

Dzongri Trek



Region: Sikkim Himalaya

Best Season: March - June & Aug - November

Max. Altitude: 4165 mts/13665 ft

Duration: 10 days

Grade: Easy to Moderate

Introduction

This popular trek in Sikkim, is from Yuksam to Dzongri and onwards to Gocha La, and has superb views of Kanchenjanga. From Yuksam, the trail follows the Rathong Valley to Bakkhim and from here a steep ascent to the village of Tsokha. Above Tsokha the trail reaches Phedang. A further stage brings you to Dzongri (4020 M). From here the trail drops steeply down the river to Thangsing (3930 M). The final stop is at Samiti Lake from which an assault is made to Gocha La (4940 M) for the best views of Kanchenjanga. Dzongri is situated at an altitude of about 4020 M, in west Sikkim. It offers the trekker a most fascinating close-up view of Kanchenjanga and Mt. Pandim. To the west rises the long outline of the Kyangla ridge. Dzongri is trekker's paradise. Gocha La is situated at an altitude of about 4940 M. Gocha La offers a mind catching sight of the mountains like Pandim, Kanchenjanga and the others. The trek to Gocha la really is getting out & getting trekked. There are only few



trekking routes around the Kanchenjunga National Park that are open to visitors. The trek is traditional which follows a picturesque route past lush



vegetation and wonderful mountain views until it reaches a high pass. The training courses of the Himalayan Mountaineering Institute are conducted in these valleys and trekkers have passed through here for decades.

Day 01: Delhi – Bagdogra – Gangtok (124 kms/3-4 hrs)

In the morning catch a internal flight for Bagdogra airport. Upon arrival at Bagdogra airport met our representative and drive towards Gangtok. On arrival transfer into hotel. Evening free to do your own activity. Dinner & overnight stay at hotel.

Day 02: Gangtok – Yuksom (123 kms/6-7 hrs)

Today we will drive to Yuksom. The base of our trek. Dinner and overnight stay in guesthouse.

Day 03: Yuksam (1785 mts/5854 ft) – **Tsokha** (3000 mts/9840 ft) (14 kms/5-6 hrs)

The trail from Yuksam starts at the local market and follows main road towards the north. The trail climbs gently out of the valley and hugs the right bank of the Ratong Chu River, which can be heard thundering through the gorge below. The trail crosses over four bridges to climb steeply towards north-west to the small settlement of Bakkhim. Continue for another 3 kms through forest of magnolia and rhododendron to reach Tsokha. On arrival set campsite for dinner and overnight stay.



Day 04: Tsokha – Dzongri (4030 mts/13218 ft) (10 kms/5-6 hrs)

On this day the trail passes through the village of Tsokha and continues to



climb north through the forest of rhododendron to the alp of Phedang (3650 m) taking around 3 hrs to complete the ascent. Continue further towards Dzongri. On arrival set campsite for dinner and overnight stay.

Day 05: Rest day & Acclimatise at Dzongri

The day is for rest and acclimatization. On this day one can savor views of the mountain peaks by climbing up to Dzongri Top. From here you get a panoramic view of Kabru (7353 m), Ratong (6678 m), Kanchenjunga (8534 m), Koptang (6147 m), Pandim (6691 m) and Narsingh (5825 m). Towards the west, the Singalila Ridge, which separates Sikkim from Nepal, can be seen. Dinner and overnight stay in tents.

Day 06: Dzongri – Tsokha (10 kms/4-5 hrs)

Start retracing steps descending towards Tsokha by going through a bypass route directly to Tsokha. Dinner and overnight stay in tents.

Day 07: Tshoka – Yuksom (14 kms/5-6 hrs)

Retrace steps towards Yuksom on the final day of the trek. The going is easier as the path is mainly downhill. Overnight stay at guest house.



Day 08: Yuksom – Bagdogra – Delhi

After breakfast drive to Bagdogra airport and from here catch a flight for Delhi. On arrival at Delhi transfer to hotel. Overnight stay.

Trip & Services Ends Here

Cost of the trip

USD 585 per person* (for a minimum of 2-4 people)

INR 23500 per person* (for a minimum of 2-4 people)

*4.9% service tax extra

COST INCLUDES

- **Transport: All ground transport according to itinerary**
- **Accommodation: Hotel at Gangtok, Yuksom on twin/Double sharing basis.** While on trek we will provide you **Dome/Alpine trekking tents.** Camping mattresses, kitchen tent, camping stool, camping table etc would be provided.
- **Meals: At Hotel only breakfast will serve.** While on trek, all meal. Meals will be freshly prepared and will be a mix of Indian, Chinese & Continental.
- **Yaks/Porters:** For carrying camping equipment, rations, vegetables and some amount of personal gear of the clients (one bag not weighing more than 14 kgs).
- **Professional local trekking guide and kitchen staff** would accompany the group
- **Entry fee and Inner Line permit (ILP) etc**
- **Driver allowance**
- **All Toll Taxes**

COST DOES NOT INCLUDE

- Air fare
- Sikkim Royalty (USD 200 for a group of 2-10 people)
- Any charges for carrying still/video cameras etc.
- Alcohol, soft drinks, bottled water, beverages, etc.
- Personal expenses like tips, telephone calls, laundry, etc.
- Any meals/services not mentioned above
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, etc.
- Travel insurance

Trekking Equipments List

1. Trekking boots - well broken in and waterproofed
2. Down jacket or equivalent with hood, One heavy wool shirt or sweater,
3. Two cotton shirts
4. One pair cotton trousers or shorts, One pair woolen trousers
5. One pair shorts or calf-length skirt for women
6. Three pairs of regular underwear, Long underwear - thermal or wool
7. Wind- and rain-gear with hood, Sun hat with brim
8. Woolen hat or balaclava, Woolen gloves
9. Woolen socks to wear with boots, Cotton socks
10. Personal first-aid kit including medication for common ailments
11. Flashlight with extra batteries
12. Sunglasses or snow goggles (an extra pair is recommended)
13. Water bottle, preferably wide mouthed, with at least one liter capacity
14. Pocket knife, Note book with pens and pencils
15. Plastic bags - small size for books, film etc., larger bags for clothes, sleeping bags
16. Well fitting strong shoes with a couple of woolen socks. The shoes should be used before treks to avoid blisters. First aid set for minor accidents and sickness.
17. A raincoat is necessary to meet uncertainties of weather.
18. Chocolates, lozenges, candies, glucose and dry fruits provide extra pep and energy.
19. It is advisable not to exhaust energy by walking fast, as otherwise the trek will be not enjoyable.