





### TREK **OVERVIEW**



LOCATION Uttarakhand, India



**BEST SEASON** May, June, Sep, Oct, Nov



**DISTANCE** 32 kms









**LAST ATM Joshimath** 



#### **BASE CAMP Joshimath**



**DIFFICULTY Moderate** 



**DURATION** 8 Days & 7 Nights



#### **SERIVCE FROM**

Joshimath to Joshimath Dehradun to Dehradun





# SHORTITINEARY



#### DAY 1

Drive from Rishikesh to Joshimath

#### DAY 2

Joshimath to Lata Village

#### DAY3

Lata Village to Lata Kharak

#### DAY 4

Lata Kharak to Dharansi Pass camp

#### DAY 5

Dharansi Pass Camp to Debrugheta and back to Dharansi Pass camp

#### DAY 6

Dharansi Pass camp to Hitoli





# SHORTITINEARY



DAY 7

Hitoli to Surai Thotha and then back to Joshimath

DAY8

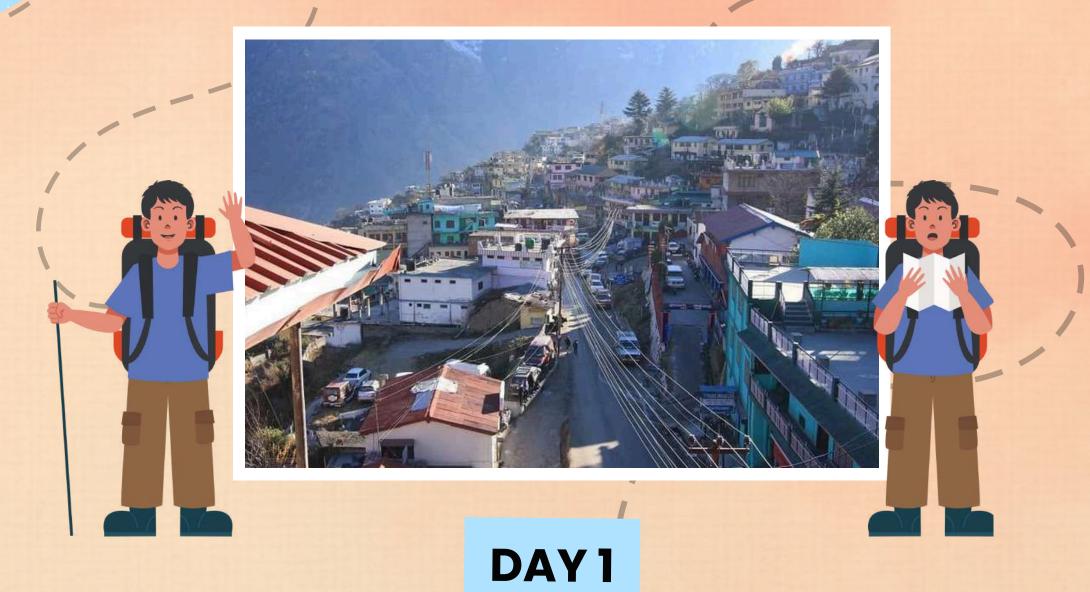
Joshimath to Rishikesh





### ITINEARY



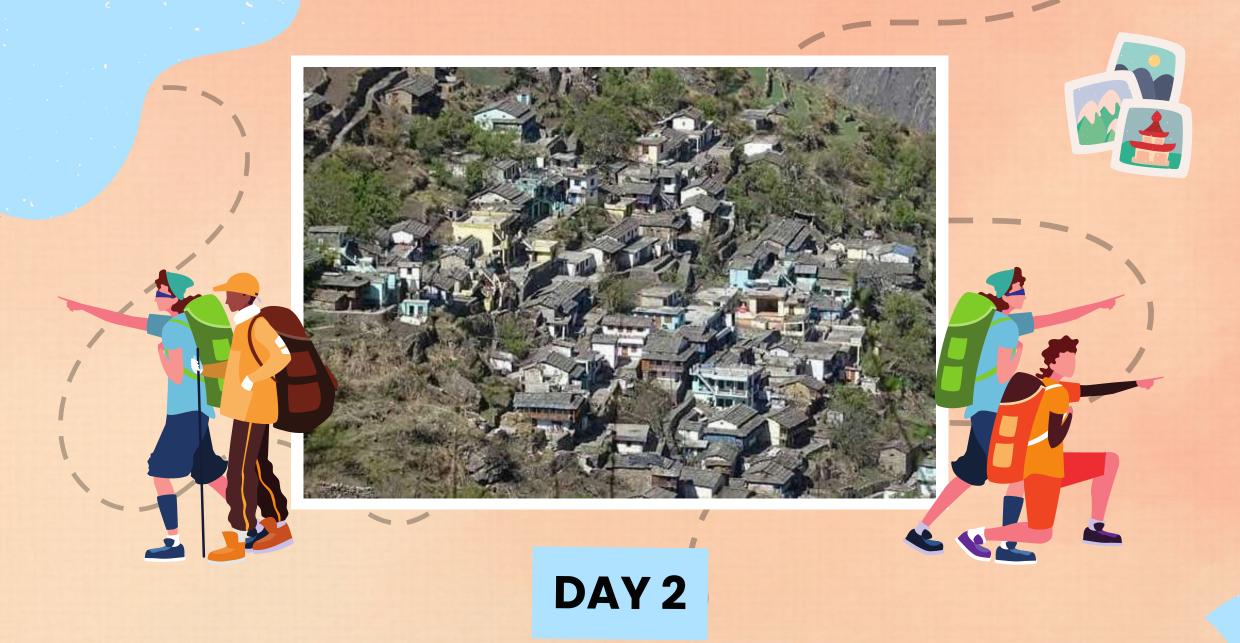


#### Drive from Rishikesh to Joshimath

Our vehicle will pick you up in Rishikesh and take you further up to Joshimath. The travel will be long hence we strongly recommend trekkers to rest for the night after settling themselves at a hotel.







#### Joshimath to Lata Village

Today the trek commences from Joshimath to Lata village through a moderately difficult trail. Upon reaching trekkers can find small accommodation houses and interact with the locals before retiring for the night. Don't forget to pay a visit to the Famous Nanda Devi Temple.







#### DAY 3

#### Lata Village to Lata Kharak

After breakfast, the trek departs to Lata Kharak through Bhelta crossing across the pine and cedar trees. This uphill route will end at the Camping site of Lata Kharak. Relish the astounding view of peaks like Nanda Ghunti, Ronti and Hathi Parvat.







#### Lata Kharak to Dharansi Pass camp

Today's climb will be an uphill trek to Jhandidhar. Bid farewell to Lata Kharak campsite and begin your journey towards the Dharansi Pass camp. As the distance to Jhandi Dhar closes, trekkers will be able to enjoy the scenic panorama of clearly visible towering peaks. Peaks like Chaukhamba, Dronagiri and Hathi will be in their best view possible. Trekkers will now take the route to Tolma village from where the final campsite of Dharansi Pass will stretch.







## Dharansi Pass Camp to Debrugheta and back to Dharansi Pass camp

Starting early on the day teams will be exploring the Deburgheta route. Deburgheta marks the finishing standpoint of this trek after which lies the border to inner prohibited land of Nanda Devi Sanctuary. Spend some time at the visit; capture the beauty of majestic Nanda Devi Peak, after which teams will trail back to Dharansi Pass campsite.





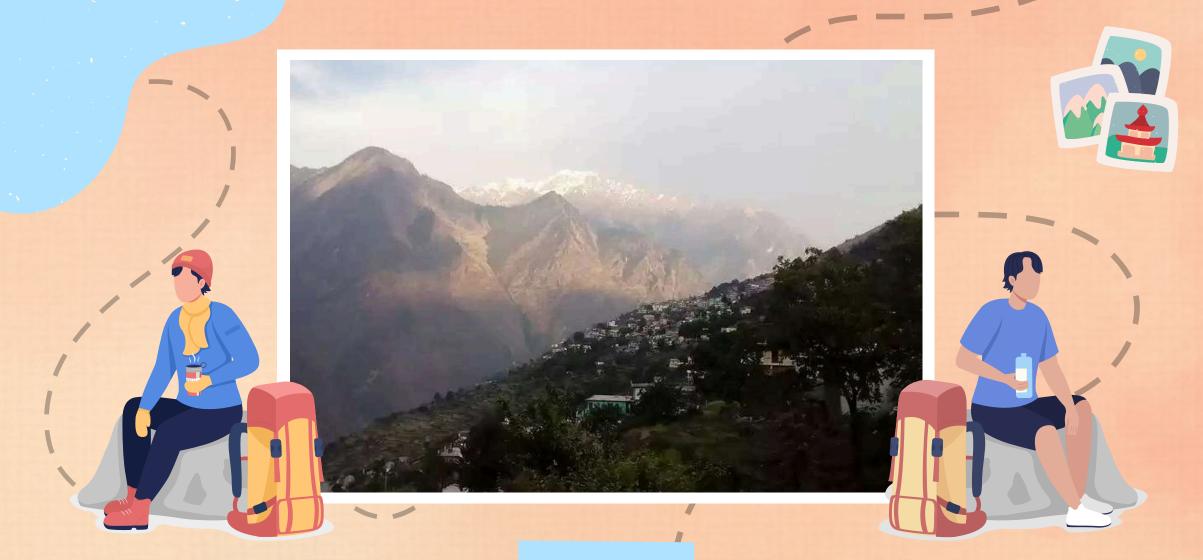
#### DAY 6

#### Dharansi Pass camp to Hitoli

Trek down to Jhandi Dhar, from where the teams will take the Hitoli campsite route. During the journey, you will come across some stunning Himalayan vegetation. This trek will stop at Hitoli campsite for the night before continuing on to Joshimath.







#### DAY 7

#### Hitoli to Surai Thotha and then back to Joshimath

Trek down to Tolma village then further to Surai Thotha. Spend some time interacting with the locals while you wait for your vehicle accommodation. Drive from the village to Joshimath where trekkers can further extend their exploration. Check in at a nearby hotel, and stroll the evening exploring the culturally significant site of Joshimath.







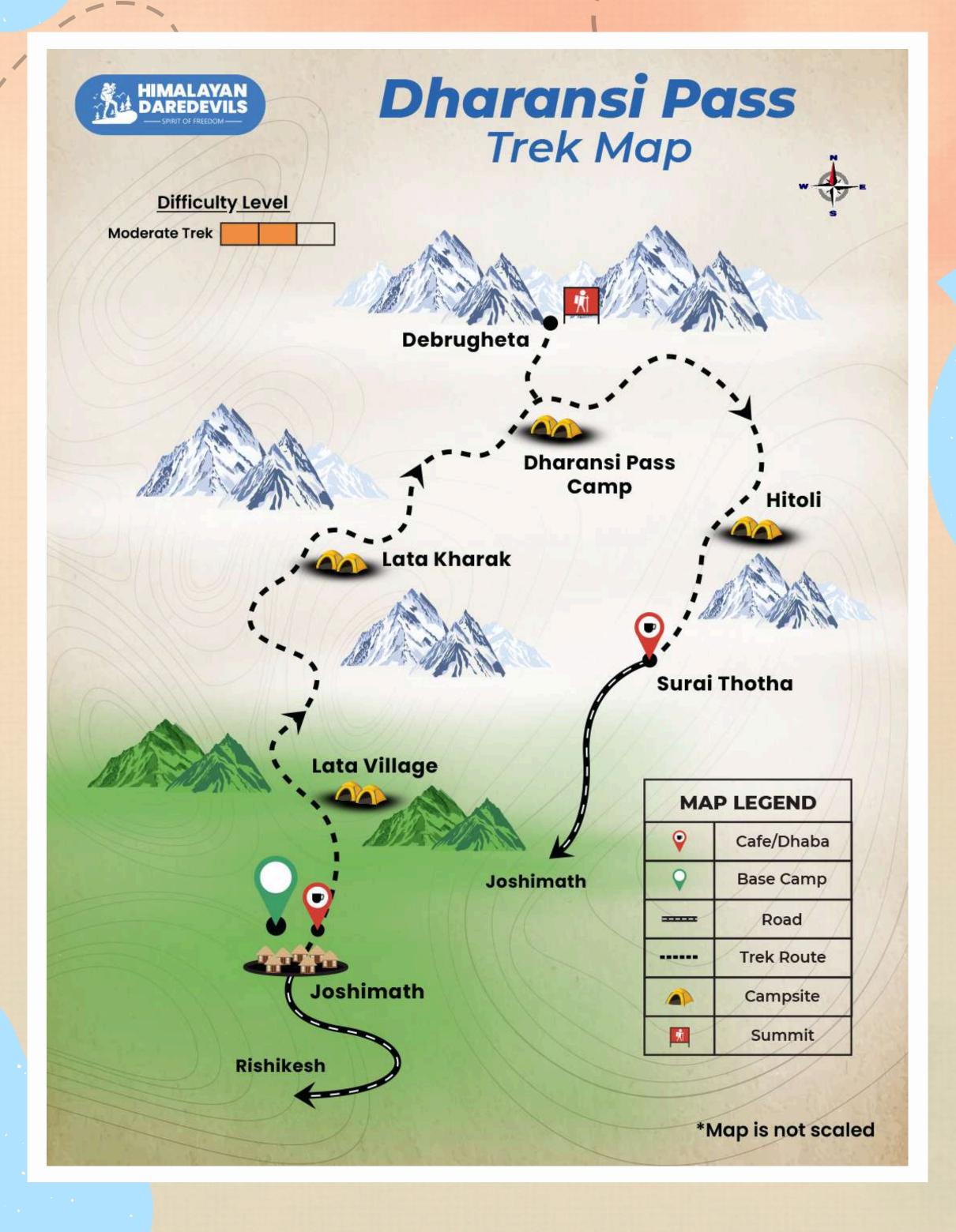
#### Joshimath to Rishikesh

Today we will start early from Joshimath towards Rishikesh.Trekkers will dispatch for their nearest respective airports, Railway stations or Bus stands





## TREK MAP





### INCLUSIONS



- Forest Permit and entrance fee
- Accommodation in Hotel on twin share basis
- All meals: breakfast, packed lunch, tea, coffee, snacks, soup and Dinner
- Radio Walkie Talkie for Communication
- Good Experience Local Trek Leader guide and Technical guide
- Medical Kit
- Oxygen Cylinders
- Porters







# EXCLUSIONS



- Personal Insurance
- Medical Certificate
- 5% GST
- Personal toiletry Items and Personal Medicine kit
- Transport Facility from Rishikesh to Rishikesh. Transport
  (Non Ac)
- 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.





## WHATTOCARRY



### HOW TO REACH

Dehradun is well-connected by road, rail, and air. Depending on your location, you can choose one of these options to reach Dehradun:

#### By Air:

You can take a flight to Jolly Grant Airport in Dehradun, which is the nearest airport.

#### By Train:

Dehradun has a railway station, and you can take a train to Dehradun Railway Station. Many trains connect major cities to Dehradun.

#### By Road:

You can also reach Dehradun by road. Several buses operate from nearby cities like Delhi, Haridwar, and Rishikesh to Dehradun.





## 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 guideles, 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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