

Day By Day			
Date	Day	Day Count	Places
03-Oct-08	Friday	Day 1	Home -> Sealdah/Esplanade -> Board Train/Bus
04-Oct-08	Saturday	Day 2	Reach NJP -> Reach Jorhang -> Reach Yaksom
05-Oct-08	Sunday	Day 3	Yaksom -> Tsoka
06-Oct-08	Monday	Day 4	Tsoka -> Dzongri
07-Oct-08	Tuesday	Day 5	Dzongri -> Dzongri Top -> Dzongri -> Thansing
08-Oct-08	Wednesday	Day 6	Thansing -> Zemathang
09-Oct-08	Thursday	Day 7	Zemathang -> Gocha La -> Samiti
10-Oct-08	Friday	Day 8	Samiti -> Kokchurang
11-Oct-08	Saturday	Day 9	Kokchurang -> Tsoka
12-Oct-08	Sunday	Day 10	Tsoka -> Yaksom
13-Oct-08	Monday	Day 11	Yaksom -> Jorhang -> SNT/NJP -> Board Bus/Train
14-Oct-08	Tuesday	Day 12	Reach Sealdah -> Home

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Terrain details

Places & their Heights & Kilometers Grade	Grade	Duration of walk
Yaksom (1798 m) -> Bakhim (2743 m) -> Tsoka (3225 m) = 16 km	Steep Ascent - Tough	6 / 7 hours
Tsoka (3225 m) -> Fedang (3810 m) -> Dzongri (4023 m) = 9 km	Steep Ascent - Hectic	4 / 4.5 hours
Dzongri (4023 m) -> Kokchurang (3749 m) -> Thansing (3840 m) = 8 km	Mixed - Easy	3 / 3.5 hours
Thansing (3840 m) -> Samiti (4267 m) -> Zemathang (4500 m) = 10 km	Gradual Ascent - Moderate	4 hours
Zemathang (4500 m) -> Gocha La (4940 m) -> Samiti (4267 m) = 11 km	Mixed - Cautious Moderate	5 hours
Samiti (4267 m) -> Thansing (3840 m) -> Kokchurang (3749 m) = 9 km	Gradual Descend - Easy	3.5 hours
Kokchurang (3749 m) -> Fedang (3810 m) -> Tsoka (3225 m) = 17 km	Mixed, Sudden Descend at end - Moderate	5 / 6 hours
Tsoka (3225 m) -> Bakhim (2743 m) -> Yaksom (1798 m) = 16 km	Steep Descend - Hectic	5 hours

** Budget per head assuming number of heads = 4

** Foods are specially selected to meet the per day calori (Kcal) need

Fare			
From	To	Mode	Rs.
Home	Sealdah/Esplanade	Tran/Bus	15
Sealdah/Esplanade	NJP/SNT	Train/Bus	263
SNT	Jorhang	Jeep	80
Jorhang	Yaksom	Jeep	60
Yaksom	Jorhang	Jeep	60
Jorhang	SNT	Jeep	80
SNT/NJP	Sealdah/Esplanade	Train/Bus	263
Sealdah/Esplanade	Home	Train/Bus	15
			836

Lodging		
Where	Rate x Days	Rs.
At Yaksom - 4th	600 x 1	600
At Samiti - 9th	300 x 1	300
At Yaksom - 12th	600 x 1	600
		1500
Total / 4		375

Guide/Porter/Yak		
Particular	Rate x Number x Days	Rs.
Porter - 5th to 12th	300 x 2 x 8	4800
Yak - 5th to 12th	400 x 1 x 8	3200
		8000
Total / 4		2000

Food Marketing		
Particular	Rate x Qty.	Rs.
Biscuits	20 x 4 pkt	80
Tea	30 x 2 pkt	60
Milk	20 x 2 pkt	40
Magi Noodles 4s Pack	36 x 11 pkt	396
Chal	16 x 8 Kg	128
Daal	30 x 4 Kg	120
Neutrela	40 x 3 pkt	120
Butter	14 x 7 pkt	98
Papad	20 x 2 pkt	40
Atta	15 x 6 kg	84
Jelly	53 x 3 jar	159
Knor Soup	25 x 14 pkt	350
Spices		100
Eclairs Toffey 100s pack	80 x 2 pkt	160
Salted Badam	15 x 8	120
Salted Chhola	15 x 8	120
Casew	20 x 8	160
Kismis	15 x 8	120
		2455
Total / 4		614

Food Menu	
6:00 AM	Tea + Biscuits
7:00 AM	Magi Noodles
3:00 PM	Khichdi + Neutrela + Butter + Papad
7:30 PM	Chapati/Paratha + Jelly + Knor Soup
Dry Food at the time of trek	Chocolate based toffey Salted Badam Salted Chhola Casew Kismis

Other things to buy		
Particular	Rate x Qty.	Rs.
Plate	1 x 50	50
Glass	2 x 50	100
Tissue	15 x 2 roll	30
Soap	12 x 4	48
Toothpaste	14 x 1	14
Candle	10 x 2 pkt	20
		262
Total / 4		66

Food		
Where	Type	Rs.
3rd Night - Train	Dinner	30
4th Morning - NJP	Breakfast	20
4th Afternoon - Jorhang	Meal	60
4th Night - Yaksom	Dinner	40
5th Morning - Yaksom	Breakfast	30
5th Afternoon - 12th Morning	Cooking	0
12th Afternoon - Yaksom	Meal	60
12th Night - Yaksom	Dinner	40
13th Morning - Yaksom	Breakfast	30
13th Afternoon - On way	Meal	60
13th Night - NJP	Dinner	30
14th Morning - Sealdah	Breakfast	20
Others	Chips, Cold Drink etc.	100
		520

Gear Hire		
Particular	Rate x Qty x Days	Rs.
Tent 4 Men	30 x 2 x 13	780
Sleeping Bag	15 x 4 x 13	390
		1170
Total / 4		293

Utensils & Others		
Particular	Rate x Qty.	Rs.
Stove	300 x 1	300
Kerosene	18 x 8 ltr	144
Plastic Jars	10 x 4 jar	40
Utensils		200
		684
Total / 4		171

Medicines etc.	
Particular	Rs.
Coca (breathing regulation)	
Crocin (lite fever)	
Nisce (heavy fever & body pain)	
Saridon (headache)	
D Cold Total (cough & cold)	
Deriphylene (breathing/pulse prob)	
Deriphylene Injection (accute prob)	
Sorbitrate (mild heart attack)	
Rantac (indization)	
Metrogl (descentry)	
Voberan Oinment (muscle, break pain)	
Voberan Tablets (excessive pain)	
Geoline (water purifier)	
Glucon D (dehydration)	
Electrol (SOS)	
Band Aid (cut)	
Bandage	
Cotton	
Crape Bandage	
Liucoplast	
Dettol (antiseptic)	
Approx	
500	
Total / 4	
125	

Entry Fees etc.		
Particular	Rate per day per head	Rs.
Entry Fee	150 @ 7 days + 25 @ 1 day	175
Camping Fee	25 per tent per day x 2 x 8 / 4	100
Camera Fee	10 per cam per day x 8	80
Porter Fee	10 x 2 x 8 / 4	40
Yak Fee	5 x 8 / 4	10
		405

Security Money 500

Total Expense (Approx) 5905