

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 Goecha La, and has superb views of Kanchenjunga. 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 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 rises 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 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: Arrive Delhi

Upon arrival at Delhi airport met our representative and then transfer to pre booked hotel. Overnight in the hotel.

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

In the morning after early breakfast transfer to domestic airport to 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 03: 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 04: 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 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 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 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 07: 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 08: 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 09: 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.

Day 10: Delhi Depart

Transfer to international airport according to flight schedule

Trip & Services Ends Here



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

8. Sun hat with brim
9. Woolen hat or balaclava, Woolen gloves
10. Woolen socks to wear with boots, Cotton socks
11. Personal first-aid kit including medication for common ailments
12. Flashlight with extra batteries
13. Sunglasses or snow goggles (an extra pair is recommended)
14. Water bottle, preferably wide mouthed, with at least one liter capacity
15. Pocket knife, Note book with pens and pencils
16. Plastic bags - small size for books, film etc., larger bags for clothes, sleeping bags
17. Well fitting strong shoes with a couple of woolen socks. The shoes should be used before treks to avoid blisters.
18. First aid set for minor accidents and sickness.
19. A raincoat is necessary to meet uncertainties of weather.
20. Chocolates, lozenges, candies, glucose and dry fruits provide extra pep and energy.
21. It is advisable not to exhaust energy by walking fast, as otherwise the trek will be not enjoyable.