

# Wellness in the Himalayas: Spa, Yoga & Gentle Hikes in Sikkim

Prepared by TourGrids



Destination  
**Sikkim**



Duration  
**5 Nights 6 Days**



Starting from  
**Rs. 28,400 / person**

## ITINERARY ROUTE

📍 **Gangtok · 3N**

📍 **Pelling · 2N**

<https://tourgrids.com/packages/sikkim/sikkim-5-nights-6-days-package-1154>

## Overview

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Wellness in the Himalayas: Spa, Yoga & Gentle Hikes in Sikkim – a 5-night, 6-day Sikkim tour package crafted for families and groups seeking restorative experiences in the mountains. This Sikkim Family tour package blends daily yoga, rejuvenating spa treatments, gentle guided hikes, and easy sightseeing to deliver relaxed immersion in the Eastern Himalaya.

### Highlights:

- Daily Sunrise Yoga Sessions with certified instructors
- Ayurvedic & Aromatherapy Spa Treatments at boutique wellness centers
- Gentle, Family-friendly Hikes to scenic viewpoints and lakes
- Panoramic Kanchenjunga Views from Pelling and Gangtok
- Cultural Visits to monasteries, lakes & local markets
- Comfortable 3–4 accommodations selected for comfort and wellness focus

This 5 nights / 6 days Sikkim Family Retreat package is paced for recovery, reflection and light adventure – ideal for families, couples and small groups.

#### ✓ **What's Included**

- ✓ Accommodation for 5 nights (3 nights in Gangtok, 2 nights in Pelling) on twin/double sharing basis
- ✓ Daily breakfast and 3 specially curated wellness lunches/dinners as per itinerary
- ✓ All transfers and sightseeing by private vehicle (as per itinerary)
- ✓ Entry permits and local taxes for standard sightseeing
- ✓ Daily yoga sessions (5 guided sessions) and 2 scheduled spa treatments per person (60 min each)
- ✓ Services of an English-speaking local guide for walks and cultural visits
- ✓ Welcome herbal tea on arrival and wellness kit (basic)
- ✓ Note: Specific spa packages may vary by hotel; final selection confirmed at booking.

#### ✗ **Not Included**

- ✗ International / domestic flights or long-distance train tickets to Bagdogra / NJP
- ✗ Personal expenses, tips, travel insurance and beverages outside specified meals
- ✗ Adventure activities (mountain biking, paragliding) and optional horse rides at Tsomgo Lake
- ✗ Single room supplement (if requesting a private room), gratuities for drivers/guides
- ✗ Any cost arising from itinerary changes due to weather, landslides or unforeseen events
- ✗ Please carry valid ID for Sikkim permits (as required by local authorities).

## Day-by-Day Itinerary

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Day

1

### **Arrival, Orientation & Light Yoga**

Arrival & transfer to Gangtok. Meet-and-greet at Bagdogra Airport / NJP Railway Station and a scenic drive (approx. 4–5 hours) to Gangtok. Check-in, short rest and a gentle orientation session introducing your wellness schedule. Evening sunset restorative yoga (45 min) followed by a welcome herbal tea.

Tip: Carry a light jacket—mountain evenings can be cool. Permits for Sikkim are arranged by us.

Day

2

### **Yoga, Spa & Cultural Walk in Gangtok**

Start the day with sunrise yoga on the hotel terrace (60 min) focused on breathing and gentle stretches. After breakfast, enjoy cultural visits to Enchey Monastery, Do-Drul Chorten (Stupa) and the Namgyal Institute of Tibetology. Leisurely lunch followed by a 60-minute Ayurvedic or Aromatherapy spa treatment.

Evening free for a relaxed walk along MG Marg and optional local shopping.

Note: Spa treatments are booked in advance; please let us know any allergies or preferences.

Day

3

### **Lake Excursion & Gentle High-Altitude Walk**

Day excursion to the high-altitude Tsomgo (Changu) Lake and Baba Harbhajan Mandir. Enjoy a guided, gentle walk along the lake shoreline (short, level paths) with time for photography and mindful breathing. Return to Gangtok for a late lunch and a restorative yoga nidra / guided relaxation session.

Altitude note: Tsomgo sits at higher altitude—carry water and follow instructor guidance. Optional horse ride available at the lake (extra cost).

Day

4

### **Transfer to Pelling: Scenic Drive & Lakeside Evening**

After an early breakfast and a morning stretch/yoga session, transfer to Pelling (approx. 4–5 hours) via scenic mountain roads. En route stop at viewpoints and local tea gardens for short walks. Check-in at Pelling and unwind.

Late afternoon visit to Khecheopalri Lake—a serene, sacred lake ideal for a gentle walk and quiet reflection. Evening at leisure and optional 30–45 min spa treatment at the hotel.

Tip: Road travel can be winding; motion-sickness remedies and light snacks are helpful.

Day

5

### **Kanchenjunga Views, Gentle Hikes & Wellness**

Sunrise session at the Kanchenjunga viewpoint to enjoy panoramic Himalayan vistas followed by a wholesome breakfast. Guided gentle hike to Rabdentse Ruins and nearby viewpoints (easy-to-moderate, family-friendly trails). Afternoon dedicated to personalized spa time or wellness consultation and an evening group yoga session focused on relaxation.

Highlight: Sunrise at the viewpoint is an excellent, low-effort way to experience Kanchenjunga's grandeur.

Day

6

### **Departure & Farewell**

Morning gentle stretch and short breathing practice before breakfast. Check-out and transfer to Bagdogra Airport / NJP Railway Station for your onward journey. Option to extend with an additional day in Gangtok or another Sikkim destination on request.

Important: Allow adequate travel time to reach the airport/train station—mountain travel can be slower than expected.

## **🔍 Frequently Asked Questions**

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## ❓ **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.

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## ❓ **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.

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## ❓ **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.

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## ❓ **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.

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## ❓ **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.

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## ❓ **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.

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## ❓ 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?**

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