

Kanchenjunga Circuit Trek

Facts

Destination: Nepal

Trip Difficulty: Strenuous

Trip Style: Lodge to Lodge Trek

Transport: Private Vehicle / Bus / Aeroplane

Food: Breakfast + Lunch + Dinner

Accommodation: Hotel + Teahouses + Lodges

Group Size: 1-20

Max Elevation: 5140 m



Want to experience a rugged trekking adventure in the remote trails of Nepal? If so, the incredible Kanchenjunga circuit trek is ideal for you. This outstanding trek package from **Marvel Adventure** is everything you can hope for!

The trekking adventure in the Kanchenjunga region is famous for its **off-the-beaten**, pristine



trails. On this exciting trek, you will pass through numerous scenic landmarks and natural terrains. There are forests with lush vegetation that you need to cross to arrive at the destination.

[Kanchenjunga \(https://www.marveladventure.com/blog/where-is-kanchenjunga-mountain-located\)](https://www.marveladventure.com/blog/where-is-kanchenjunga-mountain-located) is a pristine region with immense natural diversities. Most of the trails remain protected under the Kanchenjunga Conservation Area. You will also observe endangered wildlife species, including Red Pandas, Himalayan Tahr, Snow leopards, and others.

All along the trail, you can view the majestic Himalayas, including **Mount Kanchenjunga**. Besides that, you can also observe other snow-clad mountains while trekking. During this journey, the trekkers will have a great time exploring the glaciers, lakes, mountain passes, rivers, floras, and faunas.

Moreover, [cultural exploration \(https://www.marveladventure.com/people-and-culture-of-kanchenjunga\)](https://www.marveladventure.com/people-and-culture-of-kanchenjunga) opportunities are another exciting aspect of the Kanchenjunga circuit trek. Local settlements of ethnic communities include Bhotiya, Sherpa, Tamang, Limbu, Rai, Gurung, and others. **Buddhist heritage** sites and landmarks are all over the trails, including small chortens, mani walls, gompas, and prayer flags.

We at Marvel Adventure offer you this outstanding Kanchenjunga Circuit Trek package at a reasonable cost. [Contact us \(https://www.marveladventure.com/contact-us\)](https://www.marveladventure.com/contact-us) to book this stunning journey in the foothills of the Himalayas. Happy Traveling!

Why Choose Kanchenjunga Region for Trek?



The **Kanchenjunga region** is quite famous for its immense natural beauty. There are scenic virgin trails that you will pass to arrive at the mountain's base camp. These trails are mainly off the beaten and unique from the more mainstream treks in the Everest region.

You will trek the foothills of the mountains while crossing the spectacular **natural landmarks**. Many diverse natural trails exist, including waterfalls, hills, forests, glaciers, rivers, streams, etc. Trekkers will pass through the quiet trails in the depth of nature.

Another thing that makes this Kanchenjunga region stand apart is the remote landscapes. Away from the hustle and bustle, you will get to explore the beautiful area in all its glory. You will observe the most outstanding views of the tallest Himalayan peaks, including Mt Kanchenjunga.

The local community will welcome you with open arms and **incredible hospitality**. There are unique lifestyles and traditions that you can observe during the trek. Hence, you should choose the remote Kanchenjunga circuit trek for all these reasons.

Check our [Kanchenjunga base camp trek](https://www.marveladventure.com/blog/kanchenjunga-base-camp-trek) (<https://www.marveladventure.com/blog/kanchenjunga-base-camp-trek>) package.

Best Time for the Kanchenjunga Circuit Trek

The two best seasons for trekking and traveling in the beautiful Himalayan foothills. These include the spectacular Spring (March, April, and May) and Autumn (September, [October](https://www.marveladventure.com/blog/kanchenjunga-trek-in-october) (<https://www.marveladventure.com/blog/kanchenjunga-trek-in-october>), and November) seasons. Spring provides stable weather, whereas, in the Autumn season, there are fewer weather-related challenges.

Spring season

Spring is favorable for its excellent weather conditions with no weather-related challenges. Travelers will trek in the great blue sky with no overcast conditions. Besides that, the entire trail will get covered in wildflowers like rhododendron. The temperature remains in the **mid-20 degree** Celsius which is ideal for trekking. Hence, it is pretty pleasant to trek in the Spring season.

Autumn season

Autumn is also one of the best times for the Kanchenjunga circuit trekking. This is because it has fewer weather-related challenges. Besides, there are various other advantages of trekking in the autumn season. There are **moderate temperatures** that range around mid-20 degrees celsius. The Autumn season is excellent for cultural exploration, as many festivals around this time of the year.

Difficulties of the Kanchenjunga Trek

Tackling this high-altitude sickness is through acclimatization. This process is essential to quickly adapt to changing high-altitude conditions. You should also rest well after the trek and not rush through the trek.

You must trek gently so that you will be able to continue your journey without any hassle. Take regular breaks and carry **Diamox tablets** as a precaution to reduce symptoms like nausea, headache, insomnia, etc.

The rugged region also has dangerous uphill and downhill slopes that you will have to cross. The trekkers must carry proper tracking gear and equipment for a comfortable journey. You



should also trek in the peak season of Spring and Autumn for pleasant trekking conditions.

Read More about [Kanchenjuna trek difficulty](#)

(<https://www.marveladventure.com/blog/kanchenjunga-trekking-difficulty>).

Can You Do This Trek?

The **Kanchenjunga circuit trek** is challenging in the northeastern region of Nepal. The trek is relatively more complex than other treks in the area. However, if you prepare well for the trek, you can efficiently complete it. You will also need the best trekking gear and equipment for the trek.

However, you should also do some other treks as practice before you start the Kanchenjunga circuit trek. It will help you continue your tour in the high-altitude region with ease. Another essential thing to consider for the expedition includes a **basic fitness** level. Stamina, high strength, and endurance are also required for the trek.

A healthy and nutritious diet is also essential during the trekking journey. Besides all the strength-building physical exercises, you must also perform flexibility-building cardiovascular exercises. Moreover, mental exercises will help you remain motivated along the trail.

How to Prepare for Kanchenjunga Circuit Trek? -

Essential Tips

- Trek early and trek slow
- Rest well and acclimatize at various intervals
- Hydrate regularly along the trail
- Tackle altitude sickness through various measures

- Train well with all the exercises
- Only get those items necessary during the trek
- Book all the meals and accommodations
- Carry water purification tablets
- Get all your snacks along the trail
- Carry a power bank, solar charger, extra batteries, etc.

Is this trek suitable for beginners?

The Kanchenjunga circuit Trek might be a little difficult for absolute beginners. However, if you have some experience in trekking at a high altitude, you can complete the trek with ease. The tour takes you through the remote terrains along challenging routes that move uphill and downhill. The **rugged landscapes** require the use of proper gear and equipment. Hence, you need to be careful along the trail and prepare well.

Why is Acclimatization Necessary?

Acclimatization is an integral aspect of the Kanchenjunga circuit trek. The beautiful hike takes you through some of the highest-altitude terrains. Hence, you must tackle altitude sickness to be fit and in great shape along the trails. Hydrating regularly and trekking at a slow pace is also a necessity. You can also take **Diamox tablets** to tackle the symptoms of altitude sickness along the trail.

Highlights

- Incredible trekking [journey to the base camp](https://www.marveladventure.com/blog/how-to-reach-kanchenjunga) (<https://www.marveladventure.com/blog/how-to-reach-kanchenjunga>) of the third highest mountain in the world, Kanchenjunga (8586m)

- Observing the Himalayan vista of the snow-clad mountains from various viewpoints
- Gorgeous sunrise and sunsets views overlooking the Himalayas
- Diverse exploration opportunities for the endangered wildlife
- Exploring the cultural landscapes, heritage, and traditions of the local ethnic communities
- Staying in the local tea houses and camps along the trail.
- Experiencing the beautiful hospitality of the local people

Day to Day Itinerary

Day 01: Fly to Bhadrapur and Drive to Phidim

Day 02: Drive to Taplejung and Trek to Sinuwa

Day 03: Trek from Sinuwa to Taplethok

Day 04: Trek from Taplethok to Amjilosa

Day 05: Trek from Amjilosa to Gyabla

Day 06: Trek from Gyabla to Ghunsa

Day 07: Acclimatization at Ghunsa

Day 08: Trek from Ghunsa to Khabhanchen

Day 09: Trek from Khambachen to Lhonak

Day 10: Trek from Lhonak to Kanchenjunga Base Camp, Trek back to Lhonak

Day 11: Trek from Lhonak to Khambanchen

Day 12: Trek from Khambachen to Ghunsa

Day 13: Trek from Ghunsa to Sele la Kharka

Day 14: Trek from Sele la Kharka to Tseram via Sinon la pass

Day 15: Trek from Tseram to Ramche

Day 16: Trek from Ramche to Oktang Base Camp, Trek down to Torangden

Day 17: Trek from Torangden to Yamphudin

Day 18: Trek from Yamphudin to Khebang

Day 19: Trek from Khebang to Hapukhola

Day 20: Drive from Hapukhola to Bhadrapur

Day 21: Drive to Kathmandu

Cost Includes

- Airport pick-up and drop
- Domestic travel costs as per the itinerary
- Meals during the trek (Breakfast, Lunch and Dinner)
- Fresh fruits after dinner
- Guide and Porter costs
- Accommodations during the trek
- Special Trekking Permits and Conservation Area Permits
- First aid kit
- Government taxes
- Official expenses

Cost Excludes

- Items not mentioned above
- International airfare and taxes
- Visa fee
- Travel Insurance
- Lunch and dinner (Kathmandu)
- Heritage sites entrance fee.
- Personal expenses
- Drinks and desserts

- Tipping costs