



# BENOG TIBBA TREK

Discover Yourself on the Trail!



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



+91 6398989097  
95557055210



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





# TREK OVERVIEW



## LOCATION

Uttarakhand, India



## DISTANCE

8 kms



## MAX ALTITUDE

7460 ft



## LAST ATM

Mussoorie



## BEST SEASON

All Months



## BASE CAMP

Cloud End Forest  
Resort



## DIFFICULTY

Easy



## DURATION

2 Days & 1 Nights



**SERVICE FROM**  
Dehradun to Dehradun



+91 7983285412



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# SHORT ITINERARY



## DAY 1

Drive from Dehradun to Cloud End Forest Resort. Start Trekking

## DAY 2

Drive from Benog Tibba Basecamp to Dehradun





# ITINERARY



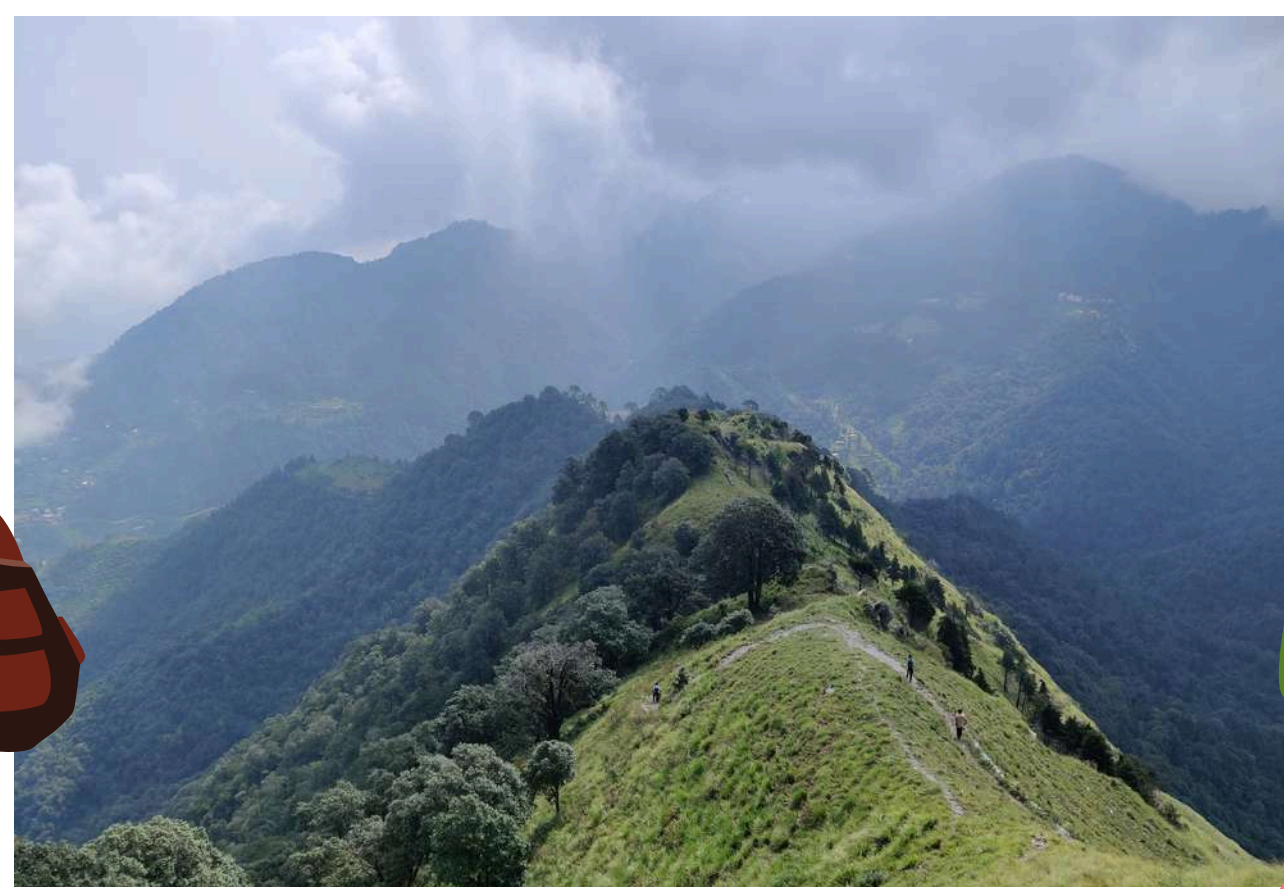
## DAY 1

### Drive from Dehradun to Cloud End Forest Resort. Start Trekking

Drive Distance: 34.8 km drive | Drive Duration: 2 hours Trek Distance: 8 km | Trek Duration: 7 hours Altitude: 6,805 ft to 7,270 ft Transport will be arranged at 6.30 AM. This cost is included in the trek fee. Pick up Location: Dehradun Railway Station Trek gradient is easy-moderate Gradual climb through the forest and switchbacks all the way to the summit, and descend down the same way. Carry 2 litres of water as there are no water sources on the way.







## DAY 2

### Drive from Benog Tibba Basecamp to Dehradun

Trek Distance: 200 m | Drive distance: 36.2 km Time taken: 2 hours Max Altitude: 7,270 ft to 5150 ft You are scheduled to leave from Benog Tibba basecamp by 10.30 am. The cost of transport back to Dehradun is included in your trek fee. It will take you close to 2 hours to reach Dehradun.







# INCLUSIONS



- **Meals** - All meals from lunch at Benog on Day 1 to breakfast at Benog on Day 2 are included. We provide simple, nutritious vegetarian food on all days of the trek.
- **Transport to and from the Base Camp** - Cost of travel to Benog Tibba base and back to Dehradun is included in the trek fee. Transport (Non Ac)
- **Trek Equipment** - High-quality tents, sleeping bags are included in your trek fee. Technical equipment like ice axes, ropes, microspikes, gaiters etc., are also provided as and when required.
- **Accommodation** - Stay is included on Day 1 (Benog Tibba Base). You will be camping in tents at the base camp in Benog.
- **Camping Charges** - All trek permits and camping charges are included.
- **Safety Equipment** - Your Trek Leader comes equipped with a High Altitude Medical Kit.



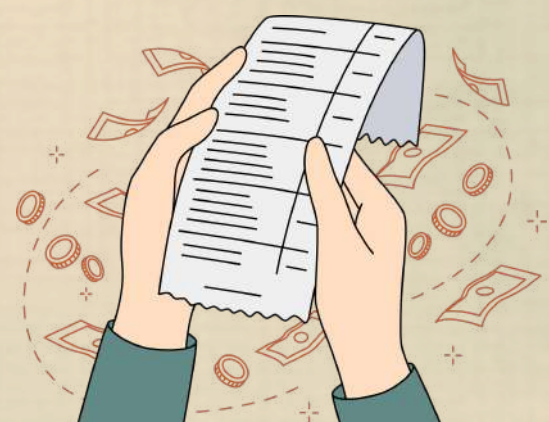




# EXCLUSIONS



- **Food during transit** - Any food you have during your travel to and from the base camp is in your own expense.
- Forest Charges for carrying still/video cameras etc.
- 5% GST
- Travel Insurance, if any
- 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 apart from inclusions





# HOW TO REACH

## By Air:

Jolly Grant Airport is the nearest airport to Dehradun by flight, almost 25km from the city. You can find regular flights from Delhi to Dehradun.

However, if you plan to reach Dehradun by flight, it is better to come one day in advance.

## By Train:

Two express trains are convenient if you want to reach Dehradun from Delhi by train. With the train, it is an overnight journey. The two trains are mentioned below:

Nandadevi Express – Train no: 12205 (Departure 11:50pm; Arrival – 5:40am)

Dehradun Express – Train no: 12687 (Departure – 9:10pm; Arrival – 5:00am)

## By Bus:

From Delhi, you can find a regular bus service to Dehradun. ISBT Kashmere Gate is the central bus station in Delhi, from where you will find both AC and non-AC buses for Dehradun.

Drive from Dehradun to Gangotri. It is a 10-12 hour drive from Dehradun. Gangotri is the base camp for your trek.





# 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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