

travelaps

6N / 7D

SANDAKPHU PHALUT

Trek



THE RIDGE THAT DIVIDES COUNTRIES BUT UNITES TREKKERS

SANDAKPHU PHALUT TREK

TREK OVERVIEW

QUICK FACTS

**Max Altitude**

12,950 ft.

**Trek Distance**

68 Km

**Start/End Point**

Darjeeling More

**Best Season**

Spring & Winter

**Temperature**

SUMMER

10°C to 17°C (Daytime)

-2°C to 10°C (Night)

WINTER

-5°C to 5°C (Daytime)

-10°C to -15°C (Night)

**Meals**

Breakfast

Lunch

Evening snacks and

Dinner

**Difficulty Level**

Moderate

**Nearest Airport**

Bagdogra, Siliguri

**Accommodation**

6 night stay in teahouse.

**Permits**

Forest Department &

Trekking permit

**Trek Duration**

6 Night / 7 Days

**Snow**

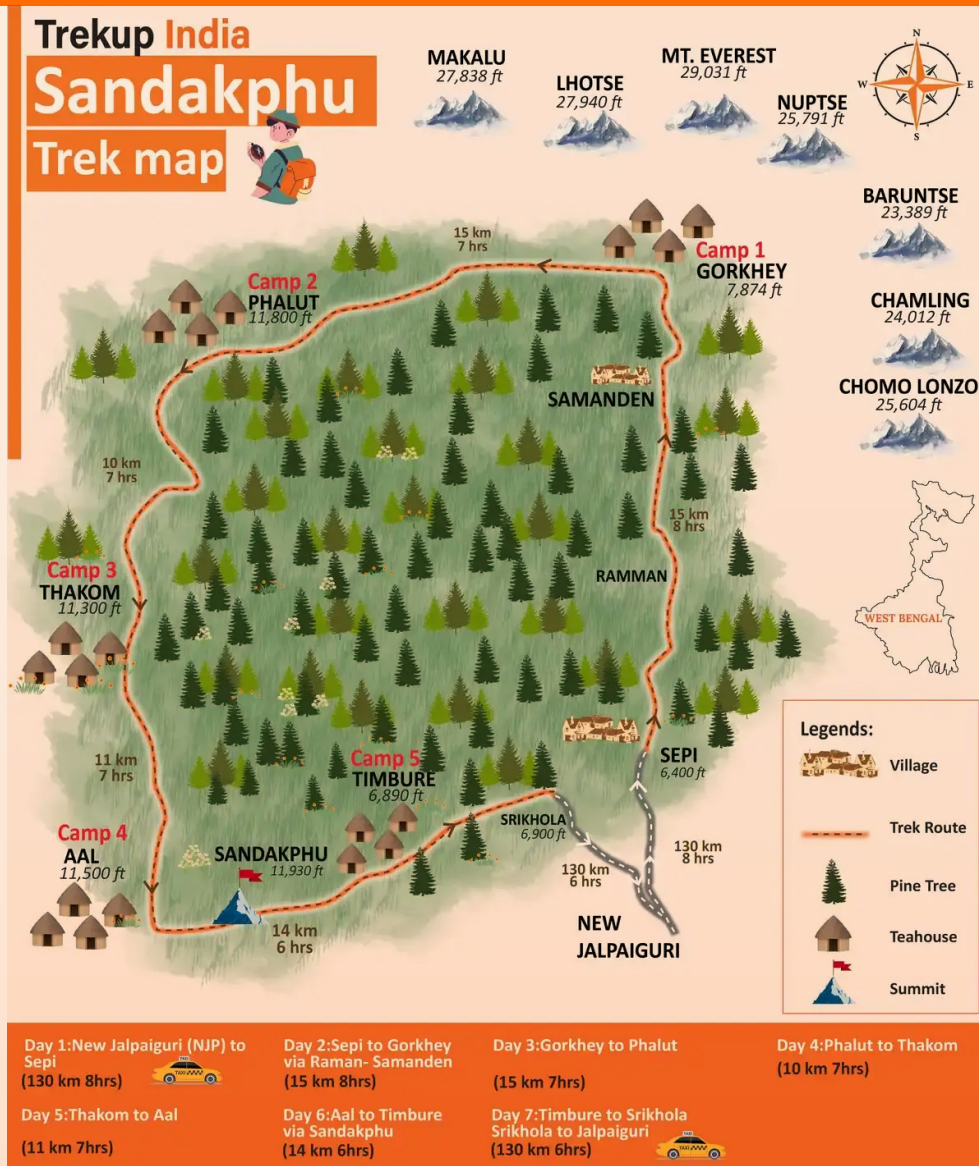
December to February

Where the Sleeping Buddha lies
under the vast Himalayan

Skies

SANDAKPHU PHALUT TREK

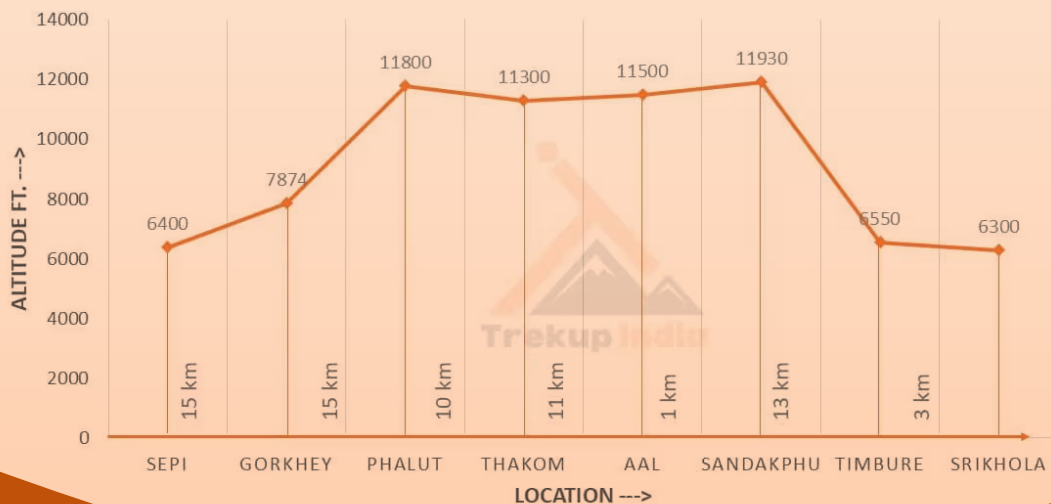
TREK MAP & ALTITUDE CHART



ALTITUDE CHART

SANDAKPHU PHALUT TREK

—●— Height in ft.



SANDAKPHU PHALUT TREK

TREK HIGHLIGHTS

♀ → **THE SLEEPING BUDDHA**

It is the large area of the Kanchenjunga where you will see a great deal of golden light during sunrise on the top of the mountain.

♀ → **THE BIG FOUR MOUNTAINS**

For the first time, see all four of the tallest mountains in the world, Everest, Kanchenjunga, Lhotse, and Makalu, at once.

♀ → **THE BORDER ROUTE**

Take an extraordinary drive along the Singalila Ridge, passing through the border area between two countries.

♀ → **RED PANDA TERRITORY**

Trek through the wilds of Singalila National Park with bright blooming rhododendrons and many Red Pandas.

♀ → **LAND ROVERS**

Trek through rugged cobblestone-style roads on an original 1950s Land Rover.

♀ → **GORKHEY VILLAGE**


At the end your trek, you will arrive at the beautiful Gorkhey village in the hidden valley with lots of wonderful wooden homes near clear river creeks.


SANDAKPHU PHALUT TREK

SHORT ITINERARY


DAY 1 DARJEELING MORE TO SEPI


 Drive from **DARJEELING MORE** (6,700 ft.) to **SEPI** (6,400 ft.)

 Drive Distance - 130 Km / Approx 7 hrs

 Stay - At Sepi teahouse

DAY 2 SEPI TO GORKHEY


 Trek from **SEPI** (6,400 ft.) to **GORKHEY** (7,000 ft.)
via Raman-Samanden

 Trek Distance - 15 Km / Approx 7 - 8 hr

 Stay - At Gorkhey teahouse

DAY 3 GORKHEY TO PHALUT


 Trek from **GORKHEY** (7,000 ft.) to **PHALUT** (11,800 ft.)


 Trek Distance - 15 Km / Approx 7 - 8 hr

 Stay - At Phalut teahouse


DAY 4 PHALUT TO THAKOM


 Trek from **PHALUT** (11,800 ft.) to **THAKOM** (11,300 ft.)


 Trek Distance - 10 Km / Approx 5 - 6 hr

 Stay - At Thakom teahouse

DAY 5 THAKOM TO AAL

 Trek from **THAKOM** (11,300 ft.) to **AAL** (11,500 ft.)

 Trek Distance - 11 Km / Approx 6 - 7 hr




 Stay - At Aal teahouse



SANDAKPHU PHALUT TREK





SHORT ITINERARY

DAY 6 AAL TO TIMBURE

-  Trek from Aal (11,500 ft.) to Timbure (6,550 ft.) via Sandakphu
-  Trek Distance - 14 Km / Approx 7 - 8 hr
-  Stay - At Timbure teahouse



DAY 7 TIMBURE TO DARJEELING MORE

-  Trek from Timbure (6,550 ft.) to Srikhola (6,900 ft.)
-  Trek Distance - 3 Km / Approx 2 hr
-  Drive from Srikhola (6,900 ft.) to Darjeeling More (6,700 ft.) by road
-  Drive Distance - 130 Km / Approx 7 hr



SANDAKPHU PHALUT TREK

LOGISTICS SERVICES

ACCOMMODATION

DAY	LOCATION	STAY	OCCUPANCY	NO. OF NIGHTS
DAY 1	SEPI	TEA HOUSE	TRIPLE / QUAD SHARING	01 NIGHT
DAY 2	GORKHEY	TEA HOUSE	TRIPLE / QUAD SHARING	01 NIGHT
DAY 3	PHALUT	TEA HOUSE	TRIPLE / QUAD SHARING	01 NIGHT
DAY 4	THAKOM	TEA HOUSE	TRIPLE / QUAD SHARING	01 NIGHT
DAY 5	AAL	TEA HOUSE	TRIPLE / QUAD SHARING	01 NIGHT
DAY 6	TIMBURE	TEA HOUSE	TRIPLE / QUAD SHARING	01 NIGHT

NOTE: Accommodation is provided on male to male and female to female basis in a homestay. Single / Twin Sharing room / tent can be provided on pre-request at additional cost subject to availability.

MEALS



DAY	SECTOR	BREAKFAST	LUNCH	EVENING SNACKS	DINNER / DESSERT
DAY 1	DARJEELING MORE - SEPI	N/A	N/A	YES	YES
DAY 2	SEPI - GORKHEY	YES	YES	YES	YES
DAY 3	GORKHEY - PHALUT	YES	YES	YES	YES
DAY 4	PHALUT - THAKOM	YES	YES	YES	YES
DAY 5	THAKOM - AAL	YES	YES	YES	YES
DAY 6	AAL - TIMBURE	YES	YES	YES	YES
DAY 7	TIMBURE - DARJEELING MORE	YES	N/A	N/A	N/A

NOTE: Trekup India provides freshly cooked meals (**PURE VEGETRAIN**) . On pre-request jain food are also provided.



TRANSPORT

DAY	SECTOR	PICKUP / DROP LOCATION	PICKUP/ DROP TIMING
DAY 1	DARJEELING MORE - SEPI	DARJEELING MORE	9:30 AM
DAY 7	SRIKHOLA - DARJEELING MORE	DARJEELING MORE	6:00 PM

NOTE: For transport service it can be booked with assistance of Trekup India trek coordinator subject to additional cost (If it is not included in the trek cost). The given pickup location & timings are subject to change.



SANDAKPHU PHALUT TREK

INCLUSION AND EXCLUSION

INCLUSION

- ↪ **STAY**
6 night stay in teahouse.
- ↪ **MEALS**
Starting with evening tea & snacks on Day 01 in Sepi and ends with breakfast on Day 07 at Sepi teahouse, during the trek we provides 4 meals a day, breakfast, lunch, evening snakes & dinner. (Meals are simple, nutritious, and pure vegetarian).
- ↪ **HEALTH & SAFETY**
Trekup India provides First Aid Box, Oxygen Cylinders, Stretchers, Oxi meters, BP Machines, health card crampons, and gaiters for snow & all other safety equipments as per trek grade.
- ↪ **KITCHEN CREW**
High Altitude Chef & Helpers with high experience.
- ↪ **QUALIFIED TREK LEADERS**
Trekup India provides high qualified and experienced trek leaders to lead the treks having BMC, AMC & First Aid training with search and rescue certification from recognize mountaineering insititute.
- ↪ **EXPERIENCED GUIDES**
We provide experienced local guides through out the trek having minimum 5 years working experience on trail.
- ↪ **TREK EQUIPMENTS**
Trekup India provides high standard self customized trekking (camping equipments which are tested and certified by our high altitude mountain experts. Dome tent, dinning tent, kitchen tent, toilet tents, sleeping bags, sleeping mattresses (Black foam mats)
- ↪ **AMENITIES**
All utensils, sleeping mattresses (Black foam mats)
All cooking and serving utensils such as plates cups, spoons, bowls etc.
- ↪ **PERMITS**
All necessary Forest Permits for trekkers and camping (for foreign nationals the additional charges may be applicable.
- ↪ **POTTERS & MULES**
Potters and Mules will be used for carrying all trekking equipments ration and vegetables not personal bags or belongings of trekkers which can be booked additional cost.
- ↪ **TREK INSURANCE**
This will be provided at additional cost (Trekup India recommends each trekker to get insurance) you can read more about What Is Trek Insurance, Why It Is Mandatory On Treks And What It Covers .
- ↪ **TRANSPORT OPTIONAL**
Trekup India will provide transport from Darjeeling More to Sepi and Sepi to Darjeeling More at the cost of ₹ 2,500 per person sharing basis (Non - AC).
Transport from will be provided in local jeeps / campers.
NOTE: Those trekkers who has not opted transportation from Darjeeling More will have to bear additional cost for sector Darjeeling More - Sepi - Darjeeling More.

EXCLUSION

- ↪ GST 5% (it is Mandatory)
- ↪ Any Meals/accommodation beside the itinerary or not mentioned in the program.
- ↪ Any en route meals for sector Darjeeling More to Sepi and Sepi to Darjeeling More.
 - ↪ Any Bus / Airfare to/from trek start/end point.
 - ↪ Personal Medical expenses do carry your medication.
- ↪ Any personal services such as Laundry, phone calls, liquors, mineral water, etc.
 - ↪ Any still / video camera fee.
- ↪ Any Entrance fee Monuments, Monasteries, Museums, Temples – Pay directly on the spot.
 - ↪ Backpack Offloading (Mule/Porter Charges).
 - ↪ Any rented gears (can be purchased at additional cost).

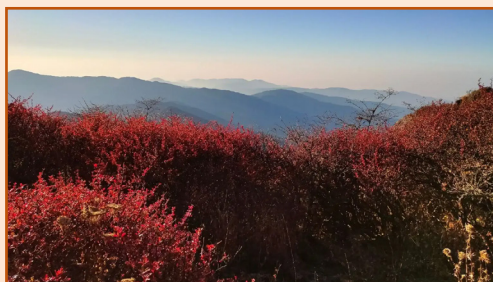
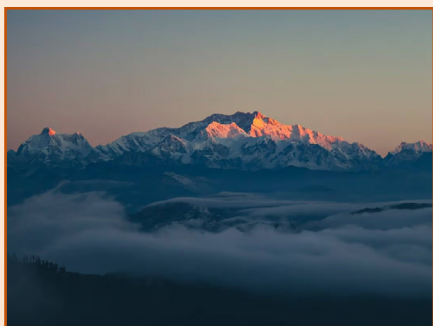
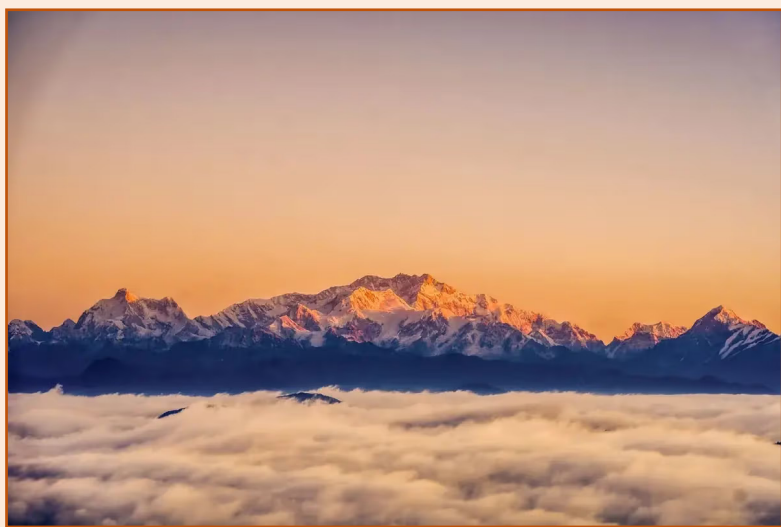
OFFLOAD CHARGES: ₹₹4,725 per bag for the full trek if paid online in advance.
ON-SPOT PAYMENT: Charges may increase by up to 30% if paid at the base camp.
WEIGHT LIMIT: Each bag must not exceed 10 kg.

NOTE: OFFLOADING IS OPTIONAL AND IS RECOMMENDED FOR THOSE WHO PREFER TO TREK WITH A LIGHTER DAYPACK.

- ↪ Any emergency evacuation charges.
- ↪ Any services that are not mentioned in the cost inclusion section.

SANDAKPHU PHALUT TREK

GALLERY



A JOURNEY THROUGH THE RAW BEAUTY OF THE HIMALAYAS



SANDAKPHU PHALUT TREK

SAFETY PROTOCOL



**RADIOS
(WALKIE-TALKIE)**



**ADDITIONAL OXYGEN
CYLINDERS**



**MICROSPIKES ON ALL
TYPES OF SNOW TREKS**



**TRAINED MOUNTAIN
STAFF AND FULL SAFETY**



**STRETCHERS TEAM
APPOINTED ON EVERY
TREK**



**SPECIAL MEDICAL KIT
FOR HIGH ALTITUDE
TREKS**



**EXPERIENCED TREK
LEADERS AS WELL
AS SAFETY**



**DAILY OXYGEN
SATURATION ALONG
WITH PULSE READINGS**

***GUIDED BY EXPERTS
PROTECTED BY EXPERIENCE***

SANDAKPHU PHALUT TREK

CALL US FOR BOOKING
☎ 9840123545

APPROVED & CERTIFIED BY



ADVENTURE TOUR OPERATORS
ASSOCIATION OF INDIA



Uttarakhand
Simply Heaven!

ADVENTURE BEGINS

