo and rhododendron trees, narrow trails along cliffs, and some steep uphill sections. The weather will be humid and warm. After you reach Amjilosa, you will stay at a simple teahouse. In your free time, you can explore villages.

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Day 6: Trek from Amjilosa to Gyable

You will start the trek to Gyable, which is a calm trekking day. You will have a morning warm-up walk, then a gradual uphill trek. The trail is quiet and peaceful with fewer trekkers. During the trek, you will cross small wooden bridges and thick bamboo forests. The altitude is increasing slowly as you feel cool air. You will reach Gyable village, having limited lodge options. You can explore villages or rest after the trek.

Day 7: Trek from Gyable to Ghunsa

Today, you will trek from Gyable to Ghunsa, where the trail follows the Ghunsa River. You will trek through pine forests and villages. As you enter Tibetan Buddhist culture, you will see prayer flags, mani stones, stone houses, and yak grazing areas. Before reaching Ghunsa village, you will have an uphill climb. Ghunsa village is the biggest village so far, with better food and lodges. You can explore Ghunsa village and talk to local people about their culture and lifestyle.

Day 8: Trek from Ghunsa to Khambachen

Having breakfast at Ghunsa village, you will trek to Khambachen. You will trek above the tree line, having open mountain views and landslide areas where you must pass carefully. As the high altitude begins, cold winds start, and the weather can change quickly, so walk slowly and drink water. The trails will be drier and rockier. With a view of Mount Jannu, you will reach Khambachen. Due to the high altitude, the night will be very cold. You will have a basic lodge stay at Khambachen.

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Day 9: Acclimatization Day in Khambachen

This day is very important, as you will stay in Khambachen to acclimatize and prevent altitude sickness. You will have a late breakfast and a short acclimatization hike to nearby hills. Practice slow breathing during the hike. After returning to the lodge, rest the whole afternoon and drink warm fluids to keep you hydrated. Make sure you check oxygen levels frequently and prepare for higher altitudes.

Day 10: Trek from Khambachen to Lhonak

You will start the early trek due to the cold to Lhonak. You will trek through rocky trails and a dry and windy landscape. You will have amazing mountain scenery with glacier views and snow peaks all around. Due to the very high altitude, the air is thin, which is physically demanding, so trek slowly and take frequent rest breaks. With that, you will arrive at Lhonak, which is a high-altitude camp and has cold temperatures.

Day 11: North Kanchenjunga Base Camp and Return to Lhonak

On this day, you will go on an early morning trek to North Kanchenjunga Base Camp, which is the highest point of the trek. You will pack your bag lightly, then start the slow climb through thin air to the base camp. The terrain of the base camp area is full of glaciers and ice. You will see prayer flags at the base camp and close views of Mt. Kanchenjunga. You will have photo and rest time there, then return to Lhonak. Although it is a long and tiring day, it is one of the most rewarding days. Overnight stay in Lhonak.

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Day 12: Trek from Lhonak to Ghunsa

You will trek back to Ghunsa from Lhonak, where you will retrace the same route. You will start your trek after breakfast. The trail is followed by long downhill walking, and breathing becomes easier as the altitude decreases. You will have lunch at Khambachen, then continue the trek to Ghunsa. After reaching Ghunsa, you will mainly rest and recover after the long trek.

Day 13: Trek from Ghunsa to Sele Le Base Camp

On this day, you will trek to Sele Base Camp. The trek starts after breakfast, as the trail is isolated, steep uphill, and the forest trails become rocky. Your altitude also increases, where the conditions are cold and thin air with less oxygen. There are a few resting places; because of that, it is also known as a tough trekking day where strong mental strength is needed. Reach the Sele Base Camp, where the night is very cold. Overnight stay in Sele Base Camp.

Day 14: Trek from Sele Le Base Camp to Tseram

You will start your trek early in the morning to Tseram, which is also one of the hardest trekking days. During the trek, you will cross high mountain passes: Sele La Pass and Mirgin La Pass. There is a strong wind and the possibility of snow, with an amazing panoramic view of the surroundings. Then, a long descent to Tseram and into the Yalung Valley. Overnight stay in Tseram.

Day 15: Oktang Base Camp & Yalung South Base Camp Day

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You will have an early breakfast, then start your hike to Oktang Base Camp. You will trek on a glacier trail this day. You will see views of the South Face Glacier and the mountain. Then trek to Yalung South Base Camp (Ramche). Then return to Tseram, where you will complete a very long and tiring day.

Day 16: Trek from Tseram to Tortong

You will head towards Tortong from Tseram. The trek is mostly steep downhill forest walking. The trail is forested and mossy, and a slippery path is possible, crossing streams. The temperature becomes warmer as the altitude decreases. You will arrive at Tortong, which is a quiet forest camp.

Day 17: Trek from Tortong to Yamphudin

On this day, you will trek to Yamphudin from Tortong. You will have a long descent where you pass through villages, cross suspension bridges, and see farms and terraces. The temperature becomes warmer as you reach Yamphudin. From this day, your trekking trail ends, and you return to village life. You will have a comfortable rest in Yamphudin.

Day 18: Drive from Yamphudin to Ilam / Kanyam

You will drive to Ilam from Yamphudin after breakfast. You will have a scenic drive through green hills and tea gardens, where you will have comfortable roads. You can stop for photos on the way; you will reach Ilam, which is a beautiful tea region with warmer weather. You will have a relaxed evening in Ilam.

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Day 19: Drive to Bhadrapur & Fly to Kathmandu

You will have a morning drive to Bhadrapur and fly to Kathmandu. Then you will have airport check-in and a short flight to Kathmandu. After that, you will have a hotel transfer so you can rest after the journey. You will have free time for shopping as you return to the city. In the evening, you will have a farewell dinner in a cultural restaurant with local cuisine and a cultural program.

Day 20: Departure

You will have breakfast and then final packing for departure. According to your departure time, our representative will pick you up from the hotel and drop you off at the airport. With that, your journey in Nepal comes to an end, and your lifetime adventure is completed.

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FREQUENTLY ASKED QUESTIONS

1. Is the Kanchenjunga Circuit Trek worth it?

Yes. It offers one of Nepal's most remote, authentic, and rewarding trekking experiences with fewer crowds, rich local culture, and exceptional mountain scenery.

2. What is the Kanchenjunga Circuit Trek?

The Kanchenjunga Circuit Trek is a remote trekking adventure in eastern Nepal that circles the Kanchenjunga region, visiting both Kanchenjunga North Base Camp (Pangpema) and South Base Camp (Oktang). It offers pristine mountain scenery, diverse landscapes, and rich local culture.

3. How difficult is the Kanchenjunga Circuit Trek?

The trek is considered challenging. It involves long walking days, remote trails, and high-altitude crossings above 5,000 meters. Good fitness and previous trekking experience are strongly recommended.

4. Do I need a guide?

Yes. A licensed guide is required under current Nepal trekking regulations for the Kanchenjunga region.

5. What is the highest point of the trek?

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The highest point is Kanchenjunga North Base Camp (Pangpema) at approximately 5,143 meters (16,873 feet).

6. How much does the Kanchenjunga Circuit Trek cost?

The cost typically ranges from USD 1,800–3,500+ per person, depending on the itinerary length, group size, guide and porter services, transportation, accommodation, and included services.

7. How long is the Kanchenjunga Circuit Trek?

The trek covers approximately 220–250 km (137–155 miles), depending on the itinerary and route variations. Most trekkers complete it in 20 days, including acclimatization and rest days.

8. Can I do the Kanchenjunga Circuit Trek solo?

No. Solo trekking is not permitted in the Kanchenjunga Restricted Area. Trekkers must obtain permits through a registered trekking agency and be accompanied by a licensed guide according to current regulations.

9. When is the best time to do the Kanchenjunga Circuit Trek?

The best seasons are spring (March–May) and autumn (September–November), when weather conditions are stable and mountain views are at their best.

10. Is the Kanchenjunga Circuit Trek suitable for beginners?

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Due to its remoteness, duration, and altitude, the trek is generally better suited for experienced trekkers with good fitness levels.

11. Why is the Kanchenjunga Circuit Trek less crowded?

The region is a restricted area requiring special permits and a licensed guide, which limits visitor numbers and preserves its wilderness character.

12. Can I do the Kanchenjunga Circuit Trek independently?

No. Independent trekking is not permitted in the Kanchenjunga Restricted Area.

13. How many trekkers are required to obtain a permit?

At least two trekkers are generally required to obtain the Restricted Area Permit through a registered agency.

14. Should I hire a porter for the Kanchenjunga Circuit Trek?

Hiring a porter is highly recommended because of the trek's long duration and demanding terrain.

15. What permits are required for the Kanchenjunga Circuit Trek?

Trekkers typically need:

Kanchenjunga Restricted Area Permit (RAP)

Kanchenjunga Conservation Area Permit (KCAP)

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16. How much does the Kanchenjunga Restricted Area Permit cost?

Permit fees vary depending on nationality and trekking duration. Your trekking agency will arrange and confirm the latest government rates.

17. Can I get the permits myself?

No. Restricted Area Permits must be obtained through a registered Nepal trekking agency.

18. How long does it take to obtain the permits?

Most agencies can process permits within a few working days after receiving the required documents.

19. What happens to my extra luggage during the trek?

You can store extra luggage safely in your hotel or trekking agency office in Kathmandu.

20. How much weight can I carry on the trek?

Porters usually carry 15–20 kg per trekker, while you carry a daypack (5–8 kg).

21. What are extra costs?

Extra expenses may include:

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Drinks and snacks

Wi-Fi and charging

Hot showers

Travel insurance

Tips for guide and porter

22. How should I carry money?

Carry Nepalese cash (NPR) in small denominations, as ATMs are not available in trekking regions.

23. Is altitude sickness a risk?

Yes, Acute Mountain Sickness (AMS) is a risk above 3,000 m. Proper acclimatization is essential.

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