

South Col Expeditions



The Dzungri/Goecha La Trek | Sikkim

The Dzongri/Goecha La Trek

(11 days Bagdogra to Bagdogra)

- This is the most popular trek in Sikkim famous for its superb mountain views, meadows, rhododendrons in summer and brings you right up to the Himalaya.
- This trek has been carefully planned by South Col to ensure that the trekker has the minimum discomfort and proper acclimatization which is most important. South Col has immense experience in this trek - Our guides and team have done this route more than twenty times in all seasons.
- The costs of this trek is Indian Rs 55,000 plus 5% GST or Rs 57,750/- all inclusive. Exclusions apply. For details please see page 8.

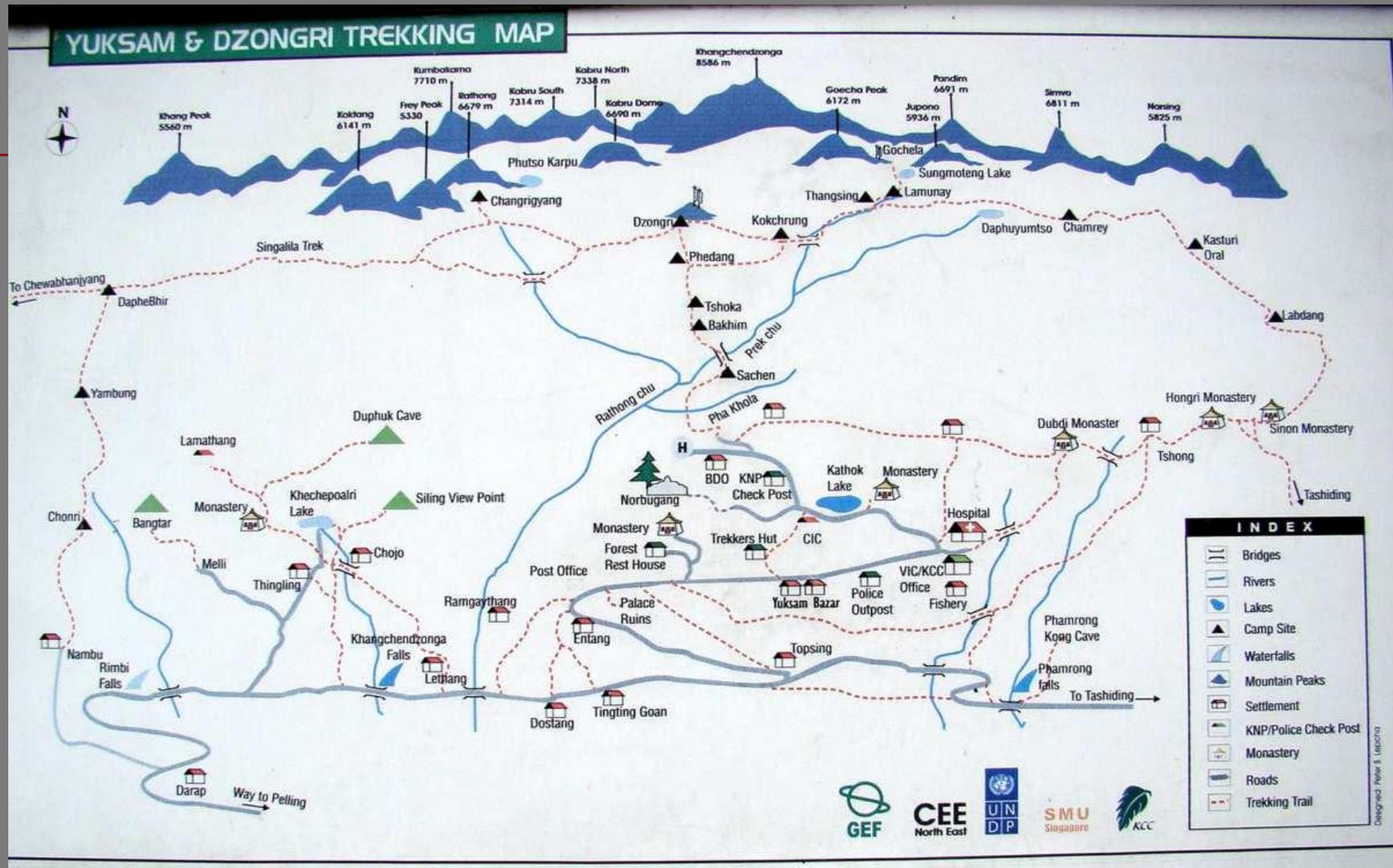


Who should join this trek?



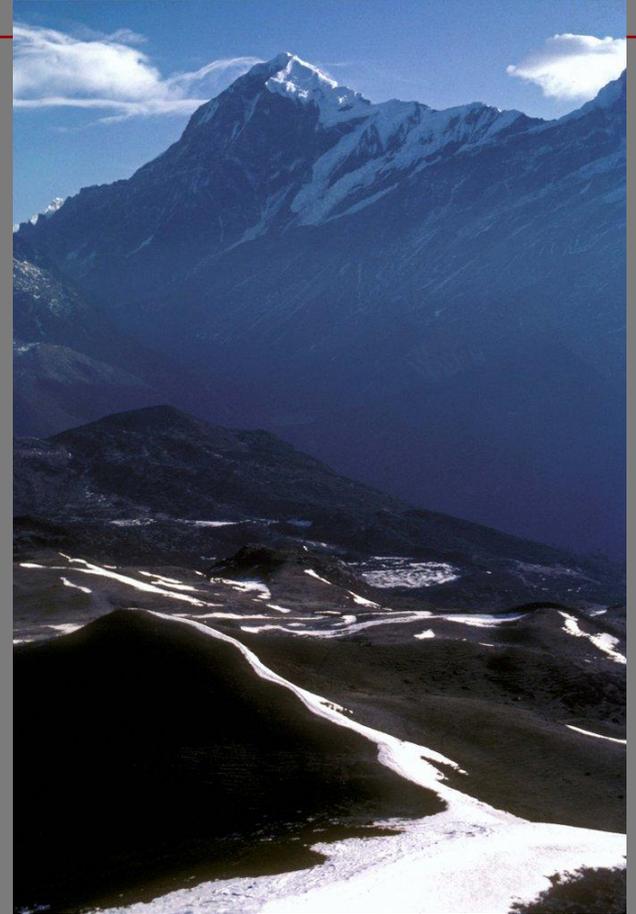
- A good choice for regular hill walkers, moderate level of fitness required. Prior trekking experience required. This is not a first timers trek.
 - 1) Walking times: average 6-7 hours walking per day
 - 2) Altitude: up to 4850m
 - 3) Terrain: for some of the time following well-travelled trails although also likely to encounter rough and rocky conditions which could be across rocky scree slopes and can be snow covered.
 - 4) Remoteness: the trek is in a remote mountain area and mobile phones will not work other than at Yuksam.
 - 5) This is a full support camping trek with tents no lodges are available.

Map of the Dzongri/Goecha La Region



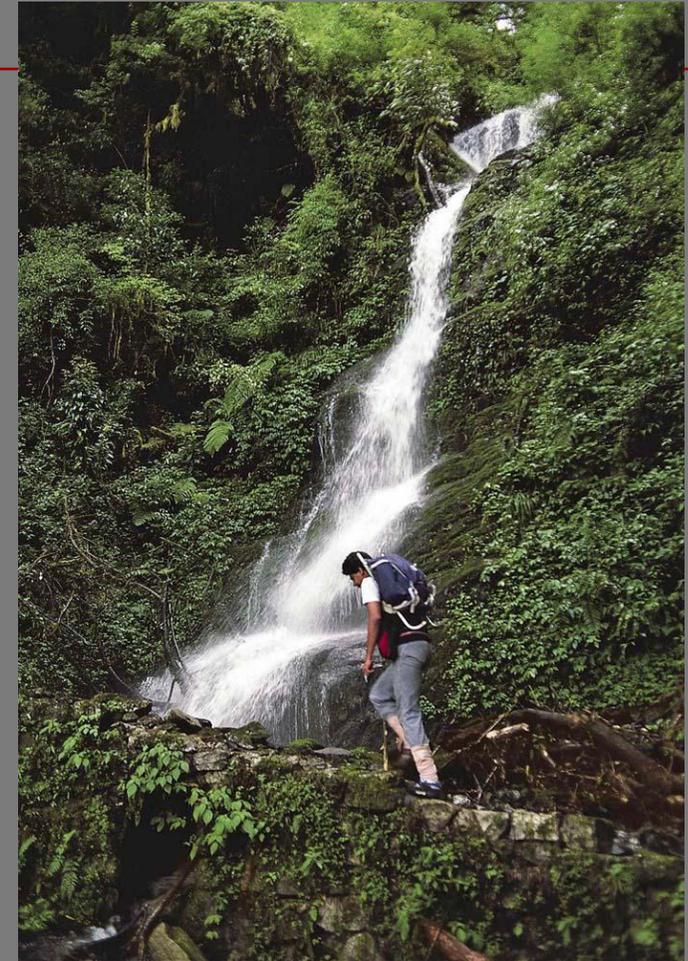
The Dzongri Goecha La Trek Itinerary - 1

- **Day 01 – Bagdogra to Yuksom by jeep 6-7 hours drive.**
- Day 02: Yuksom (5760 feet) to Sachen 4 hours
- Beginning from Yuksom, travel through terraced fields and reach the valley of river Rathong. From here, the trail enters a forest and in about 30 minutes, you will see small houses. Moving ahead, you will encounter a suspension bridge over a stream, called Pha Khola. As you continue walking through the forest, you will see a waterfall. After about 50 metres, you will cross an iron bridge spanning the breadth of the stream. From here, the rise in altitude becomes more apparent and in about an hour, you will arrive at the bridge over Mentongang River. Hike for an hour approximately from here will lead you to Sachen.
- **Day 03 : Sachen to Tshokha 4-5 hours**
- **Day 04: Tshoka (9650 feet) to Dzongri (13030 feet) via Phedang (12050 feet) 6 to 7 hours**
- Leave Tsokha and ascent into a forested section of the trail. Following a rigorous ascent, the climb becomes somewhat easier. After a little while, you will walk on a well-paved path, which further ahead will turn to a rough trail, full of pebbles. Later arrive in Phedang, a breath-taking meadow, surrounded by rhododendron forests with firs and spruces dominating the landscape. This is an amazing site where lunch can be enjoyed while admiring the pristine surroundings. Post lunch, resume trekking; the trail from here will go steep till Dzongri base camp. At such an elevation, you will see that the landscape is devoid of tall trees while grasslands, comprising grass and shrubs have taken over.
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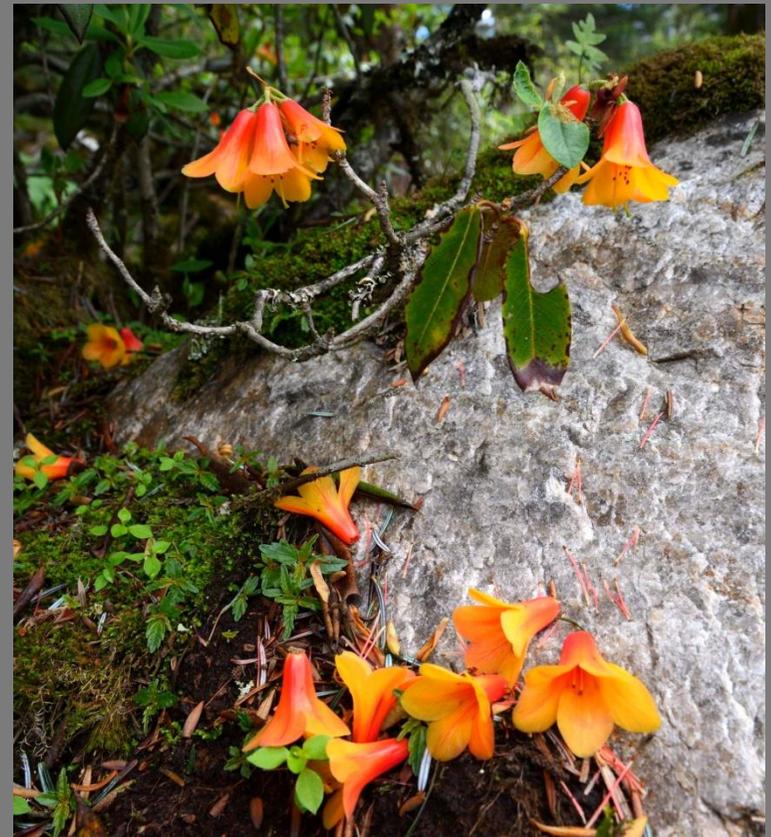
The Dzungri Goecha La Trek Itinerary - 2

- **Day 05 Dzungri (13030 feet) to Dzungri Top (13681 feet) 1 hour and rest day**
- The following part of your Goecha La trek involves climbing from Dzungri base camp to Dzungri Top. Wake up at 4.30 am and begin your ascent with electric torches in your hands. It takes 01 hour approximately to complete the task, and you will reach the top before the sun rises. Behold enchanting views of the Kangchenjunga Range and of the beautiful sunrise. After watching the sunrise, return to the base camp and spend the rest of the day at leisure, ending it with an overnight stay.
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- **Day 06: Dzungri (13030 feet) to Thansing (12894 feet) via Kokchurang (12096 feet) 5 to 6 hours**
- This day, you will proceed towards the campsite of Thansing. It is a comparatively easier phase of the trek as it involves an ascent of only 1000 feet after a descent of roughly the same distance. After descending for approximately 5 hours, you will reach Thansing, your stop for the day. It is an expansive flat meadow, covered with lush grass. On the way, cross Kokchurang, which is a rough area where the slopes have evergreen coniferous vegetation and a river flows beside it. After reaching Thansing, proceed towards your lodgings and stay overnight.
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- **Day 07: Thansing (12894 feet) to Lamuney (13693 feet) – 4.2 km/3 to 4 hours**
- This is one of the easiest parts of the Goecha La trek as it requires walking through flat meadows for about a couple of hours. At the end of your hiking on this day, you will find yourselves in the meadow of Lamuney. Even the grass would have all but disappeared here because of its higher elevation as compared to Thansing.. We camp here for the night. This is the last permitted camping spot on the trek.
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The Dzungri Goecha La Trek Itinerary - 3

- **Day 08 Lamuney (13963 feet) to Goecha La (16000 feet) and back to Kokchurang 8 to 9 hours**
- Without a doubt, this is the longest and toughest phase of the Goecha La trek as it requires climbing to Goecha La and coming back to Kokchurang. This long day is required as camping is no longer allowed in Samit and Zemathang. This is also the day, you start at 3 am, the earliest ever in the journey. First, hike through the mountains for 45 minutes approximately and reach Samiti Lake. The way to this spot comprises of rocky sections and flat lands that give way to a sudden ascent. Continuing your journey, arrive at the plateau of Zemathang glacier, which is more often than not, covered with snow all around the year.. Walking for around two hours from here will lead you to Goecha La pass, the highest point of the hike. From the mountain pass, begin your return journey and for its first section, trek down to Kokchurang.
- **Day 09: Kokchurang to Tshoka via Phedang 6 to 7 hours**
- Start your downward journey and first travel to Tshoka via Phedang. It is quite easy to reach Phedang as there is no elevation gain in this section of the hike. You will cover a good distance of around 10 km in a period of 4 hours approximately. On arrival in Phedang, rest for a while and then recommence hiking down for approximately 3 hours towards Tshoka.
- **Day 10: Tshoka to Yuksom via Bhakim and Sachen – 6-7 Hours**
- On the last day of trekking, follow the same path that you took to come here, in reverse, and travel down to Yuksom, going through Bhakim and Sachen.
- **Day 11 – Yusam to Bagdogra by jeep 6-7 hours**



The Dzungri - Goecha La Trek Costs 2022

- **For Indian Nationals Indian Rs 55,000 plus 5% GST or Rs 57,750/- including GST 5%**
- The cost is per person for Bagdogra to Bagdogra (10 days) as per the itinerary given.
- Costs given above are at current rates and may change without notice. Changes if any will be notified 3 months before the trek.

Costs include:

- All necessary permits and Kangchendzonga National Park permits as needed in Sikkim.
- **Two nights hotel stay in Yuksam one night on the way in and one night on the way out.**
- Breakfast in Yuksam on the way in and out.
- **All meals on the trek are covered.**
- Cost of porters/guides yaks and other support staff on the trek is covered. Please note that porters will carry one duffel bag or backpack not exceeding 12 kgs in weight for each trekker comprising of personal items, clothing, sleeping bag etc.
- Pick up Bagdogra and drive to Yuksam and drop back to Bagdogra from Yuksam is included.

Costs not included

- Flight Cost/Train costs to reach Bagdogra/New Jalpaiguri and then taxi costs to Yuksam and back.
- Lunch and dinner in Yuksam
- Client travel and medical insurance of any kind. Emergency evacuation costs if needed.
- Personal clothing and equipment; sleeping bag; down/ goretek jacket, medicines for personal use etc.
- Air fare from residence country to India and back
- Tips to porters and guide at the end of trek - we will give a guideline on this before the trek.

Terms and Conditions # 1

■ CANCELLATION POLICY

- The cancellation policy and refunds available are given below:
- 0-7 days before the start of the trek =100%
- 8 -15 days before the start of the trek = 50%
- 16-30 days before the start of the trek = 35%
- 31-45 days before the start of the trek = 25%
- 46 days and above = 15%



■ IN CASE OF LEAVING THE GROUP

- If due to illness or any other reason a client has to leave the group and go down or wait at a lodge for the group to pick him/her up on the way back or return to Kathmandu, all expenses including lodging, fooding, transport and any porter/guide related expenses if any are to be borne by the individual client over and above the trek fees paid for the trek. There are also no refunds for leaving a trek before completion.

- **CANCELLATION OF LUKLA FLIGHT IMPORTANT** Due to bad weather the flight to and from Lukla is sometimes cancelled. In this scenario, the clients have an option to stay on in Lukla at their own hotel and fooding cost and try the next day or day after or hire a helicopter service from /to Lukla for US 350-500 per passenger. This fund/credit card should be provided for by the client in an emergency situation. Similar situation can happen in Kathmandu also at the time of departure.

■ EVACUATION BY HELICOPTER

- In the eventuality of not being covered by emergency helicopter evacuation insurance and an evacuation is considered necessary, the cost of the evacuation will be paid by the client in advance to the helicopter company/travel agent etc as deemed necessary.

Terms and Conditions # 2

- **DELAYS DUE TO BANDHS, STRIKES AND OTHER FORCE MAJEURE EVENTS**

- In the event of a delay in starting or ending the trek due to issues beyond the control of South Col, additional costs if any arising out of the same would have to be borne by the clients.

- **LODGES ON THE TREK**

- The choice of lodges to be used on the trek will be decided by South Col and clients will have to stay at these designated lodges. Clients are not permitted to choose their own lodges on the route.

- **TREK ROUTE**

- The trek route and day wise schedule will be fixed by South Col and will have to be followed by the client.

- **RISKS AND LIABILITY**

- The trek is in a remote mountain area and has certain additional dangers and risks, some of which include: physical exertion for which the client should be prepared; weather extremes subject to sudden and unexpected changes; remoteness from normal medical services; evacuation difficulties.
- In the event of injury or illness South Col Expeditions (Sujoy Das) or its Staff can, at the clients cost arrange any medical treatment and emergency evacuation service as it or they deem necessary for the health and safety of the client. . Waiver of liability form as per link attached to be signed by the client.
<http://www.southcol.com/waiver-of-liability-release/>



Why trek to Goecha La with South Col?



- South Col is a small, personalized firm specializing in treks in the Himalayan region. **Sujoy is one of the few trekkers to have visited Dzongri/Goecha La way back in 1986! Our trek leaders have a huge experience with Sikkim and this trek.**
- We are keenly aware of the fragility of environment and cultures in which we trek and recognize our responsibility in maintaining them. "Take pictures, leave only foot prints" is our motto.
- Trekkers get personalized attention both in the planning stage as well as during the trek itself and put a lot of emphasis on the safety of our team.
- Support team of guides and porters as needed are personally supervised by the trek leader to ensure that the clients are comfortable and well looked after.

Special Note on Camping

- The Dzongri/Goecha La trek is a full support camping trek with porters, guide, cook, helpers and yaks as needed.
- It is not a lodge or tea house trek.
- Tents with mattresses will be provided every night. Quilts and blankets will not be possible. You will need a warm sleeping bag at least three seasons.
- We will have a team of one cook and helpers who will cook all meals. Food will be basic like porridge, cornflakes, some eggs, chapattis, rice, dal, vegetables etc. All food will be carried from Yuksam. Three meals with morning and evening tea will be provided.
- Our bags and luggage will be carried by porters or yaks.
- **Toilets will not be available on the trail.** We will provide toilet tents.



The Dzungri/Goecha La Trek FAQ #1

How fit do I have to be to do a trek? Whilst you do not need to be super-fit, you need to be fit enough to comfortably walk for 5-6 hours per day in the mountains on reasonable trails. You will definitely need to walk for around an hour at least every day to get fit. If you can spend some time in the gym it would help. Walking uphill/stairs etc also helps a great deal.

What is a typical group? Will I fit in? Groups range in size from 6 up to 12, and typically comprise a range of nationalities and experience. So far, all of our groups have got along very well. One of the attractions of such a trip is the chance to meet people with different backgrounds and personalities.

Do I need to buy special equipment? Usually our clients simply bring their existing clothing and equipment. However, if you do not have an item on our equipment list you will have to buy or borrow this.. Please check the equipment list which we will send out.

I am a single trekker. How does this work? Normally single trekkers have no problems fitting in with a group. Normally single trekkers share rooms or tents with other trekkers of the same sex, but if we have an odd-number we ensure that a room or tent is organized accordingly.

Will I be able to deal with the high altitude? Our itineraries are designed so that our clients ascend at a sensible and safe rate. The effects of altitude are felt by everyone, even the guides and Sherpas, but most people find that gentle acclimatization allows them to reach their high point without any problems. We will be monitoring this closely on the trek and in the event of any problems we will ensure that there is no compromise on safety. For details on AMS visit

http://www.ismmed.org/np_altitude_tutorial.htm#prevention



The Dzungri/Goecha La Trek FAQ #2

Where do we stay on the trek? Tents are provided with mattress on this trek. You need to bring your own sleeping bag.

Where do we eat our meals? As this is a camping trek meals will be cooked by our crew and served at camp. Lunch will be usually given packed in the morning to have during the day. You are encouraged to bring chocolates, nuts, energy bars etc with you.

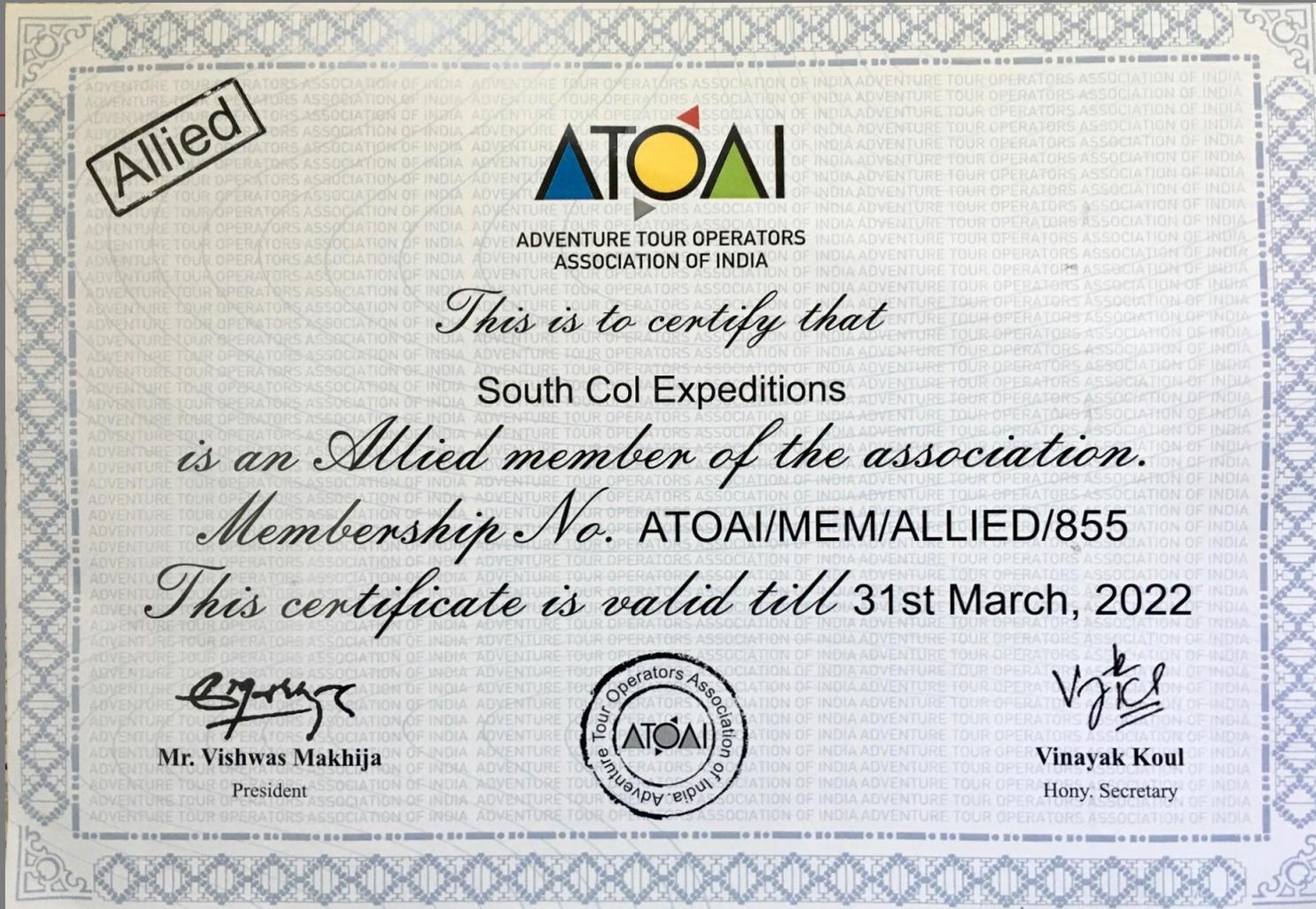
Where do we get water during the trip? It is our suggestion that in order to save money, trekkers carry iodine tablets or lugols solution or chlorine with them so that they can purify the water every day.

What type of shoes or boots should I wear? The proper foot wear depends on the trek. The Dzungri/Goecha La trek should be done in boots with firm ankle support. Having said that you will find locals and porters trekking in sneakers! Shoes and boots are best purchased before your arrival for the trek with proper break in.

What will the weather be like? October is the post monsoon season so we expect clear sunny days and cold nights. Temperatures in the day can range between 10 and 20 degrees Celsius while nights would be between 0 and 6 celsius. Higher up the temperatures will be less and being autumn snow is not likely though a freak snow storm cannot be ruled out! Dzungri/Goecha La is likely to have sub zero temperatures at night which can go down to -5 to 8 celsius!

How should I give my gear to the porter? Ideally the gear should be given to the porter in a duffle bag locked and this will be returned to the client in the evening. As you may not be able to access the duffle bag during the day please carry the essentials like water, jacket, camera, sweets etc in your daypack.

Membership



Allied



ADVENTURE TOUR OPERATORS
ASSOCIATION OF INDIA

This is to certify that

South Col Expeditions

is an Allied member of the association.

Membership No. ATOAI/MEM/ALLIED/855

This certificate is valid till 31st March, 2022

Mr. Vishwas Makhija
President



Vinayak Koul
Honorary Secretary

South Col Founder Profile

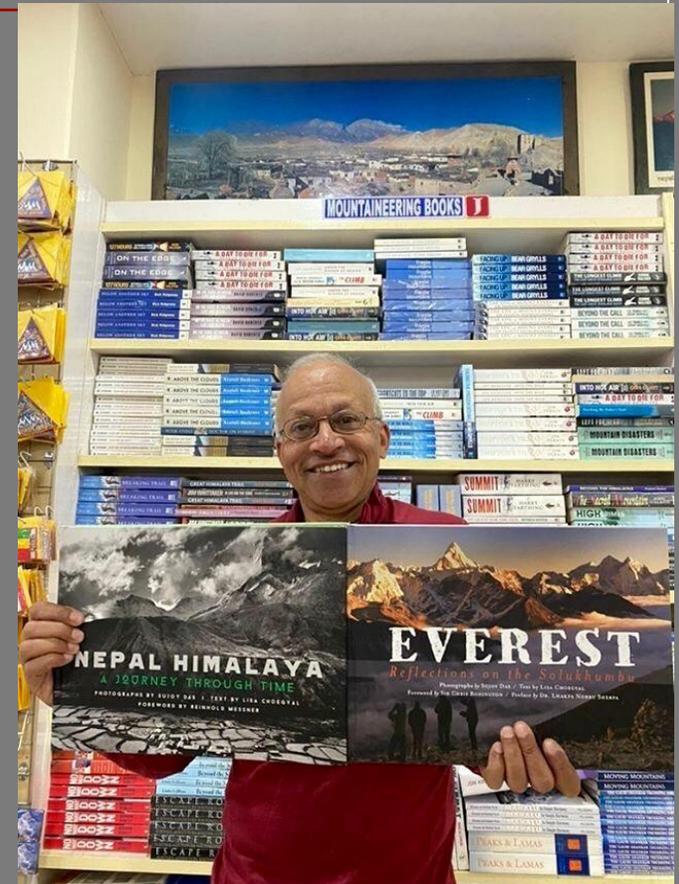
Sujoy Das has been trekking and photographing in the Himalayas for more than forty years covering Nepal, Sikkim, Ladakh, Bhutan, Spiti, Garhwal and Kashmir. His notable treks include: Winter ascent of Kala Pattar peak (Everest region) Dec 2003; Everest Base Camp 18,500 feet (2001); Thorung-la pass/Annapurna Circuit 17,746 feet (2000); Annapurna Base Camp 14,300 feet (1999); Gokyo Ri peak Everest region 18,275 feet (1998); Rupkund Lake, Garhwal 16,200 feet (1996); Kangchendzonga Base Camp North and Green Lakes 16,875 feet (1987); Dorji La peak North Sikkim 18,644 feet (1986); crossing of Lhonak-la pass North Sikkim (1987).

He has visited the Annapurna region more than a dozen times including two visits to the Base Camp and the entire circuit of Annapurna. He has trekked in the Everest region more than fifteen times including the winter of 2003-04. In the Eastern Himalaya he has trekked the Singalila ridge of Sandakphu and Phalut six times and made six visits to the alp of Dzongri in West Sikkim. In September 2009 he trekked across seven passes in Ladakh from the monastery of Lamayuru to Padum in Zaskar.

He has been an invited speaker at the Mussoorie Mountain Festival 2017 and Mountain Echoes – the Bhutan Literary Festival 2019.

He is the joint author and photographer of a number of books like Sikkim- A Travellers Guide, Nepal Himalaya – A Journey Through Time, Everest Reflections on the Solukhumbu, Lonely Planet – Nepal for the Indian Traveller. His essays and photographs have been published in books and magazines worldwide. To view his photographs of the Himalaya please visit

www.sujoydas.com. He can be contacted at sujoyrdas@gmail.com



Om Mani Padme Hum!

Hail to the Jewel in the Lotus

