

# Yalung Glacier Trekking

One of the highest points of the trek is the South base camp of Kanchenjunga situated at 4620m. From this height, you will be able to observe both Yalung and Kangshen glaciers on the southwest flank of Mt. Kanchenjunga. These two glaciers at an altitude of 4800m are the water source for the mighty Arun and Kosi rivers.

One of the highest points of the trek is the South [base camp of Kanchenjunga](#)

situated at 4620m. From this height, you will be able to observe both Yalung and Kangshen glaciers on the southwest flank of Mt. Kanchenjunga. These two glaciers at an altitude of 4800m are the water source for the mighty Arun and Kosi rivers.

Yalung Glacier Trekking is perhaps one of the longest trekking adventures in Nepal that partly falls within Kanchenjunga Conservation Area. Initially, the trail passes through subtropical forests and eventually enters into temperate vegetation in higher altitude. The pristine forests and amazing flora and fauna make Kanchenjunga one of the hot biodiversity spots in the world. The blooming of rhododendrons, primula, lilies, and orchids during spring and autumn is a treasured sight to behold. If you are lucky enough you could very well encounter snow leopard, blood pheasant, musk deer, red panda among the rare species. Further, the region is inhabited by ethnic Limbu and Rai people whose unique culture and their harmonious relationship with nature will surely inspire a great deal of sharing.

The actual trekking begins from Taplejung. You can either fly to Bhedatar from Kathmandu and take a private vehicle or directly take a ride to Taplejung. The trekking has been graded as difficult hence trekkers are required to have some experience of trekking in high altitude.

Adventure Thirdpole specializes in Yalung Glacier Trekking, thanks to its strong team of Sherpa guides and porters. Spring and Autumn are the best seasons to do Yalung Glacier Trekking.

Duration: 21 days

Price: \$1955

Rating: 3 Star

Grade: Challenging

Destination: Nepal

Activity: Trekking in Nepal

Region: Kanchenjunga Region

## Itinerary:

**Day 1:** Arrive in Kathmandu

Arrive in Kathmandu, transfer to hotel and welcome dinner in the evening.

**Day 2: Sightseeing**

Sightseeing in Kathmandu and preparation for the trek.

**Day 3: Kathmandu to Biratnagar**

Fly from Kathmandu to Biratnagar - 45 minutes.

**Day 4: Biratnagar to Suketar**

Fly from Biratnagar to Suketar (2400m) - 30 minutes and commence trek to Lali Kharka (2250m) - 2h30

**Day 5: Lali Kharka - Sinchebung**

Lali Kharka - Sinchebung (2160m) - 5h.

**Day 6: Sinchebung - Mamankhe**

Sinchebung - Mamankhe (1810m) - 6h.

**Day 7: Mamankhe - Yamphuding**

Mamankhe - Yamphuding (1710m) - 4h.

**Day 8: Yamphuding - Omje Khola**

Yamphuding - Omje Khola (2340m) - 4h.

**Day 9: Omje Khola - Torontan**

Omje Khola - Torontan (2990m) - 6h.

**Day 10: Acclimatization day**

Acclimatization day in Torontan.

**Day 11: Torontan - Tseram**

Torontan - Tseram (3870m) - 5h.

**Day 12: Tseram - Ramche**

Tseram - Ramche (3870m) - 5h.

**Day 13: Ramche - Lapsang**

Ramche - Lapsang (4430m) - 5h.

**Day 14: Lapsang - Yalung Glacier**

Lapsang - Yalung Glacier (4800m) - 3h. Exploration around Yalung Glacier.

**Day 15:** Yalung Glacier - Yamphuding

Yalung Glacier - Yamphuding - 6h.

**Day 16:** Yamphuding - Phonpe

Yamphuding - Phonpe (1550m) - 4h30.

**Day 17:** Phonpe - Suketar

Phonpe - Suketar - 6h.

**Day 18:** Suketar to Biratnagar

Fly from Suketar to Biratnagar - 30 minutes.

**Day 19:** Biratnagar to Kathmandu

Fly from Biratnagar to Kathmandu - 45 minutes.

**Day 20:** Farewell Dinner

Free day and farewell dinner in the evening.

**Day 21:** Final departure

Depart to the airport.