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Trek – Sikkim Kangchenjunga

Duration: 17N/18D

Key Sights: Delhi - Darjeling - Yuksam - Tsoska - Dzungri - Thangshing - Samity Lake - Thangshing - Lam Pokhari - Kasturi Odar - Labdang - Tashiding - Martam - Gangtok - Delhi

Day	Route	Altitude	Mode	Distance/Time
Day 01	Home - Delhi		By flight	
Day 02	Delhi - Bagdogra		By Flight	
	Bagdogra - Darjeeling	(2130m)	By Road	90 Km/04 Hours Approx
Day 03	Darjeeling	(2130m)		
Day 04	Darjeeling - Yuksam	(1760m)	By Road	07 Hours Approx
Day 05	Yuksam - Tsoska	(3030m)	By Trek	06 Hours Approx
Day 06	Tsoska - Dzungri	(4020m)	By Trek	05 Hours Approx
Day 07	Dzungri			
Day 08	Dzungri - Thangshing	(3930m)	By Trek	04 Hours Approx
Day 09	Thangshing - Lamuney	(4450m)	By Trek	06 Hours Approx
Day 10	Lamuney - Gocha La - Thangshing	(4940m)	By Trek	05 Hours Approx
Day 11	Thangshing - Lam Pokhari	(4230m)	By Trek	05 Hours Approx
Day 12	Lam Pokhari - Kasturi La	(4500m)	By Trek	06 Hours Approx
	Kasturi La - Kasturi Odar	(3500m)		
Day 13	Kasturi Odar - Labdang	(2000m)	By Trek	06 Hours Approx
Day 14	Labdang - Tashiding	(1740m)	By Trek	05 Hours Approx
Day 15	Tashiding - Martam	(1400m)	By Road	125 KM / 05 Hours Approx
Day 16	Martam - Gangtok	(1800m)	By Road	23 KM /01 Hours Approx
Day 17	Gangtok	(1800m)		
Day 18	Gangtok - Bagdogra		By Road	121 KM/04 Hours.
	Bagdogra - Delhi		By Flight	
	Delhi - Home		By Flight	

Important Information:

- Tours will operate with minimum 06 Pax.
- Check-in / out time is 12 noon at most of the hotels.
- Extension to other places is also possible with a minimal extra cost.
- Additional nights are available at each place with minimal supplement.
- A visa is required and must be obtained prior to your departure from your Country.
- If quoted hotel is not available, we will provide one of a similar category and standard.
- Small deviations in the tour program are sometimes necessary, depending on weather, Road conditions, flight schedules and room availability.
- In case the government changes **presently applicable taxes, increase in airlines prices,**



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- **fuel surcharge** our rates will need to be adjusted accordingly.
- In India there is no relevance between the distance and time of travelling, as it depends
Upon the condition of the roads and congestion of the traffic.
- While every effort will be made to maintain the itinerary, in view of local strikes etc that

Are beyond our control all schedule and itineraries are subject to last moment changes.

- Clients must be fully insured, as the company cannot accept liability for loss or damage to client's property, medical emergencies or any other loss suffered by them whilst on tour.
- Equipment: trekkers are requested to bring their own sleeping bags, wind proof jackets, light-weight trekking shoes, Woollen socks, Woollen shirts, thick rough trousers, Woollen Jersey, light rain coat, snow goggles, golf cap, hand gloves, mountain shoes, and personal belongings and one rucksack.
- We like to inform you that the Sikkim Government is planning to levy certain environmental fees for trekkers doing this trek which has not been finalized yet. We will inform you about the same if it is levied.
- In case of issuing Domestic or International air tickets, SGV is not responsible for any Refund if the flight is delayed or cancelled, as it is the responsibility of airline.

Day 01	Home - Delhi		By flight	
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Arrive Delhi and transfer to hotel for overnight stay.

Day 02	Delhi - Bagdogra Bagdogra - Darjeeling	(2130m)	By Flight By Road	90 Km/04 Hours Approx
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In the morning transfer to airport for flight to Bagdogra. On arrive transfer to Darjeeling hotel for leisure and overnight stay.

Day 03	Darjeeling	(2130m)		
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After breakfast, take an early trip to Tiger Hill to see the sunrise and later drive to the famous Ghoom monastery. Ghoom Monastery is also known as Yogacholing Gumpa. It is located in a place called Ghoom in Darjeeling, hence the name Ghoom Gumpa. It was in the year 1875 that a Mongolian astrologer cum monk established the Ghoom Gumpa. At the entry of the monastery, there is a huge giant size image of seated 'Maitreya Buddha' (prospective Buddha) inside. There are bells, ornate thanka scrolls and drums inside the monastery. Like many other monasteries in and around Darjeeling, this gumpa is also a storehouse of some rare Buddhist manuscripts Rest of the day we will be on leisure. Overnight at hotel.



Day 04	Darjeeling - Yuksam	(1760m)	By Road	07 Hours Approx
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In the morning after breakfast visit the Pemayangtse monastery. It is considered the best monastery in west Sikkim as it was one intended only for 'ta-sang' lamas (the pure monks). It is believed to be found and planned by the trailblazer of Buddhism in Sikkim, Lhatsun Chhembo. It is one of the oldest and most impressive gompas in Sikkim. Overnight at hotel.

Day 05	Yuksam - Tsoska	(3030m)	By Trek	06 Hours Approx
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In the morning after breakfast trek leads up the Rathong valley, through thick, semi-tropical forests. Afterwards a steep climb takes us to the tiny Tibetan village of Tsoska. The landscape has now changed into pine, rhododendron and magnolia forests. Overnight at Tent / Trekker Hut.

Day 06	Tsoska - Dzongri	(4020m)	By Trek	05 Hours Approx
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In the morning after breakfast trail to zigzags up through temperate forest and large clusters of rhododendrons, to the vast clearing of Phedang. During April and May, the spectacle is gorgeous, as the land becomes a mass of flowers (400 species have been listed so far). Overnight stay at tent.

Day 07	Dzongri			
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Depending on the fitness of the group, we could head northwest to the Dzongri, where the panorama is stunning, over the Rathong glacier and further out towards the summits on the border with Nepal. Or we could also organize a shorter ascent towards the Dzongri Peak (4320m) and enjoy a great view of Kanchenjunga (8586m), the third highest summit in the world. Overnight at tent.

Day 08	Dzongri - Thangshing	(3930m)	By Trek	04 Hours Approx
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In the morning after breakfast descend through rhododendron forest towards the glacial Prek River. We establish our campsite on the grassy pastures of Thangshing. The southern ridge of Kanchenjunga and the Onglakhing glacier are visible directly ahead and there are close-up views of Pandim. Overnight at Lodge/ Guest House.

Day 09	Thangshing - Lamuney	(4450m)	By Trek	06 Hours Approx
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After breakfast begin trek to Zemathang.

Lamuney From Thangshing it is an ascent of 8 Kms to Lamuney, 4450 m and the base of Pandim Peak. Overnight in tents.



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Day 10	Lamuney - Gocha La - Thangshing	(4940m)	By Trek	05 Hours Approx
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At 4940m **Gochala Pass** is still higher than Lamuney. It is just a 6 kms climb from Lamuney via Samity Lake then trek down to Thangshing

We have to leave quite early this morning, as fog and clouds descend on the pass shortly after sunrise. The track to Gocha La climbs steeply through moraines. From the pass, ringed with colorful prayer flags, we can see Kanchenjunga and beyond that, the Talung glacier. Overnight at Lodge/ Guest House.

Day 11	Thangshing - Lam Pokhari	(4230m)	By Trek	05 Hours Approx
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After breakfast trail will leads down descent then climb through alpine areas and pass by tiny lakes. Overnight at tents.

Day 12	Lam Pokhari - Kasturi La Kasturi La - Kasturi Odar	(4500m) (3500m)	By Trek	06 Hours Approx
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In the morning after breakfast steep ascent leads to the pass, from where we descend through a luxuriant tropical forest. Overnight at tents.

Day 13	Kasturi Odar - Labdang	(2000m)	By Trek	06 Hours Approx
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In the morning after breakfast walk in the half-light of the undergrowth, through a dense forest, where lianas tangle and moss and orchids hide tree trunks. Overnight at tent.

Day 14	Labdang - Tashiding	(1740m)	By Trek	05 Hours Approx
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In the morning after breakfast an easy walk, in an atmosphere becoming more humid and heavier as we descend. Overnight at Lodge/ Guest House.

Day 15	Tashiding - Martam	(1400m)	By Road	125 KM / 05 Hours Approx
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In the morning after breakfast visit the Tashiding monastery, one of the most isolated in Sikkim, perched on the top of a hill set between two rivers. Overnight at hotel.

Day 16	Martam - Gangtok	(1800m)	By Road	23 KM /01 Hours Approx
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After breakfast visit Rumtek monastery, reputed for its religious Tibetan art. Visitors are welcome to attend prayers. Overnight at hotel

Day 17	Gangtok	(1800m)		
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After breakfast, full day sightseeing in and out the Gangtok. A visit of the amazing Orchid Sanctuary, where we can see a few of the 454 orchid species listed in Sikkim. Visit the Enchey and Do Drul monasteries, and the Tibetology Institute. Overnight stay at hotel.

Day 18	Gangtok - Bagdogra Bagdogra - Delhi Delhi - Home	By Road By Flight By Flight	121 KM/04 Hours.
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After breakfast transfer to Bagdogra airport to flight for Delhi. On arrival on arrival catch connecting flight for home.