



# GIDARA BUGYAL TREK

Discover Yourself on the Trail!



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# TREK OVERVIEW



## LOCATION

Uttarakhand, India



## DISTANCE

29 kms



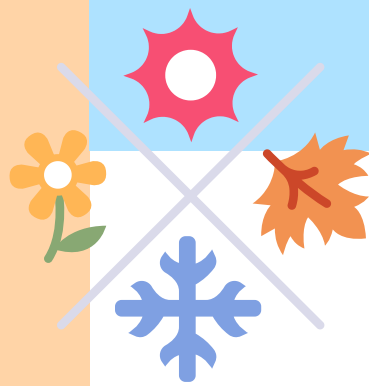
## MAX ALTITUDE

12,780 ft



## LAST ATM

Bandrani



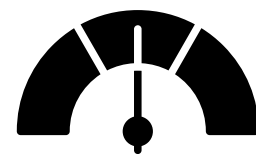
## BEST SEASON

May, June, Sep



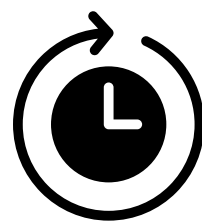
## BASE CAMP

Bhangeli



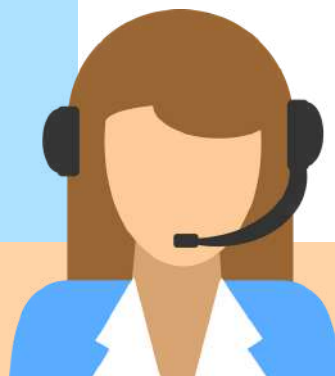
## DIFFICULTY

Easy



## DURATION

6 Days & 5 Nights



## SERVICE FROM

Bhangeli to Bhangeli  
Dehradun to Dehradun



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# SHORT ITENERY



## DAY 1

Drive from Dehradun to Bhangeli

## DAY 2

Bhangeli to Rikoda

## DAY 3

Rikoda to Thalotya

## DAY 4

Thalotya to Gidara Bugyal & Gidara Bugyal Top, Back to Thirya

## DAY 5

Thirya to Bhangeli to Maneri

## DAY 6

Drive from Maneri to Dehardun





# ITENERY



## DAY 1

### Drive from Dehradun to Bhangeli

We drive 188 km from Dehradun to Bhangeli, a journey of 8-9 hours, and check into a cozy homestay. After a wholesome dinner, we rest well to prepare for tomorrow's trek. A short 1 km acclimatization walk (30 min) helps us settle in at an altitude of 7,550 ft (2,301 m). Accommodation is in a guest house or homestay, with dinner provided.







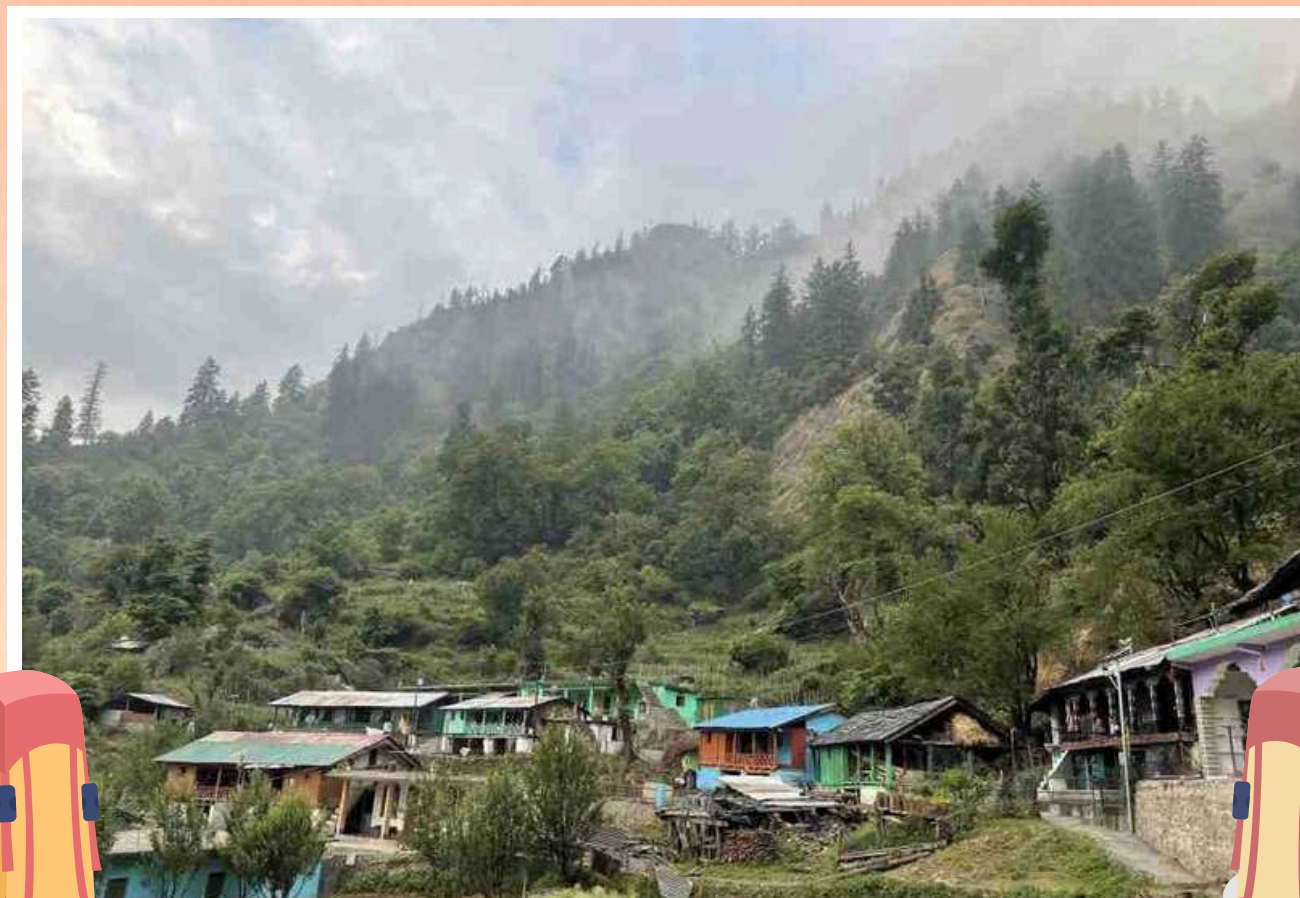
## DAY 2

### Bhangeli to Rikoda

We trek 5 km over 4-5 hours, gradually ascending from 7,550 ft (2,301 m) to 10,950 ft (3,337 m). The trail is mostly easy but becomes steeper near the Rikoda campsite. Accommodation is in tents, offering a true camping experience in the wilderness.



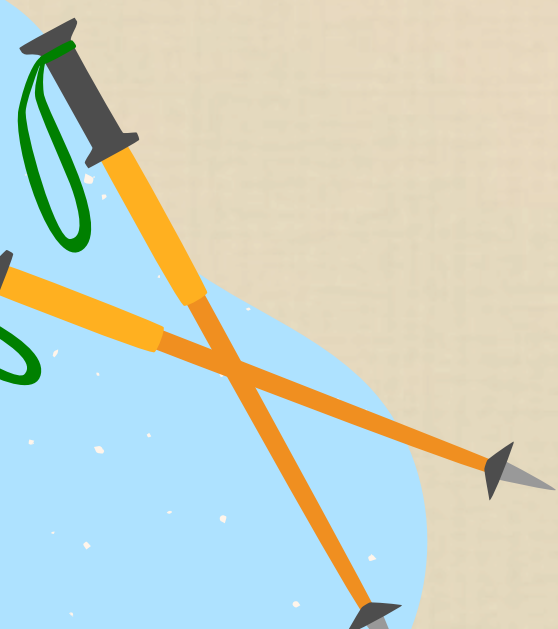




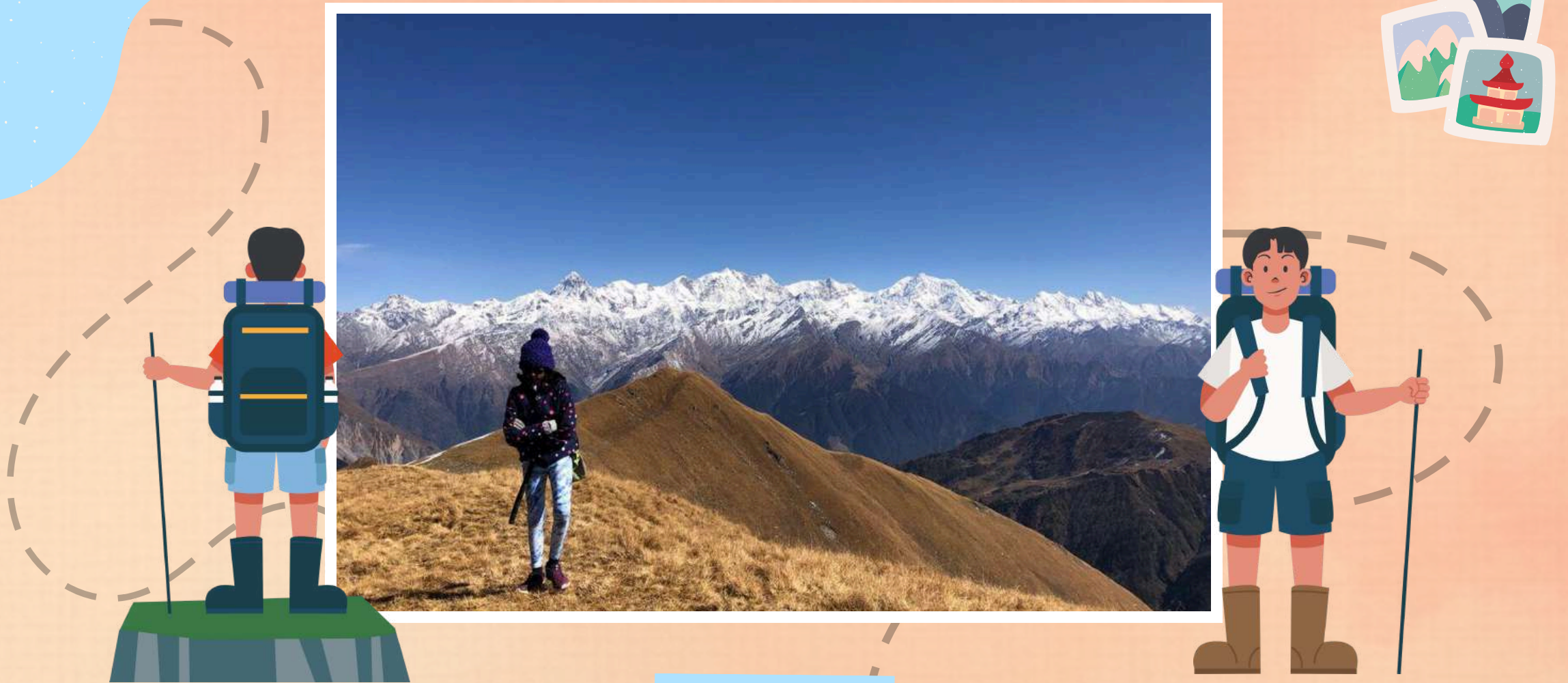
## DAY 3

### Rikoda to Thalotya

Today's trek covers 5.5 km in 5-6 hours, starting at 10,950 ft (3,337 m) and reaching 12,200 ft (3,718 m). The terrain begins with a descent, followed by an ascent, and ends with a final descent to the campsite. The slightly longer distance and varied terrain make for a challenging yet rewarding day







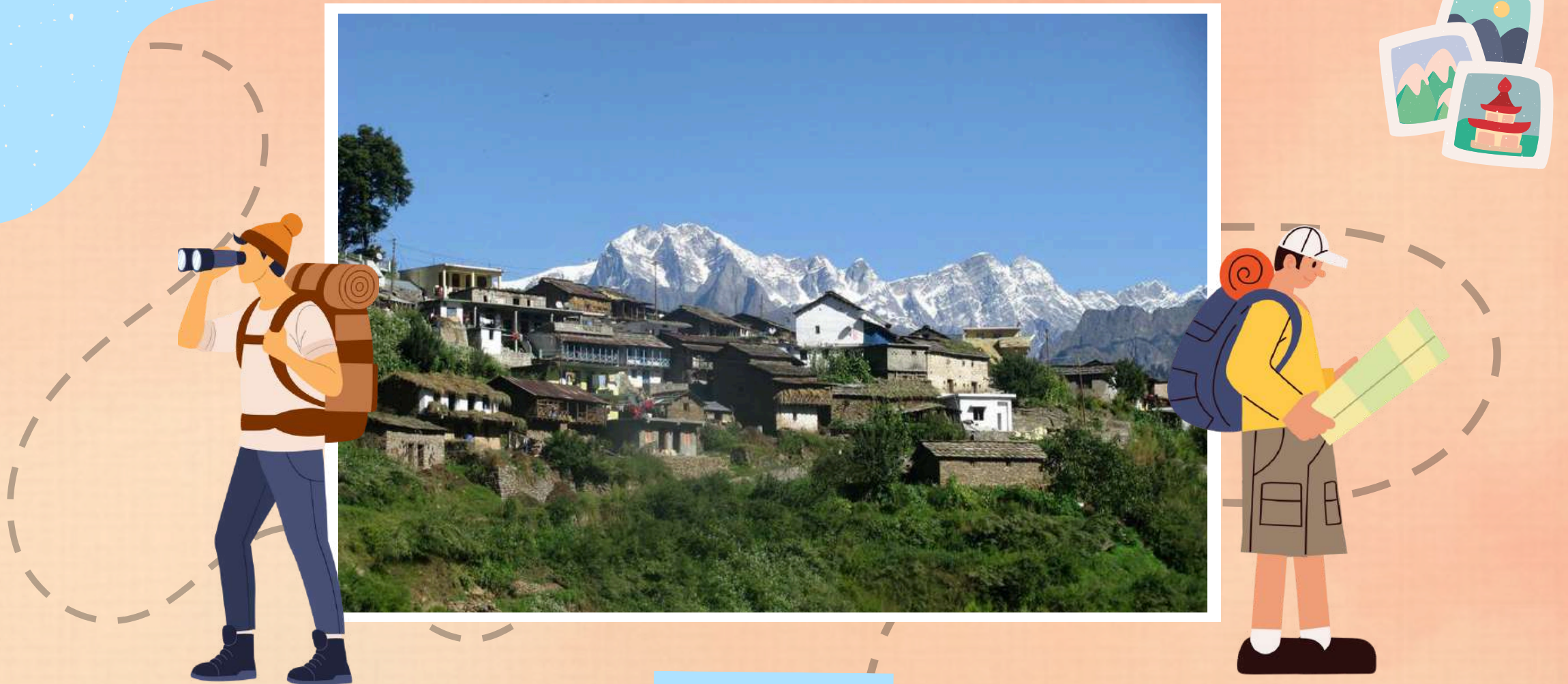
## DAY 4

### Thalotya to Gidara Bugyal & Gidara Bugyal Top, Back to Thirya

Today is the longest trekking day, covering 9 km in 7-8 hours. We begin with a 3-4 hour ascent to the summit of Gidara Top, passing through the scenic bugyal (meadow), where stunning panoramic views of the surrounding peaks and valleys unfold. After reaching the top, we spend some time soaking in the breathtaking scenery before starting our descent. The 4-hour descent brings us back to the campsite, where we can relax and reflect on the day's incredible journey. It's a physically demanding but rewarding day filled with beautiful landscapes.







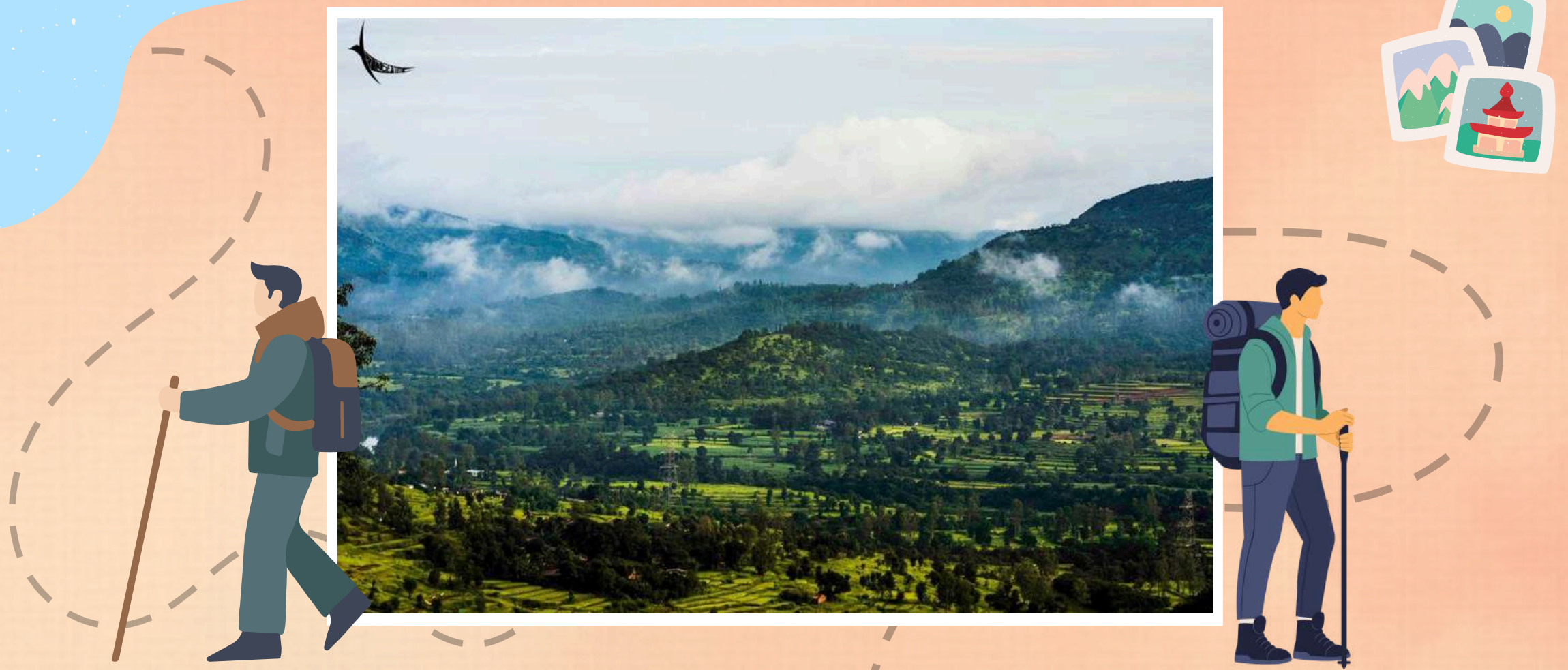
## DAY 5

### Thirya to Bhangeli to Maneri

Today's trek covers 6.5 km in 3-4 hours, descending from 10,750 ft (3,277 m) to 7,550 ft (2,301 m) as we make our way back to Bhangeli. After the trek, we drive 30 km in about 90 minutes to Maneri, stopping by Gangnani to visit the hot springs along the way. It's a relaxed day of descent and scenic drives, ending with a peaceful evening in Maneri.







## DAY 6

### Drive from Maneri to Dehradun

The final leg of the journey involves a 155 km drive from Maneri to Dehradun, which takes around 7 hours. Starting from an altitude of 7,550 ft (2,301 m), we descend to 2,100 ft (640 m). We'll arrive in Dehradun between 4 and 6 PM, marking the end of the trip. It's a scenic drive down, providing a chance to reflect on the adventure before reaching the city in the late afternoon or early evening.







# INCLUSIONS



- Meals while on trek (Veg).
- All necessary entry fees and permits.
- **Accommodation:** - Guest house, Home stay, camping during Trek.
- Mountaineering qualified & professional trek Leader, guide, cook and Support staff.
- First aid medical kits, stretcher and oxygen cylinder.
- **Trek equipment:** Sleeping bag, mattress, tent, kitchen & dinning tent, toilet tent, utensils and crampon (if required)
- Staff Insurance.
- Porters/mules to carry central equipment.







# EXCLUSIONS



- Any kind of personal expenses.
- Food during the transit.
- Mules or porter to carry personal luggage.
- Insurance.
- Any kind of emergency evacuation charges
- Anything not specifically mentioned under the head.
- Transport (Non Ac)
- GST- 5%
- Any expense incurred or loss cost by reasons beyond our control such as bad weather, natural calamities (landslides, floods), flight delays/rescheduling/cancellations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.





# WHAT TO CARRY



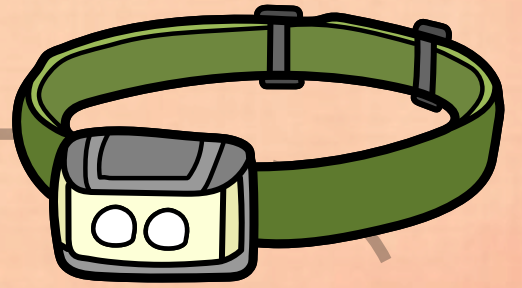
TREKKING SHOES



BACKPACK



HAND GLOVES



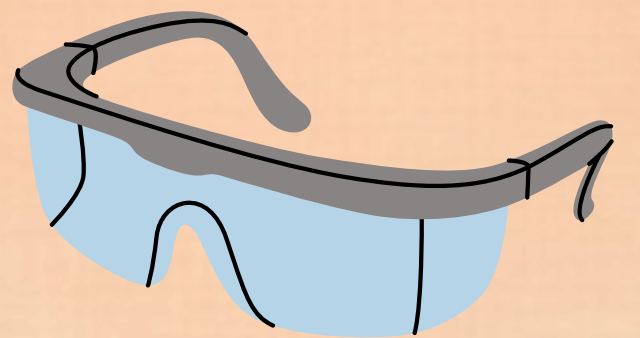
HEAD LAMP



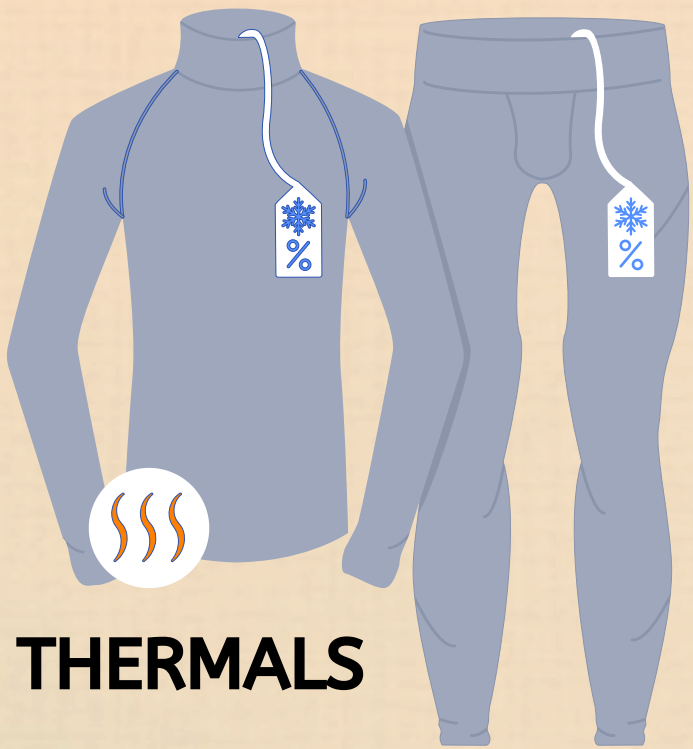
LUNCHBOX



SOCKS



UV SUNGLASSES



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER



# COMPULSARY DOCUMENTS

These files must be submitted to the Forest Department before your trek. With none of these, you will not be permitted to trek. Original and photocopy of government photo identity card. Carry Ids like Aadhaar, voter id, etc.

## IMPORTANT POINTS

- It is mandatory for trekkers to carry a copy of their photo ID for entry at forest check posts on the trek.
- It is not for the first time trekkers. You should have done atleast 2 high altitude treks.
- All participants are expected to have a fitness level, stamina and the ability to sustain harsh environments.
- Every trekker will have to undergo a temperature and other vitals check every day.
- Do weigh your Gears post packing. It should not exceed the range of 10-12 kg – preferably on the lighter side.

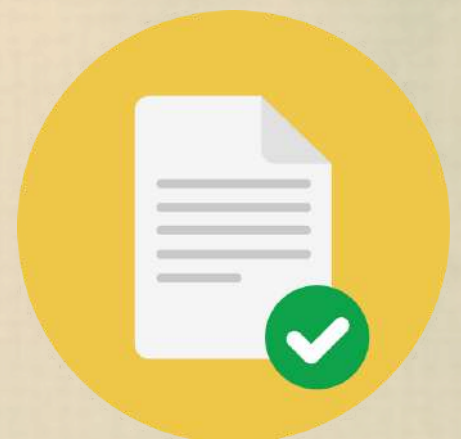




# COMPULSARY DOCUMENTS

## NOTE

- Normally we expect to carry your personal luggage on your own, if you wish to offload your backpack, you can give it to Mule.
- Charges of offloading backpack:
- Offloading charges : Rs.650/- day / 10kg bag
- In case buffer day is used, Rs.2800 per person / day will be charged.
- The backpack cannot weigh more than 10 kgs. Backpack should have waterproof cover. Suitcases/ strolleys/ bags will not be allowed.





# FITNESS REQUIRED

We recommend jogging as the best routine to get fit for a trek. It works on the same muscles that you use while trekking – your calves, glutes and hamstrings. It helps increase your stamina day by day. It is also an easy routine that does not require any equipment or tools.

## **Fitness target:**

To do this trek comfortably, you must be able to cover 5 km in under 35 minutes. This is the minimum fitness required for this trek.

How to achieve this fitness?

- Start jogging at least 4 days a week
- If you cannot run 5 km immediately, start with 2 km and increase to 5 km over 2-3 weeks.
- Once you're able to run 5 km, increase your pace day by day.
- Gradually increase your pace and bring it down to 5 km in less than 35 mins.
- You must be able to run 5 km in 35 mins consistently for at least 2 weeks before the trek.

This trek requires at least 6-8 weeks of preparation. The longer, the better. So plan your trek soon and start preparing.





# CANCELLATION POLICY

Life is unpredictable and we understand sometimes you have to cancel or change your trip dates and it is our endeavour to make it as easy possible for you. However, please understand we plan everything including guide fees, permits, accommodation and ration in advance. Therefore any cancellation means inconvenience and certain losses to the people involved in various stages of programme. Keeping that in mind, our cancellation charges are as below-

**Cancellation prior to 30 days from start of the event:** Get monetary refund with 15% of cancellation charges on trek fee.

**Cancellation between 30 days and 15 days to the start of event:** 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

**Cancellation less than 15 days to the start of event:** No refund.

**Please note cancellation will be only accepted by email.  
Booking amount is non refundable.**








# CANCELLATION POLICY

Note: The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arriving due to natural calamities, strikes, wars on any other circumstances that makes the event inadvisable. In this case, 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Itinerary changes & trip delays:

We plan itineraries based on the information at the time of planning and in rare circumstances, there are subject to change. In the event that the itinerary is changes or delayed due to unforeseen circumstances such as bad weather conditions, transportation delays, government intervention, landslides etc. We will always aim to give you the best experience possible. However The Himalayan Daredevils are not be held responsible for the cost of delay or changes

## CONTACT US

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