

# Pilgrim & Peaceful: Monastery Stays and Meditation Retreats

Prepared by TourGrids



Destination  
**Sikkim**



Duration  
**6 Nights 7 Days**



Starting from  
**Rs. 31,500 / person**

## ITINERARY ROUTE

↗ **Gangtok · 4N**

↗ **Lachen · 1N**

↗ **Lachung · 1N**

<https://tourgrids.com/packages/sikkim/sikkim-6-nights-7-days-package-1142>

## Overview

Pilgrim & Peaceful: Monastery Stays and Meditation Retreats – a restorative 6 nights / 7 days Sikkim tour package designed for travelers seeking quiet spirituality and Himalayan vistas. This Sikkim Pilgrimage tour package blends guided visits to the region's most revered monasteries with curated meditation sessions and authentic monastery stays. Ideal as a Sikkim Pilgrimage package and fits those searching for a 6 and 7 Sikkim Pilgrimage tour package experience that balances culture, nature, and inner calm.

### Highlights:

- Gangtok: city strolls, meditation sessions, and major monasteries
- Rumtek Monastery & Do Drul Chorten: rich Tibetan Buddhist heritage
- Tsomgo (Changu) Lake & Baba Mandir: sacred high-altitude pilgrimage spots
- Gurudongmar Lake: one of the highest and holiest lakes in India
- Lachen & Lachung: monastery stays and guided retreats
- Yumthang Valley: scenic serenity (seasonal)

Note: This itinerary includes monastery stays and guided meditation sessions; some activities are seasonal and depend on permits and weather.

### ✓ What's Included

- ✓ Accommodation for 6 nights (as per itinerary; including monastery-style stays where arranged)
- ✓ Meals: Daily breakfast & 4 dinners (healthy, local cuisine) – vegetarian options available
- ✓ Transfers & sightseeing by private AC vehicle per group size
- ✓ All permits and road permits required for North Sikkim (subject to regulations)
- ✓ Guided meditation sessions and 2 structured monastery-led retreats/interaction sessions
- ✓ Local English-speaking guide for sightseeing days
- ✓ Entrance fees for listed attractions and lakes (where applicable)
- ✓ Pickup & drop at Bagdogra Airport / NJP
- ✓ Note: Specific accommodation for monastery stays depends on availability and monastery rules.

### ✗ Not Included

- ✗ Airfare / Train fare to Bagdogra / NJP
- ✗ Personal travel insurance
- ✗ Meals not mentioned (lunches & some dinners) and personal meals
- ✗ Tips, portorage, telephone calls, laundry and personal expenses
- ✗ Any cost arising due to landslides, weather delays, or force majeure
- ✗ Rental of winter clothing or trekking gear
- ✗ Charges for optional activities not mentioned in itinerary
- ✗ Government taxes/GST (if applicable)
- ✗ Important: Some high-altitude activities (Gurudongmar, Tsomgo) incur additional government or village entry fees which may be collected locally.

## Day-by-Day Itinerary

---

Day

1

### **Arrival and Gentle Introduction to Gangtok**

Arrive at Bagdogra Airport / NJP Railway Station and transfer (approx 4-5 hrs) to Gangtok. Check in and rest to acclimatize. Evening stroll on MG Marg for light shopping and an introductory briefing about the Sikkim Pilgrimage tour package. Enjoy a welcome group dinner and a short introductory meditation to set the tone.

Tip: Keep hydrated and take it easy on arrival to reduce altitude discomfort.

Day

2

### **Gangtok's Spiritual Circuit & Meditation Session**

Full day dedicated to Gangtok's spiritual and cultural heart. Visit Rumtek Monastery (one of Sikkim's most significant monasteries), Enchey Monastery, Do Drul Chorten (stupa) and the Namgyal Institute of Tibetology. Afternoon guided meditation and Dharma talk at a local retreat center or monastery – a curated session for beginners and experienced practitioners.

Important: Dress modestly for temple visits; shoes may need to be removed during meditation.

Day

3

### **Tsomgo (Changu) Lake & Baba Harbhajan Mandir Excursion**

Day trip to the sacred Tsomgo (Changu) Lake, a high-altitude glacial lake revered by locals, followed by a visit to Baba Harbhajan Mandir—a pilgrim spot with a powerful local narrative. Return to Gangtok for an evening reflection and optional group chanting or silent sit.

Note: Tsomgo is at high altitude – carry warm layers and your permit/passport as required.

Day

4

### **Journey to Lachen – Mountains, Rivers & Monastic Calm**

Scenic drive north to Lachen (allow a long travel day). En route, enjoy valley views and stop at viewpoints and small local monasteries. Arrive in Lachen, check into a homestay/monastery guest house arranged as part of the monastery stay experience. Evening prayer or quiet meditation with resident monks—an intimate setting for reflection.

Altitude increases on this stretch – move slowly and inform the leader if you feel unwell.

Day

5

## Sacred Gurudongmar Lake and Transfer to Lachung

Early departure to visit Gurudongmar Lake, one of the highest and holiest lakes in India with luminous, serene waters. After the pilgrimage visit and time for quiet reflection, return towards the Lachung area. Arrive in Lachung by evening and settle in for a peaceful night.

Important: Gurudongmar visit requires early start and is weather/permit dependent. Carry warm clothing and follow guides' instructions closely.

Day

6

## Yumthang Valley & Lachung Monastery – Retreat Morning

Visit Yumthang Valley (seasonal) and Yume Samdong meadows for pristine Himalayan scenery and pilgrimage-like calm. Midday return to Lachung Monastery for a scheduled meditation/prayer session and interaction with resident monks. Late afternoon drive back to Gangtok with scenic stops on the way.

Tip: Yumthang is best between spring and autumn; heavy snowfall can close access in winter.

Day

7

## Farewell and Departure

Morning at leisure in Gangtok for last-minute shopping on MG Marg or an optional short meditation in the hotel. Transfer to Bagdogra Airport / NJP Railway Station for onward travel. End of the Pilgrim & Peaceful: Monastery Stays and Meditation Retreats package – a carefully paced Sikkim Pilgrimage tour package designed to restore body and mind.

Tip: Plan onward travel with buffer time for Himalayan road conditions.

## ? 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 gompa 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!

## **Why Choose TourGrids?**

---

Because your dream vacation deserves the best! From expert advice to personalized trips, easy booking, and unbeatable deals — we make travel stress-free and fun!

 **Expert-Guided Planning**

Personalized guidance from verified travel experts who understand your needs.

 **Customizable Packages**

Tailor your trip your way — destinations, experiences, budget. All up to you!

 **Hassle-Free Booking**

Smooth, secure, and simple booking process without any stress or confusion.

 **Best Price Guarantee**

Multiple free quotes and booking at the most competitive rates available.

---

For the latest pricing, availability, and customization options, visit:

<https://tourgrids.com/packages/sikkim/sikkim-6-nights-7-days-package-1142>