



Trip Details

19 April to 3 May 2026

How to get to the trip

Fly into any major Indian city, though Kolkata (Calcutta) is the closest to our area, stay in an airport hotel if you don't want the city experience. The next day a 1 hour flight to Bagdogra at the base of the Himalayas.

Day 1

You will be met at Bagdogra Airport with transport to take you the 3 hour trip to Kalimpong. We'll have welcome drinks in the bar at 6 pm followed by dinner. The temperature in Kalimpong will be around 20-25C.

Day 2

A relaxed day to recover from travel, get to know the group and settle in. We'll offer a 1.5 hour scenic walk from above Kalimpong down into town the markets, otherwise time to enjoy our fabulous Colonial Hotel.

Day 3

Today we have a 3 hour drive into the ancient Kingdom of Sikkim. We'll stop in Jorethang for lunch and later in the drive take time out for a walk of 1-2 hours before reaching Oakley where we spend 2 nights. This is the first of your homestays with the beautiful Sikkim people. Here we have views across to the Singalila Ridge in West Bengal.

Day 4

We have a 10km return walk up to a rhododendron reserve with tea and a picnic lunch at the top. This walk can be extended by 5-10 km for those who would like that.

Day 5

A 2 hour drive to the village of Rinchenpong. We'll do a 1 - 2 hour walk, and for those interested, have a dharma talk (discourse on Buddhist principles) and meditation at the local monastery.

Day 6

Today we drive 2.5 hours to Pelling for some luxury at our colonial hotel in the lap of the Kanchendzonga. In the afternoon we have a 2-3 hour regional walk around Pelling, which is a town with a variety of quirky shops, views and architecture.

Day 7

A short walk up to the monastery then morning tea on the verandah of our hotel. Our bags are then transported to our next homestay while we walk 3 -4 hours along a ridge with a packed lunch and down to Darap, though if you're needing a quiet day, we'll drive you down to our homestay.

Day 8

We'll spend the morning walking around the region of the village, looking at local cardamom production and local enterprises with tea and lunch along the way. A quiet afternoon with drinks before dinner.

Days 9 & 10

A 50 minute drive to Lake Kecheopolri, with 2 nights at one of our favourite homestays on the edge of a Lepcha village. There is the option of a 3 hour walk up to the top of a local mountain with fabulous views and a picnic lunch. A shorter, flatter walk will also be available. We'll also visit monasteries, meditate, have a cooking class with our hostess Chenday, indulge in a local pizza!

Day 11

A 1 hour drive to the ancient Sikkimese capital of Yuksom. Here we have a 2 hour walk encircling the village, wander into a café for lunch, visit the coronation stone for the King of Sikkim, the monastery and Kartok lake. You'll also have time to just hang out at our homestay with its regional views and large terrace.

Day 12

We'll walk 4 hours to the monastery at Sinon which is at a high point with an energy that is tranquil, rich and quite indescribable. Your bags will be transported and you too can catch a ride if you don't want the entire walk. Here we have a view of Mt Nursing, part of the Himalaya range. We then have a 30 minute drive to our accommodation at Tashiding.

Day 13

Time for a leisurely breakfast and wander around Tashiding. We'll then drive 2 hours to Jorethang where we'll spend the night. The town has a slightly French feel with its boulevards and quiet spirit. An opportunity to wander its markets, explore its boulevards, and do some present shopping.

Day 14

Time to leave Sikkim with a 2 hour drive to Darjeeling. We stay in a hotel near to the top of Darjeeling with its walks, views of the Himalaya, markets, access to the Himalayan Zoo and Mountaineering Institute. You may want to stay an additional 2 nights – just let me know.

Day 15

After breakfast you can organise through the hotel to be transported back to Bagdogra Airport unless you have other plans.



Lower Himalayas

GENERAL INFORMATION

Temperature

We'll have lows to 12C and highs to 25C. I'll provide a packing list to help judge your clothing.

Accommodation

4 nights are in comfortable colonial hotels where you'll also have the choice of single rooms. While out in Sikkim we have 10 nights where we will enjoy the traditional lifestyles of the mountain villages. Our hosts will be local families who offer comfortable rooms with basic facilities. Usually you will be in a twin, double or triple room with an ensuite bathroom.

The highlight of our stay will be the interaction with the locals and their way of life.

Meals

Our hotel accommodation offers a choice of Indian or western menus. They are used to dealing with preferences/allergies so let Jo know if you have particular needs. During our 11 days out in the Himalayas, our cooks are also able to manage food issues though the cooking will be more simple.

Group Size

We'll have small groups of 8 – 12 people.

Walking

Some days will have 1 or 2 hours of walking including sightseeing. During the middle of the trip for 10 days we'll have walks of 2-4 hours. Some days you'll have the option to extend that, and you always have the option to take a day off or to only join us for the first part of the walk. For the walks you will only be carrying a day pack. Luggage is transported for you.

Walk Fitness

We are in the lower Himalayas so you will need to be comfortable that at times we are walking up and down hills, and on rougher surfaces. Expect compacted dirt in the form of goat tracks and 4 wheel drive tracks. Walks will be 5 -12 kms to an altitude of 2,590 (8,500ft).

Vaccinations

Talk to your Doctor about these. Allow for vaccinations to happen 6 weeks before arrival in India.

Visa

You'll need a visa. It's easy to do electronically 30 days before travel or you can apply by snail mail.

You'll also require a visa to enter Sikkim. We'll let you know how to do this.

Price

The price for the trip is \$4,250 for a person sharing a twin/double room. Singles are available for 4 nights of the trip and attract a further \$420.

Included

Accommodation, guiding, taxi transfers to and from airport and to walks, all breakfasts and most meals.

Items not included are travel between your country of origin and Bagdogra, airport taxes and fuel surcharges, passport and visa fees, travel insurance, health costs and drinks/alcohol. You will need to pay for up to 8 meals (such as lunches in mountain Tea Houses and the odd restaurant) as well as snacks, entrance fees to exhibits, taxis if you opt out of some walks.

You can choose to join Jo's mail list by emailing her at jo@jocresswell.com OR

REGISTER ONLINE

<https://jocresswell.com/registration-himalaras-yoga>

Cancellation Conditions

If you must cancel your reservation the following criteria apply:

46-60 days 50% retained by us

32-45 days 75% retained by us

31 days or less no refund (Your travel insurance should cover this)

Jo Cresswell
music art events

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