



**GOVERNMENT OF WEST BENGAL
OFFICE OF THE DISTRICT MAGISTRATE, DARJEELING
(TOURISM SECTION)**

E-Mail Id: dm.tourism.darj@gmail.com

Advisory

Tourists visiting Sandakphu and Phalut of Darjeeling district are hereby advised to follow the Health Advisory prepared by the District Administration of Darjeeling in consultation with the Gorkhaland Territorial Administration and Chief Medical Officer of Health, Darjeeling. The advisory is to be taken into consideration by all tourist visiting Sandakphu and Phalut region.

A copy of the Health Advisory is also available in the websites:
darjeeling.gov.in, gtadarjeeling.wb.gov.in, wbtourism.gov.in,
wbtdcl.wbtourismgov.in & wbhealth.gov.in

Sd/-
by Order
District Magistrate,
Darjeeling



**Government of West Bengal
Office of District Magistrate, Darjeeling**

HEALTH ADVISORY FOR TOURISTS VISITING SANDAKPHU

Things to Know

Sandakphu and Phalut are the two highest peaks of West Bengal that lie at the edge of Singalila National Park, from where one can experience the best view of the Kanchenjunga range and Mount Everest.

- **Altitude**

Sandakphu: 3657 m (11998 feet)

Phalut: 3600 m (11811 feet)

- **Climate**

6 to 12 °C in summer and -20 °C in winter

- **Best Time to Trek**

March to May and September to November

- **Trek Route**

Manebhanjan (1928 m) to Tonglu (3070 m): 11 km

Tonglu to Kaliphokhari (3186 m): 12 km

Kalipokhari to Sandakphu (3636 m): 8 km

- **Gradual Ascend**

1700 -1800 meters of climb

The trekking at altitudes as high as 12,000 ft. requires preparation both at the individual as well as group level.

The trekkers may develop high altitude sickness with the following symptoms: loss of appetite, nausea, vomiting, fatigue (can be worst at rest), weakness, dizziness, lightheadedness and difficulty in sleeping (or waking up frequently), shortness of breath (can occur with exertion) visual impairment, bladder dysfunction, bowel dysfunction, loss of coordination of movements, paralysis on one side of the body, gradual loss of consciousness, congestion, fast breathing and increased heart rate.

If high altitude sickness is not treated timely, it may be fatal in a matter of hours.

Basic Advisory

1. Acclimatize: Ascend gradually and don't gain more than 500-700 meters of elevation per day. This gives your body time to adjust to the thinner air
2. Stay hydrated: Drink more water than usual because you lose water through sweat and respiration faster at higher altitudes. Dehydration can worsen altitude sickness symptoms
3. Pack snacks: Carry snacks like dried fruits, nuts and chocolates to regain energy
4. Bring first aid kit: Know how to handle minor injuries and illnesses
5. Practice good hygiene: Wash your hands before and after eating, and use a spoon and fork to reduce water usage
6. Leave the area better than you found it: Bring back any trash you create

Do's for Prevention of High Altitude Sickness:

1. Do prepare for the trek by achieving physical fitness: it is advisable to start a preparatory morning / evening walk, about 4-5 km per day, at least a month prior to the trek plan.
2. Start deep breathing exercise and yoga, particularly *pranayama* for improving oxygen efficiency of the body – yoga facilities are now available at AYUSH GRAM, Majhidhura village under Sukhiasimana GP, Sukhiapokhari Jorebunglow Block, Darjeeling. The gateway to Sandakhphu (Maneybhanjhan) to Majhidhura village is nearabout 7 kms and the Sukhiapokhari BPHC is near about 38 kms from Sandakhphu.
3. Do check with your physician prior to travelling to higher elevations, if you have any existing/ pre-existing medical conditions
4. Do walk slowly while ascending and take time to acclimatize. Relax for a short while on steep inclines
5. Do avoid exerting beyond your normal capacity
6. Do check with your physician prior to taking any medications
7. Do drink lots water to combat dehydration and headaches – about 5 liters of fluid per day
8. Do consume plenty of carbohydrates to reduce fatigue and prevent low blood sugar levels
9. Do bring portable oxygen with you as it is helpful in case you have difficulty in breathing
10. Do ascend immediately to a lower elevation, if you start having altitude illness symptoms
11. In case there is any change in the status of your health after having obtained Compulsory Health Certificate some weeks earlier, do consult your doctor before embarking on the pilgrimage
12. In case of any signs of high altitude sickness or any other discomfort, immediately contact the nearest medical facility located at various points enroute

Don'ts for Prevention of High Altitude Illness:

1. Don't ignore the symptoms of high altitude sickness

2. Don't drink alcohol, caffeinated drink, or smoke
3. Don't ascend any further if you have altitude sickness. Instead descend immediately to an elevation where you can acclimatize.
4. Don't accept everything from fellow travellers, since his/her judgments is likely to be impaired

Sandakphu - Phalut Trek 2024 – Public Interest Messages

Do's for the Tourists/ Trekkers:

1. Do carry sufficient warm clothes as the temperature may sometimes abruptly fall below 5 °C
2. Do carry umbrella, wind cheater, raincoat and waterproof shoes as the weather there is unpredictable
3. Do pack your clothes and eatables in a suitable waterproof bag to avoid getting your belongings getting wet
4. Do carry your identity card/ driving license and other necessary documents
5. Do travel with the group and avoid drifting aloof
6. On your journey home, you must leave the base starting point (Manebhanjan) with all other members of your group
7. Do seek immediate assistance of the Police in case any member of your group is missing. Also have an announcement made on the Public Address System at the base camp/point
8. Do strictly follow the travelling guidelines issued by the administration, from time to time
9. For any assistance contact nearest control room center
10. In case of any accident or emergent situation, immediately contact the nearest Quick Response Teams (QRTs) deployed at various locations.
11. Please value the time of other's and move as per the scheduled timeframe of the group
12. Mobile Network may/ may not work. Contact the control point and be informed about functional network connection
13. Respect the environment and do refrain from polluting the mountain trekking area

Don'ts for the Tourists/ Trekkers:

1. Female trekkers and travellers are recommended to wear comfortable track suits/ pant shirt and not saris.
2. Women who are more than 6 weeks pregnant shall not be allowed to undertake the trekking
3. Don't stop at places which are marked by warning notices. Walk only on the guided routes
4. Children below 13 years in age and elderly persons above the age of 70 years shall not be permitted to undertake the trek

5. Don't be without warm clothes as any time temperature may dip and cold mountain wind may affect your health
6. Please ensure you wear comfortable trekking shoes, uneasy footwear or slippers are not recommended at all.
7. Don't try to take different routes than the one directed by the tour guide or the trek planner
8. Don't commence journey on an empty stomach. If you do so, you may attract a serious medical problem.
9. Don't do anything during the trek that could cause pollution or disturb the natural environment of the mountain area
10. Do not bring with you any polythene material as it is a plastic free zone
11. Avoid throwing anything that you consider religious/ holy off from the peak of this range
12. Do not stay outdoor at night, given the altitude and harsh and unpredictable weather conditions there
13. In case of any query related to the trekking to Sandakphu, you may contact the following given numbers:

Control Room, District Office, Darjeeling: 0354-2244749

Control Room, Darjeeling Sadar Subdivision: +918293832224

Control Room, Jorebunglow Sukhiapokhri Block: +919907784903