



BAGINI GLACIER TREK AND CHANGBANG BASE CAMP

Discover Yourself on the Trail!



www.himalayandaredevils.com



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TREK OVERVIEW



LOCATION

Uttarakhand, India



DISTANCE

43 kms



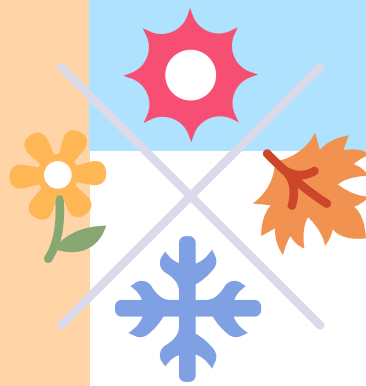
MAX ALTITUDE

14,800 ft



LAST ATM

Joshimath



BEST SEASON

May, June, Sep, Oct



BASE CAMP

Jumma



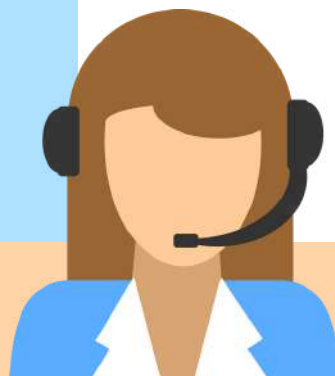
DIFFICULTY

Moderate



DURATION

8 Days & 7 Nights



SERVICE FROM

Joshimath to Joshimath

Rishikesh to Rishikesh



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SHORT ITINERARY



DAY 1

Rishikesh to Joshimath

DAY 2

Joshimath to Jumma | Trek to Ruing (2800 metres)

DAY 3

Ruing to Dronagiri (3610 meters)

DAY 4

Dronagiri to Longatulli

DAY 5

Longatulli – Garud Base Camp (4268m | trek 6 km | 7 hrs)



SHORT ITINERARY



DAY 6

Garud Base Camp – Rishikund (4,426m) – trek back to Dronagiri (14 km | 7 to 8 hrs)

DAY 7

Dronagiri – Jumma Road head Trek (11km | 5hrs)

DAY 7

Joshimath to Rishikesh



ITINERARY

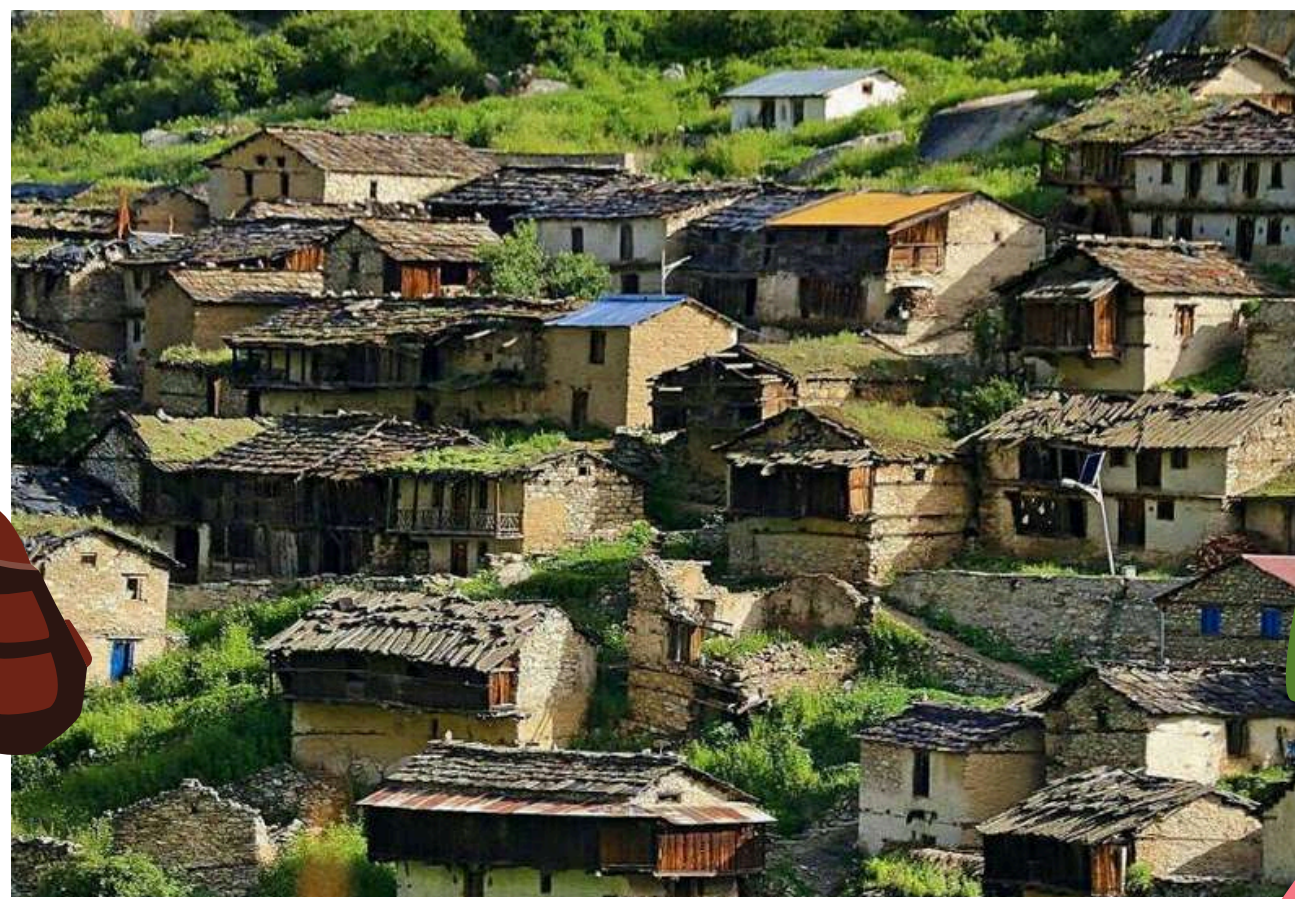


DAY 1

Rishikesh to Joshimath

On arrival in the holy town of Rishikesh, board a vehicle and drive to Joshimath. If Rishikesh is reached in the morning, the drive can be undertaken the same day. Joshimath is roughly 256 km from Rishikesh, and the distance can be covered in roughly 4 hours 40 minutes if the traffic is smooth. The drive will be through several sacred places like Devprayag, Rudraprayag and Karnaprayag. On the way, enjoy breakfast and lunch. Once in Joshimath, transfer to your lodging for an overnight stay.





DAY 2

Joshimath to Jumma | Trek to Ruing (2800 metres)

Early in the morning, drive to Jumma, the starting point of your Bagini Glacier trek. It's essential to stock up on supplies here as there are no proper towns ahead. The 46 km journey takes about 2 hours, passing through scenic villages like Tapovana, Reni, Lata, Phagti, and Surraithota, following the Dhauliganga River. At Jumma, expect strong winds near the Indo-Tibetan border. After crossing a steel bridge over the river, the trek begins, with your first halt at Ruing village. The 3 km hike takes 2-3 hours to reach this peaceful village surrounded by coniferous forests. You can stay at the local Panchayat Ghar or trek further to a meadow near Dronagiri, where you'll camp for the night, surrounded by lush grasslands and a flowing stream.

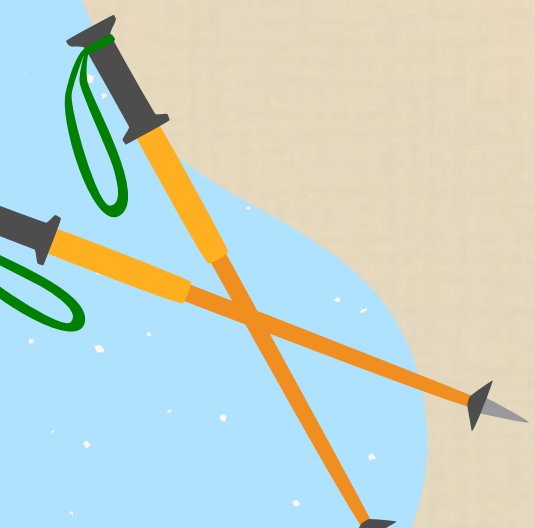




DAY 3

Ruing to Dronagiri (3610 meters)

From Ruing, continue your trek towards Dronagiri village, following a well-marked path that winds through dense forests. After 4 km, you'll encounter a landslide zone with two paths; avoid the one going upwards, as it leads to a dangerous canyon. Instead, take the narrow track downhill, crossing several brooks. After a rocky, dusty trail, you'll reach a cemented road leading to Dronagiri village, located at 3610 meters above sea level. Enjoy stunning views of snow-capped peaks, including Dunagiri. Use your free time to visit the Bhumial temple and, in the evening, head to the village outskirts to set up camp for the night.





DAY 4

Dronagiri to Longatulli

Leave Dronagiri village early and begin a steep ascent that leads you to a ridge offering panoramic views, including Rishi Pahar in Pithoragarh. About 30 minutes into the trek, cross Bagini Nallah stream via a concrete bridge. Avoid the left path, which leads to Garpak village. After crossing the stream, the trail winds through rocky terrain with barren slopes. Descend to reach another beautiful stream after roughly 1 hour 15 minutes of walking, with grassy land perfect for camping. Continue for another hour to reach Longatulli, where many hikers stop for acclimatization. Stay overnight in Longatulli.



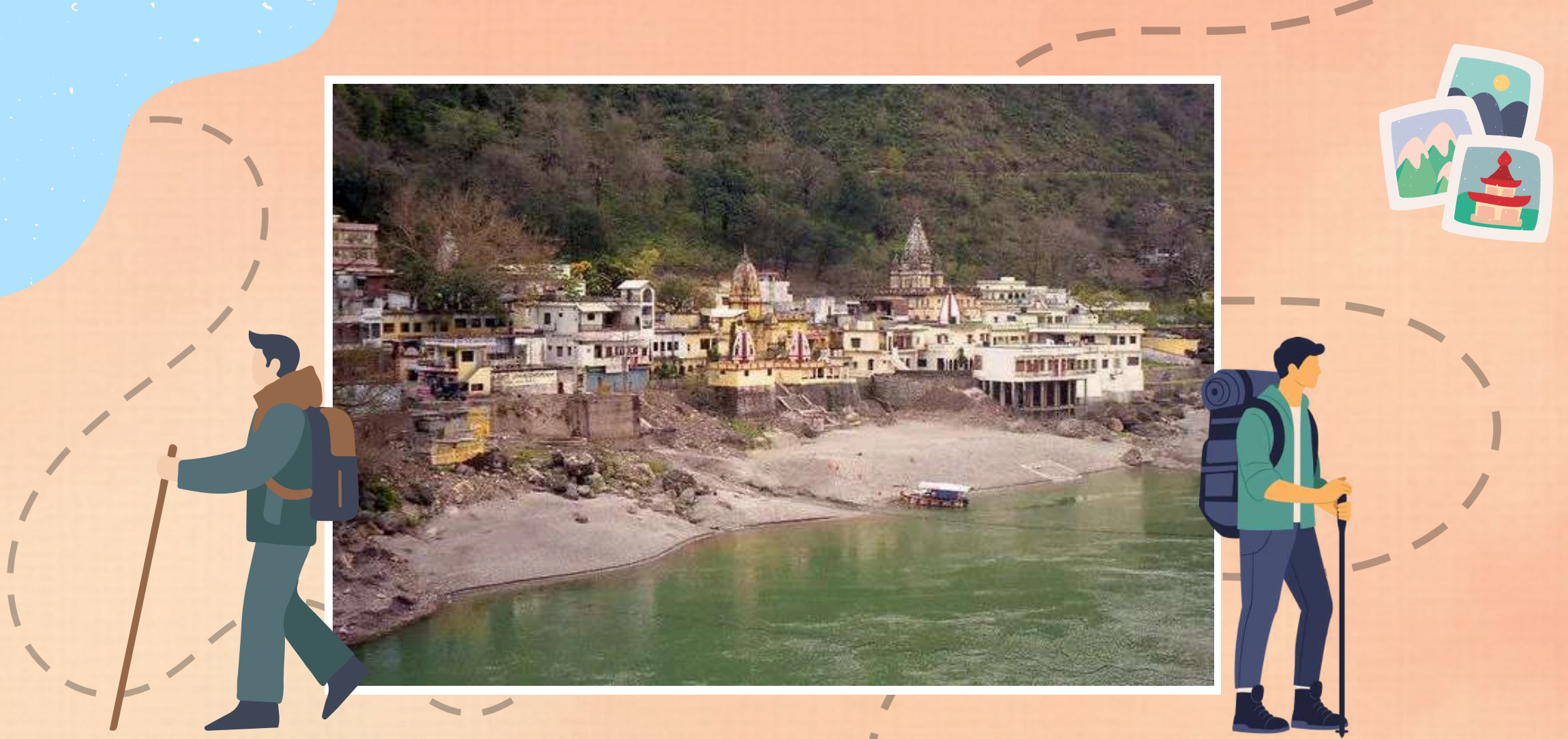


DAY 5

Longatulli – Garud Base Camp (4268m | trek 6 km | 7 hrs)

Today you will start early with packed breakfast. You will leave to catch the rewarding sight golden hour on the peaks and blue glacial lakes. Later, if you got still left energy in, a further few km treks will bring to explore into the gorge towards the foot of Changbang massif (6824 m) the highest one in area. Later trek back to camp for lunch and then trek always down to Semkhark.





DAY 6

Garud Base Camp – Rishikund (4,426m) – trek back to Dronagiri (14 km | 7 to 8 hrs)

At the break of dawn, you'll start your descent back to Dronagiri. The trek covers a total distance of 14 km, and you'll take approximately 7-8 hours to complete it. As you retrace your steps, the landscape unfolds differently, allowing you to appreciate the views from a new perspective. The rocky terrain and winding paths, once challenging on the way up, will now be easier to navigate. The descent takes you through alpine meadows, crossing streams and passing by lush patches of grassland. By the time you reach Dronagiri, the day will have unfolded fully, marking the end of a fulfilling trek.

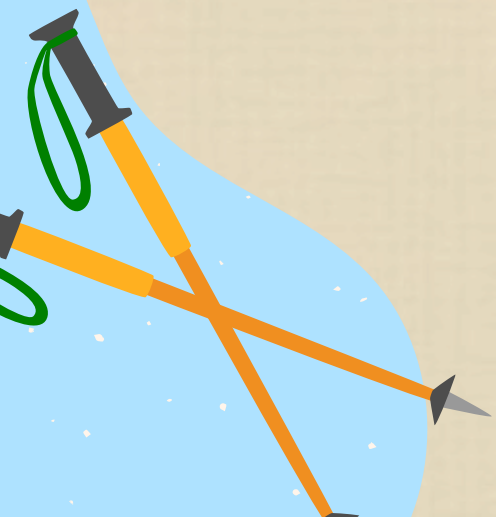




DAY 7

Dronagiri – Jumma Road head Trek (11km | 5hrs)

The descent follows the same route back to Jumma Road via Ruing village, where you'll pass through familiar landscapes, including winding paths and peaceful streams. As you retrace your steps, the views offer a different perspective, and the journey feels more tranquil. Once you reach Ruing, your pre-arranged vehicle will be waiting to take you on a relaxing drive to Joshimath, offering a comfortable end to your adventure.





DAY 8

Joshimath to Rishikesh

After a fulfilling trek, enjoy a hearty breakfast at your accommodation, taking time to savor the meal and reflect on the adventure you've just experienced. Once you're refreshed, begin your journey to Rishikesh by road. The drive offers a scenic escape as you leave the mountains behind and head towards the spiritual town of Rishikesh. Along the way, you'll pass through picturesque landscapes, with the winding roads following rivers and lush greenery, allowing you to unwind and absorb the natural beauty before reaching the bustling town known for its yoga, spirituality, and peaceful vibes.



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



- GST 5% (it is Mandatory)
- Any insurance (HDD recommends each trekker to get insurance)
- Any Meals/accommodation beside the itinerary or not mentioned in the program.
- Any Bus / Airfare to/from trek start/end point
- Personal Medical expenses do carry your medication.
- Any personal services such as Laundry, phone calls, liquors, mineral water, etc.
- Any still / video camera fee
- Any Entrance fee Monuments, Monasteries, Museums, Temples – Pay directly on the spot.
- Mules or porter charges to carry private baggage (Offload Charges for bag 1000 per day, per bag. Note: Bag weight should not be more than 10 kg.
- Any emergency evacuation charges
- Transport (Non Ac)





EXCLUSIONS



- 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.
- Any services that are not mentioned in the cost inclusion section.



WHAT TO CARRY



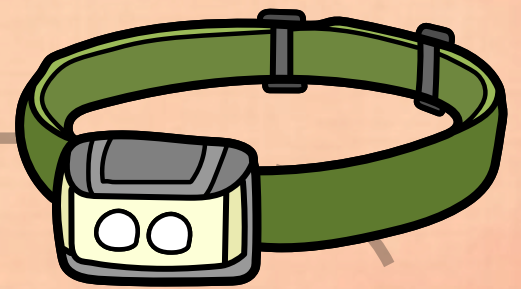
TREKKING SHOES



BACKPACK



HAND GLOVES



HEAD LAMP



LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

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

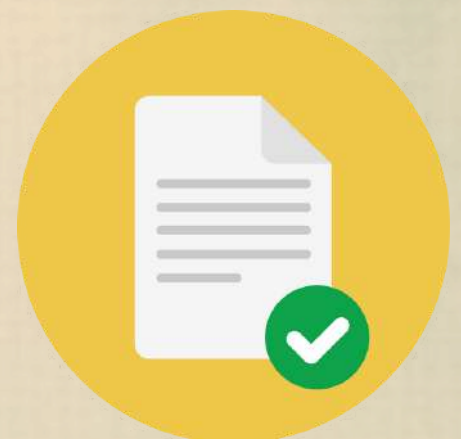
- It is mandatory for trekkers to carry a copy of their photo ID for entry at forest check posts on the trek.
- It is not for the first time trekkers. You should have done atleast 2 high altitude treks.
- All participants are expected to have a fitness level, stamina and the ability to sustain harsh 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.



HOW TO REACH

By Road: You can hire a taxi or take a shared cab from Rishikesh to Joshimath. The distance is approximately 250 kilometers, and the journey usually takes around 8-9 hours, depending on the road conditions.

By Bus: Regular bus services are available from Rishikesh to Joshimath. You can inquire at the Rishikesh Bus Stand for the schedule and book your ticket accordingly.

By Shared Jeep: Shared jeeps or maxi cabs are a popular mode of transport between Rishikesh and Joshimath. You can find them near the Rishikesh Bus Stand or inquire at local travel agencies.



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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