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SIKKIM



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M.S. 2012-13
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Be overwhelmed by the abundant variety of flora and fauna secure under the humongous peaks of Khangchendzonga and a peaceful people. Experience this perfect camaraderie of man and nature.





Sunrise over Khangchendzonga as seen from Pelling in West Sikkim

esoteric monastic dances to the tribes celebrating New Year – Namsoong, Losoong, Sonam Lotsar, Teyongsi Sirijunga Tongnam, etc to the Hindu rituals of Ramnavami to Maghe Sankranti held in the confluence of Teesta and Rangeet.

And then spring gives way to the snowy peaks and a plethora of flowers, perfect for the annual orchid show and rhododendron festival.

Whether you want to visit Sikkim in spring, winter or monsoons, just make sure you carry warm clothes as evenings and mornings can be unusually chilly.

Permits

Foreigners should obtain Inner Line Permit, which is issued from all Indian Consulates abroad. Tourism offices listed below also issue ILPs if you provide photocopies of the Indian visa, details of your passport and two passport size photographs.

New Delhi: Sikkim House, Panchsheel Marg, Chanakyapuri; **Kolkata:** Sikkim House, 4/1 Middleton Street; **Siliguri:** Office of Sikkim Nationalised Transport, Sevoke Road; **Bagdogra Airport:** Sikkim Tourism Counter; **Rangpo:** Tourist Lodge

Protected Area Permit & Restricted Area Permit

PAP and RAP are required for trekking or movement in certain areas of the State. It is issued by Tourism Department in Gangtok for a group consisting of two or more.

Permit Extensions

Stay period has been extended for 60 days with an extension of 30 days each. Extensions can be made at Foreigners' Registration Office, Kazi Road, Gangtok or at the office of Sub Divisional Magistrates or Superintendent of Police in District Headquarters.

Sikkim, situated in the Eastern Himalayas with snow clad mountains, luxurious forests, sacred lakes, cascading rivers etc. is a destination for all seasons and for all kinds of budgets. It is for all ages: for children for the married and the old. Sikkim is a land of breathtakingly beautiful landscapes. The majestic mountains, spectacular views of snow clad peaks, terraced rice fields, picturesque villages, beautiful and colorful monasteries, plunging waterfalls and the meandering rivers make Sikkim the perfect destination for nature lovers and tourists. Sikkim's rich cultural heritage is an added attention.

The Government of Sikkim has accorded tourism the status of a priority sector so as to bring economic and social development. Sikkim Tourism Development Corporation (STDC), a Government of Sikkim undertaking established with the main object of developing tourism in Sikkim, promotes tourism by all desirable mechanism to attract tourists.

STDC undertakes a host of activities in order to promote Sikkim as a preferred tourist destination. STDC promotes, publicizes and markets various tourism products like Village Tourism, Heli-Tourism, Adventure Tourism, etc. STDC has been notified by the Government of Sikkim as the nodal agency for promotion and development of village tourism. STDC also conducts tour package programme within the state and has also entered into agreement with the Tourism Development Corporations of Andhra Pradesh, Karnataka and Goa to tap tourism potential of the respective state, thereby enhancing the not only employment generation within tourism packages, services and product and make them accessible to the public through tourism publicity.

STDC presently manages more than 15 properties (guest houses) distributed throughout the state for the purpose of board and lodging. STDC also manages Sikkim House at Kolkata. STDC owns a fleet of luxury transport vehicles (Toyota Innova) and operates helicopter services in various sectors within Sikkim and neighboring areas. Tour package programme including LTC tours, trekking to various parts of the State is also organized by STDC.

History

Sikkim's history dates back to fourteenth century when Khye Bumsa, a prince from Tibet, following a divine command travelled to Sikkim and came in contact with the Lepchas. This contact led Thekong Tek, the Lepcha Patriarch, his wife Nekung Nyal and Khye Bumsa enter a blood brotherhood treaty at Kabi Longtsok in North Sikkim.

In 1646 AD, three Nyingmapa Lamas from Tibet – Gyalwa Lhabtsun Chenpo, Kathog Rigzin Chenpo and Ngadak Sempa Chenpo, came to Yuksam and consecrated Phuntsog, Khye Bumsa's descendent as the 'Chogyal' or king of righteousness. Lhabtsun Chenpo also gave his family title 'Namgyal' to the king. Thus the Namgyal dynasty ruled

Offerings made in front of one of the few stones at Kabi Longtsok, which mark the swearing of Blood Brotherhood between the Lepchas and Bhutias



Sikkim for around 333 years starting with the first Capital at Norbugang in Yuksam. The Capital was later shifted to Rabdentse followed by Tumlong and Gangtok.

However, Sikkim faced frequent invasions from Bhutan and Nepal, especially in the 18th century during which much of Sikkim's territories were lost.

In 1835, Britishers seeking a hill station as a rest and recreation centre for their troops and officials persuaded the Chogyal to cede Darjeeling area in return for an annual stipend.

In 1890, Sikkim became a British protectorate and was granted sovereignty over the next three decades. In 1947, a popular vote rejected Sikkim's joining the Indian Union and special protectorate status was given. A State Council was established in 1955 to allow for constitutional government under the Chogyal.

The last king, Palden Thondup Namgyal came to the throne in 1963 and ruled until his kingdom became the 22nd State of India on May 16, 1975.

Lhendup Dorje Khangsarpa of Sikkim Congress became the first Chief Minister. He was followed by Nar Bahadur Bhandari of Sikkim Sangram Parishad in 1979 till 1994. Since then Dr. Pawan Chamling of Sikkim Democratic Front has been the Chief Minister.

Sikkim Today

IPR

Sikkim, the 22nd State of India is led by Sikkim Democratic Front with Dr. Pawan Chamling as the Chief Minister for record fourth term. The State has one member each to the Lok Sabha and Rajya Sabha and 32 seats in the State Legislative Assembly including a seat for the Sikkimese Sangha.

As per the 2011 census, Sikkim has a population of 6,07,688 including 3,21,661 males and 2,86,027 females. Although English and Hindi are widely spoken, nine languages have been officially recognised by the State Government, which include Nepali, the lingua franca, Lepcha, Bhutia, Sherpa, Limboo, Tamang, Gurung, Rai, Mangar, Newari and Sunuwar. The State's unique Ecclesiastical Department caters to the functioning of monasteries, temples, churches, mosques and gurudwaras. In the offing is the opening of an Art and Music School under the chairmanship of the Chief Secretary – this to promote and preserve Sikkim's rich music and cultural legacy.

Sikkim's economy is varied. It has the highest production and largest cultivated area of large cardamom in India. Tea, mandarin orange and cherry pepper are among the few cash crops exported overseas. Breweries, distilleries, horticulture and



Chief Minister of Sikkim, Dr. Pawan Chamling

floriculture have also emerged as another economic activity.

If tourism is the backbone of Sikkim's growing economy, its proximity to Nathu-La connecting India with China and hydroelectric power projects that are underway are major economic resources. No doubt Sikkim has recorded a four-fold increase in its per capita income from a mere Rs. 8,457 in 1993-94 to Rs. 34,821 in 2006-07, making it the fifth highest in the growth rate in per capita income among the Indian States.

Education wise, the recent data puts Sikkim's literacy rate at an impressive 82.20% as against 68.81% in 2001. There are 765 government-run schools and 385 private schools, 46 new schools under Sarva Shiksha Abhiyan, 12 colleges and other institutions

including Sikkim Manipal University and Sikkim Central University.

More recently, Chief Minister's Special Merit Scholarship has been started in which a 100 primary students from government schools across the State are selected for the scholarship and the government will bear the educational expenses of the children till Class XII. While 21 top scorers will be studying in reputable institutions like Scindia School in Gwalior, Pinegrove School in Himachal Pradesh and Lawrence School at Ooty, the rest will be admitted to well-known private institutions in Sikkim. Livelihood Schools have also been started as part of

the government's initiative to convert Sikkim's literacy rate to 100% by 2015.

The State has also become the first in the country to institute a separate Directorate of Capacity Building to train youth in different trades and disciplines and the idea is to create a pool of human resource so that all opportunities created in the State are adequately harnessed by the people. The vision was to substantially reduce the number of unemployed youth from the ages 15-34.

Interestingly, women in Sikkim are at par with their male counterparts with the present government framing laws that gives daughters equal rights with sons to

Dr. Chamling plants a sapling during '10 minutes to earth' programme



IPR



Sikkim CM receiving 'Nirmal Gram Award' from the President of India Pratibha Devi Singh Patil on December 8, 2008 in Pune

their parents' properties, 40 percent reservation to women in Panchayat and Municipal bodies, 30 percent reservation in government jobs, etc.

The State Government has also initiated an ambitious project, 'Mission: Poverty Free Sikkim-2013', to make Sikkim the first poverty-free State in the country by 2013. As per official records, the government has been allocating 70% of the annual budget for rural upliftment for the past 16 years.

Greenest Chief Minister of India

With just 7,096 sq kms as its total area, Sikkim has 46.28% forest cover. Its Chief Minister

Dr. Pawan Chamling was honoured with the 'Greenest Chief Minister of India' Award by the Centre for Sciences and Environment, New Delhi in 1998 in recognition of his outstanding contribution towards preservation and protection of ecology. For this to sustain, Dr. Chamling has initiated 'green mission' programme under which, ever year, every individual, agency and the forest department contributes towards the planting of trees across the State. The State has also banned plastic bags for many years now, constituted Glacier and Climate Change Commission and has set a target to convert Sikkim into a



Incredible Sikkim!

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Nature & Adventure

Flora & Fauna

Buddhism & Heritage

Tradition & Culture

Office : Near Janta Bhawan

Palzor Stadium Road

Gangtok : 737101

Phone: +91-3592-220842

Website: www.taas.org.in

East Sikkim...

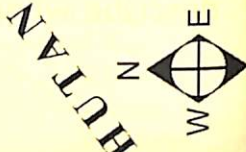
'Everywhere' is perhaps the best word to describe where you must go in this district...

*MG Marg - the litter-free,
spit-free and traffic-free zone*

EAST SIKKIM



- ★ Tourist Places/ Important Places
- Other Places
- ⚓ Monastery
- ⋯ District Border
- State Border
- Inter Border
- ⚡ National Highway
- Main Roads
- Other Roads
- ⋯ Trek Route
- ▲ Peak



GANGTOK

Summit of the Ridge

LOCATION Located at 5,500-ft in the eastern Himalayas
DISTANCE 125-km from Bagdogra Airport; 126-km from New Jalpaiguri (NJP) Railway Station; 114-km from Siliguri; 75-km from Kalimpong; 98-km from Darjeeling

From being a royal and administrative centre to the Namgyal kingdom from 1894 to 1975, Gangtok, meaning 'ridge' has today with its booming economy and racy lifestyle metamorphosed into a happening city and yet presents an interesting mix of cultures. It spreads out over a forested hill facing Khangchendzonga, which can be seen from many vantage points around the city. Every spur extending off Gangtok's hill is the setting of a significant site. Few meters north from the main town are the Royal Palace, Tsuglakhang Monastery and the Secretariat. On the higher spur is Enchey Monastery. Next spur below the town is Lall Bazaar. Further below on a saddle leading to another spur is Namgyal Institute of Tibetology and crowning the tip of its hillock is Sikkim's most revered shrine, Do-drul Chodten.

MG Marg, the main street in Gangtok is litter-free, spit-free and traffic-free, also the venue for the annual Gangtok Food and Culture Festival held in December. Here

one can either sit at **Titanic Park** or on various benches stretched across the mall. For those spiritually inclined is **Thakurbari Temple**, near Titanic Park. Nearby, the statues of Lepcha Patriarch Thekong Tek, his wife

FAST FACTS

BEST TIME TO GO

March-May & Oct-Nov is best time though some of the best festivals take place in monsoon months of June-August

TOURIST OFFICES

- Sikkim Tourist Information Centre, Gangtok
Tel: 03592 221634
Fax: 03592 205647
- Sikkim Tourism Development Corporation, Travel Division, MG Marg, Gangtok
Tel/Fax: 03592 203960
Email: stdcsikkim@yahoo.co.in
- Travel Agents Association of Sikkim (TAAS), Gangtok
Tel: 03592 220842

STD CODE

03592



West Sikkim...

From the consecration of the first king of Sikkim to the establishment of the first monastery, West Sikkim is replete with history and religion. Listen to these tales as you follow the Dzongri-Goecha-La trail and there you'll find peace.

PELLING

God's dwelling

LOCATION Pelling is perched at 7,200-ft and is located at a distance of 9-km from West District headquarters, Gyalshing

DISTANCE 119-km from Gangtok; 51-km from Jorethang; 133-km from Siliguri

Pelling, as per Buddhist texts was the seat of the religious establishment of Terton Pema Lingpa, one of the principal Tertons or treasure revealers of the Nyingmapa lineage. However, over the years the name Pema Lingpa abridged to Pelling.

Historical accounts has it that Gyalwa Lhabtsun Chenpo while meditating from his remote hermitage in Drubdi monastery had predicted to his followers that there would be located four parallel passes or saddles; all visible from Pema Lingpa monastery (now destroyed) and that these passes would extend from Pelling up to Darjeeling Chowrasta. Mendangs were built on all four passes, including the one that exists at Pelling, albeit vertically lonesome, hidden between shrubs and bushes.

With similar perspective as Darjeeling, Pelling provides a magnificent view of the ranges of Khangchendzonga. There are also excellent trails through natural forest leading to the surrounding

historical sites and monasteries.

Named after the guardian deity of Sikkim, 'Khangchendzonga Festival' held annually at Pelling in December offers a host of activities – trekking, mountain biking, traditional sports and bird watching. The festival also features flower exhibitions, traditional crafts, ethnic food stalls and culture programmes.

FAST FACTS

BEST TIME TO GO

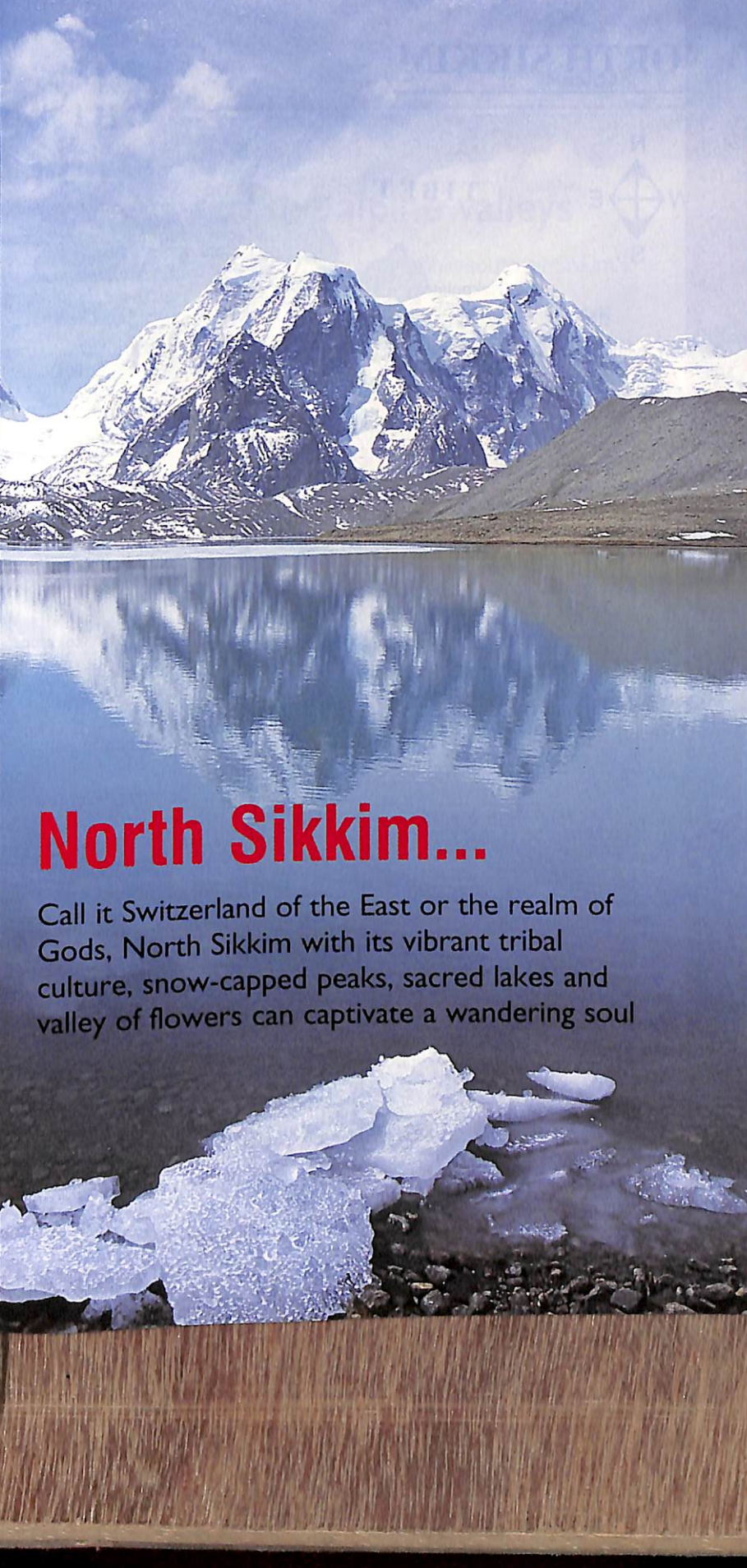
In February when the monks of Pemayangtse monastery stage Guru Dragmar Chaam. Sept-Nov is recommended for best views of Mt. Khangchendzonga

TOURIST OFFICES

- Sikkim Tourist Information Centre, Pemayangtse, Pelling
 - Tourist Information Centre, M.G. Marg, Gangtok
- Tel: 03592 221634
Fax: 03592 205647

STD CODE

03595



North Sikkim...

Call it Switzerland of the East or the realm of Gods, North Sikkim with its vibrant tribal culture, snow-capped peaks, sacred lakes and valley of flowers can captivate a wandering soul

MANGAN

Gateway to the alpine valleys

LOCATION Mangan lies in the geographic south of Sikkim's North District

DISTANCE 65-km from Gangtok; 134-km from Siliguri via Dikchu road

Mangan, the North District headquarters is not just a halting place to Dzongu, Lachen and Lachung. It has a historic beginning. Rinzing Namgyal, the local landlord of the area had established the town in 1903 during Young Husband's tour of North Sikkim.

It is also known for its annual **Music Festival** when musical bands from across the country converge at Mangan public ground and enthral the crowd through the night.

Ringhim Gompa, where the annual Lama Gongdu prayers (an intensive practice on Guru Padmasambhava as the union of all the enlightened ones) are held is few kilometres uphill Mangan town. The monastery overlooking Khangchendzonga has also a monastic school, while those looking for adventure can try their nerves at the nearby **Rock Climbing Centre**.

Pakshak View Point, around 3-km north of the town on the highway provides a view of the eastern face of Khangchendzonga.

Filmmaker Satyajit Ray had called this the best view of the Khangchendzonga when he shot a movie there.

Around 2-km away from Mangan is **Singhik View Point**, which offers beautiful view of River Teesta. Also in the offing is the construction of a statue of 'Sleeping Buddha' at Singhik,

FAST FACTS

TOURIST OFFICES

- Tourism Information Centre
Mangan, North Sikkim
- Mangan Tourism Development Committee (MTDC)
Web: northsikkim.nic.in
Email: sik-mangan@cic.nic.in

PERMITS

Protected Area Permit (PAP) for foreigners is required to enter border areas above Tung, 22-km from Mangan. It can be made at District Administration Centre, Mangan or in Tourism Office in Gangtok.

STD CODE

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South Sikkim...

Colourful culture amid the looming statue of Guru Padmasambhava, quaint villages secure below Tendong and Maenam Hills, Sri Siddhesvara Dham at Solophok, the beautiful Shirdi Sai Mandir, that's South Sikkim...



NAMCHI

Culture capital

LOCATION Located between Rabongla and Jorethang
DISTANCE 78-km from Gangtok; 26-km from Rabongla; 85-km from Siliguri; 35-km from Melli, the entry point to South Sikkim; 90-km from NJP and 96-km from Bagdogra

There is a replica of the Char Dham and the biggest statue of Guru Padmasambhava at Namchi. You can catch glimpses of these looming structures from a taxi or from any vantage points around the town.

The south district headquarters has a well laid out town with a central park and several interesting places to visit – old monasteries, villages and flower nurseries. At 5,500-ft, it is also a perfect base for the acclaimed Tendong-Maenam trek.

Namchi, which means 'sky high' comes alive in October during **Namchi Mahotsav**, a culture and food festival. Namchi also hosts flower shows twice in a year – Feb-March and in October.

A drive to Namchi from Gangtok is never boring especially through the 21-km Temi Tea Gardens, the only tea garden in Sikkim, which sprawls on a gentle slope. One can stop halfway and visit Singchuthang, a picnic spot on the banks of Rangeet and

Yangang village, known to have frequented by English naturalist, JD Hooker during his sojourns in Rangeet Valley. Manglay, another picnic spot skirted by three rivers – Teesta, Sipsu and Rangpo Chhu is nearby. The fabled beauty of Manglay was such that the famous Nepali film, 'Saino' was shot here, giving Manglay its popular nickname 'Sainotaar'.

Travelling from Siliguri via Melli offers equally scenic views especially while passing through Kitam Bird Sanctuary.

FAST FACTS

BEST TIME TO GO

March-May & Sept-Nov

TOURIST OFFICES

- Tourism Information Centre, Below Dak Bungalow, Alley Road
Tel: 03595 264557
- South Sikkim Tourism Development Society, Namchi
Email: sstds_namchi@rediffmail.com

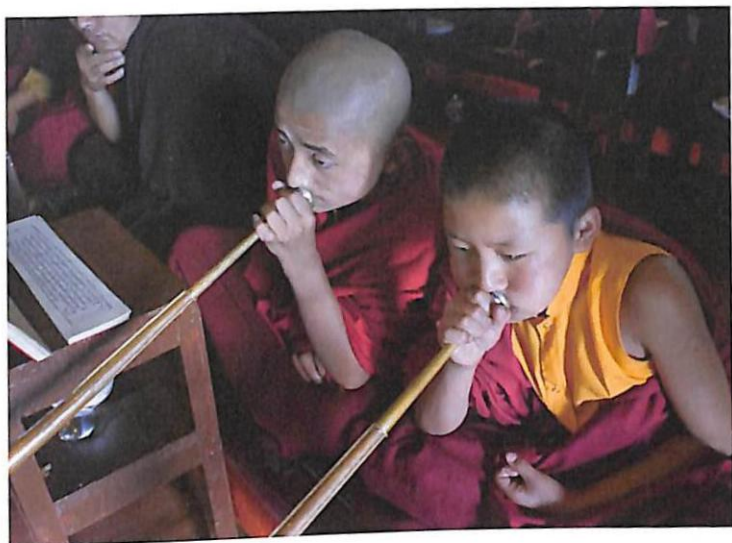
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Spiritual sojourns in the misty mountains, esoteric festivals, challenging trek routes, birding, skiing... there is much to see and enjoy in this lush green, culturally vibrant State.

Black hat dance at Rumtek monastery





Novice monks blow ritual trumpets

the first monarch of Sikkim. The coronation throne made with stone slabs under a canopy of pine tress and surrounded by sacred stupas is today an important pilgrimage site.

The first Nyingmapa monasteries built in Sikkim were the ones in **Sangacholing** and **Pemayangtse** in West Sikkim. As years passed by, nearly every village had its own monastery and these became not just places of worship but also educational centres as each family was made mandatory to send their second son to a monastery. **Drubdi**, Lhabtsun Chenpo's (one of the three wise Lamas) hermitage was later categorised as the oldest monastery of Sikkim. **Phensang monastery** in North Sikkim,

another Nyingmapa monastery was built in 1840.

Monasteries affiliated to the Kagyu School of Buddhism also took roots in Sikkim in the 1700s. The establishment of the first Kagyu monastery dates back to the era of the fourth king of Sikkim, Gyurmed Namgyal (1703-1732) when he met the 12th Karmapa, Changchub Dorje in Tsurphu, Tibet and requested him to establish his monastery in Sikkim. Soon the first Kagyu monastery was built in **Ralang**, followed by **Phodong** and old **Rumtek monastery**. Later, when the holder of the 'Black Hat', the Karmapa fled Tibet, he was offered a site by the then king of Sikkim in **Rumtek**, after which a replica of Tsurphu

Tourist Offices

Tourist Information Centre

New Sikkim House, 14, Panchsheel
Marg, Chanakyapuri
New Delhi-110021
Tel: 011 26115346/26115171/
26115172

Tourist Information Centre

NJP Railway Station, West Bengal
Tel: 0353 2690475

Tourist Information Centre

SNT Colony, Pradhan Nagar, Siliguri,
West Bengal
Tel: 0353 2512646

Tourist Information Centre

Bagdogra Airport, Bagdogra, West
Bengal
Tel: 0353 2698030/2698036

Sikkim Tourist Info Centre

New Sikkim House, 4/1, Middleton
Street, Kolkata-16
Tel: 033 22815328
Fax: 033 22102278

Tourist Information Centre

Near Bellview Hotel, Chowrasta
Darjeeling, West Bengal
Tel: 0354 2257248

Sikkim Tourism Development Corporation

Travel Division, MG Marg, Gangtok
Tel/Fax: 03592 203960

Tourist Information Centre

Below Dak Banglow Alley Road

Namchi, South Sikkim

Tel: 03595 264557

Tourist Information Centre

Opposite Police Check Post
Melli, South Sikkim
Tel: 03592 248536

Tourist Information Centre

Tourist Lodge, Rangpo, East Sikkim
Tel: 03592 240818

Tourist Information Centre

MG Marg, Gangtok
Tel: 03592 221634
Fax: 03592 205647

Tourist Information Centre

Pelling, Pemayangtse, West Sikkim

Tourist Information Centre

Opposite SNT, Jorethang Bazaar
South Sikkim

Tourist Information Centre

Rabongla Bazaar, South Sikkim
On the way to Chozo Lake

Tourist Information Centre

Below Lingdum Monastery
Ranka, East Sikkim

Tourist Information Centre

Lachen, North Sikkim

Tourist Information Centre

Mangan, North Sikkim
Sikkim Tourism Official Website
www.sikkimtourism.travel



Institute of Hotel Management Catering Technology and Applied Nutrition, Gangtok, Sikkim.
 Affiliated to National Council of Hotel Management and Catering Technology, A-34, Sector-62, Institutional Area, Noida - 201301; Under Ministry of Tourism, Govt of India, New Delhi.



Courses & Programmes Offered

| Sl No | Name of Course | Duration | Qualification | Selection procedure | Max Age |
|-------|---|-------------|---------------|-------------------------------------|--------------------------|
| 1 | B.Sc in Hospitality & Hotel Management | 3 years | 10+2 | JEE by NCHMCT, New Delhi, All India | 22 (general), 25 (SC/ST) |
| 2 | Diploma in Food Production | 1 1/2 years | 10+2 | As per Merit & personal Interview | 22 (general), 25 (SC/ST) |
| 3 | Diploma in F&B Service | 1 1/2 years | 10+2 | As per Merit & personal Interview | 22 (general), 25 (SC/ST) |
| 4 | Diploma in Front Office | 1 1/2 years | 10+2 | As per Merit & personal Interview | 22 (general), 25 (SC/ST) |
| 5 | Diploma in House Keeping | 1 1/2 years | 10+2 | As per Merit & personal Interview | 22 (general), 25 (SC/ST) |
| 6 | Craftsmanship Course in Food Production | 1 1/2 years | Class X | As per Merit & personal Interview | 22 (general), 25 (SC/ST) |
| 7 | Craftsmanship Course in F&B Service | 1 year | Class X | As per Merit & personal Interview | 22 (general), 25 (SC/ST) |

100 % placement

Experienced and competent faculty State-of-the-art laboratories of Bakery, Food Production, F&B Services, Front Office, House Keeping Well-equipped Computer Science Lab with internet facilities and excellent library.



For information, prospectus & application, please contact IHM, Rumtek, East Sikkim.
 Tel: 03592 270735 / 270557; Fax 03592 270557;
 Email: ihmgangtok@rediffmail.com ; web: ihmgangtok.com

IHM-Gangtok, a centre of excellence

The Hospitality and Tourism has become a complex, cosmopolitan and global industry within the past few years. Consequently, large international hotel groups have standardised their managerial staff recruiting policy and requires specialised and educated managers. This is why to provide quality education and training in hospitality in this North East Region, the Institute of Hotel Management, Gangtok, Sikkim was set up in 1990 by Ministry of Tourism, Govt of India and Govt of Sikkim having a motto to provide job-oriented and professional higher education to all students from any stream from any parts of the country. Students obtain national university degrees that are recognised worldwide. They get job placement on completion of their final semester. Last, but not least, the degree or diploma holders of this Institute get employment in the most prestigious hotels in the country and abroad. The entire programme offered by this Institute is highly structured around alternating semesters of course work. The programme emphasises on the operational and strategic management required in the hospitality industry of international standard.

Today, the Institute located in the lap of the Himalayas is ranked highly among the IHMs in the country.

AIMS & OBJECTIVES

The Institute aims to provide sufficient academic knowledge for a student to be able to meet the standards required by the industry. The student must possess

a healthy disposition to life, a reasoning mind and an attitude of service. She/he should be friendly, disciplined and responsible. The goal is to eventually transform this into a Premier Institute for hospitality education.

ACADEMICS

The Institute is affiliated to NCHMCT, Noida under the Ministry of Tourism, Govt of India, New Delhi. The Institute has well equipped Laboratories of Bakery, Food Production, F&B Service, Front Office, House Keeping and Computer that will put them on the fast-track of growth in an ever growing industry.

VISION

- Be an excellent hospitality education, training, consultancy and research centre
- Cater to training needs and produce technically skilled manpower of the hospitality industry at the managerial and supervisory levels.
- Impart in service training for practising managers in management, marketing and entrepreneurship at the tourism facilities and services.
- To associate with other and national and international bodies in developing and bench marking standards in Tourism and Hospitality Management.



Tel: 03592-204878/204067
Web: www.tamarindhotel.com

Tashi Delek (Rs 3000-6000)

New Market
Tel: 03592 202038/202991
Fax: 03592 202362
Email: reservations@hoteltashidelek.com
Web: www.hoteltashidelek.com

Hotel Tibet

Near General Post Office
 Paljor Stadium Road, Gangtok
Tel: 03592-202523/203468/ 204962
Fax: 03592 226233
Email: htltibet@yahoo.com
For those wanting to experience the exotic world of traditional Tibetan hospitality, Hotel Tibet has 33 elegantly furnished super deluxe suites and double deluxe & standard rooms. Its 'Snow Lion' restaurant & bar is richly decorated with traditionally Tibetan décor and 80 diners can be seated at a time. It also serves Chinese, Indian, Japanese and Continental dishes.

MID RANGE HOTELS

Hotel Rendezvous

NH 31-A, Gangtok
Tel: 03592 206270-71/72
Fax: 03592 204626
Email: hotel@rendezvousikkim.com
Web: www.rendezvousikkim.com
Located in the heart of Gangtok, Hotel Rendezvous has 45 thoughtfully design-ed rooms that are tailored according to the comfort and convenience of the guests. Some of the rooms offer views of mountains and terraced fields.

Netuk House

Sonam Gyatso Marg, Gangtok
Tel: 03592 202374
Fax: 03592 226778
Specialities: Deliciously prepared local cuisine

Sonam Palgey HERITAGE

(Rs 1200-6000)
 Elephant Mansion, Deorali
Tel: 03592 281077/78,
 281834/281870

Hotel Himalayan Heights

Paljor Stadium Road, Gangtok
Tel: 03592 201567/68
Email: info@himalayanheightshotel.com, hhhgtk@yahoo.com
Web: www.himalayanvacation.com
Easily accessible from Gangtok town, taxi stand and very close to the Railway reservation counter, the hotel overlooks ranges of Mt Khangchendzonga.

The Sikkim Retreat (Rs 1800 - 4200)

(Jagjeet's Rest-O-Bar)
 Near Paljor Stadium, Gangtok
Tel: 03592 202887/203874
Cell: 09775801608
Email: info@thesikkimretreat.com
Web: www.thesikkimretreat.com

Chumbi Residency

Sonam Gyatso Marg, Gangtok
Tel: 03592 206618/19
Fax: 03592 226620
Email: slg_chumbi@sancharnet.in
Web: www.thechumbiresidency.com

Hidden Forest Retreat (Rs 1500-3000)

Upper Sichey, Gangtok
Tel: 03592 237409

Places to stay

GANGTOK

HIGH END HOTELS

Mayfair Spa Resort

Lower Samdur, Ranipool

Tel: 03592 250128/9

Email: gangtok@mayfairhotels.com

Web: www.mayfairhotels.com

This five-star deluxe hotel, situated 10-km equidistant from Gangtok and the famous Rumtek monastery has Spa Resort, which offers individual guests an experience of being surrounded by nature.

Hotel Royal Plaza (Rs 5775-22000)

Upper Syari, Deorali

Tel: 03592 281570/281571

Email: trp@sarovarhotels.com

Web: www.sarovarhotels.com

The first land based live Casino in the country is located at the 1st floor of Hotel Royal Plaza and operates from 6:00 pm to 4:00 am. It gives you the gaming access to Roulette, Baccarat, Flush, Blackjack and many Electronic slot machines.

Norkhill Hotel HERITAGE

(Rs 6400-7800)

Paljor Stadium Road, Gangtok

Tel: 3592 205637/220064/
200170/171

Fax: 3592 225639

Email: norkhill@sancharnet.in

Web: www.elginhotels.com

Denzong Regency (Rs 4575-7575)

Cherry Banks, Gangtok

Tel: 03592 201566/201567

Fax: 03592 201568

Email: welcomheritage_denzongregency@hotmail.com

The Royal Demazong Resort

(Club Mahindra)

GRBA Road, Chongay Tar

Tel: 03592 203043/44

Cell: 09434144194

Fax: 03592 203045

Email: info@theroyaldemazong.com

kkiminfo@yahoo.com

Web: www.theroyaldemazong.com

Suhim Portico

(Rs 4500-11000)

Helipad Road, Near District

Administrative Centre,

Upper Sichey, Gangtok 737101

Tel: 03592 284095/284234

Fax: 03592 284186

Email: suhim.sikkim@gmail.com

Web: www.suhimportico.com

Suhim Portico has everything – beautiful views of mountains and exclusive conference facilities with a seating capacity for 30 people to business centre equipped with modern gadgets and traditional cuisine on your table.

Orange Village Resort (6000-9600)

7th Mile, Near Sikkim University

PO Samdur, Ranipool

Tamarind Hotels Pvt Ltd

(Rs 4600-8800)

Upper Tathangechen, Near S.S.B

Camp, Gangtok

SIKKIM

More than 200 monasteries, temples, churches, mosques & gurudwaras along with snow-capped mountains, lakes, endless flora and fauna and a rich cultural life – Sikkim is as quintessential as it is enduring. **Trysts & Traces** takes you to the journey of unending saga.

Inside this book...

- Sikkim pull-out map, highlighting all places of tourist interest.
- Detailed trek map and trekking options from the high altitude Green Lake trek to the famed Dzungri-Goecha-La and Singalila trek.
- Images profiling Sikkim's stunning arts and crafts; people and culture and its unique cuisine.
- Special feature on Sikkim's pilgrimage sites, its colourful festivals, village and adventure tourism.
- A map showing Buddhist pilgrimage sites in Sikkim.
- Tourist offices, endless accommodation options, places to dine and travel agents you can choose from.
- Maps in each District including a colour map of Gangtok city
- Train & Flight Schedule



Yishey Doma, the author of this book is a poet and journalist based in Gangtok. Her previous books include the best selling coffee-table book *Sikkim, the Hidden Fruitful Valley* published in 2008 and *Legends of the Lepchas: Folktales from Sikkim* in 2010.

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