



Eastern Nepal

Includes ➔

Lukla to Tumlimgtar Trek.....	220
Makalu Base Camp Trek.....	229
Kanchenjunga North Trek.....	234
Kanchenjunga South Trek.....	241
Pathibhara & Limbu Cultural Trail	245

Most Beautiful Places to Sleep

- ➔ Mamanke village (p242)
- ➔ Khambachen (p239)
- ➔ Sele La (p240)
- ➔ Yangle Kharka (p231)
- ➔ Ramche (p243)

Best Views

- ➔ Ridge near Makalu Base Camp (p229)
- ➔ Drophmo Ri (p241)
- ➔ Sele La (p240)
- ➔ Boktoh Viewpoint (p244)

Why Go?

Far from the epicentre of the 2015 earthquake, Eastern Nepal is an untamed frontier rising upwards to a sheer mountain wall that includes two of the world's tallest peaks. In the far east, Kanchenjunga clocks in as the planet's third-highest mountain (8586m), while a few valleys to the west, mighty Makalu (8463m) comes in at number five. Earthquake damage here was limited and the foothills of these Himalayan giants offer some of the most exciting trekking in Nepal, passing through remote country that provides a flashback to what the whole country must have been like in the 1970s when the first foreign trekkers took to Nepal's trails.

Hiking trails in eastern Nepal pass by terraced rice fields, dense rhododendron forests, alpine meadows and the desolate landscapes of the high Himalaya. The beautiful villages along the way are home to a diverse range of tribal people, but infrastructure is limited and many areas are only open to organised trekking groups.

When to Go

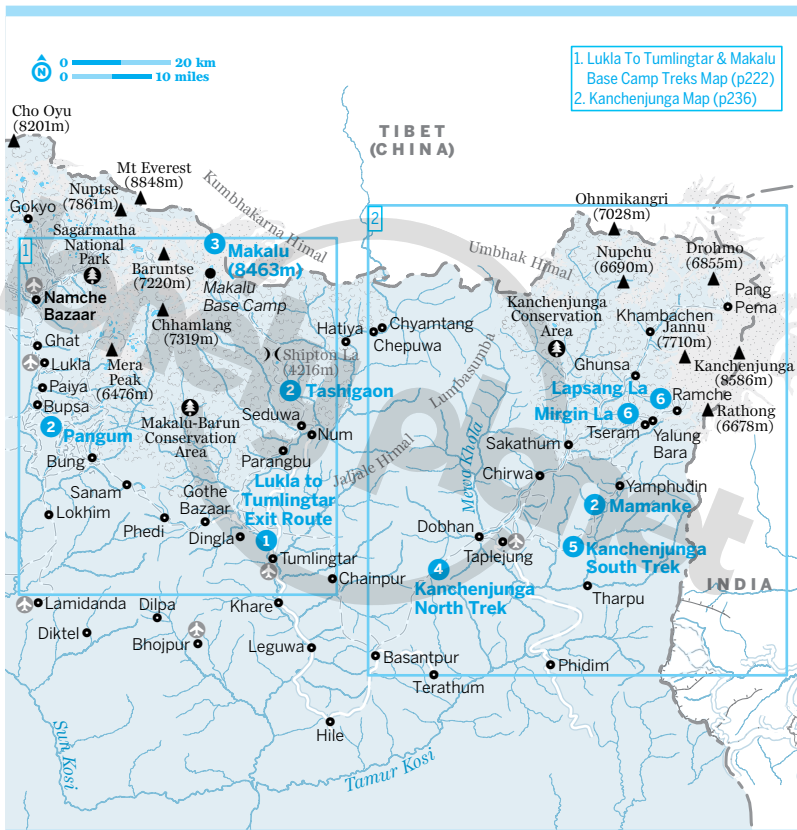
- ➔ As with most treks in Nepal, mid-September to November are the prime times to hike. April, when spring flowers are blooming, is also a fine time to trek.
- ➔ The upper stages of the Makalu Base Camp and Kanchenjunga treks are closed by snows from December to February.
- ➔ Due to the direction of the monsoon winds, eastern Nepal experiences higher rainfall than many other parts of the country.
- ➔ In spring and autumn, you can expect clouds and rain in the Arun Valley, even when the weather is fine in the rest of the country.
- ➔ Throughout the region the forested lower slopes are often draped in a thick fog, which gives a surreal, spooky light, but also obscures the mountain views.

1 Planning

MAPS

The trail from Lukla to Tumlingtar is covered in limited detail on Shangri-La Maps' 1:225,000 *Kangchenjunga Makalu*. The first and last stages of the route are better covered by Nepa Maps' 1:100,000 *Jiri to Everest* and 1:80,000 *Makalu Base Camp*, which also covers the trails to Makalu. The Himalayan Map House produces the

decent 1:100,000 *Kangchenjunga Region* map and Nepa Maps' 1:100,000 *Kangchenjunga*. Both cover the north and south trails to Kanchenjunga from Taplejung and the Pathibhara and Limbu cultural trails. The first map also covers the Great Himalayan Trail high and cultural routes. The trails to Kanchenjunga from Basantpur are only covered on the low-detail Shangri-La Maps' 1:225,000 *Kangchenjunga Makalu*.



Eastern Nepal Highlights

- 1 Reliving the glory days of trekking on the peaceful exit route from **Lukla to Tumlingtar** (p220).
- 2 Visiting the mountain villages of **Tashigaon** (p230), **Pangum** (p221) and **Mamanke** (p242), home to Sherpas, Rais, Limbus and Walungs – ancient peoples

who can trace their history to medieval Tibet.

- 3 Camping your way up to 'the throne of the gods' – mighty **Makalu** (p229), the fifth-highest peak on earth.
- 4 Getting up close and personal with Kanchenjunga, the world's third-highest peak, on the **Kanchenjunga North** (p234) trek.

- 5 Keeping an eye out for goblins in the moss-covered, mist-draped fantasy forests on the trail to **Kanchenjunga South** (p241).

- 6 Linking the Kanchenjunga North trail with Kanchenjunga South trail by huffing and puffing over the spectacular **Mirgin La** or **Lapsang La** passes (p240).