

Dzongri Goecha La Trek

Tour My India Itinerary

2009-2010

Outline Itinerary

Day 01 Depart from Australia

Day 02 Delhi – Bagdogra – Gangtok

Day 03 Gangtok – Yuksom

Day 04 Yuksom – Tsokha

Day 05 Tsokha – Dzongri

Day 06 Rest at Dzongri

Day 07 Dzongri – Thangsing

Day 08 Thangsing – Samiti Lake

Day 09 Samiti Lake – Goecha La –
Samiti Lake

Day 10 Samiti Lake – Tshoka

Day 11 Tshoka – Yuksom

Day 12 Yuksom – Darjeeling

Day 13 Darjeeling – Tiger Hill

Day 14 Darjeeling – Bagdogra – Delhi

Day 15 Delhi Depart



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Introduction

This popular trek in Sikkim, is from Yuksom to Dzongri and onwards to Goecha La, and has superb views of Kanchenjunga. From Yuksom, the trail follows the Rathong Valley to Bakkhim and from here a steep ascent to the village of Tshoka. Above Tshoka 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 Goecha La (4940 M) for the best views of Kanchenjunga. Dzongri is situated at an altitude of about 4020 M, in west Sikkim. It offers the trekker a most fascinating close-up view of Kanchenjunga and Mt. Pandim. To the west is the long outline of the Kyangla ridge. Dzongri is trekker's paradise. Goecha La is situated at an altitude of about 4940 M. Goecha La offers a mind catching sight of the mountains like Pandim, Kanchenjunga and the others. The trek to Goecha la is really very exciting. There are only few trekking routes around the Kanchenjunga National Park that are open to visitors. The trek is traditional and famous and follows a picturesque route past lush vegetation and wonderful mountain views.

Day 01**Depart from your country**

We depart from the Australia for our overnight flight to Delhi. We arrive into in the early hours and transfer to our hotel. Overnight stay.

Day 02**Delhi- Bagdogra- Gangtok (124 kms/3-4 hrs)**

In the morning after early breakfast transfer to domestic airport to catch a flight for Bagdogra airport. Upon arrival at Bagdogra airport met our representative and drive towards Gangtok. On arrival transfer into hotel. In evening you are free to do your own activity. Dinner & overnight stay at hotel.

Day 03**Gangtok- Yuksom (123 kms/6-7 hrs)**

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

Day 04**Yuksom (1785 mts/5854 ft)- Tsokha (3000 mts/9840 ft)(14 kms/5-6 hrs)**

The trail from Yuksom 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 enjoy overnight stay.

Day 05**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 you around 3 hrs to complete the ascent. Continue further towards Dzongri. On arrival set campsite for dinner and overnight stay.

Day 06**Rest day & Acclimatise at Dzongri**

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

Day 07**Dzongri- Thangsing (3800 mts/ 12464 ft) (10 kms/ 4-5 hrs)**

The trail from Dzongri continues along the right bank of the river towards east. After cresting the hill the path drops into the valley and then crosses the bridge over the Prek Chu River. It's an hour climb from the bridge to Thangsing (3800 m) located on the slopes of Mt Pandim. Dinner and overnight stay in tents.

Day 08**Thangsing- Samiti Lake (4500 mts/ 14760 ft) (7 kms/ 3-4 hrs)**

The trail from Thangsing climbs gently north and follows a stream and alpine meadows. About an hour above Thangsing, we reach Onglathang from where the superb view of the south face of Kanchenjunga can be seen. In order to capture clear views one has to reach Onglathang early. The trail then skirts through a series of glacial moraines before crossing over meadows again, and arrives at the emerald lake at Samiti. Dinner and overnight stay in tents.

Day 09**Samiti Lake- Goecha La (5002 mts/ 16406 ft) – Samiti Lake (12 kms/ 6-7 hrs)**

The climb to Goecha La begins with gentle gradient eastwards for about half an hour and then later the steep ascent starts. The trail follows the glacial moraine north-east and then drops to a dry lake at Zemathang. A tough scramble over rocks and boulders with a rise of 400 meters will bring us on the top of the pass. The pass is formed due to the depression between Pandim and the Kabru spurs. It over looks the Talung Valley and commands a very impressive view of the south faces of Kanchenjunga. Afternoon return to the Samiti Lake. Dinner and overnight stay in tents.

Day 10**Samiti Lake- Tshoka (14 kms/ 6-7 hrs)**

Start retracing steps towards Thangsing and it will take about couple of hours or so. From Thangsing follow the trail to Kokchorung (3800 m) which is a good camping site. Continue descending towards Tshoka by going through a bypass route directly to Tshoka. Dinner and overnight stay in tents.

Day 11**Tshoka- Yuksom (14 kms/ 5-6 hrs)**

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

Day 12**Yuksom- Darjeeling (135 kms/ 5-6 hrs)**

In the morning after breakfast drive to Darjeeling. On arrival check in to hotel. Evening free to explore the colorful market of Darjeeling. Overnight stay at the hotel.

Day 13**Darjeeling- Tiger Hill (Full day sightseeing)**

Early morning drive to Tiger Hill to have a wonderful experience of the first rays of the sun bathing the Himalayas. On the return visit the Ghoom Monastery. Built in 1875 the monastery which follows the Gelugpa sect, houses one of the largest statue of the Maitreya Buddha-“the future Buddha”. After breakfast drive to Darjeeling Railway Station (10 mins) and take the joyride on the famous heritage toy train till Ghoom. On arrival at Ghoom Railway station transfer to your vehicle and visit The Himalayan Zoo which houses the Himalayan fauna like the red panda, black bear, yaks, tigers, snow leopard etc. in their natural habitat, and the adjacent Himalayan Mountaineering Institute - a premier training centre for mountaineers and a museum detailing the

ascent of the Mt. Everest by Tenzing Sherpa & Sir Edmund Hillary and numerous other expeditions. Also visit Tibetan Self Help Centre, a centre of training young people in the intricate art of Tibetan handicrafts and handlooms. The sales emporium is open to visitors to pick up souvenirs. Overnight stay at hotel.

Day 14**Darjeeling- 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 at hotel.

Day 15**Delhi Depart**

Transfer to international airport according to flight schedule.