



HAR KI DUN TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Uttarakhand, India



DISTANCE

44 kms



MAX ALTITUDE

12000 Ft



LAST ATM

Purola



BEST SEASON

March-June, Sep-Nov



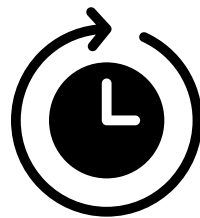
BASE CAMP

Sankri



DIFFICULTY

Moderate



DURATION

7 Days & 6 Nights



SERVICE FROM

Sankri to Sankri
Dehradun to Dehradun



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SHORT ITINERARY



DAY 1

Dehradun to Sankri

DAY 2

Drive from Sankri to Taluka village and then trek from Taluka to Puani Garrat

DAY 3

Trek from Puani Garrat to Simatra

DAY 4

From Simatra to Har ki Dun and then back to Simatra

DAY 5

From Simatra to Puani Garrat



SHORT ITINERARY



DAY 6

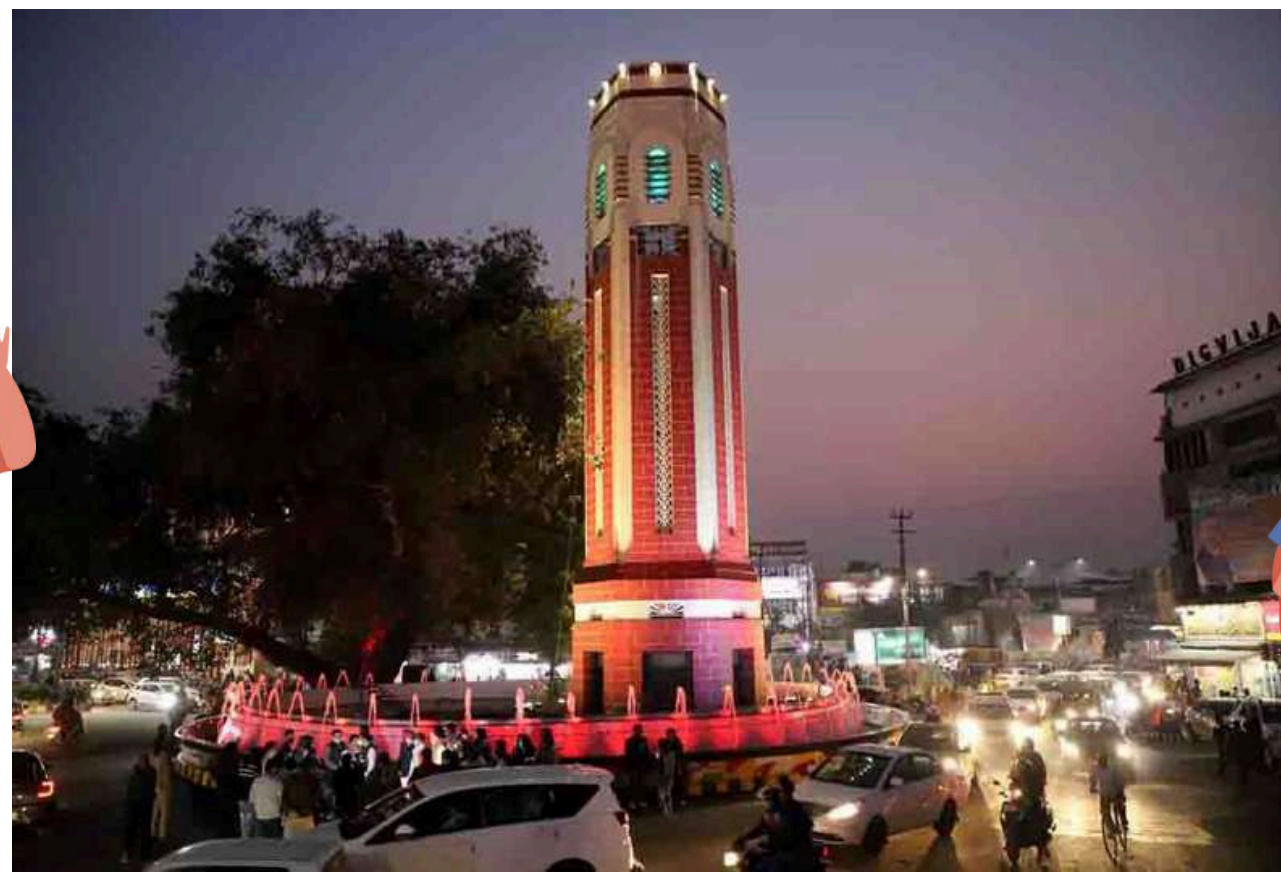
Puani Garrat to Taluka and then towards Sankri

DAY 7

From Sankri to Dehradun



ITINERARY



DAY 1

Dehradun to Sankri

The Har Ki Dun Trek begins with a scenic 8-10 hour drive from Dehradun to Sankri (200 km), passing through Mussoorie, Kempty Falls, and Nainbagh alongside the Yamuna River. The journey unfolds breathtaking landscapes, from Shivalik foothills to alpine terrains, with snow-capped peaks, terrace farms, and tiny settlements along the way. Upon reaching Sankri (6,400 ft), trekkers relax in a guesthouse or homestay, acclimatizing while enjoying a warm meal and a mesmerizing dusk view of this remote Himalayan village.



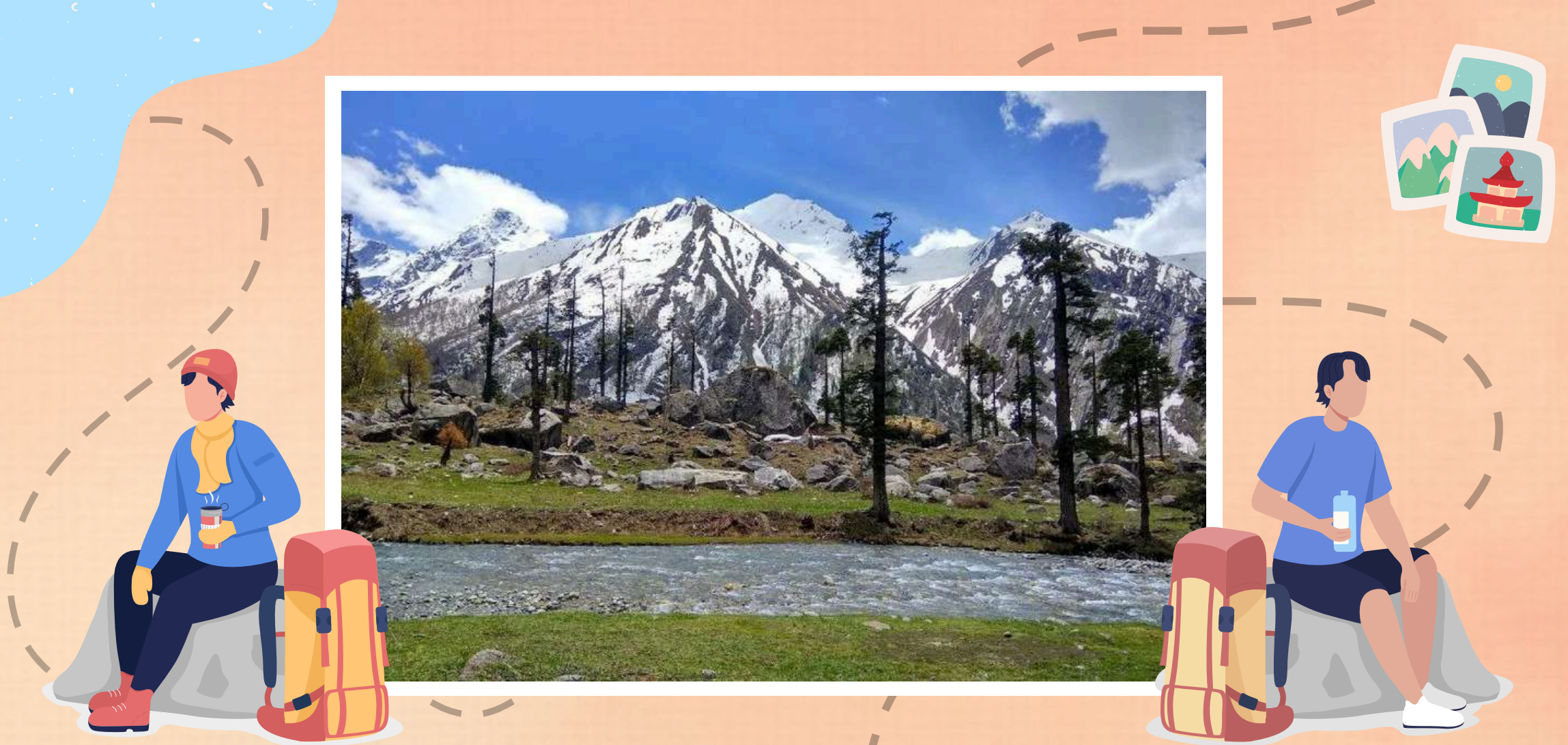


DAY 2

Drive from Sankri to Taluka village and then trek from Taluka to Puani Garrat

On Day 2 of the Har Ki Dun Trek, a 12 km drive from Sankri to Taluka offers stunning views of lush greenery, terraced farms, and snow-capped peaks. Taluka, a quaint Himalayan village, marks the trek's starting point, leading through dense oak and deodar forests along the Supin River. A 6-7 km trek to Puani Garaat (8,200 ft) takes 4-5 hours, passing streams, rich wildlife, and panoramic views of Kalanag and Swargarohini peaks. At Puani Garaat, rest in a tent or homestay, enjoy a warm meal, and gaze at the starlit Himalayan sky before the next adventure.

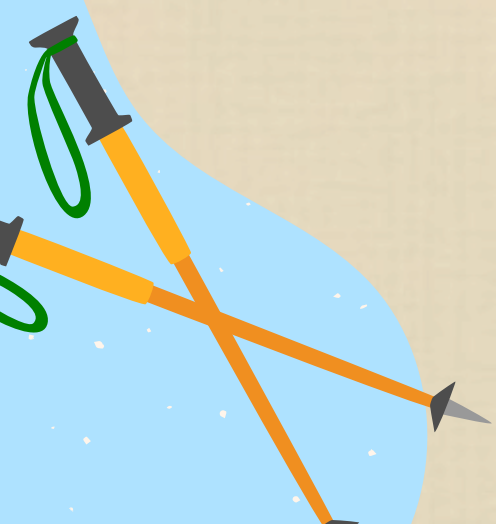


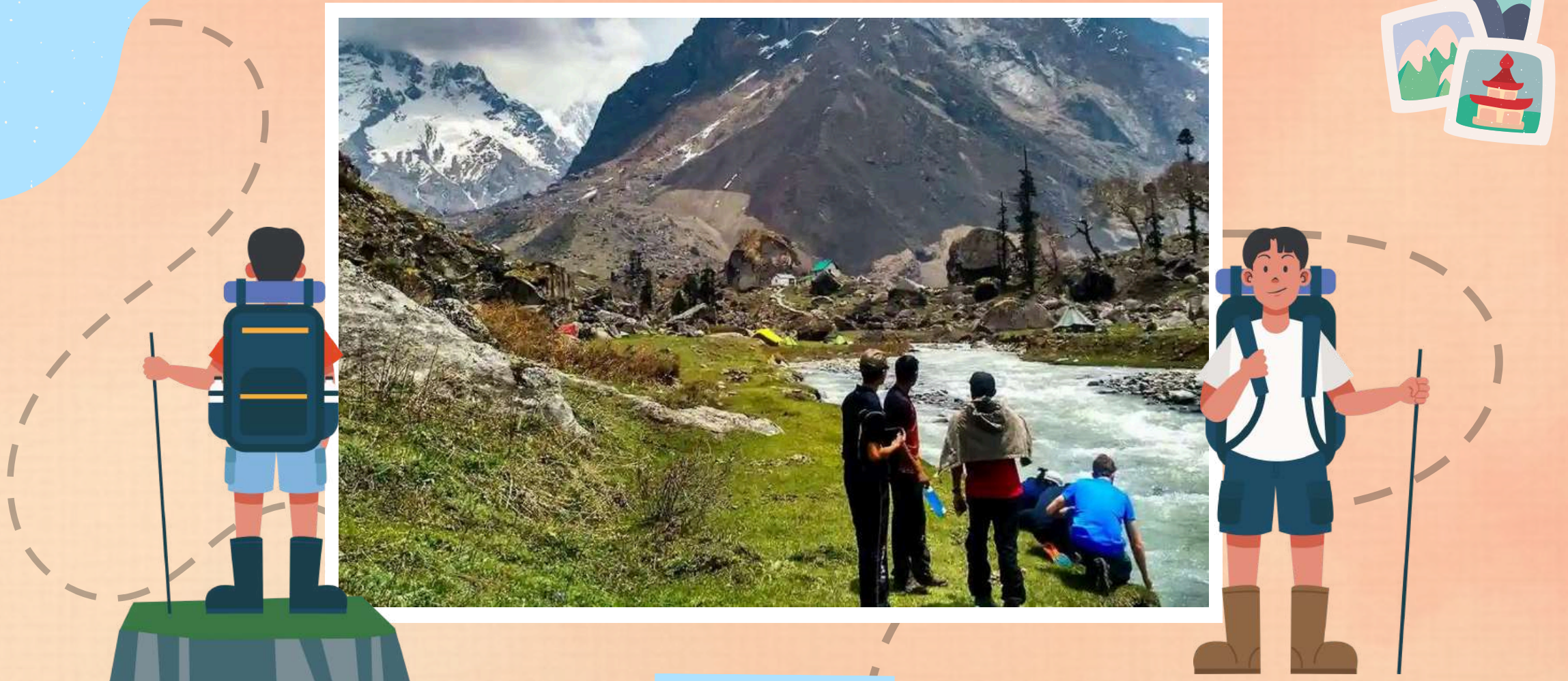


DAY 3

Trek from Puani Garrat to Simatra

Day 3 of the Har Ki Dun Trek covers a 12-14 km trek from Puani Garaat to Simatra in 6-7 hours, passing through oak, pine, and rhododendron forests alongside the Supin River. A key stop is Osla village, known for its traditional Garhwali architecture and the Duryodhana Temple, offering a glimpse into local culture. The trail then leads to Simatra, a serene valley with rolling meadows, gentle streams, and scenic slopes. At Simatra, unwind at a campsite or guesthouse, enjoy a warm meal, and rest under the starry Himalayan sky for the next day's adventure.





DAY 4

From Simatra to Har ki Dun and then back to Simatra

Day 4 of the Har Ki Dun Trek is dedicated to exploring the breathtaking Har Ki Dun Valley. After a hearty breakfast at Simatra, a 6-7 km trek (3-4 hours) leads through meadows, streams, and lush greenery to the majestic Swargarohini range and Har Ki Dun Lake. Spend time soaking in the serene landscape or take a short detour to the Jaundhar Glacier for stunning views. By noon, begin the picturesque return trek to Simatra, where you can camp under the stars, reliving the day's unforgettable moments over a warm meal and a hot drink.





DAY 5

From Simatra to Puani Garrat

Day 5 of the Har Ki Dun Trek involves retracing the 10-12 km route from Simatra to Puani Garaat in 5-6 hours. The descent passes through pine, oak, and rhododendron forests, offering cool shade and scenic beauty. Trekking alongside gurgling streams and alpine meadows, you'll witness stunning mountain views emerging from behind the dense foliage. By afternoon, you'll reach Puani Garaat, where you can set up camp, relax amidst towering peaks, and enjoy a warm meal before resting for the journey ahead.





DAY 6

Puani Garrat to Taluka and then towards Sankri

Day 6 of the Har Ki Dun Trek takes you 12-14 km from Puani Garaat to Sankri in 5-6 hours. The descent offers fresh perspectives of mountains, rivers, forests, and villages, with trails winding through dense oak, pine, and deodar forests teeming with wildlife. Crossing streams and riverbeds, you'll pass meadows and terraced fields before reaching Taluka for a short break. The final stretch to Sankri provides stunning valley and mountain views, marking a rewarding end to the trek. Relax in a guesthouse or campsite, reminiscing about the unforgettable journey through the Himalayas.





DAY 7

From Sankri to Dehradun

Day 7 marks the conclusion of the Har Ki Dun Trek with a scenic 200 km drive from Sankri to Dehradun, taking 8-10 hours. After an early breakfast, relax and cherish the trek's memories while passing through quaint villages, terraced farms, and lush valleys. The journey winds through Nainbagh and Mussoorie, where towering peaks gradually transition into the Shivalik foothills. The changing landscapes, flowing rivers, and dense forests make the ride enjoyable. Upon reaching Dehradun, the trek officially ends, leaving you with unforgettable experiences and the pride of conquering the Himalayas.



TREK MAP



Har Ki Dun Trek Map

Difficulty Level

Moderate Trek



*Map is not scaled



INCLUSIONS



- Meals while on trek (Veg. + Egg).
- 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



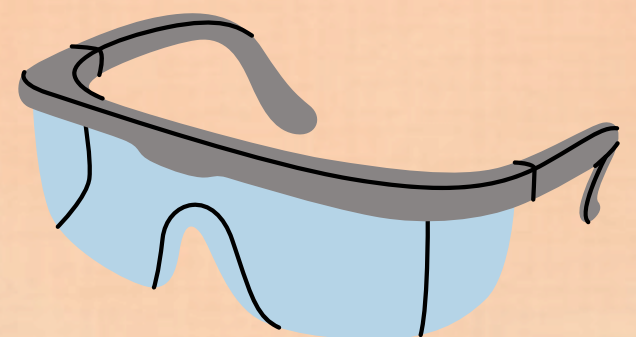
HAND GLOVES



HEAD LAMP



LUNCHBOX



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



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