



RUPIN PASS TREK

Discover Yourself on the Trail!



www.himalayandaredevils.com



+91 6398989097
95557055210



himalayandaredevils@gmail.com



TREK OVERVIEW



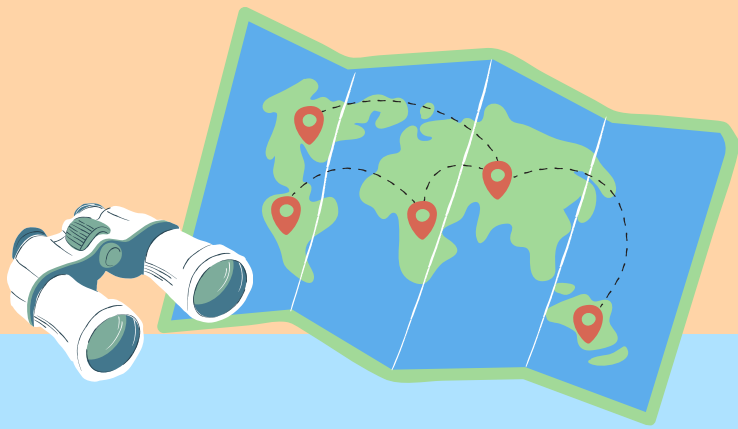
LOCATION

Himachal Pradesh
India



DISTANCE

43 Km



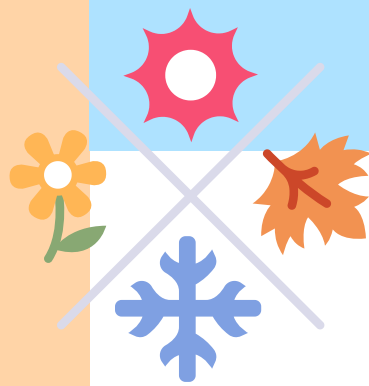
MAX ALTITUDE

15350 Ft



LAST ATM

Jiskun



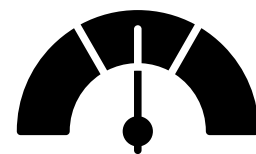
BEST SEASON

May, June, Sep, Oct



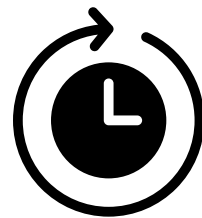
BASE CAMP

Jiskun



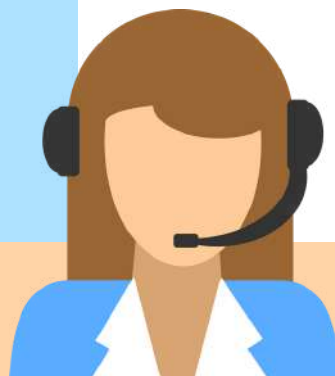
DIFFICULTY

Moderate



DURATION

7 Days & 6 Nights



SERVICE FROM

Jiskun to Sangla



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SHORT ITINERARY



DAY 1

Shimla to Jiskun

DAY 2

Trek from Jiskun to Jakha

DAY 3

Trek from Jakha to Saruwas Thatch

DAY 4

Trek from Saruwas Thatch to Dhanderas Thatch

DAY 5

Trek from Dhanderas Thatch to Upper Waterfall



SHORT ITINERARY



DAY 6

Pass-crossing day: Upper Waterfall camp to Rupin Pass, further on to Ronti Gad

DAY 7

Trek from Ronti Gad to Sangla



ITINERARY



DAY 1

Shimla to Jiskun

The journey begins with a scenic 185 km drive from Shimla to Jiskun, taking around 7 hours through peaceful villages, pine forests, and rugged valleys. At 7,630 feet, Jiskun serves as the basecamp for the Rupin Pass Trek, offering a serene start before the challenging Himalayan adventure ahead. It provides essential comfort and support, preparing trekkers for the demanding trails to come.





DAY 2

Trek from Jiskun to Jakha

The next stop on the Rupin Pass Trek is Jakha, a 3.5 km hike from Jiskun. The trail descends through deodar and walnut groves, crossing a deep mountain fold with remnants of an ancient wooden bridge. A steep yet scenic climb follows, with cliffside views, dense forests, and birdsong filling the air. Jakha, the highest village on the trek, is rich in tradition—no meat is consumed here. Trekkers can camp above the village or at the school, making it the last spot for supplies before venturing into the remote Himalayan wilderness.

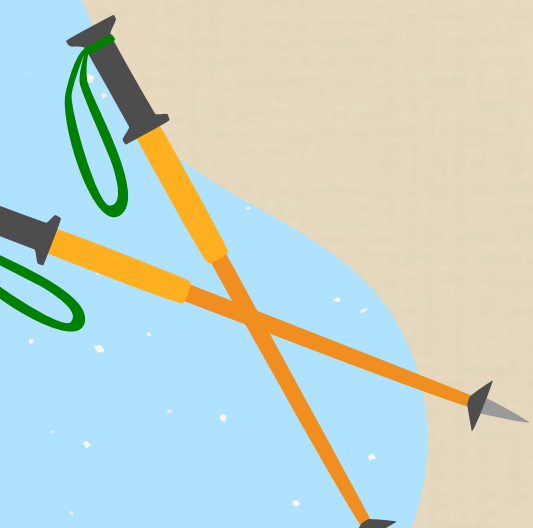


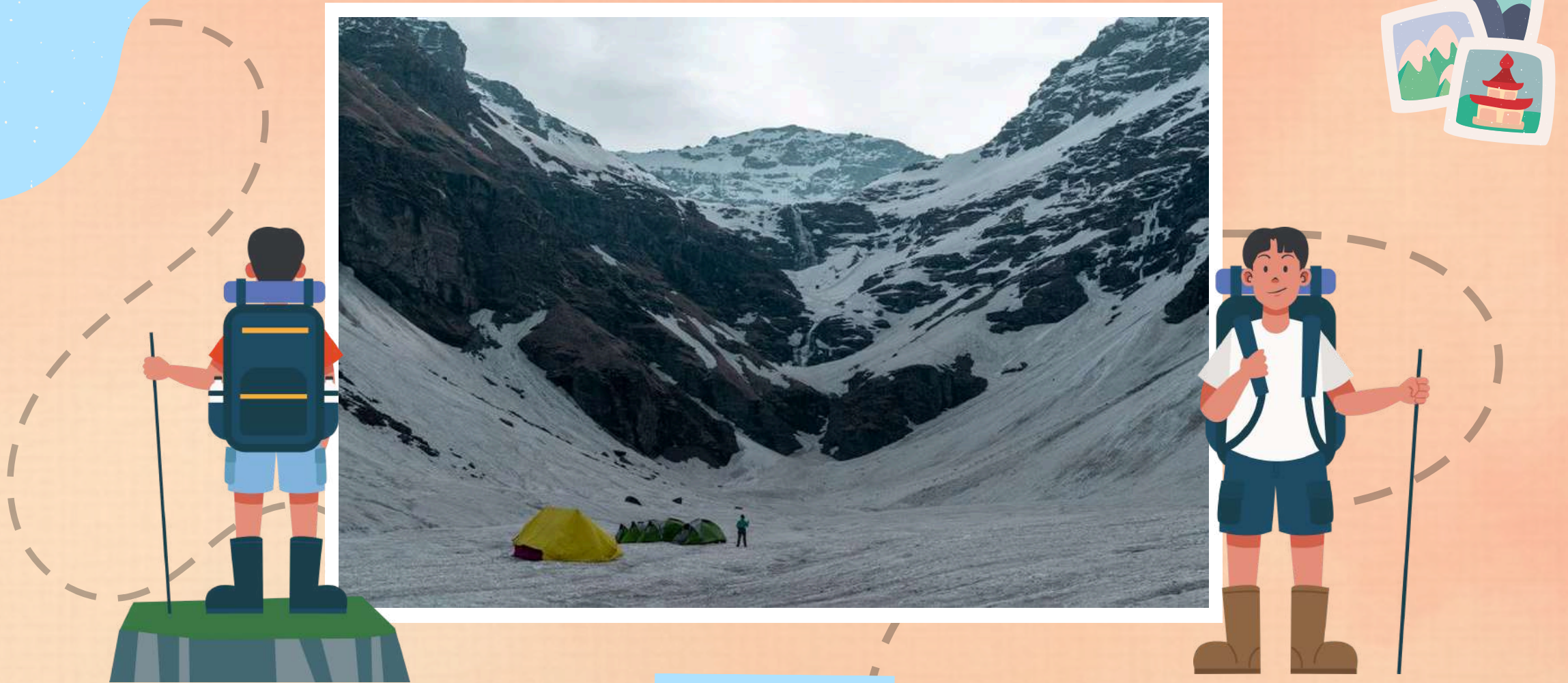


DAY 3

Trek from Jakha to Saruwas Thatch

The trek from Jakha to Saruwas Thatch takes you into the heart of lush green valleys and vibrant blossoms. The trail begins with a scenic uphill climb through towering fir trees, accompanied by the aroma of pine and playful squirrels. Descending into a gorge, you'll hear the gentle ripples of the Rupin River cutting through rugged terrain. As you pass Udaknal, dwarf rhododendrons brighten the path. Finally, reaching Saruwas Thatch, a breathtaking meadow, trekkers are rewarded with stunning mountain views—a perfect spot to rest and soak in the serenity of nature.





DAY 4

Trek from Saruwas Thatch to Dhanderas Thatch

Day 4 of the Rupin Pass Trek is one of the most beautiful, leading to Dhanderas Thatch, a vast meadow adorned with blooming blue flowers in summer. As you ascend from 10,770 ft to 11,700 ft, the Himalayan peaks tower majestically in the backdrop, creating a surreal wilderness experience. The final stretch brings you to the roaring Rupin Waterfall, cascading 1,500 ft above the Dhanderas Thatch campsite. With its echoing waters and breathtaking scenery, this spot is perfect for unwinding, capturing stunning photos, and soaking in the serenity of the mountains.





DAY 5

Trek from Dhanderas Thatch to Upper Waterfall

Day 5 is a crucial acclimatization day before the Rupin Pass ascent. The trek begins with a 1,500 ft climb from Dhanderas Thatch to the head of Rupin Waterfall, allowing your body to adjust to the altitude. The 1 km trail offers scenic stream crossings, golden marigold meadows, and cascading waters. As you approach the snow patch below the waterfall, avoid direct steps on ice—traverse the boulder-strewn hillside instead. A trekking pole or ice axe is advised for safety. This climb prepares you for the next day's strenuous ascent, ensuring a smoother journey to Rupin Pass.



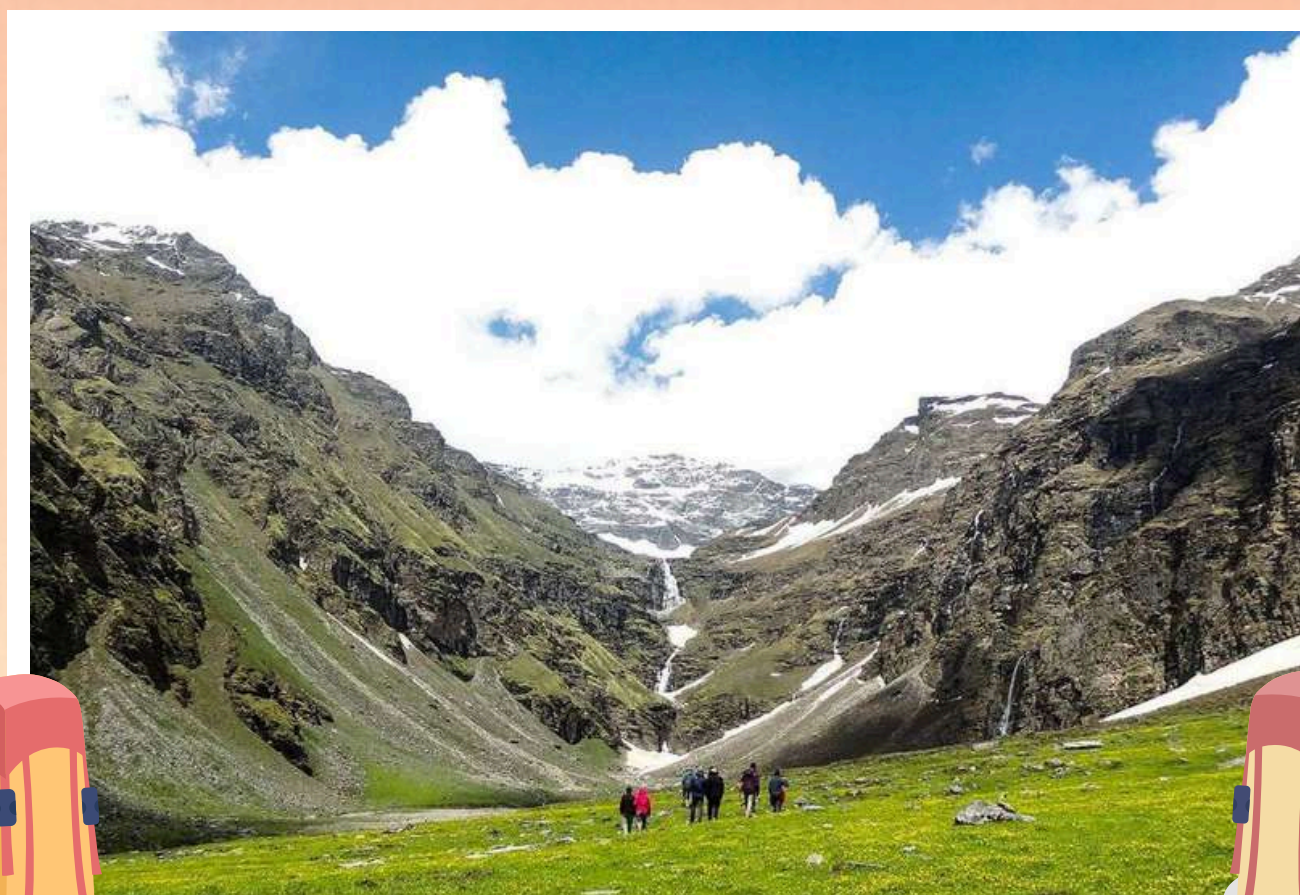


DAY 6

Pass-crossing day: Upper Waterfall camp to Rupin Pass, further on to Ronti Gad

Day 6 is the most challenging yet rewarding part of the Rupin Pass Trek—the pass-crossing day. Starting early from Upper Waterfall Camp (13,275 ft), trekkers ascend to Rupin Pass (15,279 ft), covering 7.4 km in 9-10 hours. The climb through snow and rocky terrain gets tougher as winds strengthen and air thins, but the sight of glacier-clad peaks is breathtaking. After crossing the pass, a careful descent leads to Ronti Gad (13,005 ft) in 3-4 hours. Here, trekkers rest, reflect, and celebrate their incredible journey through the Himalayas.

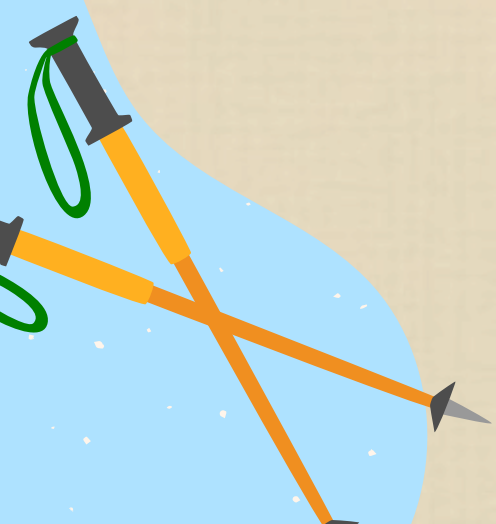




DAY 7

Trek from Ronti Gad to Sangla

Day 7 marks the final descent of the Rupin Pass Trek, covering 11.9 km in about 6 hours from Ronti Gad (13,005 ft) to Sangla (8,660 ft). The trail starts with a steep descent through rugged alpine terrain, gradually transitioning into lush grasslands and vibrant valleys. As the trek nears Sangla, the path follows the river, passing through scenic villages and greenery. From Sangla, a 6-7 hour drive to Shimla offers stunning views of Kinnaur Valley, concluding the trek at Shimla Old Bus Stand, marking the end of an unforgettable Himalayan adventure.



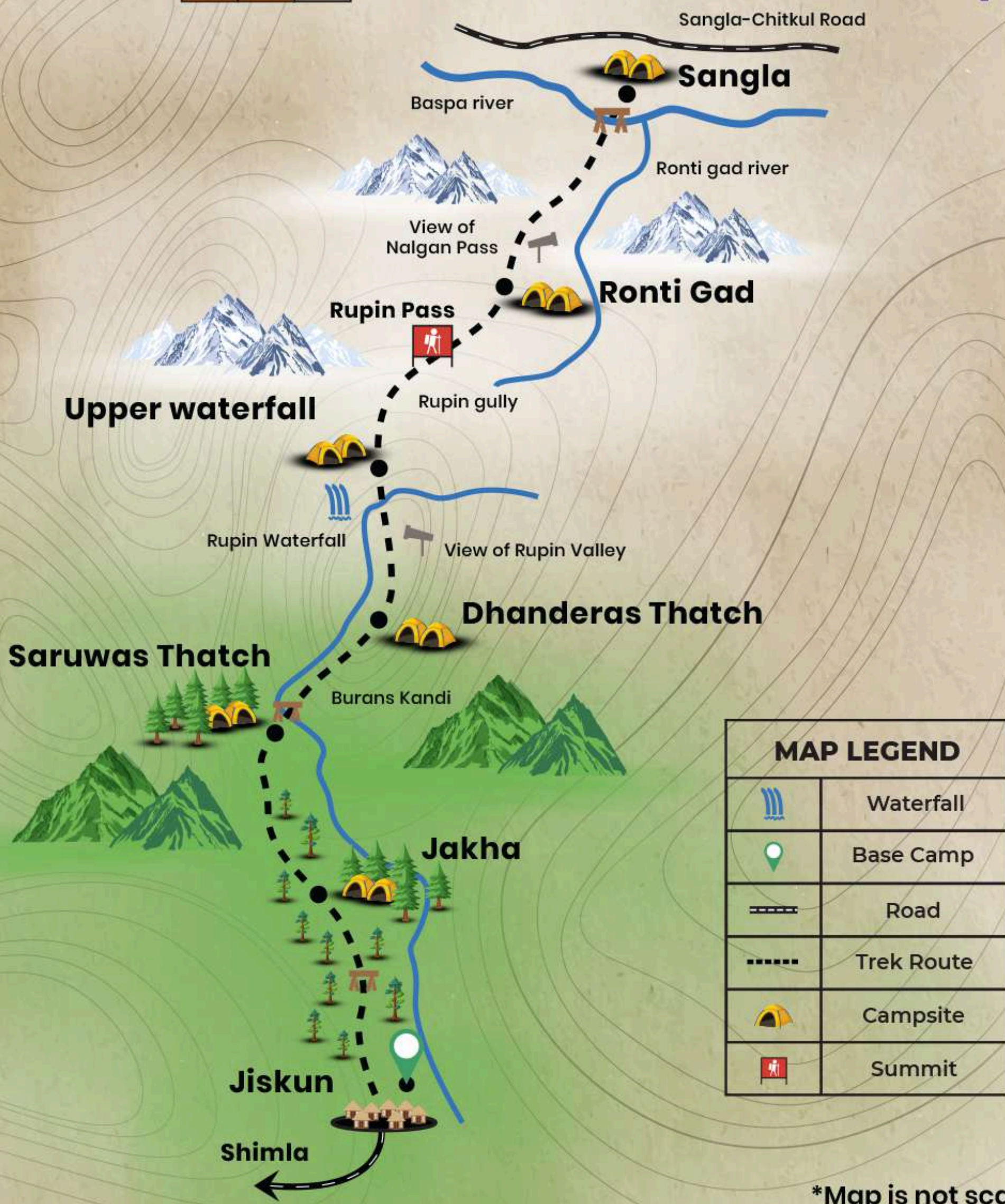
TREK MAP



Rupin Pass Trek Map

Difficulty Level

Moderate Trek



*Map is not scaled



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 porters to carry personal luggage.
- Transport (Non Ac) (Note: cab or tempo traveller can be provided for additional cost) Shimla to Shimla 3000Rs
- Insurance.
- Any kind of emergency evacuation charges
- 5% GST
- 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.
- Anything not specifically mentioned under the head



WHAT TO CARRY



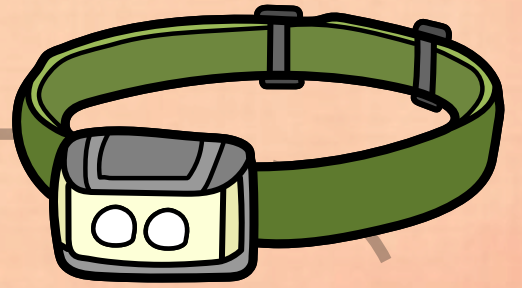
TREKKING SHOES



BACKPACK



HAND GLOVES



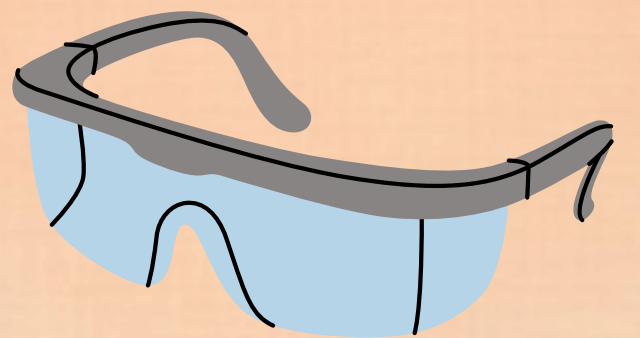
HEAD LAMP



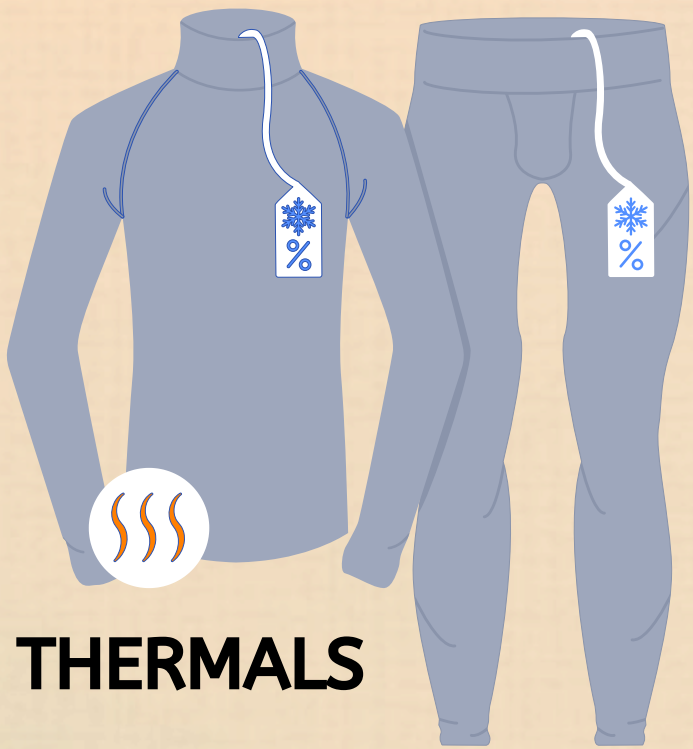
LUNCHBOX



SOCKS



UV SUNGLASSES



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

Step 1:

Take a Flight from New Delhi to reach Chandigarh
You can travel from New Delhi to Chandigarh by booking a flight. The total flight time between New Delhi & Chandigarh is around 0 h 50 m.

Step 2:

Take a Bus from Chandigarh to reach Shimla
Travelling in a bus is one of the ways to reach Shimla from Chandigarh. The total journey between Chandigarh & Shimla takes around 3 h 9 m in a bus.



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

-  www.himalayandaredevils.com
-  himalayandaredevils@gmail.com
-  +91 6398989097, 95557055210

