



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 Details Overview

The Goechala trek is a popular trek route in Sikkim, offering stunning views of Mt. Kanchenjunga and other mountains.

Here's a general 10-day itinerary for the Goechala trek:

Day 1: Arrival at Bagdogra Airport or NJP railway station and drive to Yuksom—7-hour drive. 150 Km.

Taxi Stand near SNT Sikkim National Transport

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. Sachen, the destination for the day, 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 kilometres

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, offering a picturesque setting for the night.

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

Distance: Approximately 10 kilometres

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

Day 5: Dzongri (12,980 feet / 3,957 meters) to Thangsing (12,900 feet / 3,932 meters)

Distance: Approximately 10 kilometers

The trail descends to the Prek Chu River before ascending again toward Thangsing meadows. The scenery changes to a more barren landscape with views of Pandim and surrounding peaks.

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

Distance: Approximately 3 kilometers

The trail leads to Lamuney, near Samiti Lake. This short day allows for acclimatization before reaching higher elevations.

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

Distance: Approximately 16 kilometers (round trip)

The highlight of the trek is ascending to the Goechala Pass, offering stunning views of the Kanchenjunga massif. After time at the pass, descend back to Thangsing.

Day 8: Thangsing (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, then Yuksom, completing the trek.

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

Distance: Approximately 15 to 16 kilometers

The last day involves descending from Tshoka to Yuksom, passing through scenic forested areas and picturesque landscapes experienced earlier in the trek. This downhill trek provides a different perspective on the surroundings.

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

For Indian tourists, the Cost per head Rs. 19,500
International tourist-\$400

Cost Inclusion

1. Accommodation at a hotel in Yuksom with breakfast and dinner.
2. At Yuksom the room accommodates triple sharing with an attached toilet bathroom.
3. Tent double sharing, a Sleeping bag mattress
4. Meals during the trek: 3 times - Breakfast, Lunch, and Dinner, plus complimentary Snacks, tea, coffee, and hot drinks.
5. Meals – veg and except Egg.
6. Professional guide, cook, porter, assistant guide. 1 guide will be for each 6-person group.
7. First aid kit, with an oxygen cylinder.
8. All kinds of fees, such as national park fees and Camping Fees, etc.
9. Permit

Exclusion.

Tips

Transportation pick and drop-CHARGES RS.8000 FOR ONE WAY full cab.

Bags offloading – bags max weight 10KG-CHARGES

RS.3500

Meals during travel, pick and drop.

Laundry, hard drinks, soft drinks.

What to bring for the Goechala trek?

1. High ankle boots with waterproofing.
2. Inner woollen trousers.
3. Windproof trousers.
4. Wind Sweater Jacket.
5. Dawn Feather Warm jacket.
6. Thermals
7. T-shirt-2-3set
8. Shocks 3pair
9. Headlamp
10. Gloves
11. Sunglasses
12. Lunch Box
13. Water bottle
14. Poncho/raincoat
15. Rucksack 50+ litter
16. 16 Diamox 2file and Amoxicillin 1file
17. Available with us, dawn jacket-rent per day, Rs. 200

Bank Details. ICICI Bank Kiran Gurung

A/C No-271601501305

IFSC code-ICIC0002716

Branch Gyalshing West Sikkim. Code number 737113

NOTE 1:-

Important Advice for Goechala Trek:

If someone plans to go on the Goechala Trek, they should engage in basic physical activities for at least 1-2 months before the actual trek. One of the easiest and highly productive fitness goals is to start jogging running in the

morning for 4-5 km at moderate intensity. This will assist you in developing your strength for the trek. If you do it regularly, it will later become easier to climb the Goechala trek. 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 to your trip when you plan. Sometimes, having Bad weather, road blocks and sometimes even heavy rains or natural disasters can mess up your plans. You can save some days for the delays or cancellations.