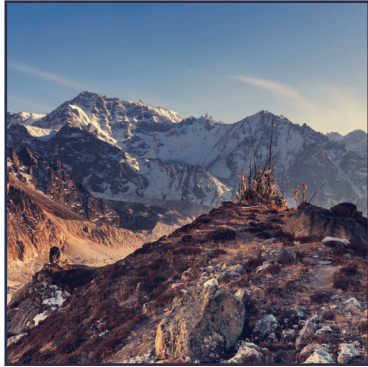


KANCHENJUNGA TREK





KANCHENGJUNGA TREK



TRIP HIGHLIGHTS

Be astounded by the treasures held within the mountains: peeping glimpses of Pandim (6,691m) and Kokthang (6,148m) on your way to Kanchenjunga!

Embark on a heart-pouring ride through magnificent primeval forest amidst picturesque valleys, alpine lush pastures, and dove white glaciers.

Briefly explore the settlements of "heroes of hills", the Limbu, Rai, Sherpa, Gurung, and Tibetan peoples whose enigmatic presence in the ever-inspiring Himalayas draws people in to learn and explore more of their culture.

Relish the sensual Himalayan ecosystem with exquisitely scented rhododendron forests, cloud-capped landscapes, and unique Himalayan fauna.

The home of revered monks, the humming sounds of their chanting will bless you with a safe and sound journey in the Himalayas.



Trip Duration	21 days
Grade	Challenging
Max. Alt.	5,140m
Summary	21 day trip: 1 day sightseeing in Kathmandu, 3 nights hotel in Kathmandu, 18 nights teahouse on trekking trail

WELCOME TO SHERPA SPIRIT TREKS

Thank you for your interest in trekking in Nepal with Sherpa Spirit Treks. We are a local trekking agency in Nepal with more than 30 years of combined experience in the trekking industry in Nepal. It is important to us that your time visiting Nepal is memorable for all of the right reasons. Which is why we not only help you to discover not the magnificence of the mountains here, but also walk with you as the mountains worked their magic on your soul.

WHY TREK WITH SHERPA SPIRIT TREKS?

- We have over 30 combined years experience in the trekking industry in Nepal.
- We have a strong passion for trekking AND the people of Nepal. We provide conditions that empower and support the people of Nepal and their families.
- While we might provide you with an itinerary, we are flexible and allow you to move at your own pace. You won't be rushed or prompted to reach the destination without first enjoying the journey.
- You have the option of booking your own trekking adventure, or joining a pre-arranged group (as available) - all of our groups are kept small to allow you to feel safe and comfortable.

KANCHENJUNGA TREK



SOLO TRAVEL THE TRIP

At Sherpa Spirit Treks, we do not require single travellers to pay a surcharge for travelling alone. In fact, we admire you for doing so! In our pre-arranged group treks, we will arrange for you to share accommodation with another trekker of the same gender. If we can't match you up we will provide a single room at no extra charge. However, if you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

Revered amongst all eight-thousanders, and the third highest mountain in the world, Kanchenjunga is one of the most demanding treks in the Himalayan Belt. Nestled between Nepal, China and India, Kanchenjunga is a strenuous trek that is less explored, but offers aesthetic insights into the lonesome company of nature.

Kanchenjunga takes you on a heart-pouring ride through magnificent primeval forest amidst picturesque valleys, blooming rhododendrons, alpine lush pastures, and the dove white glaciers of Yalung and Kangchenjunga. With a gradual increase in altitude along the way, you get most from the experience with little worry about altitude sickness.

Since its creation in the 1950's, Kanchenjunga Base Camp has attracted several expeditions for its pristine beauty and the smooth ascents which takes you on a heart-filled experience. The trek paves itself through scenic woodlands, winding its way through the gushing Tamur and Ghusna rivers to lofty ridges, the abrupt gorges of Ghusna Khola valley, and the pleasant countryside of Sherpa's homeland.

The trail with all its charms extends to bone-white Yalung Glacier reaching up to 5,000 meters at Kanchenjunga Base Camp making it a backpacker's heaven.

KANCHENJUNGA TREK



KANCHENJUNGA TREK



AT A GLANCE

Arrival	Arrive in Kathmandu
Day 1	Sightseeing & trek preparation in Kathmandu
Day 2	Kathmandu to Sukhetar, then trek to Mitlung
Day 3	Mitlung to Chirwa
Day 4	Chirwa to Sakathum
Day 5	Sakathum to Amjilosa
Day 6	Amjilosa to Gyalba
Day 7	Gyalba to Ghunsa
Day 8	Acclimatization and rest day in Ghunsa
Day 9	Ghunsa to Khampachen
Day 10	Khampachen to Lhonak
Day 11	Lhonak to Kanchenjunga Base Camp/Pang Pema
Day 12	Kanchenjunga Base Camp/Pang Pema to Khampachen
Day 13	Khampachen to Ghunsa
Day 14	Ghunsa to Sele-La Phedi
Day 15	Sele-La Phedi across Sele-La Pass, Sinion La Pass, Mirgin La Pass, & Sinelapche La Pass to Tseram
Day 16	Tseram to Ramche and return to Tseram
Day 17	Tseram to Throngding
Day 18	Throngding to Keswa
Day 19	Keswa to Sukhetar
Day 20	Sukhetar to Kathmandu
Departure	Departure

WHAT'S INCLUDED

- ✓ Airport pick up and drop off in a private vehicle
- ✓ 3-star hotel in Kathmandu with breakfast (twin-share: 2 nights in Kathmandu before the trek and 1 night in Kathmandu after the trek)
- ✓ Teahouse accommodation during the trek (twin-share)
- ✓ All meals (breakfast, lunch, and dinner - including hot beverages) during the trek
- ✓ Welcome dinner & farewell dinner (with cultural show)
- ✓ Guided city tour in Kathmandu with private vehicle
- ✓ Domestic flight Kathmandu to Sukhetar and Sukhetar to Kathmandu
- ✓ Experienced, English-speaking and government-licensed lead trekking guide (assistant guide provided for 4+ trekkers)
- ✓ Porters (1 porter for 2 trekkers)
- ✓ Staff costs (salary, insurance, transport, equipment, meals, and accommodation)
- ✓ Group first aid kit (carried by your lead trekking guide)
- ✓ Down jacket & sleeping bag (to be returned after trek completion)
- ✓ Sherpa Spirit Treks waterproof duffel bag, t-shirt and trekking map (for you to take home)

KANCHENJUNGA TREK



QUICK FACTS

Visas

Please see below for our note on Visas, and check with your travel agent or the local Nepalese Diplomatic mission in your country for visa requirements.

Vaccinations

Please check with your local GP or Travel Health Clinic for information on vaccination recommendations and requirements.

Leader

This trek is escorted by an experienced, English-speaking and government-licensed trekking guides.

- ✓ Sherpa Spirit Treks Certificate of Completion
- ✓ All necessary paperwork and trekking permits (Sagarmatha NP Fees, TIMS card)
- ✓ All government & local taxes

WHAT'S NOT INCLUDED

- ✗ Your round-trip international airfare from home
- ✗ Visa and country entry costs
- ✗ Excess baggage charges
- ✗ Meals in Kathmandu (except Welcome/Farewell dinners - because there are so many amazing places for you to explore!)
- ✗ Extra night accommodation in Kathmandu for early arrival or late departure, or early return from the trek (due to any reason) than what is included in the scheduled itinerary
- ✗ Travel, personal, medical, rescue, and cancellation insurance
- ✗ Personal expenses (phone calls, laundry, alcoholic beverages and bar bills, charges for wifi or to charge personal electronic devices, hot water charges for showers, boiled or bottled water, confectionery, soft drinks, donations)
- ✗ Tipping and gratuities for guides, porters, drivers, etc
- ✗ Medical and rescue expenses

TRIP HIGHLIGHTS

- ✓ Teasing the heavens at the junction of Nepal and Sikkim, legends say Kanchenjunga holds the "five treasures of snow" that it will unearth when an apocalypse strikes the earth. Of course you shouldn't expect the apocalypse on this adventure, but you will surely be astounded by the treasures held within the mountains: peeping glimpses of Pandim (6,691m) and Kokthang (6,148m) on your way to Kanchenjunga!
- ✓ While Kanchenjunga is one of the most demanding treks in the Himalayan Belt, this strenuous trek is worth it for the lonesome company of nature. The gradual ascent and the experiences that await you on this trail indeed make this trek backpacker's heaven.
- ✓ Kanchenjunga takes you on a heart-pouring ride through magnificent primeval forest amidst picturesque valleys, alpine lush pastures, and dove white glaciers. With a gradual increase in altitude along the way, you get most from the experience with little worry about altitude sickness.
- ✓ Briefly explore the settlements of "heroes of hills", the Limbu, Rai, Sherpa, Gurung, and Tibetan peoples whose enigmatic presence in the ever-inspiring Himalayas draws people in to learn and explore more of their culture.
- ✓ It has been rightly said that nature's arena has a way of humbling and energizing us... The Kanchenjunga trek is a humbling feat as you can freely wander off the track in a teahouse trek, or lie on a wooden billet to eat homely daal as you reflect on life in the tranquil ambience of heaven touching mountains.

KANCHENJUNGA TREK



TRIP GRADING

Challenging

This trek is rated as Challenging. It involves numerous, consecutive days of walking long-distances, and the trail is often times steep and may be unsteady in some places. It climbs to high elevations (above 3,000m), where there is a risk of altitude sickness. You will be required to walk both uphill and downhill, to cross suspension bridges, and old landslide locations. You will need to be able to carry a daypack weighing up to 10kg.

ADVENTURE TRAVEL

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trek we recommend that you contact us.

ALTITUDE SICKNESS

Altitude Sickness or Acute Mountain Sickness (AMS) is a real risk on treks that climb to altitudes close to or above 3,000m. It can be potentially fatal, and the best preparation is to understand the signs and symptoms, and to know the best treatment. Please refer to our website for more information.

IMPORTANT NOTE

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

- ✓ Relish the sensual Himalayan ecosystem. The trail promises exquisitely scented rhododendron forests, alpine grasslands, and cloud-capped landscapes with Kangchenjunga glistening affront throughout the journey. And if you're lucky, sightings of rare and endangered species of animals like snow leopard, red pandas, musk deer, and wild boars are not uncommon in the region. Other animals such as Himalayan tahr, blue sheep, and a host of chirping birds are found aplenty here.
- ✓ Don't miss the call of prayers of the ornate monastery of Ramche. The home of revered monks, the humming sounds of their chanting bless the vicinity. The monk's benediction will bless you with a safe and sound journey in the Himalayas.
- ✓ Trek through the mighty Yalung Glacier for captivating views of Kangchenjunga (8,586m) eternally watching over majestic pastures.
- ✓ Amid this trekking trail that offers warm welcoming meals in small lodges, you will also pass the settlements of Tibetan refugees, who have fled and now spend life in exile since the invasion of the Chinese communist regime decades ago.

DETAILED ITINERARY

ARRIVAL *Arrive in Kathmandu*

Upon your Arrival, we will welcome you in the terminal hall in Tribhuvan International Airport at Kathmandu. We will transfer you to your hotel and introduce you to your trekking guide, and together you can enjoy a hot cup of masala tea and have an in depth discussion about your trek, including the trekking route, anything you need, the necessities for the trek, and any general suggestions for preparing for your upcoming adventure.

DAY 1 *Sightseeing & Trek Preparation in Kathmandu*

Today you will take a sightseeing tour of Kathmandu with our appointed City Guide! Kathmandu is rich with Hindu and Buddhist history, so with an early morning start, you will visit places such as: the Hindu shrine of Pashupatinath, the Buddhist shrine of Boudhanath, the "city of fine arts" - Patan Durbar Square, Krishna temple, Kumbeswore Temple, Golden Temple, the 2000 year old "Monkey Temple" - Swayambunath Stupa, and Basantaur Durbar Square - home to the living goddess Kumari. In the afternoon you can get acquainted with the local area around Thamel market, as we help you finish your final trek preparations with a spot of gear hire and/or shopping. In the evening we will officially greet you with a Welcome Dinner serving traditional authentic Nepali food in Kathmandu.

DAY 2 *Kathmandu (1,350m) to Sukhetar (670m: 1 hour), then trek to Mitlung (880m: 4 hours)*

Embark on our expedition towards Kangchenjunga on a scenic flight from Kathmandu to Sukhetar. The window outside promises alluring views of Everest (8,849m), Kangchenjunga (8,586m), and other snow-clad peaks in the hour-long flight which is sure to get you geared up for the upcoming adventure. We begin trekking after a brief stop for tea, and then we begin to make our way through terraced rice fields and blooming cardamom farms, further passing through several local mud-bricked villages. It doesn't take us long to begin to spy the magnificent Kangchenjunga. Often a slippery path down, Tamur River leads us to Mitlung which will be our overnight destination.

KANCHENJUNGA TREK



DAY 3 *Mitlung (863m) to Chirwa (1,190m: 7 hours)*

Venture onto the same trail descending to Tamur River to observe spectacular countryside along with the sightseeing of the terraced farming and juicy Oranges & Cardamom gardens as you move towards the Tamang villages of Sinwa, Porke, and Tawa. The trail gradually crosses through petrous boulders along with a demanding push to Thiwa Hola to finally reach lodges at Chirwa.

DAY 4 *Chirwa (1,190m) to Sakathum (1,640m: 6 hours)*

Be prepared for a 5-hour trek after leaving camp to arrive at the settlement of Taplechok where our trekking permits will be reviewed. The crossing suspension bridge will lead us to the culturally diverse villages of Taplechok, Hellok, and Tamewa that portray an outlook on the classical blend of Tibetan and Indian culture on such small tribes. Nepal is more than its picturesque valleys and magnificent mountains, Nepal is its great people! After exploring the vivid lifestyle, whilst moving steeply along Tamur River in direction of Simbu Khola we will end our day at our overnight camp in Sukhatham.

DAY 5 *Sakathum (1,640m) to Amjilosa (2,490m: 6 hours)*

As we proceed from Ghunsa Khola valley our day will become an enduring uphill ascent, which we can take slowly and at your own pace. The tapered trail sweeps through a condensed forest and crosses over several overpasses where we can witness panoramic landscapes as we come to the staple lodge in Solima. But we will continue on from here to reach our overnight accommodation in Amiljosa!

DAY 6 *Amjilosa (2,490m) to Gyabla (2,730m: 5-6 hours)*

May God speed you as you leave Amiljosa for your next destination in Gyabla. Today retrace your path through a radiant rhododendron forest and bamboo oaks to descend towards Thanyani. Soon our way will be halted by spectacular views of the majestic waterfall opposite the river. A steep ascent will have us finally stumble across our tummy satiating lodge in Gyabla.

DAY 7 *Gyabla (2,730m) to Ghunsa (3,410m: 6-7 hours)*

On the way towards Ghunsa, the Gyabla valley widens itself, offering more radiant and blooming azaleas and rhododendrons, and the temperature begins to drop as we ascend over 3,000 meters. The trek continues from a forest and leads us to Kangchenjunga Conservation Office in the small settlement of Phole village, where telephone and internet facilities are also available.

DAY 8 *Acclimatization and rest day in Ghunsa (3,410m)*

Today will be your acclimatization day in Ghunsa to adjust to the thin, cold ambience. Acclimatization is an important part of every successful trekking adventure, to minimise the risk of altitude sickness and ensure we can continue on to our final destination. On this day, consider a side trip to the village viewpoint or an acclimatizing 5-6 hour hike towards Jannu peak for splendiferous views of down-to-earth valleys and the sky stabbing Kanchenjunga. Relish your day by exploring the traditional historic village and visiting an ornate Buddhist monastery in the vicinity of Ghunsa.

KANCHENJUNGA TREK



DAY 9 *Ghunsa (3,410m) to Khampachen (4,150m: 6-7 hours)*

Leave Ghunsa to trek through radiant rhododendrons and pines for promising views of Jannu Himal that looms over skies in the distinct landscape. The trail passes by the sacred Mani walls and after a confronting hike across the suspension bridge that lays over the gushing Ghusna Khola, we will reach the grassy pastures of Rampuk Kharka. From there on, upon passing a linn waterfall and a deceptive landslip, we navigate through the mountainous trail to finally arrive at Khamachen.

DAY 10 *Khampachen (4,150m) to Lhonak (4,790m: 5-6 hours)*

Expect a special day as we pass over the boulder-strewn, lateral moraines of Kanchenjunga glacier for spectacular views of The Twins (Gimmigela Chuli: 7,351m), Wedge Peak (6,750m) and Nepal Peak (6,910m). As we reach the yak herders camp at Ramtang, which is located at an alpine altitude of 4,000m, you will be able to cherish the winsome presence of juniper and rhododendrons. The day's trek ends near stone huts in Lhonak.

DAY 11 *Lhonak (4,790m) to Kanchenjunga Base Camp/Pang Pema (5,140m: 5 hours)*

Prepare for an enthralling ascent up swarming, glacial moraines for over two hours as we traverse through landslide-prone areas to reach the blooming frondescence at Pang Pema. We will be greeted by breathtaking views of sky-stabbing Kangchenjunga in the foreground.

DAY 12 *Kanchenjunga Base Camp/Pang Pema (5,140m) to Khampachen (4,150m: 7-8 hours)*

Today will be the climax of your journey so far, as we reach KBC. After a confronting ascent, you will stand in awe at the poetic charm of the Himalayas. Take some time to gaze upon Janu peak (7,710m), Makalu (8,481m), Baruntse (7,129m), and Kangchenjunga (8,586m) while stretching legs, enjoying a hot meal, and reflecting on the incredible journey you just had. The thin, cool breeze will continue to pierce your soul at the alpine landscape, until we begin to retrace our path to Khampachen.

DAY 13 *Khampachen (4,150m) to Ghunsa (3,410m: 4-5 hours)*

After enjoying the sightseeing in KBC, today you will head back on the same trail to reach Ghunsa village whilst witnessing the marvelous landscapes of the Sikkim region. A gentle descent from Lhonak entrances once again as we cross the moraine of Kumbhakarna and Kangchenjunga glaciers to reach Ghunsa.

DAY 14 *Ghunsa (3,410m) to Sele-La Phedi (4,290m: 5-6 hours)*

Today a stretching hike awaits us as we cross Sele-La Pass (4,480m) followed by Yalung Glacier. Get excited for our summit of Sele-La Pass with its captivating views of numerous peaks on the Sikkim border, including Temachungii (6,044m), Makalu (8,481m), Baruntse (7,129m), Januu Peak (7,710m), and the sentimental Kangchenjunga (8,586m).

KANCHENJUNGA TREK



DAY 15 *Sele-La Phedi (4,290m) across Sele-La Pass (4,480m), Sinion La Pass (4,660m), Mirgin La Pass (4,480m), & Sinelapche La Pass (4,724m) to Tseram (3,900m: 10-12 hours)*

Get ready for a challenging day of trekking as we make our way across the first pass for the day, Sinion La Pass (4,660m). Atop the Pass, you cannot resist being mesmerized by the breathtaking views of Kanchenjunga (8,586m), Makalu (8,481m), and similar sky teasing peaks. The gentle gale breezing from the Himalaya's heart takes you into a serene experience that is no less than a mood enlightening therapy at an alpinist altitude. The captivating sight of the distant Yalung glacier right after your jubilant ascent will leave you awe-struck for several moments.

Soak in the ever-charming aura of comforting maxima before beginning to trek to an even more elevated altitude. As we move along the hillside after crossing Mirgin La Pass (4,480m) and finally crossing Sinelapche La Pass (4,724m) you'll be greeted with a splendid view of panoramic landscapes stretching for miles. We finish with a descent past a small lake, which will end at our overnight accommodation at Tseram.

DAY 16 *Tseram (3,900m) to Ramche (4,620m) and return to Tseram (3,900m; 5-6 hours return)*

Once again we'll be marching across glacial moraine and make our way across fairy meadows to reach the highlight of today's trek: Ramche. We'll be hosted by majestic lakes near to which grazers can be seen bantering in pastures. We may spot blue sheep grazing in lush fields! Relish the spellbinding beauty of the place and derive pleasure from satisfying Nepalese cuisines when the dramatic clouds continue to roll foreground. Not only that, you'll get to explore Kangchenjunga South Base Camp, beautifully decorated with prayer flags. Indulge yourself in chit-chatting with friendly locals or explore the small monastery in Ramche before returning to Tseram.

DAY 17 *Tseram (3,900m) to Throngding (2,990m: 5-6 hours)*

Prepare for a downhill descent through rhododendron forest and landslide-prone areas into Tortong. The trail to Tortong is remote, so you get to immerse yourself amongst the beauty of nature here. There are some challenging uphill as we make our way towards the teahouses of Throngding, and our accommodation for the evening.

DAY 18 *Throngding (2,990m) to Keswa (1,960m: 5-6 hours)*

Today we will maneuver downhill leaving behind the tranquil borough of Throngding. We'll stop by a teashop to have lunch, and proceed on our journey, descending to Keswa.

DAY 19 *Keswa (1,960m) to Sukhetar (2,400m: 5-6 hours)*

From Keswa we'll ascend for the next 5-6 hours to reach the close-to-nature settlement of Sukhetar. Socialize with other backpackers in the teahouse and swap stories as you bid farewell to your great highland adventure.

DAY 20 *Sukhetar (2,400m) to Kathmandu (1,350m: 1 hour)*

After a long, and incredible (but perhaps slightly tiring!) trek, we think you deserve to avoid the long drive back to Kathmandu. So today we'll be taking a domestic flight back to Kathmandu, which takes about 1 hour. With an afternoon in Kathmandu to yourself, you can choose to wander the bustling tourist district of Thamel to finish up your souvenir shopping, or rest up in your hotel. Join us for a final meal together, as we enjoy a Nepalese farewell dinner with traditional live music and dance.

KANCHENJUNGA TREK



DEPARTURE *Drop off at the airport*

As today is your last day in the country we appreciate your decision to choose us as your travel companion. We are honored to be a part of your beautiful memories and hope that we met your expectations. We will accompany you to the airport for a traditional Nepal farewell, and we wish you a safe flight back home.

OTHER OPTIONS

Kanchenjunga is the gateway to the Great Himalaya Trail, an exciting trekking adventure that can take you higher than 6,000m, and allow you the opportunity for a more intimate experience with the majestic Himalaya mountains. A highly rewarding experience that is not for the novice adventurer. If you've got some extra time to spend in Nepal and want the **ULTIMATE** trekking experience, then **Contact Us** for more information on how to customise your itinerary to include this once-in-a-lifetime adventure.

OR, if you want to experience this restricted part of Nepal but are a bit short on time, then we can customise your itinerary to visit only one face of Kanchenjunga. **Contact Us** for more information.

COUNTRY INFORMATION

The world's highest mountain range defines everything there is about Nepal, a landlocked country lying between India to the south, and China and Tibet to the north. It's topography and weather, its religion and trade, all arise from its location amongst the grandest mountains you'll ever see. And while Nepal's rich melting pot of culture and tradition, with mystical Indian Hinduism and Tibetan Buddhism making up the fabric of the society, will draw you in with amazement and awe, it's the famous peaks and the superb trekking staff that will impress you with memories you'll never forget.

CLIMATE

Nepal has five seasons: spring, summer, monsoon, autumn and winter. In the mountainous regions where we trek, you can expect temperate summer temperatures and winter temperatures that can plummet below freezing. There is no seasonal constraint on trekking in Nepal, however the best time to visit is March/April (spring) when the rhododendrons bloom, and September to mid-December, when monsoon has cleared and skies are clearest.

A TYPICAL DAY

A typical day on this trek will involve waking early to a warm, fuelling breakfast with a hot tea or coffee, provided by our teahouse guests. Of course, the meal is of your choice, ordered the evening before. Make sure your bags are packed and ready to go, as our porters will be keen to head off early, before you've even finished your meal! You'll then set out for a day of trekking through sublime, mountain terrain. Each day varies, but you can expect to walk 4 to 8 hours a day. We will stop for lunch at a teahouse along the way, giving you a chance to drop your pack, put your feet up, and have a rest while you nourish and refuel your body with a delicious, warm meal. Some days our lunch place will also be our overnight camp, but on most days we will set out again after lunch to reach our overnight destination. Upon arrival at our overnight accommodation you'll have a chance to order your dinner, and spend the evening reflecting on your day, and enjoying the company of your guides, with a nice hot cuppa around the fire.

KANCHENJUNGA TREK



DIETARY REQUIREMENTS

While our packages include the cost of meals, we cannot cater to special dietary needs, as we are staying in hotels and teahouses that are under their own management. However, most diets can be accommodated. The easiest diets to accommodate are vegetarian/vegan, and gluten free (simply by ordering food that meets these needs, and making any requests at the time of ordering). The Nepalese people aim to please their guests, so a courteous request will go a long way!

ACCOMMODATION ON THE TREK

In Kathmandu you will be staying in 3-star hotel accommodation, generally with wifi and running hot water in your own attached bathroom (always appreciated after a long trek!).

On the trekking trail, we stay in traditional Nepal teahouse accommodation, which has been constructed to cater to the needs of trekkers. Teahouses are usually of a general standard, and can vary, depending on the town/village we stay in, and the time of year we are trekking. They can be made of stone, or they may be constructed more simply. The facilities offered by teahouses varies, and most often the bathroom and toilet are located outside and are a shared facility. Hot water and wifi are charged, and may not always be available, depending on where we are staying.

All accommodation on our treks is twinshare meaning you will generally be sharing a room with one other person (unless you're travelling solo, or in an odd numbered group). Single supplements are also available for those who wish to be guaranteed a room all to themselves.

Please refer to [our website](#) for more information.

WHAT YOU CARRY

All of our trekking packages include porters to carry your main luggage (water-proof duffel bag provided). However, you will be required to carry a daypack with extra warm/rainproof clothing, drink bottle, camera, and personal items such as sunscreen, blister kit, and any personal medications you require.

Should you wish to travel without a porter and carry a larger backpack with all of your trekking gear, please [Contact Us](#) for a customised itinerary.

EQUIPMENT REQUIRED

Please refer to our website for a detailed [Equipment Checklist](#). This list will also be provided to you after booking.

VISAS

You need a Tourist Visa in order to enter Nepal.

You can obtain a Tourist Visa for 15 days (30 USD), 30 days (50 USD), or 90 days (125 USD). Please ensure that the duration of your visa will cover your entire stay in Nepal.

The requirements for entry into Nepal have recently changed, and continue to change, due to COVID-19. Therefore, it is recommended that you contact the

KANCHENJUNGA TREK



Nepalese Diplomatic mission in your home country, your Travel Agent, or refer to the **Nepal Department of Immigration** website, for all questions regarding visa entry requirements in Nepal.

SOCIAL NETWORKING

Connect with us on Social Media

FACEBOOK: @sherpaspirittreks

INSTAGRAM: @sherpaspirittreks

And don't forget to head to our website to view our other trekking itineraries, and for information about travelling in Nepal.

www.sherpaspirit.com

TRIP AVAILABILITY

This trip is available to be booked all year round, however we recommend you allow some time for the necessary travel arrangements to be made (e.g. visas, COVID-19 tests, quarantine requirements, permits). If you are travelling solo but would like to travel in a group, please **Contact Us** to find out if we have a group running that you can join.

HOW TO BOOK

To book your trekking adventure, please visit **our website**. You will need to select your dates, complete a booking form, and pay a 25% deposit, which is non-refundable up to 30 days prior to the trek departure date.