

Dzongri Goecha La Trek



Region: Sikkim Himalaya
Best Season: March - June & Aug - November
Max. Altitude: 5002 mts/16406 ft
Duration: 11 days
Grade: Moderate to Challenging

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 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.

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

In the morning catch an 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 – 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 07: 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 08: 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 09: Samiti Lake – Tshoka (14 kms/6-7 hrs)

Start retracing steps towards Thangsing 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 10: 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 11: Yuksom – Bagdogra – Delhi

After breakfast drive to Bagdogra airport and from here catch a flight for Delhi.

Trip & Services Ends Here

Cost of the trip

USD 935 per person* (for a minimum of 2 - 4 people)

INR 35500 per person* (for a minimum of 2 - 4 people)

*4.9% service tax extra

COST INCLUDES

- **Accommodation: Hotel in Gangtok & Yuksom** on bed and breakfast basis. While on trek we will provide you **Dome/Alpine trekking tents**. Camping mattresses, kitchen tent, camping stool, camping table etc would be provided.
- **Transport: Tata Sumo/Mahindra Max car according to Itinerary.**
- **Meals: At Hotels 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**

COST DOES NOT INCLUDE

- Air Ticket
- 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
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.