

Kanchenjunga Trek, it was first time that I heard about **Kanchenjunga Trek** from Roshan when I meet him in **Nepal**, as we (Me and my wife) are travelling around the world, and we had already contact him through Internet for possible Everest Base Camp Trek before our arrival in Nepal. Initially we were thinking for Everest Base Camp but after some discussion with him by comparing **Kanchenjunga Trek** with Everest region we decide to choose **Kanchenjunga** for our month long holiday in Nepal. I can now proudly said I had **Trek Kanchenjunga** and it was genuine choice as we are kind of adventure seekers and trying to explore some remote area of Nepal, so that we can experience some local culture and area unspoiled by western people. We did it within 27 days to and from Kathmandu using one way by flight and rest by local bus. I trek with Mr. Gopal who proved to be the funniest guide, cause all the time he is laughing and cracking jokes apart from that he is very professional and well experienced in high alpine areas of **Kanchenjunga**, which we feel after being 27 days with him. Well we do have some good experience from **Kanchenjunga Trek** and had some diary of it; we love to share our experience with all travelers who are looking forward for **Kanchenjunga Trek**. Below is day to day itinerary with how much we walk, where we have lunch, how was hotel and other facts which we face during our **Kanchenjunga Trek** and it make you clear about what to expect during trek especially in term of accommodation and food.



Day 01 (We flew from Kathmandu to Biratnagar & Drive to Birtamod Jhapa)

It was Buddha Airlines that was booked for our flight from Kathmandu to Jhapa, one of the safe airlines for domestic flight in Nepal, Thanks to Roshan for concerning about our safety. It was around forty minutes flight from Kathmandu to Biratnagar with scenic flight, I love to say it was scenic flight with view of numerous Himalayas from bigger size window of Buddha Air. Once we land in Biratnagar I cannot describe it in word how hot it was, oho my god we can feel heat flowing from leg to head once we place our feet out of window, It was smoking hot, just nearby airport we had a lunch and grab a local bus from Biratnagar to Birtamod which takes us around five hours. Well road condition was so far good and comfortable but weather was on our-oppose extremely hot. Once we get there right in front of Birtamod bus station was one hotel, we shift ourselves there. Hotel was so far ok; there was ceiling fan, which we need to suppose as air condition for our room. Too much insect and flies, do not forget insect repelling spray. We tried some local Dal Bhat and spent a night there. Gopal inform us about next day schedule and we prepare according to his instruction.

Day 02 (We drive from Birtamod to Taplejung and further trek to Suketar on Same day)

It was 4:30 in morning, Gopal knock our door and hardly we had a cup of tea and some cookies then we catch a bus from station in front of our hotel at five o'clock in morning. Sweet Jesus it was deluxe bus according to our guide, but later when we see local bus we again thank our guide for getting ticket of deluxe bus. It almost takes us around eight and half hour to reach Taplejung. Taplejung was beautiful market, not so much crowded very peaceful from Taplejung we leave to Suketar at around 2:30 o'clock in afternoon. It was almost uphill trail to Suketar, but one of wonderful afternoon walk during trek. There was small airport which was closed at that time otherwise we were about to fly here directly but it was pleasant to walk too as well as deluxe bus service was unforgettable. Near by airport we again spend out night is small cottage style lodge. Although being bit tired we take late dinner and Gopal again describes us about tomorrow plan and we went from sleep. It was pretty cool stay in compare to Birtamod, neither hot not too cold, room temperature was mild pretty good start of our **Kanchenjunga Trek**.

Day 03 - (We Trek from Suketar to Simbu & had lunch in beautiful Lali kharka)

In morning around half past seven we start walking. Gopal had already take our order for breakfast yesterday and when we wake up around seven o'clock it was ready. It was big flat road in beginning, which slowly get narrowed and downhill trail to Lali Kharka. There are no any hotels in Lali Kharka; most of the people offer food and accommodation on homestay basis. No menu no choice of food whether you like or not Dal Bhat is one and only option, so better try to get adjust with Dal Bhat in Kathmandu too. It takes us almost around three complete hours to reach Lali Kharka and was already half past twelve when we start walking for second half of day. It was almost downhill trail up to Simbu. There were no more hotels in Simbu so Gopal

arrange our accommodation in local people house in Simbu, where he used to stay before too. Nice hospitality of house owner and fun to play with small kid, house was very typical made of wood and stone and mind your head all the time as no enough height clearance for tall people. But once you found your head striking with ceiling you automatically became conscious for next strike for sure.

Day 04 - (we trek from Simbu to Kheswa)

Same time too yesterday we start around half past seven in morning after one delicious breakfast, you just need to pretend it was delicious with awesome morning in **Kanchenjunga**. We start with down hill trail in the beginning till we reach Kande Bhanjyang where we spent two relaxing hours with another delicious Dal Bhat. And it was just one and half-hour max from there to our destination tonight. So we were not in hurry and walking slowly following downhill trail and slower once we reach nearby Kheswa because it was bit uphill. Kind of bigger village than we see on trail but no more good facility, accommodation was very basic and ventilation in room was very poor full of smoke everywhere and even no such good facility and availability of room, so we decided to fix our tent in courtyard of hotel which was very good decision, cause we can sleep in fresh air but Gopal he stayed inside hotel was still ok and happy.

Day 05 - (We trek from Kheswa to Mamangkhe)

The first things Gopal did was make a call to Roshan and let him know that we are heading to Mamangkhe today and will contact only next day cause there will not be reception on mobile anymore once we leave Kheswa. Mamangkhe was another small village with absence of hotel, so again Gopal arranged another homestay in Mamangkhe. According to house owner there was small school in Mamangkhe, and their kids study there. It was very fun to chat with small kids, as they understand bit English too. This morning we had our lunch in Phumphe Dada. It was around three hours of walk from Phumphe Dada to Mamangkhe, which was bit uphill but slight and more flat at the end. It was ok in compare to Kheswa pretty big and pretty good room at least no more smoke so we decided to sleep inside room instead of fixing a tent. We stayed next to kitchen and observe entire process of kitchen how they prepare Dal Bhat, and Gopal was sitting next to owner who is cooking and providing drops of hand sanitizer every time and teach them the importance of it for personal hygiene in Nepali. It was funny to see although we don't understand what he was explaining and how the local owner perceived him. Once dinner was ready we all sat together on floor and had a delicious local made dinner. There was something special tonight it was Tongba, which is wine made from millet, you can add as much as hot water you can stir it long to make strong. It just gives you good warmth in your body and it was good chatting with local owner too who is describing you about tomorrow's trail cause Gopal was bit busy with Tonga and assisting for homework of small kid.

Day 06 - (We trek from Mamangkhe to Yamphuding, One good accommodation since start of our **Kanchenjunga Trek**)

It was around six hour in total to pass from Mamangkhe to Yamphuding, and the trail was almost flat. We really like Yamphuding very much cause there is school up to grade ten. It was pretty big village with good accommodation and obviously good food with wide varieties of food; we really enjoyed western food after couple of days again, finally. As far I remember there was permit-checking post in Yamphuding and very good village however trail just before Yamphuding was very narrow and slippery too however Yamphuding was really awesome place to be.

Day 07 – (Initially we were supposed to trek from Yamphuding to Torongding which in map it is mentioned as Tortong but in local language we found it Torongding, but it was nightmare read full story below)

We sleep bit late in morning, which was the reason why we start out trek at around quarter past eight in morning. Gopal had already mentioned about the trail like absence of teahouses on the middle, we had carried pack lunch and good enough water on extra bottle too. It was total uphill, my wife Paola get little sick because of cold (weather was unfavorable) and continuous long walk without any proper food. There was no good trail, all the way through bushes and jungle too and uphill. We ran out of pack lunch and start grabbing a sneaker just because of hunger. Gopal he change his small bag-pack with Paola to make her easy, we really appreciate that was good mankind. It was nightmare as it was already five o'clock in afternoon and Gopal still predict that it could take another four hour in excellent condition otherwise might be up to five hour to reach out target at Torongding. We ask him possible alternative to end the nightmare and he decides to stay in place name Bhaishe Kharka where there exists one small hut used by shepherds while looking after yak. Sweet Jesus there was shepherds brother looking after big herd of yak. They offer us accommodation and boiled potato for dinner and unlimited yak milk was another advantages however Gopal stop us for drinking more milk but keep himself drinking couple of big glass, almost two liter yak milk he consume and explain us that it contain maximum protein and other stuffs so people who are not used to with might suffer from abdominal problem soon or later and we though it was scientific reason for stopping us from drinking more yak milk. We sleep next to yak in same hut just near by yak dugs and bugs, still cannot stop saying thanks for checklist of Roshan which include insect repelling spray. Gopal purchase some milk products and next morning he offers us products, which was bit salty as well as sour in taste.

Day 08 – (We trek from Bhaise Kharka to Aanda Fedi, where there was single isolated house with old owner.)

It was bit uphill followed by entire downhill till we reach Torongding for our lunch. It took us almost three and half-hours to reach Torongding which was small places with local people staying over there. We had lunch in one pretty old house again Dal Bhat. Once we start walking from there it was all cross-country trail next to riverbank. I remember it took us exact three hour to reach Aanda Fedi. There is only one small house with old owner separated from his son and his wife already dead but still he was extremely funny too. I think it was perfect match of Gopal and old man who were

laughing in kitchen without any reason till dinner. It was very tiring day for Paola and me myself I was exhausted too. It was pretty good sleep with tiredness soon we fall asleep and start dreaming of Kanchenjunga Base Camp.

Day 09 – (We trek very short from Aanda Fedi to Cheram, Perfectly relaxing day)

Old lodge owner inform us about his son's hotel in Cheram and recommend staying there, as Gopal was not unknown about this fact cause he had never stay in Aanda Fedi before. We follow his instruction and find out the hotel in Cheram. Well it was around two and half hour walk in max to Cheram. Trail was bit flat and slight uphill again next to riverbank. There was absence of green tree as it was alpine area we can see only alpine small bushes but was pretty easy walk. It was snowing in Cheram and extremely cold. We found Cheram as small village or hotel with 5 or 6 houses, local are staying there and operating hotel too kind of homestay but bit modified. Short walk to viewpoint offer incredible view of mountain ranges but we were too tired to hike up just even a bit. Accommodation was super but extremely cold, it was snowing all the night, we manage to spend a night there and discussed about one more stay in Cheram before moving higher up.

Day 10 – (We really don't do anything, just stay entire day in Hotel)

It was good break, off from trek to **Kanchenjunga Base Camp**. As it was snowing all night it was freezing cold outside. We just spent day sleeping on bed, sometime we play chess and cards. Had boiled potato with special pickle of high mountain spices and keep us really warm give mental energy too, we really feel strong I think they called it Timmur in Nepali Language kind of herbs. We spent lazy day in Cheram.

Day 11 – (We trek from Cheram to Ramche, final destination on South Side)

It was snowing, snowing and snowing all the way but we manage to walk up to Ramche which was around four hour walk from Cheram. As trail was bit easy small up and all the way flat till Ramche, where there exist two small hotels. It was snowing continuously as there was no houses on the middle at any cost we need to reach there and finally we reach there around twelve o'clock in noon. Beware there were to big mountain dog in Ramche especially in the night time do not move out of lodges. Lots of yak was there when we were there again yak milk but just a single cup. At late noon we first confirm about condition of dog and had small a hike around ten minutes from where crystal clear high mountain can be face right front and feels like we can touch it instantly. There exist some terrifying noise of glaciers, actually not glaciers but sometime there occurs rock fall in chain, which produce some noise was quite interesting actually. We descend down as it starts snowing again. There was a miracle, guess what fresh yak meat was available, oho my god was so good and energetic to have such fresh meat after long walk. Trust us it was precious dinners, yummy we were licking our finger till last.

Day 12 – (It was the day we made Kanchenjunga South Base Camp and descend back to Cheram)

Gopal decide to start trek at early five o'clock in morning, but we need to depend on weather too. Luckily there was not such heavy snowfall, instead it was just mild snowfall and we start our **trek to Kanchenjunga South Base Camp**. It almost took us around three hours to reach there. We were the first to kick off toward **Kanchenjunga South Base Camp** and it looks same everywhere just white, flat white. We don't know how the hell our guide Gopal was identifying the trail but we trust him and follow him till base camp. As per his suggestion we had prepare some food and ourselves with adequate water, which was very helpful advise for novice like us. Finally we appear on base camp, even I was able to figure out base camp from very far too as it was cover with praying flags and there were some memorial too. We spend some time with south face of **Kanchenjunga** on picture frame. It almost took us three hour to reach there but was kind of easy on way back something around two hour we were back to Ramche, had some lunch and we immediately descend down to Cheram. It was already half past three in afternoon. As we had leave some of our stuffs in Cheram hotel we stick to same hotel for overnight stay as it comfortable and cozy too.

Day 13 – (We cross one difficult Sele Le Pass, descend to Sele Le Hotel and stay overnight there)

As it was pass and according to Gopal will be bit windy so leave early in the morning around six o'clock. There was no any hotel in the trail until we reach the top of Sele Le and descend next side of Sele Le Pass and was informed about this before by our guide Gopal. We had prepared in same way as informed, had carried pack lunch from Cheram which was freezing cold at the time of eating but no other alternatives. As far I remember it took us complete ten hour to reach our target. It was fucking uphill (Sorry for my bad word, but trust me it was fucking uphill I had ever walked in my life), our heartbeat was rising faster and faster, very difficult to breath and weak too. But once we reach the top all anxiety was over, view was fucking awesome worth every effort we applied for walking to reach top of Sele Le although it was bit windy. Trail was kind of easy than before cause it was simple flat and all the way down. There are many amazing stone structure on Sele Le, very natural one big black boulder with shape of different things you just need to have good imagination, it was very different area than other part we had trekked. Around four o'clock in afternoon we were in hotel, where there was only two hotels for basic accommodation only, Dal Bhat again.

Day 14 – (We trek from Sele Le to Ghunsa, Five start hotels of Kanchenjunga Trek)

Trail was very easy all the way flat and down at end, almost part was downhill till Ghunsa. It was short trek around three and half hour, lets say four hour in max. We were aware about fact that we might encounter with wild snow leopard, so we were

on ready mode with our Nikon D5100 to snap leopard but unfortunately we did not spot single leopard but we meet some group in Ghunsa who had trek previous day to Ghunsa from Sele Le spotted snow leopard and capture it in their camera too although we need to compromise with some monkey we saw on trail as we were not on the mood to go back to Sele Le to see Leopard. Ghunsa was out of my imagination that after such long trek in remote part with basic accommodation and food we found Ghunsa too be more professional with quality hotel and varieties of menu. It was a big village with settlement of Sherpa and Gurung ethnics of Nepal. It was really enjoyable atmosphere in Ghunsa. We just get fresh after long trekking in previous week. One word Ghunsa was awesome. My heart get satisfied and I quench thirst of western food there, which were delicious too.

Day 15 – (It was second rest day of our Kanchenjunga Trek, we utilize with walk around village and monasteries)

It was beautiful sunny day in Ghunsa, Gopal again inform about our presence in Ghunsa to Mr. Roshan via satellite phone cause till this date we don't have any reception on local mobile. We walk around village, there was a small monastery in Ghunsa that looks very traditional and old yet stunning. It was some great festival time for Hindu in Nepal, Gopal was in the mood to celebrate it, so when he return to hotel he order some Tongba, there was huge gathering of trekking guide too, big presence of foreigner. We gather their drink some Tongba, typically cooked fresh yak meat, celebrate festival by putting red tika on forehead, culture of Nepal. It was one of awesome day in Ghunsa, till evening we drank Tonga by continuously adding hot water on it.

Day 16 – (We trek from Ghunsa to Kambachen, which took us around six and half hour)

Kambachen was another beautiful village with couple of hotels and local village too, which is around seven hour of walk from Ghunsa. It was bit flat and slight uphill but was wide enough. Although very near to Kambachen there was huge landslide and frequent landslide occurs there. So before landslide we stop for a while and cross landslide zone as fast as possible without taking rest. There were numerous wooden bridges that were very difficult to cross but Gopal was their assisting us especially for Paola, cause she was very bad on crossing such wooden bridge. Safely we reach Kambachen. We prefer to stay in hotel

Day 17 – (We trek from Kambachen to Lhonak, just four hour from Lhonak to Kanchenjunga North Base Camp)

Trail was full of yak herds grazing over the alpine bushes, although trail was bit flat and slight uphill it was ok even some steep up near Lhonak. We had started around eight o'clock in the morning and reach Lhonak around two o'clock. There were two small hotels over there. Entire area was flat something like good enough for football stadium, grassy field. Today also through out the trail there were amazing shapes of

stone, some do really looks like yeti all you need is amazing imagination to figure out the shape of yeti over stones. There is small portion of wall suitable for rock climbing, but you need to be very careful. Hotel was too bad to stay so again we decide to stay in Tent and fix it on ground. It was even hard to spent twenty minutes inside dinning room because of smoke coming from kitchen. We manage to spent night in tent fighting with intense cold but thanks to Mr. Roshan for providing quality sleeping bag and tents which were ultra light to carry too as we were carrying out stuffs by ourselves. Entire area was awesome place to be.

Day 18 – (It was long day we choose, as in same day we explore Kanchenjunga North Base Camp, and trek down to Ghunsa)

Another name of **Kanchenjunga North Base Camp** is Pangpema, which was around three and half hours of wide as well as flat trail from Kambachen. There was single hotel in Pangpema, which was fucking expensive again as food cost around twenty five time expensive and were not worth it too, which was the main reason why we choose to descend down and another factor was high alpine area as we want to descend down to lower elevation. So at around twelve o'clock in noon we start descending to Ghunsa, it was very easy task as all the way it was simple flat and downhill only. And the funny things was trail which we trek day before yesterday from Ghunsa to Kambachen got disappear because of landslide. And in one day there was good foot print to follow lower trail by descending toward river and walk all the way down to Ghunsa which used to be old routes for trekkers and local. Almost around five o'clock we were back to Ghunsa, our beautiful land full of five star accommodation and food. As a celebration we start drinking Tonga again, just feel like a boss while explaining the situation of **Kanchenjunga Trek** to fellow trekkers who are on the way toward **Kanchenjunga North Base Camp**.

Day 19 – (Decision made, we decide to take rest in Ghunsa again, yeah it was perfect hangouts in mountain)

It was good choice to stay one more night in Ghunsa, Entire day playing cards, chess, drinking Tonga, dry meat of yak was awesome holiday in high alpine area, as well as weather was fantastic too. We spend entire day drinking and hanging around with nature, nothing more than that just 3D Drink, Drink & Drink.

Day 20 – (We descend down to Gyabla, from Ghunsa which was pretty easy downhill and different direction than Sele Le, thanks almighty we don't need to cross that fucking uphill again)

It was easy down hill trek, near Ghunsa, almost in Ghunsa there was one monastery where we explore it by talking with Lama over there and take some picture of monastery too. It was around seven hour of walk to Gyabla. Gyabla seems very big but we found it was not actually only houses are scatter over here and there. There was only around two or three lodges rest were local people house. Although in lower elevation area hotel were still not so well developed in compare to Ghunsa. However

it was ok for us, as we had already explored higher area in base camp region of **Kanchenjunga**.

Day 21 – (We trek down to Amjilosa, short trek down)

It was only around four hours downhill to Amjilosa and was good day to hike down. Amjilosa is also not such big village, about modified homestay something like bridge in between homestay and hotels, and was good experience there, now we were turning out to be a drunker everyday in evening Tongba.

Day 22 – (We trek from Amjilosa to Sekathum)

It was similar experience like yesterday, kind of easy downhill walk, however hotel and accommodation are still not developed. Most of local people they offer homestay king of evolving toward hotel. I thought it would be easy for all people to descend down mostly of lower elevation and you are highly adopted recently in higher altitude.

Day 23 – (We trek from Sekathum to Chirwa)

It was also similar days in compare with previous trekking, no such new experience was just easy day all the way down as well as short time span for walking. Similar kind of homestay, small village, Tonga in night and all about innocent people through out the trail. Chirwa was also beautiful village, full of greenery.

Day 24 – (We trek from Chirwa to Mitlung)

It was our last day in remote area; as next day we are about to reach Taplejung, center area of eastern part of Nepal. So we were enjoying the unspoiled culture and area for today, taking picture of almost individual was fun and making a funny video with my go-pro was also awesome to laugh without any reason in public with innocent local. We really enjoyed our second last of **trekking in Kanchenjunga**. We arrange to have a local chicken for dinner, which was really awesome and delicious.

Day 25 – (We trek from Mitlung to Taplejunga)

Taplejung was most beautiful and big village, it was found highly developed from all aspects like college, police post, government bodies etc. We stay in quite good lodges over there. Now we are standard drunker cause we upgrade to beer from Tongba, we grab a bottle of beer and go to ticket counter to book the ticket, like a boss in Taplejung. Go the ticket for eight o'clock next morning. We sleep quite early today.

Day 26 – (We drive almost around eleven hours to Birtamod)

We had already booked the same hotel in Birtamod, where our dearest mosquitoes are desperately waiting to bite us again. It was one long tiring day inside the bus, do not forget your earplug and some device to play rock n roll, highway to hell, it was a long way to the top, if you want to rock and roll. We spent overnight in hotel with our entire mosquito that welcome back us in Birtamod and kisses us all the night with joy.

Day 27 - (We drive all the way back to Kathmandu)

It was another excited road trip to Kathmandu; we travel a long distance almost around fifteen hours in a bus as we had leave in early morning around quarter to six and reach Thamel at Nine o'clock in evening. We book on spa next morning for body massage, just next to our hotel in Kathmandu and went to sleep in our pre booked hotel in Thamel, end of our **Kanchenjunga Trek Nepal**.

Well this is our personal experience with Roshan who assist for our **Kanchenjunga Trek**, apart from that they organize world heritage sites tour within Kathmandu, five different location. I highly recommend this **Kanchenjunga Trek** to everyone who wants some short of adventure and recommend agencies too for their reliable service. And another things is we had travel in Oct of 2012, we hope lots of things had change over there, would love to see some latest travel post here. Right now we are in Canada although we were from Spain originally, just travelling around the world. Not my wife Paola, but me myself Juan Esteban is very interested on Great Himalayan Trail for upper routes and looking for partner, may be with in couple of years I will be back to Nepal and kick off trek to Great Himalayan Trail again starting from Kanchenjunga. We cannot stop ourselves from thanking to Mr. Roshan and Mr. Gopal who make our trip memorable and most enjoyable we do not regret our choice of **Kanchenjunga Trek** over Everest Base Camp Trek.

Warm Regards
Paola & Juan Esteban (Madrid, Spain)