Yalung Glacier Trekking

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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. Exlporation 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.