

# Kangchenjunga Trek

Trip Code: KAN

Version: KAN Kangchenjunga



WALK & TREK



GUIDED GROUP



CHALLENGING



## HIGHLIGHTS

- Visit both Kangchenjunga basecamps in Nepal: Ramze and Pang Pema
- Spectacular views of Makalu, Chamlang, Everest and Kangchenjunga
- Cross the Mirgin La from the Simbu Khola to the Ghunsa Khola
- Excellent Kathmandu accommodation including the Hotel Shangri-La
- FREE Sleeping bag and down jacket hire is available for this holiday

## AT A GLANCE

- 18 days trekking
- Max altitude - 5150 metres
- Join at Kathmandu

## ACCOMMODATIONS & MEALS

- All meals included
- 16 nights Camping
- 3 nights Hotel
- 3 nights Lodge

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

A challenging trekking holiday in the remote Kangchenjunga region of the Nepal Himalaya. Traversing the remote and rarely-visited north-eastern corner of Nepal, our trekking route to Kangchenjunga leads through picturesque farmland and rugged valleys to the basecamp for the south side of the Kangchenjunga massif at Ramze. Then, walking across to the north side of Kangchenjunga by way of the Mirgin La (4663m), we are greeted with magical views of the Himalaya including Makalu, Chamlang, Everest and Kangchenjunga.

Trekking beyond the attractive Tibetan settlement of Ghunsa, with its sturdy wooden houses, numerous prayer flags and smiling villagers, we skirt the incredible northern flanks of Jannu on the approach to the Nepal side Kangchenjunga basecamp at Pang Pema (5100m). Here at last, the formidable north face of Kangchenjunga is revealed. Our trekking efforts are rewarded with magnificent close up views of Kangchenjunga towering above the glacier opposite our camp in icy blue splendour. Varied and sustained, this popular trek is rated amongst the best and most visually stunning mountain walks in the world.

## Is this holiday for you?

This classic trek has been given its high grade on account of its overall length, the remoteness of the area and because there are a number of tough days at altitude. Despite the fact that the area is less frequented by trekkers than the more famous routes, the paths are good throughout the trek, apart from sections of the route whilst crossing the Mirgin La and elsewhere if there have been recent landslides. Since there are no lodges of a good standard in this region, this is a camping trek with a full Nepalese crew. Please note that this is camping in some style, where we provide spacious 2 person tents and thick foam mattresses to ensure you get a really good night's sleep. Also part of the camp set up is a dining tent (complete with table and chairs) where you will eat your meals and relax. The cook and his team have the use of a kitchen tent and there will also be one (or more usually two) toilet tents. Your local crew will set up the camp each evening and take it down again in the morning. Getting from Bhadrapur Airport to the start of the trek and back to the airport at the end of the trek includes some long driving stages on rough roads.

# Itinerary

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Version: KAN Kangchenjunga

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## DAY 1

**Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided.**

Your holiday starts at the hotel in Kathmandu. Transfers from Kathmandu Airport are provided. Depending on your arrival time, you may have the opportunity to explore the immediate vicinity of the hotel and get acclimatised to this bustling city. Alternatively, you may prefer to recover from your journey by relaxing at the hotel. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **D**



**Accommodation**  
Hotel

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## DAY 2

**Fly to Bhadrapur in south-east Nepal. Drive across the Terai to Phidim (1200m).**

We return to the airport and take an internal flight across the country to the south eastern corner of Nepal close to the border with Darjeeling. If you thought Kathmandu was hot, Bhadrapur located in the Nepal Terai, which is part of the Indian Gangetic plain, will feel tropical. We are met at the airport and board our vehicles for a two-stage journey into the mountains. We drive for approximately 6 hours through a fascinating landscape of rural fields and small towns which quickly becomes more hilly as we head north. The temperature becomes a little cooler as we climb into the foothills, passing the town of Ilam (1700m) and then descending to Phidim where we check in at our lodge accommodation and enjoy a cold drink.

Meals: **B L D**



**Accommodation**  
Lodge

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## DAY 3

**Drive to Taplejung. Meet the crew and trek to Lali Kharka (2315m).**

We make an early start ahead of our 4 to 5-hour drive northwards into the Himalayan foothills. Making our way through the upper valley of the Tamur River, the road twists and turns and offers tantalising glimpses of snow-capped peaks ahead. Finally, we leave the lower valley and the road climbs up many hundreds of metres through intensively terraced farmland and via the small town of Taplejung to reach the airstrip at Suketar (2300m). Here, we meet our trek crew and take a late lunch while the porters' loads are sorted. After lunch we have a short walk to our first night's halt on the grazing area at Lali Kharka (2315m). There is a good view of Kangchenjunga from camp.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 420M		<b>Descent</b> 560M		<b>Time</b> 3 hrs trekking		<b>Distance</b> 8KM
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#### DAY 4

### Trek through villages to the ridge crest at Kande Banjyang (2170m).

Today, we contour around and descend to Tambawa, with views of the remainder of the day's walk ahead of us. We continue the descent, passing through the village of Pakora to a great swimming spot on the Phawa Khola. Crossing the river on a suspension bridge, we begin the steep climb up towards Kunjuri and after a long pull reach the crest of the ridge which is known as Kande Banjyang (2170m). We make camp on top of the ridge. This is a great spot and we have good views of Kangchenjunga from here. We can clearly make out the south and main summits along with Yalung Kang.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 880M		<b>Descent</b> 1010M		<b>Time</b> 6 hrs trekking		<b>Distance</b> 10KM
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#### DAY 5

### Trek to Phonphe Dhanda (1890m) through terraced fields and villages.

The day begins with a 20 minute descent to the village of Khesewa. From here the path traverses the steep mountainside, negotiating terraced field systems high above the Kabeli Khola. Some ups and downs as we cross several side valleys. Amazing scenery including views of Ratong and Kabru and a first peek at the awesome south face of Jannu. There are many shady spots to rest on the way and we will take lunch at one of these. The day ends with a final climb to our camp on field terraces at the small hamlet of Phonphe Dhanda (1890m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 625M		<b>Descent</b> 890M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 10KM
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**DAY 6****Cross the Khesewa Khola river and contour the hillside to Yamphudin (1700m).**

We descend steeply to the Khesewa Khola and cross the river on another suspension bridge. We climb again through terraced fields to the village of Mamankhe. From here the walk to Yamphudin is along a trail which contours the hillside above the Kabeli Khola. The path has several ups and downs as we cross the ridges and stream beds that make up the valley sides before finally descending to the river and our camp at Yamphudin. Here we can bathe in one of the many clear pools in this beautiful river. This is a truly idyllic spot and at an elevation of 1700 metres and is also the most remote settlement in the area and the last habitation we will see until we reach Ghunsa. Ahead is the ridge of the Deorali Danda, which we must cross next.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 900M		<b>Descent</b> 1040M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 10KM
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**DAY 7****Traverse the Deorali Dhanda ridge to Darachak and Omje Khola (2365m).**

Crossing a steep spur, we have fine views of the valley beyond Yamphudin to the south and of the Omje Khola Valley and Deorali Danda (ridge) to the north. Dropping down to a small stream, we cross a stream and take a zig-zagging trail through pleasant farmland to Darachuk, then keep climbing through meadows to the low pass at Dubi Bhanjyang (2540m). We then descend through tree ferns and forest to reach the Omje Khola. We follow the stream for a short distance and cross it to a campsite (2365m) a little further upstream. A short day, with the afternoon free to rest or to do some independent exploration.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 910M		<b>Descent</b> 235M		<b>Time</b> 3 - 4 hrs trekking		<b>Distance</b> 6KM
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**DAY 8****Trek through jungle to Simbua Khola and onto to Torontan (3010m).**

Straight out of camp, we begin 3 hours of steep ascent to the crest of the Deorali Danda, in dense jungle all the way except for a couple of kharkas (clearings) en route. We reach a pass at 3230 metres, from the top of which there are good views of Jannu which is definitely closer now! Descending from the pass we have to cross a landslip area and if this is in unstable condition (after heavy rain) we may have to make a short but steep climb to detour over the top. Beyond the landslide area we enter the forest again and find a spot for lunch. A steep descent follows, down into the valley of the Simbua Khola. Across another

'interesting' wooden bridge and we are soon at our camp-site at Torontan. Amongst the towering firs of what is now a mainly coniferous alpine forest. Altitude at Torontan - 3010m.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1240M		<b>Descent</b> 650M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 9KM
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## DAY 9

### Glimpses of the Yalung Glacier as we trek onwards to Tseram (3910m).

Following the true right bank of the river, this is a blissful day's walk through pine and rhododendron forests. The valley floor climbs fairly steeply and as the day progresses the trees become more stunted and widespread, giving us glimpses of the snow-capped giants ahead and of the massive snout of the Yalung Glacier. Just before Tseram, the towering heights of Kabru and Rathong start to peep over the moraine. It will still be warm in the sunshine but when the sun drops the temperature plummets to remind us that we are really gaining height. Altitude at Tseram - 3910m.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 990M		<b>Descent</b> 90M		<b>Time</b> 5 hrs trekking		<b>Distance</b> 9KM
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## DAY 10

### Optional long day-walk to Ramze and Oktang for views of the south side of Kangchenjunga. Return to camp at Tseram.

Today we have the option to visit the area of the south-side base camp for Kanchenjunga at Ramze (4580m). The scenery is magnificent as we ascend past the snout of the Yalung Glacier into a series of ablation valleys which give relatively easy walking (the term 'easy' here applies to the underfoot conditions and not the effort required to trek at this altitude!). A frozen lake, clear streams and views of Kaktang, Rathong and Kabru are the highlights of the walk up to Ramze which is a broad, flat ablation zone. If we are lucky, we may see blue sheep grazing on the slopes above. An hour beyond Ramze, at Oktang, the views of Kangchenjunga's south side open out, with its four main summits visible - two of them above 8500 metres and two just below. We return to our camp at Tseram, with the round trip taking as long as 8 or 9 hours. Anyone who wants to can opt to take this day as a rest day.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 830M		<b>Descent</b> 830M		<b>Time</b> 8 - 9 hrs trekking		<b>Distance</b> 18KM
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**DAY 11****Cross the three passes (Sinelapcha, Mirgin and Sinion La) to Selele (4200m).**

This will be one of the longest days of the trip as we cross a series of passes on Kanchenjunga's long SW ridge to access its northern side. The day begins with a steady climb of 2 - 3 hours to Chhuchung Pokhari, two small lakes with a superb retropect of the valley. From here we have about 1 hour of steep climbing to the first pass, the Sinelapcha La (4730m) where we cross the main watershed between the valleys of the Simbuwa and Ghunsa Kholas. The trail then undulates for at least 1 hour to the second, slightly lower pass, the Mirgin La (4690m) and again undulates with a short steep climb to the third pass, the Sinion La (4670m). There are superb views throughout this day and it is one of the highlights of the trek. From the final pass we make a descent of around 2 hours to our camping place at Selele. We will take packed lunches today and the cook team will have some warming noodle soup waiting for us in camp. There are also a couple of small tea shops here. Altitude in camp is around 4200 metres.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1050M		<b>Descent</b> 700M		<b>Time</b> 7 hrs trekking		<b>Distance</b> 10KM
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**DAY 12****A short trek to Ghunsa (3425m). Visit the Ghunsa Gompa.**

A cold morning as it takes until around 8 am for the sun to clear the steep hillsides to the east. There are two more 'passes' to cross today, but there is little in the way of climbing. We begin by contouring the hillside for 2 hours enjoying fantastic views. The first pass reached is the Sele La and the next is the Tamo. We then descend for another hour and a half through rhododendron forest into Ghunsa (3425m). We can see Lapsang La Peak on the descent and the route down from the Lapsang La. The day is relatively short and we may opt to go all the way to camp for lunch. After lunch we will have the opportunity to visit the Ghunsa Gompa which is beautiful inside and well worth the effort. There are a few shops in the town and this is the place to buy a Tibetan rug, as there is a Tibetan Refugee Camp nearby. Ghunsa is also the best place to taste tungba, the traditional Tibetan wine made from millet.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 100M		<b>Descent</b> 880M		<b>Time</b> 3 - 4 hrs trekking		<b>Distance</b> 6KM
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**DAY 13****Trek to Kambachen (4110m). Stunning views of Jannu.**

From Ghunsa the trail ascends gently through beautiful pine and rhododendron forests, passing many mani walls and chortens - welcome reminders of the local peoples' Buddhist faith. After stopping for

lunch by the river at Rampak Kharka, after 3 to 4 hours walk, the afternoon's walk is a steep climb up the mountainside in front of us and a descent to camp at the summer village of Kambachen. The stunning peak of Jannu (7710m), which is also known as Kumbhakarna, rises above our camp. It was first climbed in 1962 by its south-east ridge. The stupendous north face resisted many attempts until a strong Russian team in 2004. Gazing up at the face you will marvel at this extraordinary feat! The altitude at Kambachen is 4110 metres.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 815M		<b>Descent</b> 165M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 11KM
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## DAY 14

### Trek via Ramtang to Lhonak (4800m).

Normally the trek up to Lhonak via Ramtang is not too strenuous despite the increase in altitude. The views are incredible as one by one the peaks are revealed. After 3 hours or so, we reach our lunch stop at Ramtang, from where the incredible fluted summit of Wedge Peak first becomes visible. Look out for blue sheep on this part of the walk. During the afternoon's walk, Nepal Peak, the Twins, Merra and White Wave all come into view. The camp-site at Lhonak is on a grassy plain perched high above the Kangchenjunga Glacier opposite Wedge Peak - exposed to the icy wind, but the view more than compensates for the chill! The altitude at Lhonak is 4800 metres.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 765M		<b>Descent</b> 95M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 10KM
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## DAY 15

### Trek to Pang Pema (5150m), Kangchenjunga North Basecamp, return to Lhonak.

It is a relatively short walk up to Pang Pema from Lhonak, but we will be taking it easy on account of the elevation. From our camp at Lhonak the trail climbs steadily negotiating several landslide areas before emerging at a grassy terrace in the ablation zone beside the glacier. Pang Pema is a relatively sheltered spot right opposite the towering North Face of Kangchenjunga. This has to be one of the most spectacular places in the world and a fitting climax to this unique trek. It is possible to climb a little way above Pang Pema for a stunning panorama of Kangchenjunga and its glacier. We will have our lunch at Pang Pema, before dropping back more easily to Lhonak.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 570M		<b>Descent</b> 570M		<b>Time</b> 8 hrs trekking		<b>Distance</b> 16KM
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## DAY 16

### Descend to Kambachen (4110m).

Just a short morning's walk today which also provides us with some contingency and plenty of time to get those fantastic photos we might have missed on the way up. Retracing the route of our approach, we drop down as far as the camp at Kambachen (4096m). After dinner at camp, the afternoon is free.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 95M		<b>Descent</b> 765M		<b>Time</b> 3 hrs trekking		<b>Distance</b> 10KM
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## DAY 17

### Trek down the valley via Ghunsa to Phale (3140m).

After breakfast, we will trek back down this spectacular valley to Ghunsa. Then, after lunch, our way out of the mountains follows the beautiful Ghunsa and Tamur kholas through a spectacular forest of rhododendron, conifer birch and oak. We have just a couple of hours walk after lunch, crossing the Ghunsa Khola on a bridge and following the river on its west bank to a camping place at the Tibetan refugee village of Phale (3140m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 200M		<b>Descent</b> 1170M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 15KM
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## DAY 18

### Trek via the last of the Tibetan villages at Gyabala to Amjilasa (2500m).

The valley sides are steep hereabouts and leaving the village the trail descends fairly steeply, following the river as it cascades downwards. There are several ups and downs and 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 the camping place at Thyangyam with fine views. There is a fair bit of up and down on this day as we negotiate landslip areas in the steep-sided valley, gradually descending. We overnight at the village of Amjilasa (2500m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 510M		<b>Descent</b> 1150M		<b>Time</b> 6 hrs trekking		<b>Distance</b> 14KM
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## DAY 19

### Short walk to Sekathum (1650m) and jeep transfer to Taplejung.

Today we have just a short walk to Sekathum (1650m) close to the confluence of three rivers which together form the mighty Tamur River. Here we meet our 4WD transport and after lunch at Sekathum we will set off on the 4-hour drive to Taplejung where we overnight in a local lodge.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 100M		<b>Descent</b> 950M		<b>Time</b> 3 hrs trekking		<b>Distance</b> 7KM
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## DAY 20

### Drive to Kanyam.

Beyond Taplejung the road improves, but we still have a full day (approx. 8 hours) of driving, initially beside the Tamur River and then heading south through pretty, terraced hills to Phidim and then via the town of Ilam to Kanyam where we stay in a local lodge.

Meals: **B L D**

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	<b>Accommodation</b> Lodge
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## DAY 21

### Drive to Bhadrapur and take the flight to Kathmandu. Celebrate the end of the trek.

We have just a short drive (2 hours or so) across the sweltering plains of the Terai to the airport of Bhadrapur where we check in for our flight to Kathmandu. Arriving in the Nepalese capital, we transfer to our centrally located hotel for that long awaited bath and a peep in the mirror (a shock for some!). Tonight we will go out to celebrate with dinner in one of Kathmandu's excellent restaurants.

Meals: **B L D**



**Accommodation**  
Hotel

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## DAY 22

### Contingency day. Free time in Kathmandu

This is a contingency day in case of flight delays. If we have flown according to schedule, this will be a free day to explore Kathmandu, do some souvenir shopping or to simply relax at the group hotel. One of the attractions of any visit to Nepal is the chance to walk the streets of Kathmandu, which presents a fascinating mosaic of shops, cafes and restaurants, food markets and street vendors, as well as a bewildering array of colourful temples and shrines. We spend a second night at the group hotel.

Meals: **B L D**

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**Accommodation**  
Hotel

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## DAY 23

### Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided.

Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided. To extend your holiday in Nepal, why not pre-book a day's sightseeing tour in the Kathmandu Valley, or a multi-day excursion to the wildlife reserve at Chitwan. Contact our office for details.

Meals: **B**

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# Extensions

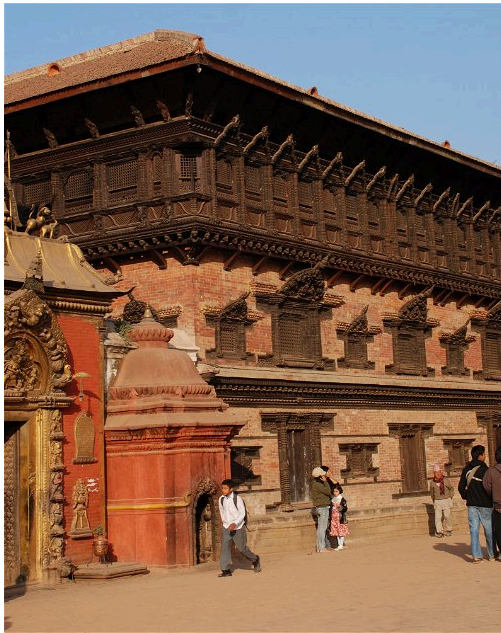
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



## Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

**3 days from**  
**US\$1,545** per person



## Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

**1 day from**  
**US\$175** per person

# Holiday Information

## What's Included

- A professional English-speaking local leader
- Kathmandu Airport transfers
- Internal flights and all land transport involved in the itinerary
- All accommodation as described in the trip dossier
- All meals
- Foam camping mattress
- Once on trek the group will be assisted by porters and a local guide
- FREE Sleeping bag and down jacket hire is available for this holiday on request

## What's not Included

- Travel Insurance
- Nepalese Visa
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

## Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All meals are included in the holiday price from Dinner on Day 1 to breakfast on Day 26.

## Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Our camping holidays in Nepal are accompanied by an experienced and well trained trek cook and his team of assistants. Breakfasts will include porridge or cereals and sometimes eggs, with tea, coffee and hot chocolate. Lunches are generally prepared on the trail and can include cooked or tinned vegetables, rice, chips, freshly made Tibetan bread, as well as tinned tuna, meats or cheese. On occasion this can be augmented by noodle soup. Dinners always start off with soup, followed by a locally inspired main course such as rice, dal and spicy vegetables, or a more international dish like pasta with a tomato sauce or pizza and chips. Dessert can be tinned fruit with custard or rice pudding or cake with custard. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. During this trek there will be very few opportunities to purchase snacks and drinks from simple shops and tea houses. All meals while on trek and also while staying at your Kathmandu hotel are included in the trip price.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

In Kathmandu we use a range of excellent hotels including the new and very comfortable 4 star Aloft Hotel. Located in the heart of the city, this hotel offers a range of first-class facilities including fast and free WiFi and a spa and fitness centre. There are also 2 nights at a simple hotels in Ilam. Whilst on trek there are 17 nights full-service camping. This is camping in some style, where we provide spacious 2 person tents (foam mattresses are also provided), a dining tent complete with table and chairs where you will eat your meals and relax, a kitchen tent in which the cook crew produce your meals and one (or more usually two) toilet tents. Your local crew will set up the camp each evening and take it down again in the morning. You will be served with a cup of 'bed-tea' each morning and provided with a bowl of water with which to wash. Water for hand washing is also provided at each meal. On arrival into camp each afternoon hot drinks and snacks will be provided in the dining tent. Accommodation is generally arranged on a twin sharing basis and if you are travelling by yourself you will usually be paired up with someone of the same sex. For the hotel nights in Kathmandu single rooms are available at supplementary cost. It is also possible to pre-book single tent occupancy at additional cost. Additional hotel nights in Kathmandu can also be pre-booked.

## Internal flights

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The changeable nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the UK Air Safety List (ASL), and are banned from operating commercial air services to, from, and within the United Kingdom. Flying in Nepal is an acknowledged risk, and the UK Foreign and Commonwealth Office travel advice provides further details which you can read on their [website](#). KE is mindful of its duty of care to clients travelling with us in Nepal and we are stakeholders in an annual independent air audit of Nepal airlines undertaken by UK tour operators, most recently undertaken in February 2024. KE uses 5 airlines in Nepal which have been approved by this audit. These airlines are: Buddha Air, Summit Airlines, Shree, Tara and Yeti. We continue to cooperate with other tour operators to monitor aviation safety in Nepal and will ensure we remain a stakeholder in any further air safety audits. While we have taken appropriate action to try to minimise the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night near the airport (this may be at a hotel other than the group hotel). On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but an alternative trek will be provided if delays to internal flights mean the original itinerary (or a shortened version of it) is no longer feasible.

For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay. In the extremely unlikely event that a delay to your internal flight causes you to miss your homeward international flight, KE will re-book international flights for Flight Inclusive clients, but please be aware that clients booking on a Land Only basis will be responsible for re-booking their onward travel and for any associated costs. We advise you to take out suitable travel insurance and to keep your receipts, as you may subsequently be able to make a claim.

## Group Leader & Support Staff

The group will be accompanied by a professional English-speaking local leader throughout the trip. Whilst on trek there will also be a trek crew, including a cook, several Sherpas and a team of porters.

## Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude on our website which can be viewed via the link below. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

[www.keadventure.com/page/altitude.html](http://www.keadventure.com/page/altitude.html)

## Spending Money

Approximately £200 to £250 (or equivalent in US dollars, Euros etc.) changed into local currency, should be allowed for miscellaneous expenses including porter and trek crew tips, beers, soft drinks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek it is possible to buy snacks, chocolate, soft drinks and beer on some days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

## Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the tips are given at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £90 (in rupees) to these tips. At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters, whilst technical clothing and equipment such as head-torches and trekking poles is highly prized by the Sherpa team. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

## Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

## Baggage Allowance

Your main item of luggage should be a sturdy kit bag, duffle bag or similar. This will be carried during the trek by porters or pack animals and must weigh no more than 15kg. If you are picking up a sleeping bag and down jacket from KE in Kathmandu, you need to factor in the weight of these items (around 3kg) and allow space in your bag for them. You should also take on your holiday a daypack of approximately 30 litres capacity. For the internal flights (to and from Bhadrapur) the maximum allowance for hold baggage AND hand baggage combined is 25kg. It is possible to leave items not required on trek at the hotel in Kathmandu. For your international flights, please check the baggage allowance with your airline.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.**

Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: [Visa PDF India](#).

### Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is \$30 for 15 days, \$50 for 30 days, \$125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at [this link](#). This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

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## TREKKING PERMITS - WHAT DO WE NEED FROM YOU ?

For treks in the Everest region - EBL, EVL, EHW, ELL - we need your passport details and we need you to take with you to Nepal 2 passport photographs. You will hand these over to your local leader on Day 1.

For treks in the Annapurna region - ASL, ACL, UAT, ANL and for the Gosainkund and Langtang Trek - GLT - we need your passport details and we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself. Please send this to us once your holiday is guaranteed.

For these Conservation Area treks and other treks requiring Special Permits - KAN, DLG, NAP - we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself and a scan of the information pages of your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu you will still be required to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

For those trips requiring Climbing Permits - MER, IPC, CTL, YAR - we need to send to Nepal ahead of your departure, a scan of a passport-style photograph of yourself and a scan of the information pages of

your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu, for YAR and for CTL, you will still be required to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

## Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking up to 8 or 9 hours each day. We would suggest that you adopt a weekly exercise regime. Regular walking in hill or back country is the best preparation for a trip like this but if this is not possible, running, cycling and swimming are good for developing better stamina. Regardless of your exercise regime, before departure, we suggest that you try to fit in a number of long walks in hilly country.

## Climate

October through to May is the best time for trekking in Nepal. These months outside of the summer monsoon season offer the best conditions for trekking. Pre-monsoon from March to May is the time to see the colourful blooms of the rhododendron at lower elevations. The post-monsoon months usually offer the clearest skies and the most settled weather. You will encounter a wide range of daytime temperatures during your holiday from approximately 25°C in Kathmandu to approximately 14°C at 3000 metres, and approximately 3°C at 5000m. although the 'real feel' temperature in the middle of the day will be much warmer. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures below freezing once above approximately 4200m. and at our highest overnight stops, outside temperatures may drop as low as minus 15°C. Extended periods of rain or snow are very unlikely outside of the monsoon period but short-lived storms can and do occur.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Trekking and Climbing in Nepal. Steve Razzetti
- Kangchenjunga: A Trekker's Guide. Kev Reynolds
- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- The Hard Years. Joe Brown
- Kangchenjunga, The Untrodden Peak. Charles Evans

## Maps

### **KANGCHENJUNGA (Nepa Maps). 1:100,000.**

Quite a detailed map for its scale. 1:50,000 maps for this area are difficult to get and this is a useful compromise with contour intervals at 200 metres. The map has a good overlay showing villages and trails but is not indexed and has no latitude/longitude markings nor ISBN number.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 kgs. It is possible to leave clothes or other items not required on trek at the group hotel.

**You must bring the following items:**

- Hiking boots
- Gaiters
- Trainers or similar
- Trekking trousers
- Lightweight waterproof overtrousers
- Baselayer shirts
- Baselayer leggings
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Selection of dry bags (to keep your kit bag contents dry)
- Travel towel
- Warm hat
- Sunhat
- Sunglasses
- Warm and waterproof gloves or mittens

- Warm jacket (down)\*
- Sleeping bag (Comfort rated -15°C)\*
- Daypack approximately 30 litres
- Water bottles 1 Litre x 2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small padlock (to lock your kit bag)
- Basic First Aid Kit including; antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite)

### **The following items are optional:**

- Sleeping bag liner
- Thermarest or similar camping mattress (a foam mattress is provided)
- Shorts
- Swimwear (for the hotel pool in Kathmandu)
- Travel clothes
- Trekking poles (recommended)
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)

- Reusable cloth bag for shopping (to avoid plastic bags)

## NOTES

\*FREE sleeping bag and down jacket hire is included in your KE holiday booking on request.

Please make all requests at least 4 weeks prior to the trip departure date. Please note all hire / rental equipment is issued in Kathmandu. Please remember to allow room in your kit bag for these items.

The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a long skirt.

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[-> Find out more](#)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

# Why Choose KE

## Why KE

We have 15 years experience of taking trekking groups on this classic itinerary. We know that there are lodges being established along this route; but for the moment many of these are simply too basic for our groups to use. In some of the more remote parts of Nepal, full service camping is still the way to go!

**Please Note** This document was downloaded on 09/05/2024 and the trip is subject to change