

Dzongri-West Sikkim Himalayas Trek

TRIP PROFILE

Total duration	14 nights 15 days.
Trek Grade	Moderate/ Adventurous.
Trek Duration	10 days.
Max Elevation	3,817 m. (at Muktinath).
Mode of Trek	Teahouse.
Trek Start	Nayapul (Pokhara).
Trek Ends	Nayapul (Pokhara)

TRIP DEPARTURES

Spring-summer-autumn (Every Year)	15th March to 29nd March.
	05th March to 19th April.
	06th October to 20th October.
	17th Nov to 01st Dec.

OUTLINE ITINERARY

DAY 01 Arrive at Kathmandu. Transfer to Hotel.

DAY 02 Full day guided sightseeing tour in the Kathmandu Valley.

DAY 03 Drive to Pokhara. 5-6 hour journey.

DAY 04 Pokhara to Tikhedhunga. 1,577 m. 2 hour drive and 4 hour walk.

DAY 05 Tikhedhunga to Ghorepani. 2,855 m. 5-6 hour walk.

DAY 06 Ghorepani to Poon hill to Tadapani (2650 m.)

DAY 07 Tadapani to Chhomrong. 1,951m. 5-6 hour walk.

DAY 08 Chhomrong to Himalaya Hotel (2,873 m.) or Dovan.

DAY 09 Himalaya Hotel to Machhapuchare Base Camp (MBC- 3,700 m.).

DAY 10 Machhapuchare Base Camp to Annapurna Base Camp.

DAY 11 Annapurna Base Camp (ABC) to Dovan (2,505 m.).

DAY 12 Dovan to Jhinu. 1,780m.

DAY 13 Jhinu Danda to Pokhara.

DAY 14 Drive back to Kathmandu.

DAY 15 Transfer to airport for final Departure.



Inquiry

✉ info@gurkhaencounters.com

☎ 977 1 4267882

Trip Dossier

DAY 01 Arrival Kathmandu

Meet upon arrival at Kathmandu airport by GE, Kathmandu representative and transfer to the Hotel. After getting refreshed, and having lunch, proceed for walking tour to Kathmandu durbar square visiting, ancient palace, living goddess temple Kumari temple, Hanuman Dhoka and Kastamandap temple. Evening will be followed by the well-come dinner.

Overnight at Hotel Yak & Yeti or similar / Kathmandu Guest House or similar.

DAY 02 Full Day Sightseeing

Proceed on sight seeing tour to Swoyambhunath stupa also known as monkey temple, Patan city known as city of fine arts, Pashupatinath temple the holiest shrine of the Hindu people and Boudhnath stupa.

Overnight at Hotel Yak & Yeti or similar / Kathmandu Guest House or similar.

DAY 03 Fly to Bhadrapur and Drive to Gangtok

Transfer to the domestic airport in the morning to connect the flight to Bhadrapur. Receive upon arrival at Bhadrapur airport by the representative of our agent and drive to Gangtok after completion of immigration formalities at the border (145km/6hrs) O/N Hotel.

DAY 04 Sightseeing in Gangtok

We spend the day in Gangtok (1600m) for sightseeing, acclimatization and trek permits –

AM: Ganesh Tok View Point, Enchay Monastery, Handicrafts Centre, and Flower Show (if available).

PM: Institute of Tibetology and Rumtek Monastery (24km/ 1hr drive each way from Gangtok). O/N Hotel.

DAY 05 Drive to Yuksom via Rabongla (1750m; 160km; 7hrs).

The drive is through typical Sikkimese countryside. We pass terraced rice fields, orange orchards, cardamom and ginger plantations. We drop down to the Teesta valley, climb up to Rabong la and again drop down to the Rangit valley before we proceed to Tashiding and Yuksom. O/N Hotel.

DAY 06 Trek begins. Yuksom to Bakhim (3000m; 15km; 6hrs).

The trek from Yuksom begins through a tropical jungle, which changes into a temperate one by the time you reach Tshoka. The first few hours are a gradual climb, high on the right bank of the Prek Chu (river).

We cross three icy cold streams over bridges till we reach the one across the Prek Chu. We stop for hot lunch at the last of the three streams. From the Prek Chu Bridge to Bakhim is a steep climb of about an hour. O/N Camp.

DAY 07 Bakhim to Dzongri (4200m; 7 km; 5 to 6hrs).

A very steep climb through forests of rhododendron and magnolia, till we reach the rolling hills and meadows of Dzongri which is home to rhododendron and “Sunpatti” shrubs. These meadows are excellent grazing pastures for Yaks. We halt at Pithang on the way for lunch. The view of Kanchenjunga (8598m), Pandim (5591m), Narsing (5825m) and other lesser peaks from Dzongri is really stunning. The panoramic close-up view of the mountains from here is unmatched. O/N Camp.

DAY 08 Rest Day at Dzongri

Rest Day at Dzongri for acclimatization. Short trips to view points. O/N camp.

DAY 09 Dzongri to Thangsing (3030m; 7km; 4hrs).

From Dzongri we descend to the Prek Chuk and cross over to Thangsing, which is located at the head of the beautiful valley of Onglathang. The descent is through thick forests of rhododendron and silver firs and we stop for hot lunch on the bank of a cool mountain stream. O/N Camp.

DAY 10 Thangsing to Chemathang (4500m; 6km; 4hrs).

From Ramam the road is almost level walk for about 9 km and again it descends to Srikhola. The road rises steep, for about 1 km where it levels out again till it reaches Rimbick. Drive to Darjeeling (2134m; 72km; 4hr). O/N Hotel.

DAY 11 Transfer to Bhadrapur and Fly to Kathmandu.

The trek is all along the gentle valley through which flows the Prek Chu. High mountains surround the valley on both sides. The snow-clad peaks of Narsing, Tenzing Kang and Pandim, are so near, that you feel you can touch them. Several small streams flowing from the mountain crisscross the valley and the lush meadows are home to several yak herders’ sheds. We will reach Lake Samity, in Chemathang by lunchtime. The lake lies in a small valley, at the foot of Pandim and is fed by the melting snows from it. It is a sacred lake and a place of pilgrimage for devout Buddhists. We camp by the serene lake for the night. O/N Camp.

DAY 12 Chemathang to Goecha La and return to Thangsing.

Today is the longest day of the trek. We get up early in the morning and trek through glacial moraines to the 4940m high pass of Goecha La. The Kanchenjunga massif, looming in front of you gets closer as you near the pass. It takes about three hours to reach the pass. This pass leads to North Sikkim and the close view of the Kanchenjunga massif from here is the highlight of the trek. We must make an early beginning as the clouds begin to obscure the view from late morning onwards. We return to Thangsing (two hours) for lunch after which we continue to Thangsing, (three hours) where we camp for the night. O/N Camp.

DAY 13 Thangsing to Tshoka (3200m; 12km; 5hrs).

We take the alternate route to Tshoka, avoiding the steep climb to Dzongri. The route is high on the right bank of the Prek Chu and passes through a moss and lichens filled jungle of rhododendrons, magnolias, oak and other denizens of the sub temperate zone. We halt for hot lunch at Pithang before descending to Bakhim. O/N Camp.

DAY 14 Tshoka to Yuksom (12km; 5hrs).

Bakhim is situated just below Tshoka and we return to Yuksom by the same route as before. We make an early beginning from Tshoka so that we reach Yuksom by lunchtime. After lunch we can take in some of the sights of Yuksom. Yuksom occupies a special place in Sikkimese history. It was here that the first Chogyal or Religious King of Sikkim was crowned in 1642. This place is called Norbugang and it is situated on a small hillock near the center of the village. Drive to Pelling.. O/N Norbu Gang Resort.

DAY 15 Visit Pemayangtse Monastery

Visit Pemayangtse monastery Drive to Darjeeling. O/N Hotel.

DAY 16 Sightseeing in Darjeeling (2134m).

Tea Garden, Tibetan Refugee Centre and H.M.I./Zoo.

PM – Toy Train Ride to Ghoom, Railway Museum and Ghoom Monastery. O/N Hotel.

DAY 17 Transfer to Bhadrapur Airport and Fly to Kathmandu.

Transfer to Bhadrapur airport, with halt for immigration formalities at the border (185km/6hrs.) Receive upon arrival in Kathmandu airport by our GE, Kathmandu representative and transfer to the hotel.

Overnight at Hotel Yak & Yeti or similar / Kathmandu Guest House or similar.



Inquiry

✉ info@gurkhaencounters.com

☎ 977 1 4267882

DAY 18 Drive to Bhaktapur

Bhaktapur also known as city of devotees for sight seeing tour. Have lunch in the restaurant in Bhaktapur and later drive back to Kathmandu.

PM: Free for last moment's shopping. Overnight at Hotel Yak & Yeti or similar / Kathmandu Guest House or similar.

DAY 19 Sightseeing in Darjeeling (2134m).

Free till departure and later transfer to the International airport to connect the home bound flight.

Complimentary Services

Services as mentioned below are rendered complimentary upon confirmation of your booking with us:

- a. Complimentary tourist registration to respective consulate office or embassy
- b. Complimentary international flight ticket re-confirmation
- c. Complimentary Gurkha Encounter T-Shirt (subject to availability)
- d. Complimentary welcome dinner in one of the finest local restaurants in Kathmandu with cultural shows presented by different ethnic groups
- e. Complimentary use of sleeping bags and down jackets

Mode of Payment

To confirm your trip we request you an upfront payment of 40% of the quoted amount by authorizing the same with your credit card details filled up in our GE Booking Form.

If you pay by cheque/ bank draft pls make it payable to:

Gurkha Encounters Pvt. Ltd.
G P O Box: 20195
Ganeshman's Building
House No.: 135
Chaksibari Street, Thamel, Kathmandu, Nepal
Phone: +977 1 4267 882 and 889
Fax: +977 1 4267 854

Note: If you pay by Master/Visa cards there is a bank service charge of 3.5% which will be charged as an extra; for payment through American Express there is a 5.5% bank service charge.



Inquiry

✉ info@gurkhaencounters.com

☎ 977 1 4267882

Terms & Conditions

- ❖ The Company is not liable for any refunds after the departure date of the scheduled itinerary.
- ❖ Cancellation should be made 48 hours before departure and a 40% cancellation charge is approved besides tax, transportation and permit. See specific information below
- ❖ No refund will be given if the program ends before the provided itinerary date.
- ❖ The Company is not to be held responsible for your early termination of a trek should our experienced leader feels it is unsafe for you to continue due to fitness and/or health issues
- ❖ The Company is not liable for an unconvinced or rescheduling due to natural, political or bureaucratic circumstances
- ❖ The Company is not responsible for delays caused by local weather conditions resulting in international flights being missed
- ❖ The Company is not responsible for the financial implications of rescue. Please ensure you have the appropriate insurance to cover these situations before you arrive in Nepal
- ❖ Our staffs are very experienced in leading treks at all altitudes. It is their responsibility to ensure your safety, their conclusions regard safety are final and should you not follow their advice the Company can not be held responsible for the outcome.

If you wish to cancel your trip for any reason the following scale of charges will apply:

Date of Cancellation	Charge Incurred
2 months before departure	Loss of deposit (40% of Total Trip Cost TTC)
29 days to 2 months before departure	50% of TTC
10 to 28 days before departure	70% of TTC
Less than 10 days before departure	100% of TTC

Equipment List (General Items)

- A pair of light hiking boots
- A pair of sandals
- 2 pairs of woolen socks and 2 pair of hiking socks
- 1 medium poly pro shirt
- 1 pile jacket
- 1 down jacket
- 1 woolen hat
- A pair of sunglasses
- A pair of glove shells with liner or ski gloves (opt.)
- A pair of woolen gloves
- One Trekking pack 3000 cubic inches capacity



Inquiry

✉ info@gurkhaencounters.com

☎ **977 1 4267882**

One Sunscreen lotion SPF 10 to 30 and One Sunscreen stick SPF 10 to 30
Two Reading books (Optional)
One Walkman (Opt) and Music tapes (Opt) iPods Digi Camera and its Charger
A one liter water bottle
A pair of Trekking poles
One flash light with 4 sets of batteries
one -5 to -20 sleeping bag
Two T-shirts and one long sleeve T/city shirt
Two Trekking baggy pant

Toiletry Items

Towel, pre-moistened novelettes, wash cloth, lip balm, and any additional personal items such as toothbrush, comb, etc.

Miscellaneous Items

Photo equipment with plenty of films and spare batteries, reading/writing materials, postcards of hometown and/or photos of home and family to share with Nepalese people, safety pins, sewing kit, zip lock bags for small items.

Welcome to the Himalaya

Namaste and welcome to the stunning and diverse geographical regions of the Himalaya.

This wonderful place is home to many of the highest mountains in the world including the world's highest, majestic Mount Everest, to some of the deepest gorges, lush valleys, great rivers, colorful people and ancient histories. You'll find a wide and fascinating diversity of landscapes, culture, people and activities within the Himalaya. From stunning scenery to vibrant and colorful culture, from the serenity and spiritualism of ancient temples and monasteries to the thrills and spills of some of the finest white water rides, from the challenge of the awesome peaks to the laid back relaxation of the valley, lakesides and quiet hill stations to the deep lush jungles of the lowlands, from romantic and intricate courtyards, exotic palaces and exquisite restaurants to high snowy passes where prayer flags flutter in the skies and from the solitude of the great peaks to the welcoming bustle and warmth of the local bazaars and courtyards. Whatever your interest, the Himalaya has something to offer everyone.



Inquiry

✉ info@gurkhaencounters.com

☎ **977 1 4267882**

Gurkha Encounters is a leading trekking, adventure and eco travel company based in Kathmandu, Nepal and established in 1988. We specialize in the Himalayan regions of Nepal, Tibet, Bhutan and India, including Sikkim. Our services include advice, planning and organization of a wide range of adventure and trekking travel options and related services including: trekking and climbing expeditions among the world's highest peaks; jungle safaris; white-water rafting; mountain biking; family adventures; educational expeditions for schools and youth groups; short breaks, guided tours and sightseeing; special interest holidays; romantic breaks; volunteer placements and corporate services.

Our office staff, guides and other support staff are all from local villages and towns in the Himalaya and are all experienced and qualified professionals. Our extensive local knowledge as well as our experience and local contacts mean that we are able to provide the best service to you and we are proud of our reputation for quality, innovation and overall customer service with a focus on cultural and environmentally responsible travel. We aim to provide you with an excellent, friendly and personal service at competitive and fair prices for a truly memorable adventure travel experience.

Small Group Travel

Most of our trips, treks and tours are organised on a small group basis, usually with a maximum of 16 persons in a group. On family holidays the maximum number is 20 to allow a number of families to join a group. By keeping numbers small we are able to offer a friendly, personal and high quality service.

Tailor Made Private Charter Adventures

We offer a very competitive complete tailor made service and are happy to design private charter programs for individuals and for groups as well as to tailor any of our packages to more closely meet your requirements. We have a wealth of experience in helping many clients in designing and planning individual adventures, ranging from romantic breaks to personal challenges, fundraising programs, student programs to extreme adventure expeditions, from low budget to no expense spared. We don't charge a fortune to tailor make a trip for you and we have plenty of ideas, suggestions and experience we're happy to share. We'll work closely with you to design your adventure. Our advertised brochure prices will give you an idea of what you can expect to pay but we'll provide individual quotes based upon your itinerary, requirements, budget and number of people traveling.

Let us take care of the research and arrangements for your flights, accommodation, guides, transport, permits, peak fees, equipment requirements, food and all ground handling service for treks, expeditions or tours, using our local knowledge, expertise and contacts. And you can get on with enjoying yourself.



Inquiry

✉ info@gurkhaencounters.com

☎ **977 1 4267882**

Group and Club Organisers

If you are organising a trip for a group or a club we will offer one free* additional place for every 10 bookings made. You can use this for your own travel, use it to reduce the overall cost of the trip for everyone or perhaps offer it as a fantastic prize for your group members or for a charity. Contact us for more details and for conditions (* permit fees, national park entry fees, airfares and departure taxes not included).

Contact Us

We are always happy to provide more information and suggestions. If you are in Kathmandu, please visit our office in Thamel, Kathmandu. You can email us at info@gurkhaencounters.com, or telephone us on +977 1 4267 882 and 889 or fax on +977 1 4267854 or contact to our Managing Director (RAJ) Mobile +977 9851022717 / 9851082548. For general information please visit our website www.gurkhaencounters.com

‘Tapai lai Hardik Swagat Cha’ - Welcome from our heart to the mighty Himalaya.

Trekking in the Himalaya

The Himalaya mountain regions provide some of the finest trekking routes available anywhere. Within the Himalaya, Nepal’s mountainous, hilly and lowland Terai regions offer some of the most spectacular trekking in the world. Treks vary from high altitude routes some of which visit base camps used by mountaineering expeditions to easy short treks within the Kathmandu Valley and lower hill country where you’ll travel through pretty villages, subtropical lowlands, vast meadows and forests, fast flowing rivers, deep canyons and even the cold and barren regions at the feet of the great mountain peaks. The views change with the seasons, with different stages of planting and harvesting cycles in the villages and valleys and the brilliant display of wild flowers in spring and autumn.

Trekking with us means an adventure walking holiday, with a small group of other trekkers, led by an experienced and professional English speaking local guide. We use professionally trained and experienced local Sherpa guides or Sirdars on our treks, tours and expeditions and are totally confident in their ability and experience. Local guides are integral to providing you with the best travel experience. Not only can they share local knowledge and insights, at the same time as you travel you are contributing to the local economy and supporting local communities at the same time as you travel. Whatever route you choose, you’ll be sure to meet local people and enjoy stunning landscapes as you walk at your own pace through well established village trails. Whilst some of the popular trekking trails



Inquiry

✉ info@gurkhaencounters.com

☎ **977 1 4267882**

are used by climbing expeditions on their approach marches, most have been used for hundreds of years by the local Nepalese for everyday travel and trade.

Teahouse Trekking

On the more popular treks in Nepal, particularly in the Everest, Langtang and the entire Annapurna regions, enterprising villagers have built teahouse lodges, similar to European style alpine lodges offering simple but comfortable accommodation and food. We offer a selection of single/twin sharing rooms in the best available lodges run to a high level of service. We also supply a four season sleeping bag and cotton liner free of charge on our teahouse treks. Hire of other key items if needed can be arranged in advance. During the trek you'll have 3 meals a day, with a mixture of European and Asian style dishes and large portions. Soft drinks, sweets, mineral water and alcohol are not included.

Fully Provisioned Camping Style Trekking

This type of trek is staffed by a full Sherpa crew including a Sirdar (head man), cook and assistants. Porters, yaks, horses or mules carry your main baggage. It is the Sherpa crew's job to perform all the camp work, from setting up to providing freshly made meals, to leaving the site clean on departure. We provide twin share dome or A frame sleeping tents, a kitchen tent, mess tent and toilet tent. We also provide tables, chairs or stools, lanterns/candles, thin sleeping mattresses and all crockery and cutlery as well as a fully equipped kitchen set up. The Sherpa crew will cook, wash up, and provide hot water for washing and tea and coffee at night and for your wake up call. Food is a mixture of Asian and Western dishes, with lots of choice, freshly prepared. As with teahouse trekking you can expect 3 main meals each day. Soft drinks, sweets, mineral water and alcohol are not included.

A few of our teahouse treks involve crossing high passes and necessitate camping for a couple of nights. We provide full camping services for these nights including providing four season sleeping bags.

Our Grading System

In Nepal, the trails often zigzag with plenty of ascents and descents and it is better to think in terms of hours spent walking rather than miles covered. A typical day's walking is from five to seven hours with a number of ascents and descents. This includes a one hour lunch stop, a comfortable pace of walking and time to enjoy your surroundings.

We use four grades for our treks, intended to give you a general sense of what to expect and to help you choose which adventure will suit you best. Factors such as weather conditions, altitude, fitness level, experience, interests and how you feel on a particular day all contribute to how easy or strenuous you



Inquiry

✉ info@gurkhaencounters.com

☎ 977 1 4267882

find a trip. If you're unsure of whether a trek is suitable for you just contact us before making your booking.

Wish you have memorable time with us!