

Sikkim Family Adventure: Teesta River Rafting & Rope Activities

Prepared by TourGrids

Destination
Sikkim

Duration
5 Nights 6 Days

Starting from
Rs. 18,600 / person

ITINERARY ROUTE

↖ **Gangtok · 2N**

↖ **Teesta Valley · 1N**

↖ **Pelling · 2N**

<https://tourgrids.com/packages/sikkim/sikkim-5-nights-6-days-package-1119>

Overview

Sikkim Family Adventure: Teesta River Rafting & Rope Activities — A 5 nights / 6 days Sikkim tour package designed for families seeking a mix of gentle trekking, river rafting, rope courses and cultural sightseeing. This Sikkim Adventure tour package covers scenic Gangtok, thrilling Teesta River rafting and family-friendly rope activities, and serene mountain views from Pelling. Ideal as a Sikkim Adventure package and optimized for queries like 5 and 6 Sikkim Adventure tour package, this itinerary balances adventure and comfort for families with children aged 8+.

✓ **What's Included**

- ✓ Inclusions:
- ✓ 5 nights accommodation (standard / family rooms) with daily breakfast
- ✓ Transfers: Arrival & departure transfers (Bagdogra / NJP "Gangtok "Pelling)
- ✓ All sightseeing and transfers by private vehicle as per itinerary
- ✓ Teesta River rafting (family-friendly session) with safety gear and certified guides
- ✓ Rope course & zipline activities at adventure parks (as mentioned)
- ✓ Local sightseeing entrance fees and permits (where applicable)
- ✓ One experienced local guide for adventure activities
- ✓ All currently applicable taxes

✗ **Not Included**

- ✗ Exclusions:
- ✗ Airfare / Train fare to Bagdogra / NJP
- ✗ Meals other than specified (lunches & dinners unless stated)
- ✗ Personal expenses (shopping, tips, portorage)
- ✗ Travel insurance and emergency evacuation
- ✗ Charges for optional activities (e.g., Tsomgo Lake trip, special permits if required)
- ✗ Any increase in taxes, fuel surcharge or unforeseen expenses

Day-by-Day Itinerary

Day

1

Arrival, Transfer to Gangtok & Leisure Evening

Arrive at Bagdogra Airport / NJP Railway Station and transfer to Gangtok (approx. 4-5 hours drive). Check in at the hotel and relax. In the evening, take a leisurely stroll on MG Marg – enjoy local cafes, shopping and the mountain ambiance. Light walking recommended after travel.

Day

2

Gangtok Sightseeing & Cultural Introduction

After breakfast, explore key sights of Gangtok: visit the Rumtek Monastery, stop at Banjhakri Falls & Energy Park, and view the valley from Tashi Viewpoint. Afternoon visit to the Namgyal Institute of Tibetology and local markets. Optional: Day trip to Tsomgo (Changu) Lake and Baba Mandir – subject to permits and seasonality.

Day

3

Transfer to Teesta River Adventure Base – Rafting & Rope Park

Drive to the Teesta River adventure base (approx. 2.5-3 hours). At the adventure park enjoy a professionally guided Teesta River rafting session suitable for families (Grade II-III) with safety briefing, life jackets and helmets provided. Post-lunch, try rope activities and a family zipline at the adventure park – designed for kids and adults under instructor supervision. Evening at leisure and overnight near the Teesta valley. All adventure activities are run by certified guides; children under 12 may have restrictions on certain segments.

Day

4

Drive to Pelling – En route Views & Local Exploration

After breakfast, transfer to Pelling (approx. 4 hours) with scenic stops for photos and short walks. On arrival check in and visit Pemayangtse Monastery and Rabdentse Ruins for a dose of Sikkim history and culture. Evening free to enjoy panoramic views of the Kanchenjunga range from the hotel or nearby viewpoints.

Day

5

Pelling Adventure Day – Singshore Bridge, Waterfalls & Skywalk

Full day in and around Pelling: start with the iconic Singshore Bridge (one of the highest suspension bridges in Asia) and nearby waterfalls. Enjoy a family-friendly trek to Khecheopalri Lake and the peaceful Khecheopalri surroundings. Optional short rope course or nature walk in the Pelling adventure zones. Sunset views of Mount Kanchenjunga are a highlight. Carry warm clothes; mornings and evenings can be chilly.

Day

6

Return Transfer to Bagdogra / NJP – Departure

After breakfast check out and drive back to Bagdogra Airport / NJP Railway Station (approx. 4-5 hours). En route stop for quick photo breaks and local snacks. Drop-off for onward journey. If your departure is late, explore a short market visit in Siliguri or Gangtok depending on schedule.

🔍 Frequently Asked Questions

🔍 What is the best time to visit Sikkim?

The prime seasons are March–June and October–November. Spring (March–June) offers clear mountain views, blooming rhododendrons, and pleasant weather with temperatures around 15–22°C in Gangtok. This is peak season for trekking and visiting high-altitude lakes. Autumn (October–November) provides crisp, clear skies perfect for photography and mountain views. Winter (December–February) brings snow to high passes like Tsomgo Lake and Nathula, with possible road closures. Monsoon (June–September) sees heavy rainfall and frequent landslides that can disrupt travel on NH-10. For rhododendron blooms, visit Yumthang Valley between late February and mid-June. Each season has its charm, but spring and autumn offer the most reliable weather and accessibility.

🔍 How do I reach Sikkim from major Indian cities?

The most reliable route is flying to Bagdogra Airport (IXB) in Siliguri, West Bengal, then driving 4–5 hours to Gangtok via NH-10. Major airlines connect Bagdogra to Delhi, Mumbai, Kolkata, and other cities. By train, New Jalpaiguri (NJP) is the nearest major railhead, about 120km from Gangtok. From NJP/Siliguri, take shared jeeps or hire taxis for the scenic mountain drive through Sevoke, Teesta Bazar, Melli, and Rangpo. Pakyong Airport in Sikkim exists but currently has no scheduled commercial flights as of 2025—always verify before planning. The under-construction Sivok–Rangpo railway may bring rail connectivity to Sikkim by 2027. Road travel during monsoon may face landslide delays.

🔍 Do I need special permits to visit Sikkim?

Indian citizens need permits for certain areas: Nathula Pass, Tsomgo Lake, North Sikkim (Lachen/Lachung), and the Old Silk Route. These can be arranged through registered tour operators 24–48 hours in advance. Bring 2 passport photos and valid ID (Voter ID, Passport, or Driving License—Aadhaar often not accepted). Foreign nationals require a Protected Area Permit to enter Sikkim and can only visit designated areas like Tsomgo Lake, Gangtok, Pelling, and Yuksom. Foreigners cannot visit Gurudongmar Lake, Zuluk, or Nathula Pass. Children under 18 need birth certificates. Permits may be suspended during bad weather or security concerns. Always carry multiple ID copies and extra photos.

❓ **What are the local transportation options within Sikkim?**

Shared jeeps are the backbone of Sikkim transport, connecting all major towns and tourist spots. They're affordable and frequent on popular routes. Local taxis are available for sightseeing and can be hired for full days. Sikkim Nationalised Transport (SNT) runs intercity buses on main routes, though services are limited compared to jeeps. The Gangtok Ropeway offers scenic city views connecting Deorali to Tashiling. Self-driving is possible but challenging due to mountain roads, weather conditions, and permit requirements—hired vehicles with local drivers are more practical. Most hotels can arrange transportation. For North Sikkim trips, tour operators provide vehicles as individual permits and local knowledge are essential. Book transport in advance during peak seasons.

❓ **Where should I stay in Sikkim and what accommodation options are available?**

Gangtok is the main base with options from budget guesthouses to luxury resorts like MAYFAIR Spa Resort & Casino and heritage properties like The Elgin Nor-Khill. MG Marg area offers convenient access to restaurants and shopping. For West Sikkim, stay in Pelling near Pemayangtse Monastery—The Elgin Mount Pandim offers heritage charm with mountain views. North Sikkim requires overnight stays in Lachen (for Gurudongmar Lake) or Lachung (for Yumthang Valley)—try Apple Orchard Resort or Yarlam Resort. Yuksom offers trekking base camps and eco-lodges. Ravangla and Namchi have emerging hotel scenes. Book well in advance for peak season (March–June). Many properties offer package deals including meals and local sightseeing. Homestays in villages like Dzongu provide authentic cultural experiences.

❓ **What are the must-visit attractions in Sikkim?**

Tsomgo Lake, a sacred glacial lake at 3,753m that freezes in winter, is accessible from Gangtok. Nathula Pass on the Indo-China border offers historical significance (Indians only). Yumthang Valley, the 'Valley of Flowers,' showcases alpine meadows and rhododendrons. Pelling features the Chenrezig Skywalk (India's first glass skywalk) and Pemayangtse Monastery. Rumtek Monastery is Sikkim's largest gumpa with stunning architecture. Khecheopalri Lake is considered wish-fulfilling by locals. Buddha Park in Ravangla houses a 130-ft Buddha statue. Gurudongmar Lake at 5,183m is among the world's highest lakes (Indians only). Khangchendzonga National Park, a UNESCO site, offers incredible biodiversity and trekking. Temi Tea Garden provides organic tea experiences. Each destination offers unique cultural and natural experiences.

❓ What local food and cuisine should I try in Sikkim?

Sikkim's cuisine blends Nepali, Tibetan (Bhutia), and Lepcha influences. Must-try dishes include momos (steamed dumplings), thukpa (noodle soup), and sha phaley (Tibetan meat pasties). Try phagshapa (pork with radish and dried chilies), gundruk soup (fermented leafy greens), and kinema curry (fermented soybeans). Ningro with churpi (fiddlehead ferns with local cheese) represents indigenous flavors. Sel roti is a traditional ring-shaped bread. Tongba, a warm millet-based alcoholic beverage, is perfect for cold evenings. Don't miss Temi tea, grown in Sikkim's only tea estate. Visit Taste of Tibet on MG Marg for authentic momos, 9INE Native Cuisine for traditional Sikkimese plates, and local markets for fresh churpi cheese and organic produce.

★ Traveller Reviews



Vivek Tiwari

★★★★★ 5/5

One of the Best Trips Ever

I can say this was one of the best trips ever. The diverse landscape of Sikkim was incredible!



Meenal Joshi

★★★★☆ 4/5

A Colorful Cultural Tour

Sikkim offers a colorful cultural experience. Glad we opted for this tour, our lives are richer for it!



Prakash Oza

★★★★★ 5/5

Discovering Nature's Bounty

This tour was a wonderful discovery of nature's bounty in Sikkim. Unforgettable trips to lakes and mountains!



Kiran Gill

★★★★★ 5/5

A Suitable Escape for Everyone

Whether you seek adventure or relaxation, Sikkim has it all. Our tour was filled with both!



Deepak Agarwal

★★★★☆ 4/5

Amazing Weather & Scenery

The weather was perfect during our visit to Sikkim, enhancing the beautiful scenery. The whole tour was very enjoyable!

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