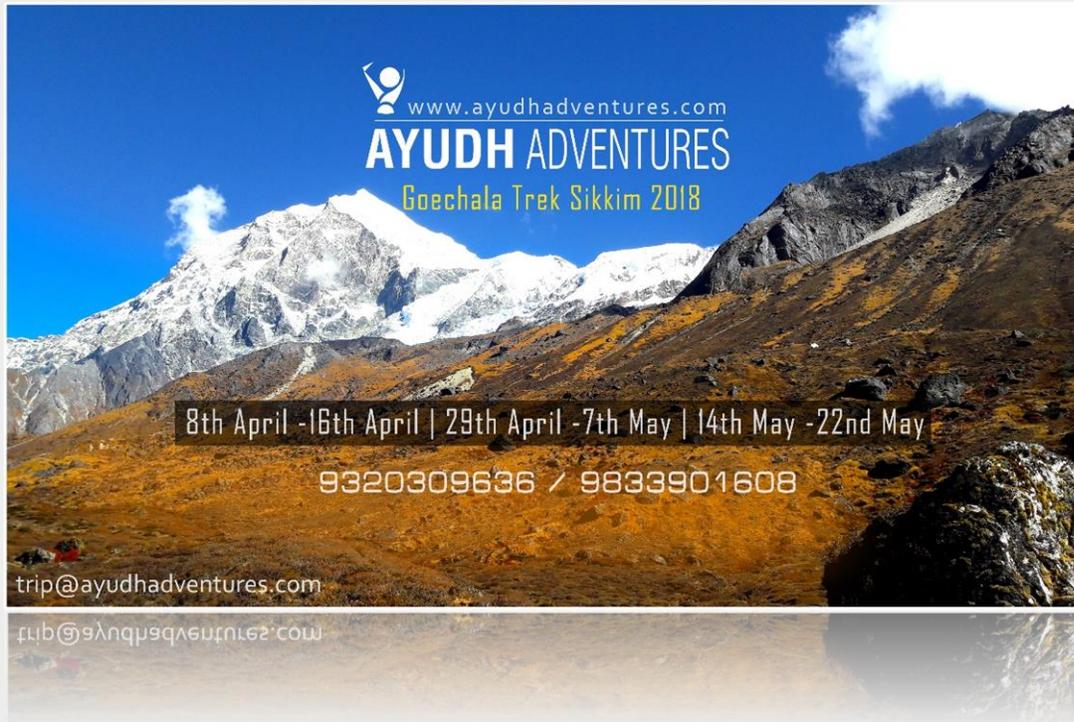


Ayudh Adventures | Goechala Pass Trek | 2018 Batches 8th April -16th April | 29th April -7th May | 14th May -22nd May



Greetings from Ayudh Adventures!

Goechala trek is admired treks which will add cherishable memories. The trek starts from Yuksom and through Sachen pass, it joins the conventional Dzongri Goechala trek. One can also trek from Dzongri to HMI basecamp towards Rathong glacier. The Dzongri ridge is really gorgeous and full of exciting activity whereas the Goechala pass is the decisive destination for the magnificent sight of Mountain Kabru and Kanchenjunga. Next day you will trail descend steep forest to the overpass on the Dzongri Goechala trek after walking an hour from there you will reach to Tshoka.

Dzongri Goechala Trek Highlights:

- *Goechala trek & Sikkim is renowned for its orchid's flowers garland.
 - *The Himalayan bear, multicolored pheasants and a fusion of birds.
 - *Views of awesome summits of Pandim, Tenzing, Kabru South, Frey peak and Sleeping Buddha and more peaks of the Sikkim Himalayas.
 - *The southeast face of Kanchenjunga, the world's third highest mountain, is viewable from the Goechala pass.
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Duration: 8 Days, 7 Nights

Trek cost per person: Rs 16800/- (Yuksom to Yuksom)

Trekking Inclusions:

- 1) High altitude trekking permit/permission (Applicable only for Indian Citizens)
- 2) Local English speaking guide
- 3) Experienced Cook and porter
- 4) Pony
- 5) Tents accommodation during trek
- 6) Accommodation in a lodge on twin sharing basis for 1 day on arrival in Yuksom and on arrival from the trek back in Yuksom.
- 6) Sleeping bags
- 7) Mattress
- 8) National Park fees and permission
- 9) Veg meals and non-Alcoholic drinks throughout the trek
- 10) Basic Medical Kit

Exclusions:-

- 1) Permit Fee for Foreigners
 - 2) Transportation from NJP/baghdogra airport to Yuksom or Yuksom to NJP/baghdogra airport
 - 3) Accommodation & food during transit/Stay in Yuksom
 - 3) Mineral water or soft drinks
 - 4) Any tips or gratuity paid
 - 5) Insurance
 - 6) Anything which is not a part of our inclusions
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Trek Itinerary:

DAY 1: NJP TO YUKSOM (6 hour's drive)

--Reach Yuksom (6-8 hour's drive) from NJP. Transport from NJP will be arranged at 9.00 am. Cost of Cab Rs 5000/- per vehicle. Yuksom is a nice small village where one can skip the busy stayout of Darjeeling and stay here.

DAY 2: Yuksom (5800 feet) to Tsokha (9,650 feet) - 17 kms | 6-7 hours

--We begin our trek today through a small village and continue to walk through semi- tropical forests, home to a variety of flora and fauna. Crossing the last of the two hanging bridges over rivers Paha Khola and Tshuchey, we arrive at Sachen. After Lunch continue walking after crossing a long old swinging bridge over Prek-Chu, it's a steep climb of 70 degree uphill to Bakhim for an hour or so. The trail from Bakhim starts gradually to ascend towards tsokha. After reaching Tsokha take some rest and begin altitude gain to phedang and come back to Tsokha for overnight Camping. Spend some time sightseeing Tsokha. It's a small refugee village. There is monastery which is a quiet place to have a quick look. One can check for a local Alcohol Chang in village. O/N camping

DAY 3: Tsokha to Dzongri (12,980 feet) via Phedang (12,050 feet) 6-7 hours (Difficult)

--Today we begin our trek with a steep ascend to dzongri via Phedang. The trail starts gradually to take you away from huts in tsokha and becomes steep. After about 40 min of steep climb we

get on the wooden plank bridge steps. Gradually ascending further to reach Phedang. From here we climb 70 degree steep trails through thick Rhododendron Forest of Devrai Jungle to descend further gradually to reach dzongri. Today we reach the highest point of the trek 13080 feet. Stop for a moment to see range of Kabru family and Mt. Pandim at every turn.

DAY 4: Dzongri (12980ft) acclimatization trek Dzongri top (13681ft) | 2 hours:

--Our day starts with the trek to Dzongri top (13684 feet). From this point we get to see the views of mighty peaks in Singalila and Kanchenjunga Ranges.

Our trek will start at 4am and we will reach the top before the first rays of the sun hits The Kanchenjunga range. You don't want to miss this chance to get to see the wonderful views of surrounding mountains opening up with the sunlight. Its heaven. See the endless routes passing through green Rhododendron bushes down all the way to Thansing and Goechala peaks our next day trek.

Rest of the day is only rest and hang around the campsite share your stories of climbing with a cup of hot soup and tea. Relax and get ready for next day to summit Goechala.

DAY 5: Dzongri (12980ft) to Thansing (12,900 ft) via Kockchurang 5-6 hours

--We start our trek through long trails through meadows on the hills towards Thansing via Kockchurang. We descend for about 1000 feet steep to reach Kockchurang equivalent to reach Thansing. After crossing Kockchurang one walks parallel to Samiti River for about 20 min and then crosses it further from over bridges built on the river bed. On the other bank, you have the rhododendron forest again. They flower in June but at any time, the moss lined trees with their branches spreading out in all directions make it a fairy tale walk. By midway forests end and the landscape becomes rocky and barren. It's ascend throughout. At the end of the climb is Thansing-- a big meadow.

DAY 6: Thansing (12,900 ft) to Goechala (16,207ft) via Lamuney (13,650ft) & back | 7-8 hours

--Today is a longest trek & summit day. We have to climb to reach to the highest point of the trek ie. Goechala (16,207ft). We start our trek at midnight 12:00 am with headlamp and torches to take up the trail towards Goechala. A flat trail takes us to Lamuney (13,650ft) in 2 hours. After a small halt we start our climb towards the Goechala View point 1. The trail goes up straight up on the ridge, leaving Samiti Lake behind keeping Mt. Pandim towards your right. After climbing to the top of ridge we traverse right to reach the Goechala View point 1. Stand there and watch Kangchenjunga soaking in the sun's first rays. After spending few moments here we retrace to Thansing.

DAY 7: Thansing (12,900 ft) to Lamapokhri Lake (13,500 ft) | 3.5 hours

--Today we have a rest day. We go for a small but scenic hike today to Lamapokhri. On this route you get to see more of the beautiful peaks from Singalila Range including magnificent view of Mt. Kanchenjunga and surrounding range. On each place you see on the route it's more enchanting and it more feels like camping overnight. The terrain is graded with different colors from brown, red, green, blue black and the mountains makes you feel small. When we reach Lamapokhri Lake, it's a magic. It is a Holy Lake and the place is very beautiful. We spend good time here having some snacks, watching beautiful snowcapped terrain and mountains.

DAY 8: Thansing (12,900 ft) to Tsokha (9,650 feet) via Kockchurang and Phedang | 5-6 hours

--After breakfast, trek back the same trail till Kockchurang, from where we take another trail via Phedang to Tshoka. Hot lunch at Phedang and continue to walk to Tshoka. We take the left going trail from Kokchurang instead of climbing up to Dzongri. This trail is mostly flat with up and down hills to walk. After reaching phedang a complete descend to reach Tsokha.

DAY 9: Tsokha (9,650 feet) to Yuksom (5800 feet) 4-5 hours

--After breakfast trek back to Yuksom (4 to 5 hours).

DAY 10: Drive back to NJP

--Departure from Yuksom early morning to reach NJP by 4:00 - 5:00 pm

Things to carry:

- A Backpack (Min 65 Ltrs) to put in all the things to be carried, do not carry any luggage in hands
 - A good condition trekking shoes (Quechua Forclaz 500)
 - Floaters / Sandals helps you easily roam around campsite while sightseeing
 - Full Sleeve sweater or Fleece jacket
 - 1 Down Jacket
 - 1 Trekking Pole
 - 1 pair of Thermals
 - 3-4 pair of socks and 1-2 woolen socks
 - 2 Woolen Gloves
 - Sun cap, sunscreen (SPF 40+), lip balm
 - Dark Sunglasses
 - Scarf, buff
 - Towel
 - Water bottle 2 ltrs
 - Personal toilet kit and toilet paper
 - Camera (Optional), Avoid wearing Gold and other jewelry
 - Bring ample snacks to eat like, dates, cucumber, carrot, fruits etc.
 - Headlamp or Torch with extra batteries (Compulsory)
 - Personal medicines, if any
 - Please carry Glocon-D, Electral to keep your body hydrated with salts (compulsory)
 - a good Raincoat or a Poncho (avoid carrying an umbrella)
 - Mosquito repellent
 - 3 pair of T-shirts and trekking pants, No jeans.
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The condition of the roads in the Sikkim region is rough and bumpy so please prepare yourself mentally for it. The cost for the Private Pick Up and Drop TO/FRO Yuksom is 5000 INR one way. Please let us know in case you need this service.

One has to be relatively Fit and Healthy to undertake this Trek with 6 to 7 hours walking ability on per day basis with rucksack. The best basic Exercises and Preparation for this Trek is - Long distance uphill walking with some weight on the back and some regular GYM Exercises.

Bookings will be taken only after a transfer of 30% trek cost to Ayudh Adventures account mentioned below:

Name: AYUDH ADVENTURES

Bank name: THE SARASWAT CO-OPERATIVE BANK LTD

Account Type: CURRENT ACCOUNT

A/c no: 431100100000082

IFSC code: SRCB0000431

Once transferred send us the mail at trip@ayudhadventures.com with Ref No. When the amount is received you will receive a confirmation mail from us.

The remaining payment shall be done before a week of the date of departure.

Call [+91 9320309636](tel:+919320309636) for booking and Queries.

www.ayudhadventures.com | trip@ayudhadventures.com

Don't forget to like us on Facebook for continuous updates,
<https://www.facebook.com/ayudhadventures>

Terms & Conditions:

1) The cost of the trek is from Yuksom to Yuksom.

2) Pick up can be arranged from NJP to Yuksom and return from Yuksom to NJP (cost of Rs. 5000/- one way per vehicle). The cost will be shared between participants and the same shall be paid to the transporter directly. Ayudh Adventures will arrange the vehicle pick up and is not responsible for any issues during transport.

The pickup time from NJP is at 9am for all trekkers. Trekkers from various parts will be gathered and a group travels together to the destination (Base village Yuksom).

3) Ayudh Adventures keeps the authority to cancel / postpone the trek at the last moment due to a natural calamities / unforeseen circumstances (like rains, earthquake, landslides, strike). In this case Ayudh Adventures will refund the amount with the deduction of 4% bank charges / the

same amount can be adjusted against the voucher in another trek with Ayudh Adventures within a period of 1-year.

In case, you wish to cancel your participation for trek, drop us an e-mail at trip@ayudhadventures.com

***Cancellation requests are not taken over phone.**

Cancellation policy:-

Before 30 Days: - Full refund

Between 30 Days -20 Days: - 50% of trek cost will be refunded

Less than 20 Days to the start of the trek: - No refund

4) Keep your rucksack perfect with all necessary things as light as possible. Ayudh Adventures expects all trekkers to carry their own backpacks. If for some reason a trekker is unable to carry his or her backpack, he/she can offload the same by paying an additional charge to porter.

Backpack offloading charges – Rs 3000/-. Charges for last minute offloading during the trek will be Rs 300 per day. The backpack cannot weigh more than 9-12 kg. No suitcases / trolleys / duffel bags will be allowed.

5) In case of an emergency of any kind on the trek with a participant Ayudh Adventures will make arrangements for your return to the base camp or nearest road head. A staff will accompany you. He may not be a trained personnel.

Rescue on a mountain / high altitudes is very difficult task to be accomplished. Due to low oxygen levels rescuing a casualty is time consuming. Doctors are not available at the base camp or nearest road head either. Ayudh Adventures trek leaders are not doctors but trained to handle first aid and to emergency situation.

Read about high altitude mountain sickness effects on body like AMS, HAPE and HACE and understand the difficulties and risks that may arise on field.

6) to begin with any high altitude trek its necessary to have good fitness. Because of thin air and low oxygen at altitudes your body requires more energy to survive. The candidate should do cardiovascular training exercises, stretches, long distance running for strengthening your body muscles before a trek is very important to join this trek. Ayudh Adventures keeps the authority to reject the candidate who does not meet the above fitness criteria. Ayudh Adventures reserves the right to exclude any trekker from climbing higher on the trek without refund if the trekker's fitness is below accepted norms for that altitude.

7) Ayudh Adventures is not responsible for any loss/damage of your belongings on the trek.

8) Payment for the trek can be done online through credit/debit card or net banking. Cheque/draft or cash is not accepted.

9) There may be alterations on plans as mentioned in itinerary, though we have included enough time for adequate acclimatization. These depends on availability of the campsite and

the terrain. You will need to be responsive with our leader for any health related change or sickness that may arise due to change in altitude.

This is a high altitude trek which includes ascending and descending on rough rocky boulders/terrain and snow. Whoever is participating in the trek has to be mentally prepared to walk on this terrain in a reasonable time. Ayudh Adventures reserves the right to exclude any trekker from climbing higher on the trek if the leader finds trekker's fitness is below accepted norms for that altitude and are unable to complete without assistance. Self-assessment is very important before registering for this trek.

10) For foreigners it is necessary to get Inner line permits and Special permit to trek in Yuksom.

Foreigners, please note:

- As per regulations, you need to obtain a special permit at Gangtok to trek in Sikkim.
- Ayudh Adventures can help you obtain this permit. Kindly reach Yuksom a day before the trek starts.
- The charges of obtaining the permit will be Rs 2000 per person and has to be paid to our representative in Yuksom.
- For ILP (Inner line permits), can be obtained while coming from gangtok to Yuksom at the Office near Checkpost, a cab driver will guide you for the same. No charges for ILP.
- The ILP (Sikkim permit). Check this link for more details
– <http://sikkim.nic.in/homedept/ilpfaqs.htm>

Documents required:

- Original passport + 4 photo copy
- 4 photocopies of Inner Line Permit
- 4 photocopy of visa
- 2 passport size photographs

Keep Trekking & Keep Exploring