




# Glacier Treks & Adventure

Registered & Recognized by Sikkim Tourism

REG NO 14/TD/W/11/TA (YUKSOM  
WEST SIKKIM)

Sikkim best and safest Trekking community organisation  Company base Yuksom

## GOECHALA TREK COST DETAILS

### Cost 17800

International tourist-\$350 because of permit, Entry fees also expansive like more than 4times

### Include

1. Accommodation At Yuksom with breakfast dinner
2. The room accommodation at Yuksom double and triple sharing with attached toilet bathroom
3. Tent double sharing Sleeping bags mattress
4. Meals during the trek 3 times: Breakfast, Lunch, and dinner, complimentary Snacks, tea, coffee, hot drink etc.
5. Meals – nutritious meals veg only except Egg.
6. Mules porter for transport of central luggage, food, equipment etc.
7. Professional guide cook, porter assistant guide The guide will be each 6-person 1 guide.
8. Fast aid kit, with ammonium oxygen cylinder Each day's measurement of Oxygen level and BP All kinds of fees, like National Park fees Camping Fees, etc.
9. Permit

### Exclusion.

1. Tips
2. Transportation pick and drop
3. Bags offloading – bags max weight 10KG-CHARGES RS.3000
4. Meals during on travel pick and drop.
5. Laundry
6. Hard drink, soft drink.
7. Transportation pick and drop we can provide on customer request one charge Rs.8000  
Accommodate in one car 7-8 person, cab type-Bolero, Sumo, etc  
Luxurious veichle type- Innova, Xylo, accommodate in one car 5-6

### What to bring for the Goechala trek?

1. High ankle boots with waterproof
2. Inner woolen trouser
3. Windproof trouser
4. Trekking Pants
5. Wind Sweater Jacket
6. Dawn Feather/Warm jacket
7. Thermals
8. Tshirt-2-3set
9. Shocks 3-4pair
10. Headlamp

11. Gloves
12. Sunglass
13. Water bottle
14. Lunch box
15. Poncho/raincoat
16. Rucksack 50+ litter

## **Goechala Trek details Overview**

The Goechala trek is a popular route in Sikkim, offering stunning views of the Kanchenjunga range. The itinerary can vary slightly depending on the trekking operator, weather conditions, and other factors. Here's a general 8-day itinerary for the Goechala trek:

### **Day1. Arrival at Bagdogra Airport or NJP railway station and drive to Yuksom 7 hours drive,**

**Distance-150Km 7 hours drive**

### **Day 2: Yuksom (5,643 feet / 1,720 meters) to Sachen (7,200 feet / 2,195 meters)**

Distance: Approximately 8 kilometers

The trek begins at Yuksom, the trailhead for Goechala. The initial part of the trek passes through dense forests, and the trail is relatively gradual. The destination for the day, Sachen, is a beautiful campsite surrounded by lush greenery.

### **Day 3: Sachen (7,200 feet / 2,195 meters) to Tshoka (9,650 feet / 2,941 meters) Distance: Approximately 8 kilometers**

The trail continues through the forest, and as you gain altitude, you'll notice changes in the vegetation. Tshoka is a small village with a monastery providing a picturesque night setting

### **Day 4: Tshoka (9,650 feet / 2,941 meters) to Dzongri (12,980 feet / 3,957 meters)**

Distance: Approximately 10 kilometers

The trek to Dzongri involves steep ascents and takes you above the tree line. Dzongri offers panoramic views of the mountains, and the campsite is in a stunning alpine meadow.

### **Day 5: Dzongri (12,980 feet / 3,957 meters) to Thansing (12,900 feet / 3,932 meters) Distance: Approximately 10 kilometers**

The trail descends to the Prek Chu River before ascending again towards the meadows of Thansing. The scenery changes as you enter a barren landscape with views of Pandim and other peaks.

### **Day 6: Thansing (12,900 feet / 3,932 meters) to Lamuney (13,585 feet / 4,140 meters)**

Distance: Approximately 3 kilometers

The trail leads to Lamuney, situated near Samiti Lake. This is a short day to allow for acclimatization before reaching higher altitudes.

### **Day 7: Lamuney (13,585 feet / 4,140 meters) to Goechala (16,200 feet / 4,938 meters) and back to Thansing**

Distance: Approximately 16 kilometers (round trip to Goechala)

This is the highlight of the trek as you ascend to the Goechala Pass, offering stunning views of the Kanchenjunga massif. After spending time at the pass, you descend back to Thansing.

### **Day 8: Thansing (12,900 feet / 3,932 meters) to Tshoka (9,650 feet / 2,941 meters)**

Distance: Approximately 14 kilometers The final day involves a long descent back to Tshoka and then to Yuksom, completing the trek.

### **Day 9: Tshoka (9,650 feet / 2,941 meters) to Yuksom (5,643 feet / 1,720 meters)**

Distance: Approximately 14 kilometers.

The final day involves a descent from Tshoka to Yuksom. The trail takes you back through the scenic forested areas and picturesque landscapes encountered on the initial days of the trek. It's a downhill trek, providing a different perspective on the surroundings.

### **Day 10: Departure from Yuksom with the beautiful memories of the 8-day Goechala trek.**

### **Day departure from Yuksom with the unforgettable memories of Goechala trip.**

### **For Indian tourist Cost per head Rs.17,800**

International tourist-\$350 because of permit, Entry fees also expensive like more than 4times

#### **Bank Details. ICICI Bank**

**Kiran Gurung**

**A/C No-271601501305**

Ifsc code-ICIC0002716

**Branch Gyalshing west Sikkim. Code number 737113**

### **\*\*Important Note:\*\***

NOTE 1:-

Important Advice for Goechala Trek:

If someone is planning to go for Goechala Trek then one must do their basic physical activities before 1-2 months of the actual trek. One of easy and highly productive fitness goals is to start jogging in the morning for 4-5 km at moderate intensity. This will assist you to develop your strength of the trek. If you do it regularly, and later for your Goechala trek becomes easier to climb. and if you do these activities than You don't even need other forms of exercising, such as lifting weights; even this running exercise will work wonders for your endurance.

NOTE 2 :-

It is a good idea to add 1 or 2 additional days for your trip when you plan. Bad weather, road blocks and sometimes even heavy rains or natural disaster can mess up your plans sometimes. You can save some days for the delays or cancellations.



