



## India: 14d Tholung Valley Nature Trek

**Grade: Moderate**  
**Tent Days: 5**

### Highlights:

Tholung valley in North Sikkim is the home of the ethnic Lepcha people of Sikkim. And it is now a protected area. The Lepchas live in small villages amongst the densely forested slopes high above the Tholung valley. The Tholung monastery houses many relics and antiques collected from other monasteries for safekeeping. Many of these relics are displayed on a special day every three years. The trek up this beautifully forested valley leads to the higher alpine valleys. Here you will get a chance to see yaks grazing below the snow-capped mountains of the Kanchenjunga range. Route Highlight Area: North Sikkim Region. Difficulty: Moderate. Duration: 14 days. Starting point: Gangtok. Ending point: Gangtok. Best season: Sep-Dec, Feb – May. Maximum group size: 30 pax. Minimum pax/Person: 1 pax. Culture: Lepcha Culture. Mode of trekking: camping. Himalayan sights: The Kanchenjunga Himalayan range. Note: B=Breakfast, L= Lunch, D=Dinner

### Day to day:

**Day 1: Arrival in Kathmandu and transfer to hotel, welcome dinner, o/n in a hotel +D:**

**Day 2: Sightseeing around in Kathmandu valley , o/n in a hotel (B):**

**Day 3: Fly to Bhadrapur airport and drive further to Gangtok, o/n in a hotel +B :**

**Day 4: Sightseeing around in Gangtok, o/n in a hotel +B:**

**Day 5: Drive north of Gangtok to Mangan and on to Singhik, o/n in camp +B+L+D En route visits Podong Monastery.:**

**Day 6: Enjoy early morning views of Kanchanjunga range from Singhik and drive up to Lingsha,, then few hrs trek to Tholung Gumpa, o/n in camp +B+L+D :**

**Day 7: Trek to Tholung Gumpa, o/n in camp +B+L+D :**

**Day 8: Rest and explore the valley, views of Himalayas, o/n in camp +B+L+D :**

**Day 9: Trek back to Lingsha, o/n in camp +B+L+D :**

**Day 10: Early morning drive to Singik for views of Kanchanjunga Range then drive back to Gangtok, o/n in a hotel +L :**

**Day 11: Free day in Gangtok. Optional day trip to Thangu Lake, o/n in a hotel +B :**

**Day 12: Drive to bhadrapur and fly back to Kathmandu, o/n in a hotel +B:**

**Day 13: Sightseeing of Bhaktpur and patan, o/n in a hotel +B :**

**Day 14: Transfer to international airport in Kathmandu+B:**

### **What is included?**

- Arrival and transfer transport from to international and domestic airport in Kathmandu
- Hotel with breakfast in city like in Kathmandu, Darjeeling, Kalimpong
- Sightseeing with cultural guide as per mention in the program
- Domestic flight ticket, private transport for whole tours expect trekking part
- 3 meals a day during trekking (B, L, D)
- Accommodation in hotel and camp

### **What is excluded?**

- Travel insurance incl. Repatriation by helicopter rescue in case of emergency
- Visa India (40 euros) and Nepal (35 euros)
- Monument entrance fees during sightseeing in Kathmandu valley
- Extra transport or horse in case of road block and any accident
- Personal expenses like soft and hard drink, laundry, telephone
- Tips for local crews
- Lunch and dinner in city