



Kanchenjunga Trek - 26 Days

Trip Facts

Destination	Nepal
Duration	26 Days
Group Size	MIN - 2
Trip Code	DWT-KT-20
Grade	Strenuous
Activity	Kanchenjunga Treks
Region	N/A
Max. Altitude	5,400M
Nature of Trek	N/A
Activity per Day	N/A
Accommodation	N/A
Start / End Point	N/A
Meals Included	N/A
Best Season	AUTUMN & SPRING
Transportation	N/A

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Anyone who is looking for a challenging trek in a remote region of Nepal visited by fewer other trekkers. This is a culturally interesting journey with two days exploring Kathmandu...

About the Trip

Anyone who is looking for a challenging trek in a remote region of Nepal visited by fewer other trekkers. This is a culturally interesting journey with two days exploring Kathmandu and then while on trek you will see Rais, Limbus, Sherpas and Tibetans.

 Best Price Guarantee

-  **Hassle-Free Booking**
-  **No Booking or Credit Card Fees**
-  **Team of highly experienced Experts**
-  **Your Happiness Guaranteed**

Highlights

-  Spectacular Mountains views including Kanchenjunga,
-  Yalung glacier and other high passes
-  Pass by beautiful Monasteries, chorten temples and prayer walls
-  Learn about traditional Sherpa villages with unique cultures first hand
-  Catch glimpse of Himalayan Black Bear, Assamese Macaque, Musk deer, Red Panda, snow leopards and other animals
-  Pass by rhododendrons, orchids, lilies, primula, and other flowers.

What is Included?

-  3 Night accommodation 3 star hotel in Kathmandu with Breakfast.
-  Guided city sight seeing tour in Kathmandu by Private Transport and Entrance fee.
-  Transport To Domestic airport Pick up / drop .
-  All your Standard Meals (Breakfast, Lunch and Dinner) During the Trek.
-  Kitchen and camping equipment During the Trek.
-  Return Flight (Kathmandu - suketar) with Airport taxes.
-  Official DWT (Government registered and licensed) Guide and required Number of porters (1 for 2 Person basis) to carry your luggage during the trek, their Food,Lodge,salary,Transport, flight,insurance equipments etc,
-  Necessary paper work and permits .
-  Arrangement of Emergency Helicopter service which will be paid by your Travel insurance company.
-  All Government and local taxes.
-  Discovery World Trekking's Certificate.
-  Farewel Dinner in Kathmandu.

What is Excluded?

-  Major meals in Kathmandu
-  International Flight.
-  All Personal Expenses such as lanundry,telephone calls,bar bills beverage, snacks.
-  Personal clothing and gear.
-  Travel insurance.
-  extra shower,bettery re-charge etc.
-  Tips for guide and porters.
-  Cost raised by cancelation, landside,weather,poltical.illness etc which are not under DWT control.

Overview

Considered by many as the finest trekking route in Nepal the Kanchenjunga Trekking is a long trek that takes up deep into the remote mountain ranges on Nepal's border with Sikkim and Tibet. On the trail we explore the areas around Kanchenjunga the second highest mountain in Nepal and the third highest mountain in the world . 'Kang-chen-zod-nga', in Tibetan means 'the five treasure houses of snow', it actually it has seven major summits.The Kanchenjunga massif is in the form of a gigantic cross, the arms of which extend north, south, east, and west. This recently opened Kanchenjunga region routes offer the chance to discover absolutely unspoiled highlands wilderness.which gives you some idea of what to expect when visiting the area.

On this trek we will also witness the natural beauty of the farmlands, traditional villages, valleys and other landscape. Along with the different ethnic people with their unique cultures and lifestyles like the Sherpa, Limbu, Rai, Tamang, and other ethnic groups. Who are all very hospitable and eager to share their culture we will also be able to explore the biodiversity on this trek as we pass by Kanchenjunga Conservation Area (2035 sq.km.) which is dedicated to protecting different species of birds, animals, and plants.

This is a moderately demanding trek which requires physical fitness, technical knowledge, and determination. We climb with proper rest and acclimatization to reach the high altitude destinations. As we need to camp some of the day's, proper camping tool will also be carried.

Day to Day Itinerary

Day 1

Arrive at Tribhuvan International Airport in Kathmandu and meet with your DWT guide (All our guides are direct employees of DWT and are government registered and licensed). Private transport

Once you reach the Tribhuvan airport in Kathmandu, you will be warmly received by our Discovery World trekking representative who will help you transfer to the hotel on a private car or a bus. After Checking into your hotel, you can either rest or stroll around to explore your vibrant surrounding at your convenience.

Day 2

A full day of sightseeing around The Kathmandu Valley region with your DWT tour guide. including Pashupatinath, Boudhanath Stupa, Swayambhunath (monkey temple) and Patan Durbar Square. Stay o

We spend the day visiting different tourist sites in Kathmandu. Our guided tour will take you to the following places in Kathmandu Pashupatinath: It is a holy site for Hindus all over the world. The pagoda-styled temple of Lord Shiva is visited by thousands every year. Boudhanath Stupa: An important pilgrim site for Buddhists and Hindus, it is one of the largest Buddhist shrines in the world. Swoyambhunath Temple: Another famous holy site, it is also called the Monkey temple.

Day 3

Fly(35mins) to Suketar(2320 m) and trek(3 hours) to Lali Kharka(2276 m). Stay overnight at Lodge.

We take a morning flight to Suketar. This morning we leave early and drive passing through tea and cardamom plantations. During our drive we stop at the top of a pass of which we get our first magnificent views of Mount Kanchenjunga and Mount Jannu in the far distance. We drive onto Taplejung where on arrival we meet our trekking crew. After lunch we start the trek by making a steep descent to the Tamur river to reach the village of Mitlung. Today and for the next couple of days the path is often wet, muddy and slippery so two trekking poles are definitely required.



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 4

Trek(5 hrs) to Khesewa (2120m) and Stay overnight at lodge.

We trek through the hills and descend to the village of Pakora along the Phawa Khola, we cross the Phawa Khola by a suspension bridge then climb up towards Kunjuri where we stop to have lunch then we go on a short walk over the ridge to our campsite at Khesewa. From here we get our first views of Kanchanjunga's main summit and Yalung Kang.



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 5

Trek(5 hrs) to Mamankhe (1920m) and stay overnight at lodge.

We trek down to Kabbeli khola through steep hillside and terraced fields, Its a winifing route but we will pass many open spaces where we can rest and stop for lunch. We continue and pass Anpan village and cross the Khaswa stream and then climb through terraces field to Mamankhe.



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 6

Trek(6 hrs) to Yamphudin (2080m) and stay overnight at lodge

After breakfast we leave the Village of Mamankhe and take the contouring path high along the Kabeli Khola to Yamphudin. Its a remote settlement and the last village we will pass until we reach Gunsa.



Overnight at a lodge



Included meals: Breakfast, Lunch, Dinner

Day 7

Trek(5 hrs) to Chitre (2965m) and stay overnight at lodge.

Beyond Yamphudin the trail ascends a steeply, We leave the villages behind us trekking through a pleasant forest, We stop for lunch in a meadow then continue . We make a steep descend to Omje Khola go across it on a bridge to our campsite in Chitre.



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 8

Trek(6 hrs) to Tortongn (3010m) and stay overnight at lodge.

We ascent to the crest of Deurali Danda through dense forest .From the 3230m Pass, we will be able to see Jannu much closer. We descend to all the way through beautiful forest to the valley of the Simjua Khola. Then we go across a wooden bridge is to Tortongn, where we rest at our camping place with numerous rock shelters amid towering conifers.



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 9

Trek(6 hrs) to Tseram (3870m) and stay overnight at lodge.

To day we will cross several passes. We take a good trail which ascends to our first pass Sinion La (4,440m). From here the trail goes around the hillside and a short steep climb brings us to the Mirgin La Pass (4,480m) . We descend briefly before making a final short steep climb to Sinelapche La Pass at 4,840m. Enjoy the mesmerizing views of the east Himalayas from the top of these passes. From Sinelapche La Pass we descent 1,000m to a small trail past a small lake to Tseram, a small settlement located above the Simbua Khola.



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 10

Trek(5 hrs) to Ramche(4580m) and stay overnight at lodge.

Today we embark on a short 600 m walk to Ramche. The view as we ascend past Yalung Glaciers is stunning. we will walk past frozen lake, clear streams .All the peaks to the east straddle the India-Nepal border like Koptang (6,147m), Rathong (6,679m) and some of the Kabrus which are all over 7,000m. We will set up camp once we reach Ramche.



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 11

First part of the trek is spent exploring around Ramche(4580m) then Trek(5 hrs) to Oktang(4730m). Stay overnight at lodge.

First half of the day we explore Ramche. There is a lake and a meadow along with two stone houses at Ramche and often we can see blue sheeps grazing on the grassy slopes above. In the afternoon we follow the ablation valley to Oktang we will be able to see and the three main summits all over 8,400m .The climbing route to the summit of Kanchenjunga, first climbed in 1955 can be seen from Oktang.



Overnight at a lodge



Included meals: Breakfast, Lunch, Dinner

Day 12

Trek(5 hrs) to Yalung Ri Base Camp (5400m) and stay overnight at lodge.

Today we trek upto Yagling Ri Basee camp to let our body get used to the high altitudes. Todays trek will require good determination and also some luck we can only cross the high passes if the weather is good.



Overnight at a lodge



Included meals: Breakfast, Lunch, Dinner

Day 13

Trek(5 hrs) back to Ramche (4580m) and stay overnight at lodge.

We trek back to Ramche. We will see magnificent views as we pass Yalung Glaciers and a series of valleys, frozen lake, clear streams



Overnight at a lodge



Included meals: Breakfast, Lunch, Dinner

Day 14

Trek(6 hrs) to Salleri over the Mirgin La (4480m) and stay overnight at lodge.

We trek down the valley to the north side of Kanchanjunga to Mirgin la. This route first requires steep climb and we corss several false summits before finally reaching Mirgin La. We can se amazing sightes of the magnificent Jannu, Makalu, Gyakung Kang, Everest, Lhotse and Chamalang. We then trek to our campsite which will be a little beyond the pass.



Overnight at a lodge



Included meals: Breakfast, Lunch, Dinner

Day 15

Trek(5 hrs) to Ghunsa (3475m) and stay overnight at lodge.

We descent to Lamba Sumba Kharka,here we can see south-west face of Jannu. From Kharka its a pleasant stroll on the forested trail to the village of Ghunsa, where we stay at a lodge in the village.This is a picturesque Tibetan village with wooden houses covered in colourful prayer flags. There are several lodges and shops in the village and a small Kanchenjunga Conservation Area office along with a couple of gompas. Here you can try the local speciality 'Tongba', an alcoholic drink. served on a jug or large bamboo cup which is filled with fermented millet seed and has boiling water poured over. The flavour and alcohol seep and you drink it with a special straw.



Overnight at a lodge



Included meals: Breakfast, Lunch, Dinner

Day 16

Trek(6 hrs) to Khambachen (4040m) and stay overnight at lodge.

From Ghunsa we make a gradual ascent through the rhododendron and pine forest along the south bank of the Ghunsa Khola with several mani walls and chortens .Today as we gain altitude the the scenery of the mountains and surroundings becomes ever more spectacular we will also be able to see the dramatic north face of Jannu . After crossing various slopes and glacial moraines, we finally reach Khambachen.Khambuchen is a Tibetan settlement with about a dozen houses huddled together in a grassy plain surrounded by mountain views .



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 17

Exploration day at Khambachen(4040m). Stay overnight at lodge.

We spend 2 nights here at Khambachen to help you get acclimatissed before ascending over 750m to Lhonak. You can join a short walk .organised by our guides up to Nupchu Khola from Khambachen from where you can see impressive views of Mount Jannu ,then you can spend the rest of the day resting and relaxing around camp.



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 18

Trek(6 hrs) to Lhonak(4790m) and stay overnight at lodge.

From Khambachen we trek through azalea and rhododendron along a lateral moraine , then pass through a seasonal yak herder's camp at Ramtang (4,370m). After an hour or so of trekking we reac a rockier trail as we pass under a landslide area. We climb through the open rocky fields and then cross moraines North West of the Kanchenjunga Glacier to Lhonak. From our campsite at Lhonak we can see incredible views of Wedge Peak (6,750m), Mera (6,344m), Nepal Peak (6,910m), Twins (7,351m) and others.



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 19

Trek(4 hrs) to Pang pema(5140m) and stay overnight at lodge.

From Lhonak we ascend the lateral moraine from KanchenjungaGlacier passing through several sections of loose rock and landslide area for around 2 hours. The trails steepness decreases as we reach the stone huts in a grassy area at Pang Pema. We will see impressive views of the vast north face of Kanchenjunga from Pang Pema.



Overnight on a tented camp



included meals: Breakfast, Lunch, Dinner

Day 20

Trek(5 hrs) to Kanchenjunga Base Camp(5100m) and Khambachen and stay overnight at lodge.

We have an optional hike up a ridge, north of Pang Pema for those who are interested . Its a 200 or 300 meters climb

and provides a great views of Kanchenjunga, Wedge Peak, the Twins and Tent Peak. From there we can descend to Khambachen.



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 21

Trek(6 hrs) to Ghunsa and stay overnight at lodge.

We return to Ghunsa retracing our trail .



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 22

Trek(4 hrs) to Amjilassa (2460m) and stay overnight at lodge.

We pass through picturesque forest and grassy hillside.the the trail becomes steeper and slippery. We will soon arrive at Amijilasa where we setup our camp



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 23

Trek(5 hrs) to Syakathum (1600m) and stay overnight at lodge.

We make a steep descend to the junction of the Ghunsa Khola and Tamur River. We set up our tent near at the bank of the River.



Overnight on a tented camp



Included meals: Breakfast, Lunch, Dinner

Day 24

Trek(5 hrs) to Chirwa (1200m) and stay overnight at lodge.

We cross the Simbu Khola, the same river that we followed up from Torontan. Since we are at lower altitude the weather will be pleasantly warm at these low altitudes and you cans ee cardamom growing freely in the moist shaded forest. After crossing numerous small tributary streams we reach Chirwa, a village set among large boulders.



Overnight at a lodge



Included meals: Breakfast, Lunch, Dinner

Day 25

Trek(5 hrs) to Suketar (2420m) and stay overnight at lodge.

To day we traverse in an out of minor valleys and pass through a succession of picturesque villages on our way to Suketar, we will reach reaching around late afternoon.



Overnight at a lodge



Included meals: Breakfast, Lunch, Dinner

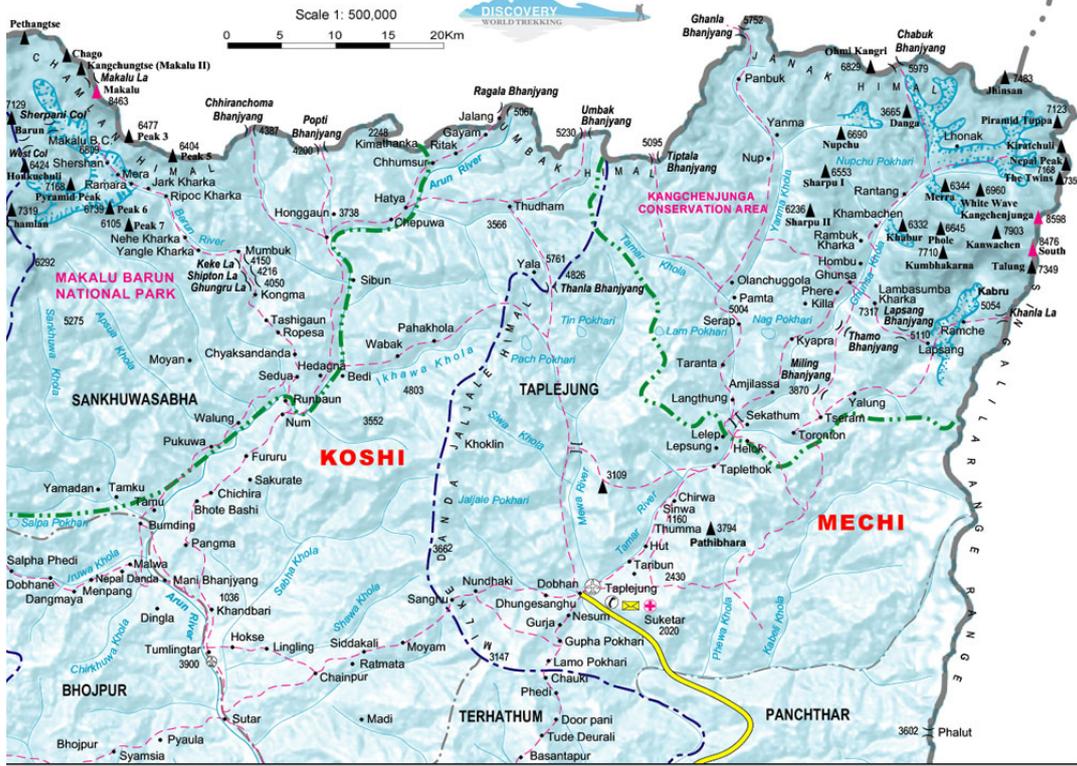
Day 26

Fly(35mins) back to Kathmandu and stay overnight at your selected hotel

Head back to Kathmandu , we take a 35 minute Scenic flight back to Kathmandu from Suketar (Taplejung).

Route Map

KANGCHENJUNGA - MAKALU



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Legend:

- | | | | | | |
|--|----------------|--|---------------|--|-----------------|
| | Trekking Trail | | Airport | | River |
| | Highway | | National Park | | Mountain / Peak |
| | Secondary Road | | Major Place | | Pass |
| | Seasonal Road | | Lake | | Check Post |
| | Track | | Glacier | | Telephone |
| | | | | | Health Post |
| | | | | | Post Office |

Trips Notes

Getting there

You will arrive to Nepal, Kathmandu in Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon the arrival. The next day we will be traveling to our destination via bus or a local jeep.

Free Transfer

We provide free airport pickup and drop by private vehicle. Upon arrival you'll be warmly welcomed by our Discovery world trekking crew with a traditional offering of Khada or marigolds garland (symbolizing purity, goodwill, auspiciousness and compassion), then directly transfer you to your hotel. To make use of this service please submit full flight details of arrival and departure in advance by mail.

Accommodation

The Kanchanjunga Trek 26 days some night we spend at mountain local lodges that provide basic facility and will make you feel homely with the warm hospitality of the local people. Two nights in Kathmandu is required as you would want to rest before and after the trek and is not included in the package. There are excellent range of hotels for all kind of budgets. The accommodation is almost twin sharing basis- bed with mattresses, blanket and pillows. Hot showers will be available at an extra cost. Discovery World Trekking has good public relation with local service providers in the Himalaya region. During camping you will be assigned a tent, very high quality like Mountain Hardwear or similar that you will share with one other member. Each tent will have thick down filled mattress for extra comfort and warmth. We will also have dinner, kitchen tent with table and chairs, tent for staff and Toilet tent with commode at the base camps.

Meals

The meal package in this trek is very convenient. The meals will be the best selected from the menu of the lodge which will be fresh, hygienic, tasty and nutritious. The menu is a combination of traditional local, Asian and western cuisine. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup (must) etc. at high altitude for health benefit. While camping cooks will prepare high altitude food, you will be served with variety of Nepalese and western cuisines such as Italian pizza and pasta, French fries and sandwich, Indian and Nepalese veg. curry rice, noodles and steamed dumplings, Tibetan stew and Tibetan bread and desserts. Meals in Kathmandu are not included in the packages, although there are variety of Nepalese and international cuisine readily available for you to choose according to our taste.

Best Season

The weather is one of the most important factor to look at when deciding to trek to The Kanchanjunga Trek. It is best suited to trek during the spring, summer and the autumn. During the winters and monsoon, it becomes difficult to trek due strong winds, storms and slippery trails.

January – February

This time is the coldest, especially from early January to early February. The temperature can be extremely cold. Though the day time may be warm and admirable with clear skies, the night time would be extremely cold. It would not be suggested to trek during this time.

March – April

This is the best time of the season to trek in the Kanchanjunga Trek. The weather is very favorable through the trek. Stunning views of the central Himalayan range will be seen. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed their expedition in this time. On the journey, the rhododendron flowers will be blooming at its best with variety of colors.

May – June

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June till mid of August. The season of spring and summer makes the trek much more enjoyable.

July – August

The rainfall hits at its peak during this time. Due to rainfall, it would not be advisable to trek during this season as the difficulty would rise. The trails would be very slippery. Having to trek by ridges and descending down the trails would make it risky.

September – October

This is also one of the perfect seasons for the Upper Dolpo trek. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to 20 degrees in the daytime and falls down to 5 degrees during the night time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended as it's the best time for the Upper Dolpo trek, usually between mid-September to end. Tourists in this season are also attracted by the main festival of Nepal; Dashain and Tihar.

November – December

As winter slowly begins, snow falls begin in the Kanchanjunga Region and it eventually tough to trek. Nights will start to get colder. November is the busy season as it is the clearest month with sparkling days. The day time temperatures are very stable and constant and due to this, the view of the clear blue sky and the mountain is phenomenal. From December, the temperature starts to get cold and begins to snow.

Acclimatization

Altitude sickness is commonly faced by many trekkers and will need immediate treatment and shouldn't be left ignored. Our trekking leader and guide have extensive first aid training and well-experienced in the Himalaya we urge to inform your group leader and guide at first signs of the symptoms, we guarantee your health will be at reliable hands. Your trek leader or guide will suggest precautions. The best way is to take your time and drink plenty of water at least 4 liters a day. If it is severe the only cure for altitude sickness is to descend immediately. Please note that your group leader has ultimate responsibility to decide or stop your ascent based on your overall condition. It is essential to keep in mind that some are more vulnerable than others. Our trekking leader and guide are well trained and experienced at high altitude and they have extensive first aid training as well. Your health and safety is important to us and we guarantee that it will be our very first priority. In case you have been rigorously affected, the only cure would be to descend immediately. Also, it is important to know that your group leader has the definitive responsibility to decide whether you can continue the trek based on your overall health conditions.

Trip Grade: Fitness level, Medical and Health

The Kanchanjunga trek is a challenging yet a rewarding trek. The hiking will be from 5 to 7 hours a day depending on the destination, taking regular breaks where we admire the mountain views. The trek routes involve long climbs, steep descents and a steep forward trail in the rocky paths and the forests as well. To go on such treks, the fitter, the more comfortable and enjoyable the journey will be. If you have an experience or enjoy trekking, this may be an advantage for you. This trek is not recommended to those who suffer from sensitive medical conditions such as heart or lungs disease.

Trekking group/single

The group will be generally 2 to maximum up to 12 paxes on trek. The group of twelve and above will be accompanied by a leader, and supported by an assistant guide and porters. We also organize single private trek in Annapurna based on your own holiday time frame. This will be led by one of our highly competent and well-experienced guides.

A typical day on trek

A day on trekking will be rewarding with unique experience providing to trek leisurely with plenty of time to enjoy scenery, take photos and explore the local village. During the trek, you are accompanied by experienced, friendly and qualified expert guide along with porters to carry out your baggage. You need to take your small regular day pack on hiking days. The day starts with an early morning cup of tea. Each morning after packing our bags and having a wholesome breakfast, we set off on the day's walk around 7 am -8am, depending on the duration and nature of the day's walk. After trekking 3 to 4 hours, lunch will be served around midday on the route to the next destination and we continue after an hour rest. The afternoon walk is generally shorter being only 2 to 3 hours when we reach our overnight lodge we snack on the prepared extra dietary snacks, then after dinner, we will have free time to explore nearby places. Dinner is provided around 6 to 7 pm. In the evening before going to bed, we discuss each group member hiking experience of that day. And the guide will brief the next day trip plan. After completing of trip briefing we enjoy fun and games and entertainment. Trekkers love learning Nepalese language from our Discovery World Trekking crews, playing card, talking to and chatting with the crew members, reliving the day adventure or reading books before heading off to the bed for well-deserved sleep.

Communication on trek

There is mobile phone coverage on the most of the routes, but this service may not be reliable, depending on which network you use. Upon your request, we can provide you with separate local SIM card with good access for talking to family and surrounding friends through your cell phone. Although some days at high altitude, there is no mobile network facility.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu will have to be arranged by self. Trekkers will have to bring personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, tips to the trekking crew members, souvenirs etc. We recommend to bring cash (dollars) which can be changed to rupees here.

Electricity and battery recharge, water on trekking

Throughout the lodges at The Kanchanjunga trek, electricity for camera and mobile battery recharge is available by paying in price at all lodges. Most of lodges have hydroelectricity and some of them have used the solar panels. Water during the trek, you can buy either packed mineral water from local lodges and enroute shop or filling boiled water with an extra cost. A water purification pill is suggested into drinking water.

Insurance Policy

Trekking in The Kanchanjunga Trek requires slightly proactive and reactive preparedness. The high mountains are not a place to visit casually as serious sickness and other casualty are supposed to be unexpectedly happened. Make sure you have insured against this incident before starting the trek. Travel insurance is also a part of booking condition for an adventure trek in Nepal. To join in The Kanchanjunga trek, at a minimum, a comprehensive travel insurance policy is must to cover medical and emergency repatriation with inclusively helicopter rescue and evacuation expenses for trekkers at high altitude. We can do recommendation of insurance company in case of our help needed but we do not involve in sale of the insurance policy. Trekker is refused to be participated in The Kanchanjunga Trek, with improper policy or without travel insurance policy. In case of emergency circumstances of our valued client, company put forward the travel documentation processing to insurance company based on your prior information submission details in order to assist in arranging rescue operation, and transfer to hospital for treatment. You are requested to send the details insurance information after you have booked the trek. Make sure your insurance company accepts the cost incurred for mountain rescue service even at the highest elevation of trek.

Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival in the Tribhuvan international airport. Visa can be extended at the central immigration office www.immigration.gov.np The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of visa fee is US \$40 for 30 days which have to be paid in cash. Citizens of China and the SAARC countries will receive free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive visa on arrival and so you will have to contact your local Nepalese embassy.

Money exchange

you can exchange most foreign currencies through the banks and through the money exchanges. Money exchangers are also legitimate. You might be able to also exchange small amounts of cash at the hotel you are staying. Money exchange facilities are available in Kathmandu. Money changers or Money exchangers in Kathmandu are found all over Thamel. The going rate is normally displayed in the front of the stores on a board. The official currency of Nepal is the Nepali Rupee (NRP). Its symbol is often displayed as Rs. The government of Nepal has banned the import, export and use of 500 and 1000 Indian Rupees in Nepal. You should ensure you are not carrying these notes on arrival in Nepal as they will be confiscated and you may be fined. Despite having the security advantage of traveler's cheque, many hassles problems like a lengthy process and high rate of commission may take place during the processing at banks. You can withdraw cash (in Rupees only) from one of many ATMs in Kathmandu (if you card is linked to the International Cirrus System), or by exchanging your travel cash at a bank in Kathmandu, the service fee charge will impose on around four percent or more depending up on the bank. There is a day transaction limit on cash withdrawing if you use the bank. Please note that most establishment banks in Asia will not accept foreign currency notes that are old, torn or faded and they can be very difficult to exchange or extra fees added when exchanging at banks. Please ensure that you have new, clean notes.

Luggage

Your main luggage should not be over 20Kgs and they will be carried by our porters. Trekkers will carry a light back for easy access to water, camera, toilet paper and warm layers of clothes. Any excess baggage can be kept at Discovery World Trekking and you can collect them after the trek.

Safety

Discovery World Trekking guarantees our client's safety, security and satisfaction. Safety is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipments and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the leader to decide if he/she will further continue as health is very important. During the trek, every group will be

together so that everyone is safe and wont wander off alone.

Equipment Checklist

Equipment lists for The Kanchanjunga Trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings are suggestions that should be brought, although we understand that our clients have their own preference of clothing. Porters will be carrying the main luggage which should not exceed more than 20kg. Equipment can be hired in Kathmandu as well.

Head

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide brimmed hat
-  Headlight with extra batteries

Face

-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes

Hands

-  Lightweight gloves
-  Heavy weight winter gloves

Body

-  Hiking shirts
-  Long sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T- Shirt (bring Light weight wool)
-  Polypropylene underwear
-  Down jacket (available in rent in Kathmandu)
-  Sweater
-  Water proof jacket and pants

Footwear

-  Hiking Boots
-  Thick wool socks (Take an extra pairs of thick light socks)

Essential gear

-  Backpack or daypack (Size depends on whether you take porter or not).
-  Thermal bottle
-  Water purification
-  Trekking pole
-  Sleeping bag (-15 bag is best in the high-altitude trekking)

Toiletries

-  Medium size drying towel

-  **Tooth brush**
-  **Toothpaste**
-  **Deodorant floss**
-  **Bio degradable bar soap**
-  **Nail clippers**
-  **Small mirror**

Personal accessories

-  **Money**
-  **Watch**
-  **Cell phone**
-  **Camera**

Extra items

-  **First aid kit**
-  **Extra passport photos and photocopies of passport**
-  **Notebook and pen**
-  **Binoculars**



Discovery World Trekking

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