

TRIP
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#Trekking

Sandakphu Trek

6 Days

5 Nights

Overview

The Sandakphu Trek is an easy but rewarding experience which offers spectacular views of Everest and Kanchenjunga. This trek goes up to the Singali ridge which forms the international border line between India and Nepal. The Sandakphu trek also offers a good distant view of Mt. Everest (8,850 m) accompanied by Lhotse (8,501 m) and Makalu (8,475 m) and a close view of Kanchenjunga (8,586 m).

The Sandakphu trek route reaches the highest point of West Bengal, Sandakphu at 3636m/11926ft. This trek is considered to be an ideal trek for first time Himalayan trekkers and is operated as a teahouse trek where we spend each night of the trek in locally owned and maintained lodges. That being said, seasoned trekkers will also be blown away by the views of the Kanchenjunga range, Makalu, Everest, Lhotse, and other peaks of the region.



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Trip Name : Sandakphu Trek
Duration : 6 Days / 5 Nights

Your Itinerary in Brief

Trip Highlights

- The Singalila ridge bordering India and Nepal
- Distant views of Mount Everest (8,850 m), Lhotse (8,501 m) and Makalu (8,475 m)
- Close up views of Mount Kanchenjunga (8,586 m)
- Opportunity to mix around with local Nepali families at the locally owned teahouses

 Days	 Description	 Distance	 Meals
Day 1	➤ Arrive Bagdogra/NJP - Chitrey (2200m)	-	Dinner
Day 2	➤ Chitrey - Tumling (2900 m)	-	Breakfast, Lunch, Dinner
Day 3	➤ Tumling - Kalpokhri (3100 m)	9 kilometres / 5 - 6 hours	Breakfast, Lunch, Dinner
Day 4	➤ Kalpokhri - Sandakphu (3636 m)	12 kilometers / 6 - 7 hours	Breakfast, Lunch, Dinner
Day 5	➤ Sandakphu - Timburey (2920 m)	6 km / 3 - 4 hours	Breakfast, Lunch, Dinner
Day 6	➤ Timburey - Srikhola - NJP/Bagdogra	15 km / 7 - 8 hours	Breakfast

We will try our best to stick to the above itinerary. However, sometimes due to situations out of our control (political situations, weather conditions, excessive snowfall or others), we may have to amend it to ensure safety of the group.



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Your Itinerary in Detail

Day 1 Arrive Bagdogra/NJP - Chitrey (2200m)

We'll arrive at Bagdogra/NJP and drive 3-4 hrs through the tea estates to Chitrey via Manebhanjyang. We stop for lunch on the way at Mirik, a quaint town besides a large lake. The last 3 kilometers from Manebhanjyang to Chitrey is an extremely steep road with narrow hairpin turns. We spend the night at Chitrey at our basic lodge and get some rest before starting our trek the following day.

Note: Depending upon the number of members in the trekking group, we will arrange a pickup and drop from NJP/Bagdogra to Chitrey. This will be shared equally by each member of the team and is to be paid directly to the driver in cash. Typically a Tata Sumo/Mahindra Maxx/Bolero charges Rs 3500 which will be divided between the participating trekkers. **This is NOT included in the TREK FEE and is payable directly to the driver.**

Meals: Dinner



Day 2 Chitrey - Tumling (2900 m)

The walk today starts from Chitrey and continues past several small settlements up to Tonglu (3,020 m), located in dense forest, overlooking the entire Darjeeling hills. From Tonglu we continue along the rhododendron covered ridges to Tumling, just inside the Nepal border, to gain our first uninterrupted views of the eastern Himalayas!

Meals: Breakfast, Lunch, Dinner



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Your Itinerary in Detail

Day 3 Tumling - Kalpokhri (3100 m)

The initial part of today's walk is on majorly level ground till we reach the Singalila National Park check post, where we obtain the permit to proceed into the National Park. We then crossover into Nepal on a rolling trail and reach the Nepalese village of Jaubari. Proceeding from here after a further hour, we cross back over to the Indian side of the border and descend to the Indian village of Gairibas. The day so far will be fairly easy. From Garibas however, after a short break we get ready for the climb through thick conifer, birch and Rhododendron trees. After the gradual 2 to 3 hour climb, we'll see the Kalpokhri lake. Our teahouse for the night is not too far away from the lake.



Meals: Breakfast, Lunch, Dinner

Day 4 Kalpokhri - Sandakphu (3636 m)

Today the distance we cover is not too much; however you may get breathless due to the immense altitude gain. We traverse the ridge to reach Bhikey Bhanjang on the trail inside Nepal. The road ahead has several turns. On the right hand we can see one ridge after another meeting the horizon. We then ascend to the top of the Sandakphu ridge which is the natural border between India and Nepal. We proceed to Sandakphu top (3636 m) marked with strings of prayer flags and click photos to take back home. We spend the night at one of the teahouses near the ridge.



Meals: Breakfast, Lunch, Dinner



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Your Itinerary in Detail

Day 5 Sandakphu - Timburey (2920 m)

There's something about the morning view in the Himalayas. The weather is going to be cold, but we will encourage you to wake up in time for the sunrise. The sunrise at Sandakphu could be one of the best one's you've ever witnessed. On a clear day you'll be able to see an over 300 kilometer panorama of the Himalayas stretching from Sikkim to Nepal and Bhutan. You'll also be able to spot some giant peaks like Everest, Lhotse, Makalu and Kanchenjunga. After the mesmerizing sunrise, we have breakfast and proceed onward towards Gurdum village initially and then to Timburey. The journey today is a long but easy stretch with gradual ascents and descents. A walk of seven to eight hours initially through open meadows and then through thick pine forests will get us to Timburey.



Meals: Breakfast, Lunch, Dinner

Day 6 Timburey - Srikhola - NJP/Bagdogra

Today morning after breakfast, we continue our descent along the Srikhola river and make it to Srikhola in around an hour and a half. Your mobile networks and internet connection should be back by now. Spend some time getting in touch with people back home and let them know of your whereabouts before proceeding by car back to Siliguri/Bagdogra. If you don't feel like heading back yet, you may choose to extend your holiday in Darjeeling. The queen of the mountains, as Darjeeling is called could be a nice place for you to kick back, relax and relive that time you climbed the highest peak in Bengal through your photographs.

Note: Depending upon the number of members in the trekking group, we will arrange a drop to NJP/Bagdogra. This will be shared equally by each member of the team and is to be paid directly to the driver in cash. Typically a Tata Sumo/Mahindra Maxx/Bolero charges Rs 5500 which will be divided between the participating trekkers. **This is NOT included in the TREK FEE and is payable directly to the driver.**

Please share your feedback on adventure@trip360.com.

Meals: Breakfast



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Inclusions and Exclusions with Costs

Your Holiday Price

Hub	Twin Sharing Accommodation
Bagdogra	8,950*

*All the services quoted are subject to availability and prices are dynamic and may change. If a service is not available, an alternative will be presented with a revised price.



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Inclusions and Exclusions with Costs

Your Holiday Price Includes

- 5 nights' accommodation in basic local teahouses in dormitory type rooms on multi sharing basis (Separate rooms for male and female trekkers). These teahouses may or may not have attached toilets.
- All meals during the trek. Please go through the trip notes for more details about the type of meals.
- Trip360 Outdoor Experience Leader (OEL) in a group of 7 or more trekkers.
- Experienced Local Guide.
- All necessary support staff as per the size of the group.
- Travel insurance covering high altitude trekking trips.
- Basic Medical and First Aid Kit.
- Royalty and permits.

Your Holiday Price Excludes

- Any transportation to Chitrey and from Srikhola. The cost of the vehicle between NJP/Bagdogra and Chitrey and back from Srikhola is to be paid in cash on the spot.
- Any optional activities apart from the trip program.
- Entrance fees to any monasteries / monuments.
- Any meals during the transit on day 1 and 6.
- Porters or mules to carry your personal luggage. This can be arranged for you at an additional price of INR 2250. This will cover portage of your personal luggage upto 10 kilograms for 5 trekking days.
- Personal expenses, tips, laundry, telephone calls, personal medicines, beverages, etc.
- Costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.
- Evacuation charges and damage of any nature.
- Any items / services not specifically mentioned under inclusions
- Government Service Tax of 5.0%.
- Tips for the local guide and support staff. This is as per your discretion and will be collected by the Lead Guide towards the end of the trip.



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Tips for Travellers

Category name	Details
Type of Accommodation	The Sandakphu trek is a teahouse based trek. Teahouses are small locally run lodges which are very basic in nature, as you should expect on a mountainous trail like this one. Apart from being quaint and comfortable, staying in teahouses is a great way of supporting the local Nepali families. In the nights you'll be sleeping in neat and clean beds with a mattress, blankets and pillows. You're free to carry your sleeping bag and use it in the nights for your comfort. Rooms will be dormitory type on multi sharing basis. Separate rooms will be provided for male and female trekkers. Please also note that certain facilities like attached toilets, running water, electric heaters etc will not be available.
Type of Food	The food menu during the trek will be regular nutritious local food. Your breakfast could have an option of chapatis with a vegetable or omelettes with porridge or museli. Your hot meals will be a delicious mix of local vegetables, lentils, rice and chapatis. Some of your meals may also be a mix of noodles, soup, momo, chowmein etc.
Clothes to carry	A good base layer which could be a thermal top (polypropylene), with a T-shirt on top will keep you warm and dry. Mid layers provide insulation so anything that is warm will do e.g. a medium thickness woolen jumper or a mid-weight fleece top, along with another lightweight fleece top will suffice. If you really feel the cold, substitute the thinner layer with a down jacket. The outer layer is the final layer between you and the elements and must be capable of keeping out the wind, rain and snow. Any good waterproof, windproof jacket would do the job. Leg wear in the form of thermal long johns are invaluable. Cotton trousers or long skirts (long skirts for ladies also double as a 'port-a-loo') worn over this layer can keep you very comfortable. A good sun hat is very essential. Sunglasses which offer 100% UV protection are necessary to combat strong daylight.
Equipment Checklist	<p>The following is a list of things that we suggest that you take with you. This is not intended to be a comprehensive list, rather it is intended to act as a reminder of those items that we feel are essential for your comfort and convenience. However we recognize that you may have your own personal preferences for clothing which may be equally as suitable.</p> <ul style="list-style-type: none"> ◦ Woolens/thermal underwear ◦ Wind/rain proof jacket ◦ Good hiking/trekking shoes ; spare sandals ◦ Socks - cotton+woolen / gloves ◦ Water Bottle - at least 1 Lit. ◦ Flash Light and spare batteries - important ◦ Sun Shade/Hat with Brim/woolen hat/gloves ◦ Sunglasses ◦ Sunscreen/Sun block SPF 50 and more ◦ Vaseline/Lip Salve ◦ Insect Repellent (if you are prone to bites) ◦ Personal Toiletries - towels/soap etc. ◦ Rucksack/duffel bag to carry your baggage ◦ Kari mat / Thermarest (optional) ◦ Small daypack to carry camera, packed lunch, water bottle and wind/rain jacket on a walk. ◦ Long trousers / long shirts / T-shirts etc. ◦ Thermal underwear for cold days ◦ Shorts / swimsuits for those warm days and a possible swim ◦ Personal medication, if any



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Tips for Travellers

Category name	Details
Our Crew	The number of people in the crew will be determined by the group size. In most cases the group consists of the Trip360 Outdoor Experience Leader (OEL), a local guide and additional support staff like helpers, pony men etc. Each one of these people are vital towards the successful completion of the trip and do their bit in assisting in the overall logistics of the trip.
Flight Information	Trekkers will have to arrive in Bagdogra/NJP latest by 10am on the first day of the trip. If that's not possible, you could arrive a day earlier and we could pick you up from a central location which will be communicated in advance. The drive from Srikhola to NJP/Bagdogra could last for 6 to 7 hours on Day 6. Please arrange your onward tickets accordingly
Medication & First Aid	It will help for you all to carry some easy to access medicine on the trip, for headaches, diarrhea, constipation, and some re-hydration. powders like Electral etc. It's also a good idea to have a roll of toilet paper accessible should you need it.
Luggage Info	It's best to carry your belongings in a large, tough rucksack. A waist bag is handy to have your camera, film rolls, flashlights etc. Pack similar things such as clothes, washing things, camping equipment etc. in separate sacks or polythene bags so they are easier to pull out and add to the waterproofing in your bag. The facility of luggage offloading can be availed at an additional price of INR 2250 per person. This will cover for the portorage of your main luggage packed in a soft duffel bag or rucksack upto 10 kilograms for the 5 trekking days.



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Category name	Details
Typical Day on the Trip	A day on a trek begins with breakfast at 7 am. We aim to usually be on the trail by 8:30 am and reach our destination for the day by 2-3pm, if not earlier. Long days on the trail may mean an earlier start and a 8-10 hour walking day.
Approximate Group Size	16 maximum
Money to carry	It is recommended that guests carry about Rs. 5000 cash in person during the trek. This may be required during an emergency. Also, according to practice, on the last night of the trek, the group tips the staff and cash will be required for this as well. Usually tips start from about 1500 for guide and cook and 1000 for rest of staff. Guests may choose to tip the staff more. The tip may be handed over to the trip leader.
Tipping	All tipping is optional and by no means mandatory, however if you feel that your staff and drivers have performed at a good or excellent level, it is a great way to let them know you appreciate their efforts.



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Category name	Details
Altitude considerations	<p>Travel to any part of the Indian Himalayas deserves a little more respect than many other high altitude destinations because the most of the regions lie over 2600 meters (8500 ft). People in good health should not get alarmed by this but if you have a medical condition such as high blood pressure, heart or lung disease, you must take the advice of a doctor who has experience with the effects of altitude. We do not take heart or lung patients or pregnant mothers on such trips.</p> <p>Any kind of exercise which gets you fitter before this trip is advisable, as it will enable you to enjoy the region more.</p>
Books to Read	<p>Darjeeling: A Novel by Bharti Kirchner - This fictional tale by the award-winning cookbook author talks about forbidden love and family honour. The story is about two sisters and is set in Darjeeling and New York City. Both sisters have been separated by their love for the same man, and the book tells the story of what happens 10 years later when the sisters go back home to Darjeeling. Filled with rich foods, smells, and social confines, the book is a story about jealousy, rivalry, love, and honour.</p> <p>First Light by Sunil Gangopadhyay - This book encompasses the second half of the 19th Century of Indian history, paying special attention to the ongoing Bengal Renaissance. The story revolves around the historical figures of Rabindranath Tagore, Swami Vivekananda, Bankim Chandra Chattopadhyay, George Curzon and many more.</p>



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