



A CWH EXPLORATORY TRIP TO THE  
REMOTE THOLUNG MONASTERY IN  
SIKKIM AND BEYOND IN THE REALM  
OF THE YETI. 5 – 12 NOV



## IN THE FOOTSTEPS OF THE YETI

The legend of the Yeti has confounded explorers, scientists, naturalists for the last many decades. Beyond the Tholung monastery in the remote North-West region of Dzongu in Sikkim, on the edge of the Kangchendzonga biosphere, lies a land where the legend of the Bon manchi (the wild man) prevails and that is where we head on this easy but remote trek. Crossing thick forest, climbing to meadows and camping amidst blooming rhododendrons we live the saying – exploration is for everyone.

P.S – Our homestays in the Dzongu region of the Lepchas is another highlight of the trip.





## A BRIEF OVERVIEW



### The Lepchas of Sikkim

The original inhabitants of this remote mountain region, the Lepchas are now a minority in Sikkim. They have been granted land rights and live in restricted areas like Dzongu. They traditionally follow a unique blend of Buddhism which has influences from nature worship.



### The Legend of Yeti

The Yeti or Bon Manchi or Migo as it is known in Sikkim-Bhutan region, has always fascinated the explorers, even though the locals of these remote regions regard his existence as a fact. Latest research points to the possibility of a type of bear who has adapted to the high Himalaya.



### Tholung monastery

Amongst the most sacred monasteries in Sikkim, this remote monastery has in store a treasure of some of the most precious Buddhist artefacts and relics. These are taken out once every 3 years for display.



### The trek

The trek to Tholung monastery passes through thick forest typical of Sikkim Himalaya. Once we are beyond Tholung, the track climbs above the forest and finally reaches a meadow amidst high Himalayan peaks.

## ITINERARY:

### 8 DAY TRIP, 4 DAYS OFF WORK (2 WEEKENDS)



Book your flight tickets to Bagdogra and back

5 NOV	Reach Bagdogra latest by noon and drive to Kalimpong. ~ 3 hours.	It's a long drive to reach North-West Sikkim and is best done over two days. We drive to and stay in the beautiful hill station of Kalimpong today.
6 NOV	Drive to and stay in Dzongu. ~ 6 hours.	A long but scenic drive and we reach the roadhead for the trek to Tholung monastery. We stay in the Mayallyang homestay in Dzongu. This is the land of the Lepchas and they have settled in few villages here.
7-10 NOV	The trek - We start on our trek to Tholung monastery and beyond to Temrong.	Depending on the trail conditions, and weather, this could take 3 or 4 days. We have kept a buffer day in hand. We cover roughly 40-45 km. The trail till Tholung monastery is well defined. Beyond, we are in real wilderness and explore the Temrong valley on the edge of the Kangchedzonga Biosphere.
10-11 NOV	Trek ends and we drive back to Gangtok. ~ 5 hours. An extra day in Gangtok.	We finish the trek today and drive back to Gangtok for some much needed R & R. And of course some shopping.
12 NOV	Drive back to Bagdogra to catch the flight back. Book your flight after 1 pm.	An easy drive back to Bagdogra to catch the afternoon flight home.

Note – Itinerary is at best indicative owing to the extremely remote region we will be traveling to and is subject to last minute changes. This is based on weather, trail and road conditions, etc.



## COST FOR THE TRIP:

### Stay and food

Homestays in Dzongu. Guesthouses in Kalimpong and Gangtok. All meals included except when in transit.

### Trek

All trekking equipment like tents, sleeping bags, mats, toilet tents, etc. Trekking personnel like guides, porters, cooks. All meals.

### Transportation

Throughout the trip in SUVs from Bagdogra and back with 4 per car.

The cost of the trip =  
**Rs 43000/- per person**  
including all taxes.

Note: The group size will be limited to 12. Bookings are done on first come first serve basis and hence no deadlines. Confirm your place by making the full payment in advance. Read our [cancellation policy](#) and fill the [release document](#).

[Click here for PAYMENTS](#)

## WHAT TO GET ALONG?

Nov in Sikkim means clear, cool days and cold nights. Temperature ranges from 20 degrees Celsius during the day to below freezing higher up on the trek. We will pack accordingly. Layering is the key and a warm sweater, woolen socks and cap and a shawl or jacket on top will be sufficient. Make sure you bring good trekking shoes and all essentials along as we will not have the opportunity to buy anything there. Detailed checklist on signing up.

## MAKING A CONTRIBUTION:

There is always a way of giving back to the place and people where we go for our holidays. Through homestays, we make the most direct and telling contribution to individual families in this region. We are organizing this trek with a group of guides and porters of this area. This is their only source of employment apart from the once a year crop cycle. You can also support local handicraft weavers by buying your woolens from them directly and also other local produce.

## GET CONNECTED:

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Pics from our 2014 trip to North Sikkim, [here](#)

### GIFT THIS TRIP

You can chose from gift vouchers starting from Rs 5000.  
Write to us with the name of the receiver and the denomination of the voucher.