



# PHULARA RIDGE TREK

Discover Yourself on the Trail!



[www.himalayandaredevils.com](http://www.himalayandaredevils.com)



+91 6398989097



[himalayandaredevils@gmail.com](mailto:himalayandaredevils@gmail.com)





# TREK OVERVIEW



## LOCATION

Uttarakhand, India



## DISTANCE

30 kms



## MAX ALTITUDE

12171 Ft



## LAST ATM

Purola



## BEST SEASON

May, June, July, Aug,  
Sept



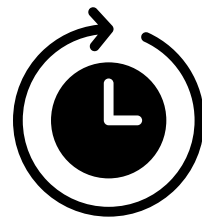
## BASE CAMP

Sankri



## DIFFICULTY

Moderate



## DURATION

6 Days & 5 Nights



## SERVICE FROM

Sankri to Sankri  
Dehradun to Dehradun



+91 6398989097



[www.himalayandaredevils.com](http://www.himalayandaredevils.com)

# SHORT ITINERARY



## DAY 1

Drive from Dehradun (640 M) to Sankri (1,950 M)

## DAY 2

Sankri (1,950 M) to Juda Ka Talab (2,773 M)

## DAY 3

Juda Ka Talab (2,773 M) to Bhoj Gadi (3,400 M)

## DAY 4

Bhoj Gadi (3,400 M) to Pushtara (2,800 M) via Phulara Ridge (3,700 M)

## DAY 5

Pushtara (2,800 M) to Sankri (1,950 M) via Taluka (2,108 M)

## DAY 6

Sankri (1,950 M) to Dehradun (640 M)





# ITINERARY



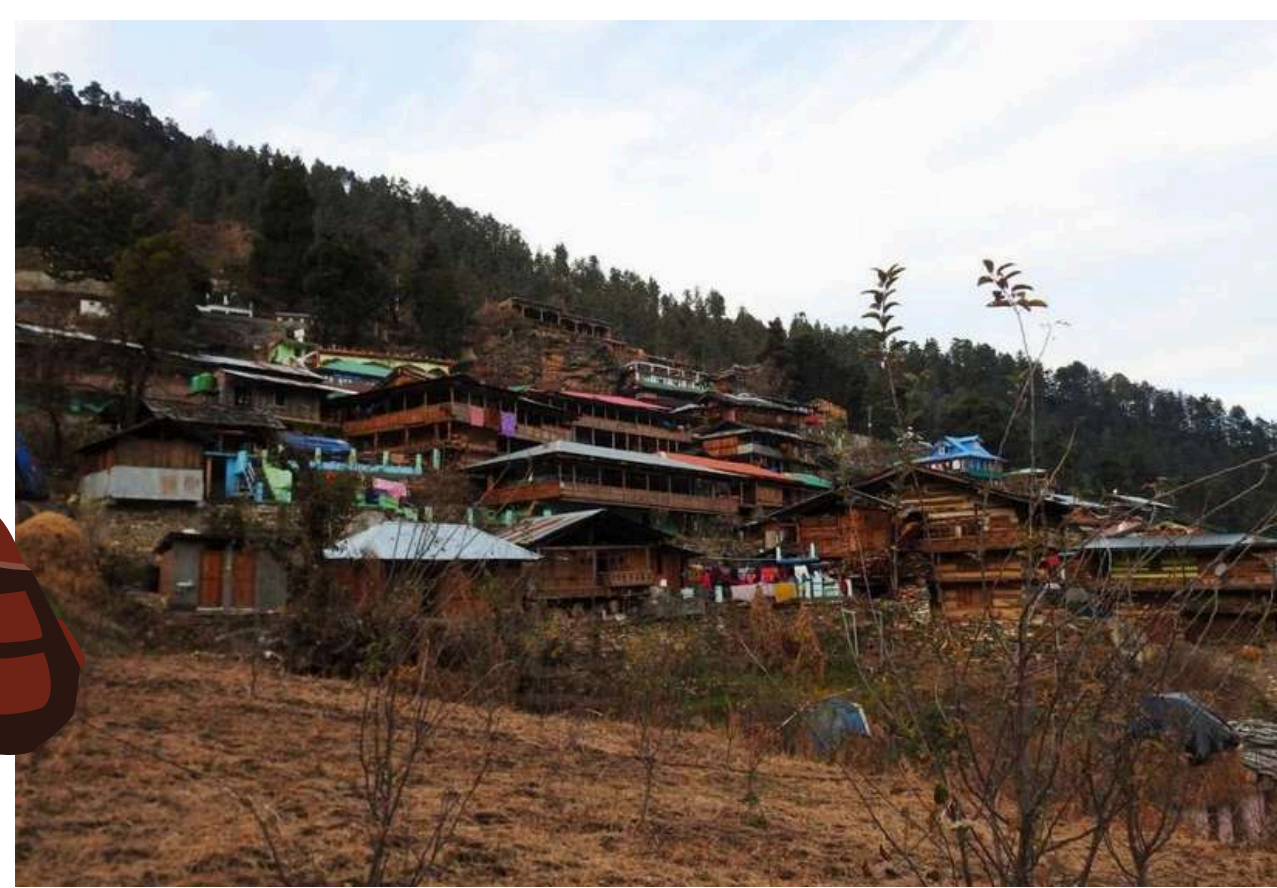
## DAY 1

### Drive from Dehradun (640 M) to Sankri (1,950 M)

Start your journey from Dehradun, which is well-connected by road, rail, and air. • Drive to Sankri, a picturesque village nestled in the Garhwal Himalayas, via Purola and Mori. • Sankri is located at an altitude of approximately 6,400 feet (1,950 meters) and is the starting point for the Phulara Ridge trek. • Check into a guesthouse or campsite in Sankri and spend the night.







## DAY 2

### Sankri (1,950 M) to Juda Ka Talab (2,773 M)

Begin your trek from Sankri to Juda Ka Talab, a serene alpine lake surrounded by pine forests. • The trail ascends gradually through oak and rhododendron forests, offering occasional views of the Himalayan peaks. • Reach Juda Ka Talab, situated at an altitude of approximately 9,100 feet (2,775 meters), and set up camp for the night.



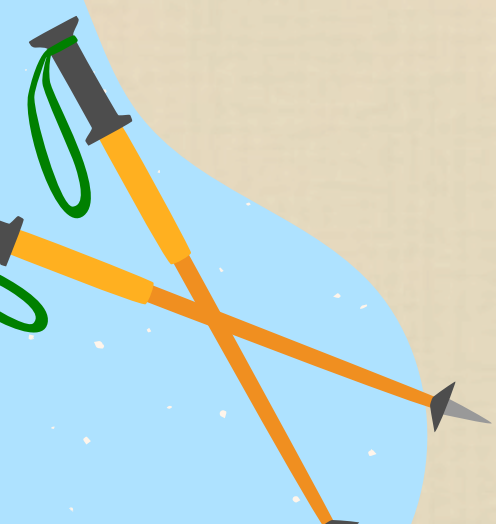




## DAY 3

### Juda Ka Talab (2,773 M) to Bhoj Gadi (3,400 M)

Trek from Juda Ka Talab to the base camp of Kedarkantha, another popular trekking destination in the region. • The trail continues through dense forests and meadows, with occasional clearings offering panoramic views. • Reach the Kedarkantha base camp, located at an altitude of around 11,250 feet (3,430 meters), and camp for the night.







## DAY 4

**Bhoj Gadi (3,400 M) to Pushtara (2,800 M) via Phulara Ridge (3,700 M)**

Trek Distance: 8.4 km | Trek Duration: 6-7 hours | Altitude gain and loss: 11,170 ft to 9,860 ft via 12,345 ft







## DAY 5

**Pushtara (2,800 M) to Sankri (1,950 M) via Taluka (2,108 M)**

Trek Distance: 8.1 km | Trek Duration: 6-7 hours Altitude loss: 9,860 ft to 6,916 ft







## DAY 6

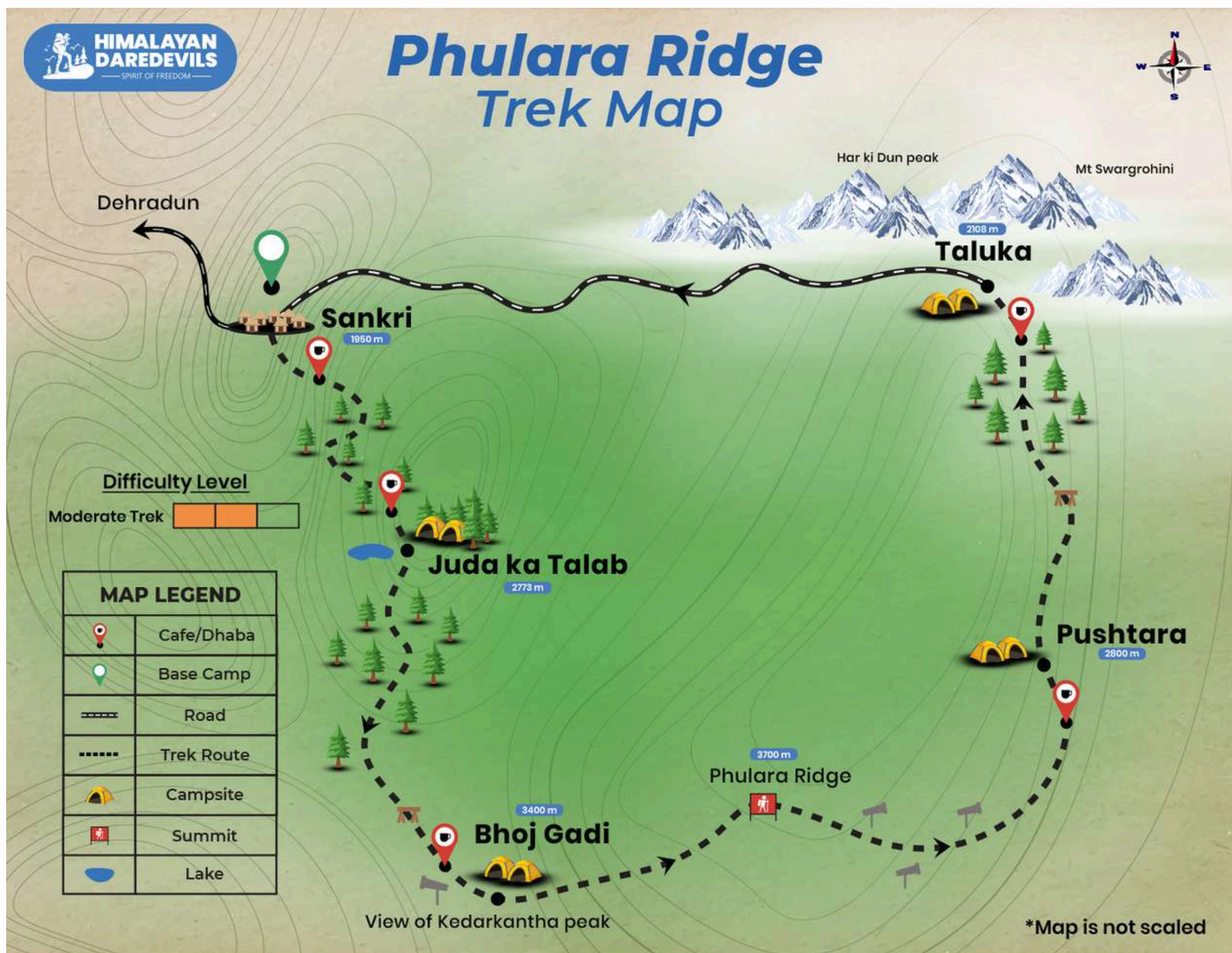
**Sankri (1,950 M) to Dehradun (640 M)**

Drive Distance: 190 km | Drive Duration: 9–10 hours





# TREK MAP







# 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 (twin sharing), 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.
- 5% GST
- 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.
- Note- We can provide you with a cab or tempo traveller for an additional cost from Dehradun.





# WHAT TO CARRY



TREKKING SHOES



BACKPACK



HAND GLOVES



HEAD LAMP



LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER



# 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. From there, you can continue your journey to Sankri by road.

## **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.





# HOW TO REACH

## Step 2: Dehradun to Sankri

Once you reach Dehradun, you can proceed to Sankri by road. The journey from Dehradun to Sankri takes approximately 8-10 hours by car. You have a few options:

**Private Taxi:** You can hire a private taxi or a cab from Dehradun to Sankri. This is the most convenient but relatively expensive option.

**Shared Jeep/Bus:** Shared jeeps and buses also operate from Dehradun to Sankri. You can inquire at the Dehradun Bus Stand or arrange a shared jeep from a local travel agency. These options are cost-effective but might be less comfortable.

**Self-Drive:** If you have your vehicle, you can drive from Dehradun to Sankri. The road conditions may vary, so it's essential to be prepared and check the route before your journey.





# 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 or 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



[www.himalayandaredevils.com](http://www.himalayandaredevils.com)



[himalayandaredevils@gmail.com](mailto:himalayandaredevils@gmail.com)



+91 6398989097

