

JOPUNO TREKKING PEAK & GOECHA LA TREK

Information and Itinerary

Mt Jopunu lies in the Indian State of Sikkim, which has borders with Nepal, China and Bhutan. At 5952m (19,527'), this is a formidable trekking peak with superb views of this expansive section of the Indian Himalaya, not least Kangchenjunga, the 3rd highest mountain in the world.

This document should give you a flavour for what this trek/climb is all about. It contains the daily itinerary, lots of important information, what is included/excluded in your trip price and some guidance on Kathmandu. For those on the trek only, the trip will follow the same itinerary until it reaches the Base Camp. They then follow their own itinerary, with full support. The separate itinerary is also contained in this document.

Jopuno is just 200m lower than Nepal's Island Peak. It is less well known and therefore less popular. The great plus side of this is that the isolation and expedition feel is far greater. It has a much longer fixed rope climb but still, you require no previous climbing experience.

This whole journey is a real 'traveller's trip' and spreads across 4 days. After arriving in Kolkata (formerly Calcutta), you will have the rest of the day and one night to settle before boarding the domestic flight to Bagdogra. You then drive (in a 4x4) from the low lying plains of India up to the famous hill station of Darjeeling where you will stay the night. Famous for its tea plantations, Darjeeling lies at an altitude of 2165m and used to be used as a rest and recuperation location for British soldiers. It still has an heavy influence from its Nepalese Gurkha neighbours.

From Darjeeling, you drive to Yuksom, crossing the Sikkim border. You stay here for the night, preparing for the trek the following morning.

You join the crew of porters/ponies before commencing the trek. Progress over the next few days will depend on the condition of the group regarding altitude. Ultimately, after 3 days, the group will reach Thangsing (3930m), which is the base camp for Jopunu. It is from here that further acclimatisation activities take place prior to the ascent to the summit.

The trekking route that you are on is the Goecha La and there will be a trek to the Pass and back to base camp. It is a demanding day but the views of Kangchenjunga are superb from this 4940m viewpoint. There is also a trek up to High Camp (4650m) and back down.

Climbing Jopuno

You do not need any previous climbing experience to climb Jopuno.

You will need some climbing equipment, which you will need to take with you. You cannot hire it in India. Page 3 has more details on precisely what you will need.

A specialist Climbing Sherpa is employed specifically for the climbing phase (in addition to your normal Guide); he will teach you how to use the equipment prior to the ascent.

On day 11, the group, with supplies, move up to High Camp and sleep there ready for the summit attempt the next day. It is a 3am start; cold but the hard packed snow is perfect for climbing. It will be a slow but steady climb until you reach the summit. And what a view it is from the summit! A 360 degree Himalaya vista.

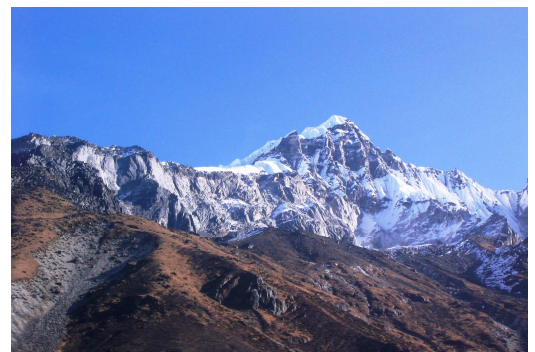
Spare days are built in to counter potential delays. This can come in the form of delays on the road to weather to injury or altitude sickness. There is flexibility within the itinerary for two summit attempts.

You should be under no illusion that this is physically demanding



Above, slowly ascending up the fixed rope.

Below, Jopuno from the Base Camp



Sikkim is a real mix of cultures

trek/climb, notably the climb to the summit of Jopuno.

Should you decide to proceed, we will provide you with comprehensive trekking notes, a clothing and equipment list, notes on medical issues, high altitude trekking (very relevant for this trek) and lots more to assist you with your preparation.

Whilst all this is going on, you will be under the watchful eye and leadership of a very experienced Indian English speaking Guide (and possibly a UK Leader too) who will manage every aspect of this trip.



A successful summit; what a view!

Important Information:

- **Costs** are based on 2 sharing and are per person (singles see below).
Climb/Trek: £1890, Trek Only £1265
- **Dates:**

Juponu Climb/Trek:	28 Mar - 16 Apr 2011 (20 days UK - UK)
Goecha La Trek only	28 Mar - 11 Apr 2011 (15 days UK - UK)

For other Goecha La Trek only dates, see the respective website page.

- **Min Number Required:** 4
- **Passports.** Passports should be valid for a minimum period of 190 days on the date on entry into India.
- **Tourist Visa** is required for UK Nationals. The visa must be obtained prior to travelling. Advice will be given.
- **International Departure Taxes from Kolkata.** From 1st March 2009, there was a INR 1300 tax on departures from Indian International airports. It must be paid in cash and may change at short notice.
- **Luggage allowance.** Work on the lowest level of allowance; the domestic flights only allow 20Kg's.
- When you book with Travel and Trek, you will receive a set of **comprehensive trekking notes**, an itinerary, clothing and equipment list and much more to help you prepare.
- **Singles.** Travel and Trek does not believe in penalising single travellers unnecessarily. If you are a single traveller and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex. If there is an odd number travelling and you happen to be the odd one out then you will be allocated sole occupancy at no extra cost. If you do request sole occupancy throughout all or part of the trip, then you will be charged a supplement. Please consult Travel and Trek.
- **Extended Stays.** You are free to extend your stay in India with extra days before or after the trek. Travel and Trek can assist you with accommodation if you wish or you are free to make your own arrangements.
- **UK Leaders.** Some treks are led by a UK Leader IN ADDITION to a local Guide. ALL treks have a local Guide on them.
- **Fitness.** This trek/climb is quite demanding, especially summit day. A reasonable level of fitness is expected. If you are in any doubt about whether you are fit enough, please consult Travel and Trek prior to booking.
- **Clothing and equipment** list will be provided on booking.
- **Medical/Vaccinations.** You are advised to consult your GP if you are in any doubt about your physical condition to undertake your chosen trek. You should also seek professional advice on what vaccinations you require for India and other locations should you have an extended trip. Travel and Trek has a specific document on medical issues for clients once they book but as a guide for planning purposes, you should need: Hep A, Typhoid, Tetanus, Polio and Meningitis.
- **Altitude Sickness.** Formally known as Acute Mountain Sickness (AMS), Travel and Trek has produced a 'Guide to Trekking at High Altitude', which can be downloaded from the website. Alternatively, you can request a copy be sent to you. If you wish to discuss it personally, please call the Travel and Trek office; our experienced staff will be happy to answer any questions that you may have.
- **Local Payments.** Travel and Trek does not charge any local payments.
- **Travel Insurance.** It is absolutely vital that you have adequate travel insurance.

International Guide and Porter Protection

Travel and Trek takes pride in the way it treats the Guides and porters that it employs. We ensure that they are adequately clothed, medically supported and only carry up to the maximum limit allowed (30kg) as advised by the International Porter Protection Group (IPPG).

What's Included in your trip:



- Domestic return, economy flights Kolkata - Bagdogra
- Two nights hotel accommodation (B&B basis), with transfers, in Kolkata (one inbound, one outbound)
- All ground transport from Bagdogra to trek area and return
- All hotel accommodation in Darjeeling, Yuksom and Kalimpong on B&B, twin share basis
- All meals on trek
- All accommodation on trek (tents) and associated camping equipment (eating utensils, etc...)
- Indian Mountaineering Federation (IMF) Royalties for climb
- Environment Levy and Entry permits
- State Government Fees (Sikkim) and Permits
- Services of a Guide (throughout), Liaison Officer, Climbing Guide (climb phase only), Porters/ponies, high altitude porters, Base camp Manager, cook and camp helpers
- Group climbing equipment (fixed ropes, pitons, snow bars, etc... This is not personal climbing equipment)
- Comprehensive Trip Notes and other associated documentation

Excluded:

- International flights to Kolkata Delhi
- Indian tourist visa (must be obtained prior to arrival in India)
- Provision of climbing gear
- Personal spending
- Staff gratuities, advice can be given
- Personal travel insurance
- Some food, as shown on the itinerary

Climbing Equipment

The equipment listed here is required for this trip. There are no suitable suppliers in India en route and you must therefore source your own and take it with you.

- Boots, capable of taking a crampon (see inset, right)
- Crampons
- Ice axe. It does not need to be anything special, it is for safety
- Climbing harness
- Fig 8 descender (pictured here), or similar 
- Jumor, otherwise known as an ascender. It is a one way 'grip' on the fixed ropes to help you ascend (pictured right) 
- 3 x Karabiners, screw type
- 3 long slings (or similar)
- Safety helmet

Bear in mind the weight of this equipment. Your weight allowance on the internal flight between Delhi and Bagdogra is likely to be the least and therefore you must work to that. That allowance is estimated to be 20Kg.

Simple Guide to Boot/Crampon Jargon

If your current boots do not take a crampon, then you will need a second pair to climb in. A B1 rated boot is certainly suitable for trekking as well as being able to take a crampon and therefore will negate having 2 pairs of boots.

There is an industry standard, which describes what goes with what:

Boot Grade:

B1 - 3 - 4 season boot, stiffened sole but still flexible.

B2 - 4 season boot, stiff but with a precurved sole

B3 - Ice climbing boots, flat, rigid sole

Crampon Grade:

C1 - Very flexible

C2 - Hinged in the middle

C3 - Rigid

Comatability:

	C1	C2	C3
B1			
B2			
B3			

Three season trekking boots, such as the Scarpas pictured, will take a crampon and will therefore suffice for both the trek and climb.

If you have a trekking boot that does not take a crampon, then you will need to hire/buy a set of climbing boots such as the red pair pictured.



Daily Itinerary - Jopuno and Goecha La

Quoted altitudes and hours walked are approximate.

No of Days	Day/Date	Event	Remarks
1	Mon 28 Mar 2011	Depart London for Kolkata	
2	Tue 29 Mar	Arrive Kolkata	You will be met at the airport and transferred to your hotel. The rest of the day is free to settle in or sightsee as you wish.
3	Wed 30 Mar	Fly Kolkata - Bagdogra, drive to Darjeeling	Transfer to the domestic airport and fly to Bagdogra. It is then a 4 hr journey in a 4x4 from the warm plains of India up through the paddy rice fields to the cooler and historic tea plantation town of Darjeeling (alt 2165m). Enjoy an overnight stay here in a comfortable hotel.
4	Thu 31 Mar	Drive to Yuksom	Continue your journey to the Sikkim border (a restricted State of India due to its proximity with China) and onto Yuksom. B
5	Fri 1 Apr	Begin trekking Yoksum (1780m) - Tsokha (3000m)	This is a fairly demanding first day (6 - 8 hrs) but after the journey, being back on your feet is enjoyable. Tsokha is the sight of a Tibetan settlement so you will already be experiencing the very different cultures that exist in this region. Depending on the condition of the group, it may be necessary to put in an acclimatisation stop here as the next stop is at 4000m. BLD
6	Sat 2 Apr	Tsokha - Dzongri (4030m)	4 - 5 hrs of steady climb with grazing yak and mountain sheep. You will get your first good sighting of Kangchenjunga today, a great mountain to photograph at dawn and dusk as the light changes. BLD
7	Sun 3 Apr	Dzongri - Thangsing (3930m)	Just 4 hrs of relatively easy trekking through meadows to Thangsing, which is the Base Camp for Juponu. BLD
8	Mon 4 Apr	Thangsing Acclimsatisation Day	It is time to rest, acclimatise, take a good look at Juponu and discuss the next days ahead. BLD
9 - 11	Tue 5 Apr - Thu 7 Apr	Trek to Goecha La (4940m), to High Camp (4650m) and rest.	There is some degree of flexibility within these 3 days. Regardless of the decisions made, it will support the acclimatisation programme to prepare the group for the climb. The group should trek to the Goecha La and return to Base Camp (demanding day, up to 9 hrs). It should also trek up to High Camp and return to Base Camp (8 hrs) and also rest. Maybe all 3. There is also scope to eliminate one day if the group is feeling well enough. BLD
12	Fri 8 Apr	Trek to High Camp (4650m)	Trek to High Camp (4 - 5 hrs) and sleep there. No crampons are required to get to High Camp. BLD
13	Sat 9 Apr	Summit Day	An early 3am start for the long ascent to the summit of Jopuno (5952m). A demanding day that takes approx 12 hrs in exposed terrain (to the elements), much of it on snow. BLD
14	Sun 10 Apr	Rest at Base Camp	This is also a spare summit day. BLD
15 - 16	Mon 11 Apr Tue 12 Apr	Trek Thangsing - Tsokha - Yuksom	A two day relaxed trek back down the trail and into Yuksom for a small celebration at the achievement. BLD
17	Wed 13 Apr	Drive to Kalimpong	A nice 4 hr drive to Kalimpong where you can stretch your legs without a rucksack on your back! B
18	Thu 14 Apr	Kalimpong	Day off. This day is also programmed in to allow for any delays throughout the trip that are totally out of our control (such as roadblocks, political strikes, extreme bad weather, etc...). B
19	Fri 15 Apr	Drive to Bagdogra, domestic flight to Kolkata	4 hr drive to Bagdogra to connect to the flight to Kolkata. Once in Kolkata, clients have the choice of extending their stay in this exciting capital city (see below). B
An additional night in Kolkata is included in this trip or you can choose to remain at the airport for your international flight back to UK. This is a great opportunity to spend some time in this vibrant city.			
20	Sat 16 Apr	Arrive UK	

Daily Itinerary - Goecha La Trek ONLY

Quoted altitudes and hours walked are approximate.

No of Days	Day/Date	Event	Remarks
1	Mon 28 Mar 2010	Depart UK for Kolkata	
2	Tue 29 Mar	Arrive Kolkata	You will be met at the airport and transferred to your hotel. The rest of the day is free to settle in or sightsee as you wish.
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8	Mon 4 Apr	Thangsing Acclimsatisation Day	It is time to rest, acclimatise, take a good look at Juponu and discuss the next days ahead. BLD
9	Tue 5 Apr	Trek to Goecha La (4940m)	This a demanding trek up to the Goecha La and return to sleep at Kokchurung (3850m). BLD
10/11	Wed 6 Apr Thu 7 Apr	Trek to Tsokha and then Yuksom	A two day relaxed trek back down the trail to Tsokha and onto Yuksom. BLD
12	Fri 8 Apr	Drive to Kalimpong	A nice 4 hr drive to Kalimpong where you can stretch your legs without a rucksack on your back! B
14	Sat 9 Apr	Kalimpong	Day off. This day is also programmed in to allow for any delays throughout the trip that are totally out of our control (such as roadblocks, political strikes, extreme bad weather, etc...). B
15	Sun 10 Apr	Drive to Bagdogra, domestic flight to Kolkata	4 hr drive to Bagdogra to connect to the flight to Kolkata. Once in Kolkata, clients have the choice of extending their stay in this exciting capital city (see below). B
An additional night in Kolkata is included in this trip or you can choose to remain at the airport for your international flight back to UK. This is a great opportunity to spend some time in this vibrant city.			
16	Mon 11 Apr	Arrive UK	

A diagram speaks volumes!
This sketch shows the journey from arriving in Kolkata, up through Darjeeling, onto Yuksom and the trek itself. Jopuno lies just east of the Goecha La trekking route. The days are for the Climb/Trek.

