



# SATOPANTH TAL 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

22 kms



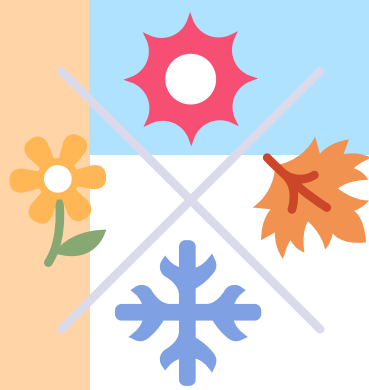
## MAX ALTITUDE

8100 ft



## LAST ATM

Kathgodham



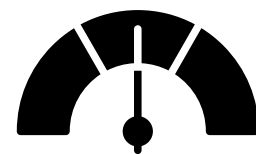
## BEST SEASON

Jan - June and Sep - Dec



## BASE CAMP

Kathgodham



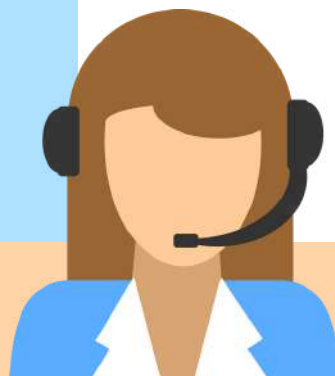
## DIFFICULTY

Easy



## DURATION

2 Days & 1 Nights



## SERVICE FROM

Kathgodham to Kathgodham



+91 7983285412



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

# SHORT ITINERARY



## DAY 1

Kathgodham to Dhaulchina via Binsar Sanctuary Trek

## DAY 2

Dhaulchina to Jageshwar| Drive to Kathgodham





# ITINERARY



## DAY 1

### Kathgodham to Dhaulchina via Binsar Sanctuary Trek

We start early morning from Kathgodham. Drive distance: 110km (Kathgodham – Binsar Sanctuary) / 4hours Trek Distance: 7km (Binsar Sanctuary – Dhaulchina) / 3-4 hours After a long drive through pristine and raw nature, we enjoy sumptuous dinner and stay at this location overnight in a guest house/ eco camp.







## DAY 2

### Dhaulchina to Jageshwar| Drive to Kathgodham

Trek Distance: 8km/ 4hours , Gradual ascent till old Jageshwar Temple ,2 hours Descend to main Jageshwar Temple, Drive Distance: 120km (Jageshwar to Kathgodham) /4 hours After delicious breakfast we head towards Jageshwar Temple. This trekking distance is about 8 kms that can be covered in about 4 -5 hours. This path crosses through Deodhars, Oaks and Rhodendrons and leads to the Jageshwar temple that dates back to 9-13th Century. We offer our prayers to the deity and head back by road to Kathgodam.







# INCLUSIONS



- **Meals** - All meals from dinner on Day 1 to breakfast on Day 2 are included. We provide simple, nutritious vegetarian food on all days of the trek.
- **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 . You will be camping in tents/ homestay at the base camp.
- **Camping Charges** - All trek permits and camping charges are included.
- **Safety Equipment** - Your Trek Leader comes equipped with a High Altitude Medical Kit.
- Transport (Non Ac)







# 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.
- Travel Insurance, if any
- 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 apart from inclusions





# 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

Options to reach Kathgodam Railway station (Haldwani).  
Take an overnight train to Kathgodam railway station (290 km 6-7 hours) which is well connected to Delhi, Kolkata, Dehradun and Lucknow.

## **By Road:**

Take an overnight bus to Haldwani Bus Stand, Delhi Anand Vihar ISBT provides bus services to Haldwani (don't go to Delhi Kashmere Gate ISBT) and then take a cab to the pickup point, which is 6 km away and takes 15 minutes.

We always recommend going for the govt. Buses over the private ones outside the bus station as based on the experience we have found that there are very high chances of delay involved with private buses. Also, govt. Buses are always more reliable. Whichever bus you choose, just make sure to reach Kathgodam at least by 05:30 am.





# HOW TO REACH

## By Air:

Take flight to Pantnagar airport, about 27 km, is the nearest airport with direct flights to Delhi, if coming by flight then come one day early.

If you prefer to travel from Kathgodam to our base camp independently, you can either take a government bus or book a private cab. Your trek coordinator will provide guidance on how to arrange for the bus or cab booking.

Arrive in Kathgodam by 6:00 pm.

The designated drop-off point is Kathgodam railway station).

Please consider planning your subsequent travel arrangements after 8:00 pm.

Kathgodam to Haldwani is 6km, it will take 20 minutes.

HDD offers comfortable transportation through Tempo Traveler, Bolero, or equivalent vehicles. If you wish to upgrade your mode of transportation, please contact your trek coordinator for further assistance.





# 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, 95557055210

