



# KUSH KALYANI TREK

Discover Yourself on the Trail!



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# TREK OVERVIEW



## LOCATION

Uttarakhand, India



## DISTANCE

25 kms



## MAX ALTITUDE

11600 ft



## LAST ATM

Uttarkashi



## BEST SEASON

Throughout the Year



## BASE CAMP

Malla



## DIFFICULTY

Easy



## DURATION

5 Days & 4 Nights



## SERVICE FROM

Uttarkashi to Uttarkashi  
Dehradun to Dehradun



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# SHORT ITINERARY



## DAY 1

Dehradun to Uttarkashi (154 km) (5/6 hours)

## DAY 2

Drive from Uttarkashi to Malla (26 km) (1.5 hours) trek to Sheela Gano Gaira camp (7 km) (4/5 hours)

## DAY 3

Sheela Gano Gaira camp to Kush Kalyani Bugyal (8 km) (3/4 hours)

## DAY 4

Kush Kalyani to Bhalak (7 km) (3/4 hours)

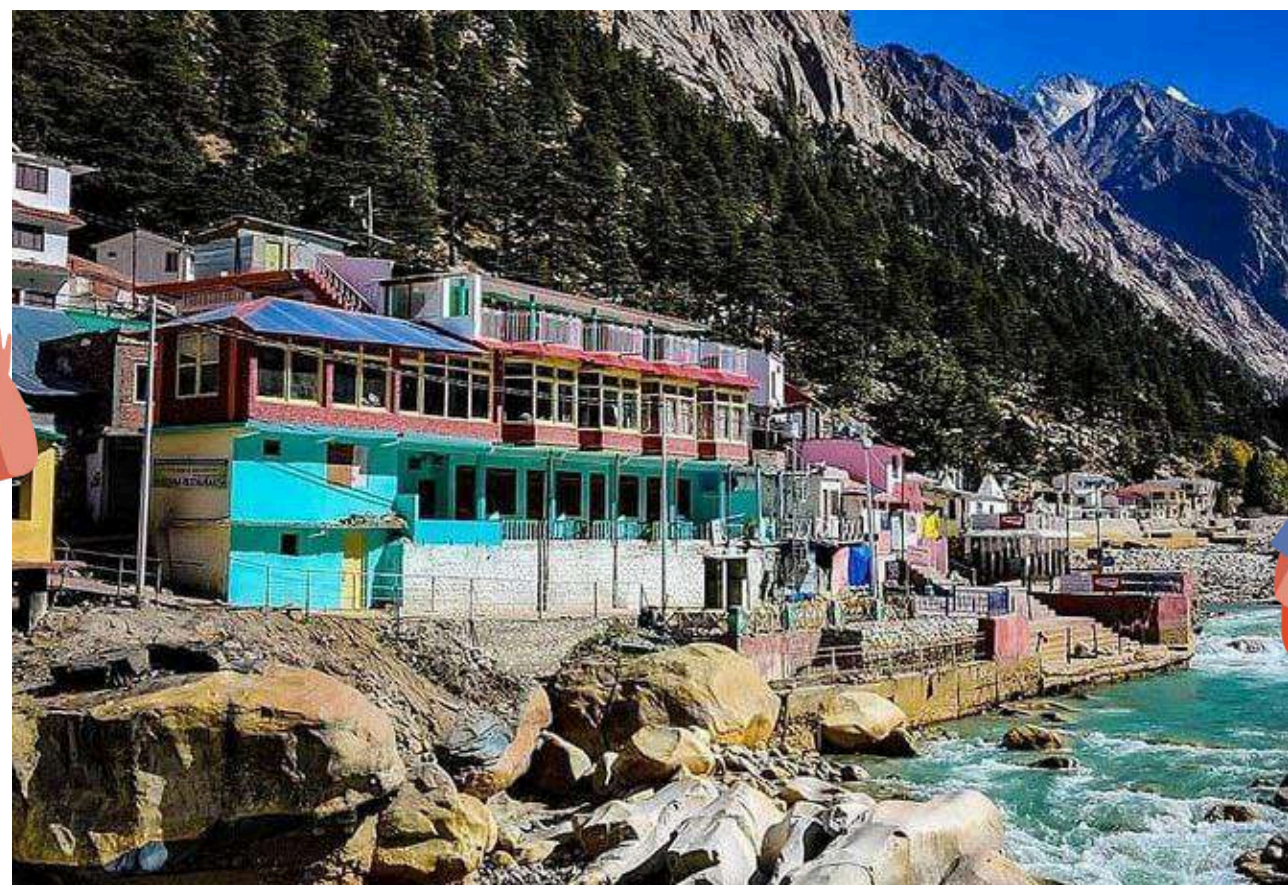
## DAY 5

Bhalak to Lata village and Drive to Dehradun





# ITINERARY



## DAY 1

### Dehradun to Uttarkashi (154 km) (5/6 hours)

The vehicle will be arranged from Dehradun, then we will drive to Uttarkashi via Mussoorie. Have breakfast en route and reach Uttarkashi in 5 to 6 hours.

The arrangements will be made in a hotel there.







## DAY 2

**Drive from Uttarkashi to Malla (26 km) (1.5 hours) trek to Sheela Gano Gaira camp (7 km) (4/5 hours)**

Post breakfast, the drive is from Uttarkashi to Malla, cover the distance of 26 km and reach there in one and a half hour. The trek starts from Malla to Sheela Gano Gaira campsite.

The distance is 7 km and the walk is through dense forest sections, sometimes the trail gets steep and then levels. Reach the campsite in 4 to 5 hours. Setup your camps there, have delicious food and retire for the night.







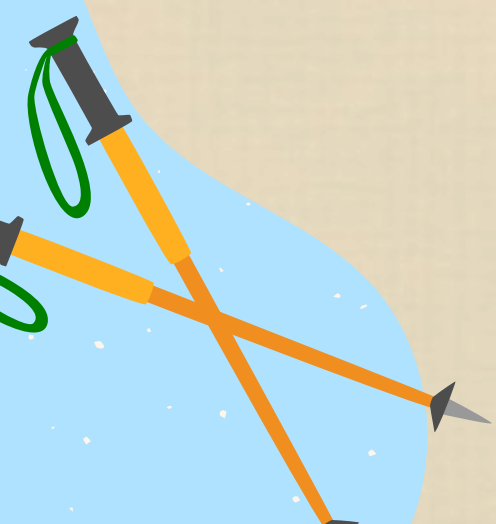
## DAY 3

### **Sheela Gano Gaira camp to Kush Kalyani Bugyal (8 km) (3/4 hours)**

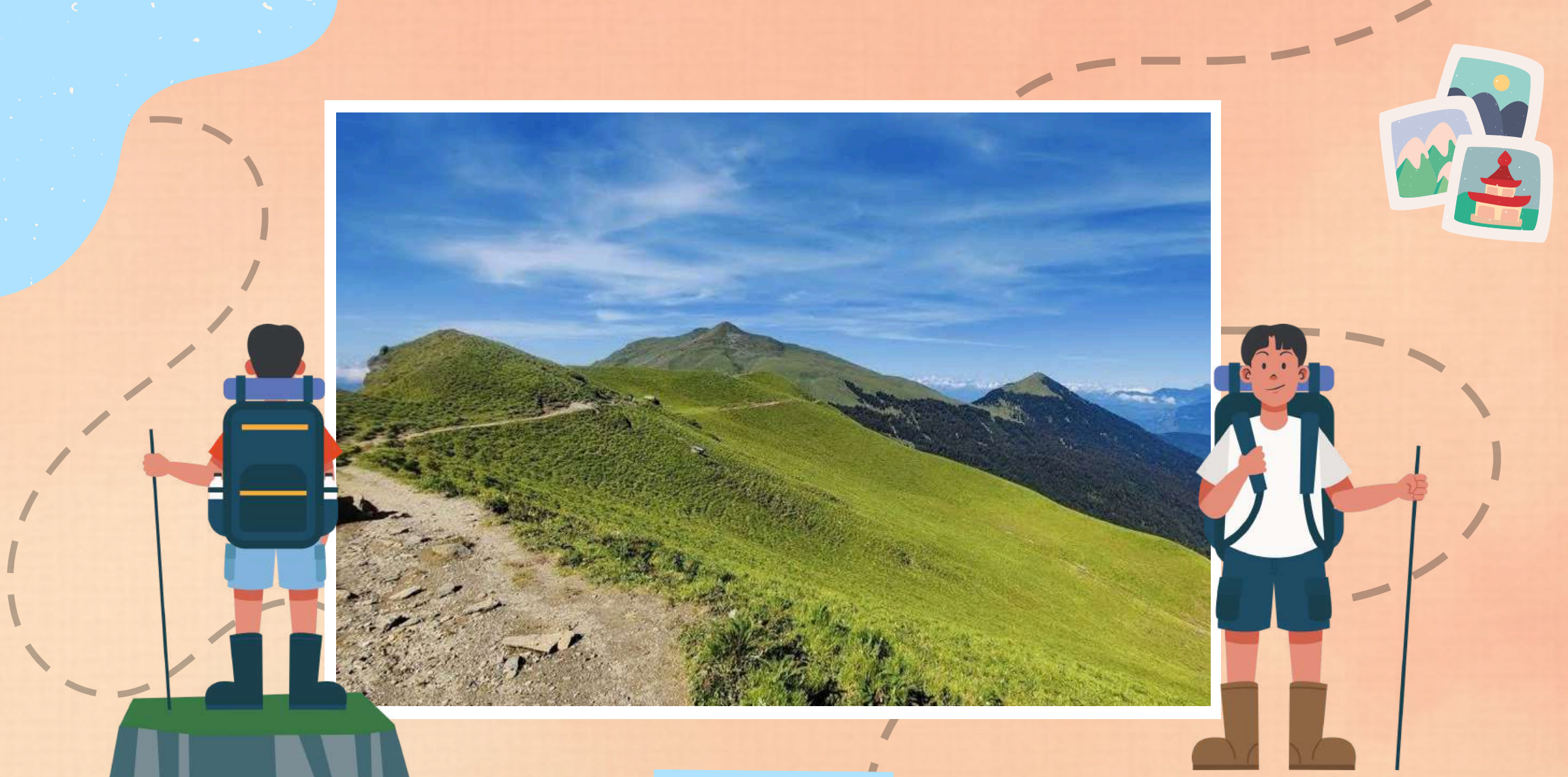
Start the day young and post breakfast head towards your destination Kush Kalyani Bugyal. The trek is 8 km long, pass through alpine forests, the region is highly rich in Flora and Fauna, so you can easily spot Himalayan animals, birds and varied species of flowers.

Reach the Kushkalyani Bugyal lying amid undulating meadows, it is truly an impressive piece of nature blooming with uncountable colourful flowers and lush green grass. It is an ideal place for camping and spending time in peace.

Ahead lies Khatling glacier, Sahastra Tal and Masar Tal. Setup your camps here and settle for the day.







## DAY 4

### Kush Kalyani to Bhalak (7 km) (3/4 hours)

Wake up to the adorning beauty of this alpine meadow and witness the sunrise and high mountain peaks visible from there. After breakfast, descend to Bhalak.

Bhalak lies 7 km away but descending is easy and the trail offers mesmerizing views of towering peaks. Pass through forest sections and reach Bhalak. Enjoy overnight stay here in tents.







## DAY 5

### Bhalak to Lata village and Drive to Dehradun

Bid adieu to the beautiful trails you trekked and start descending to Lata village. Reach the road head, vehicle will be arranged from there. Halt for some time and then leave for Dehradun.





# TREK MAP

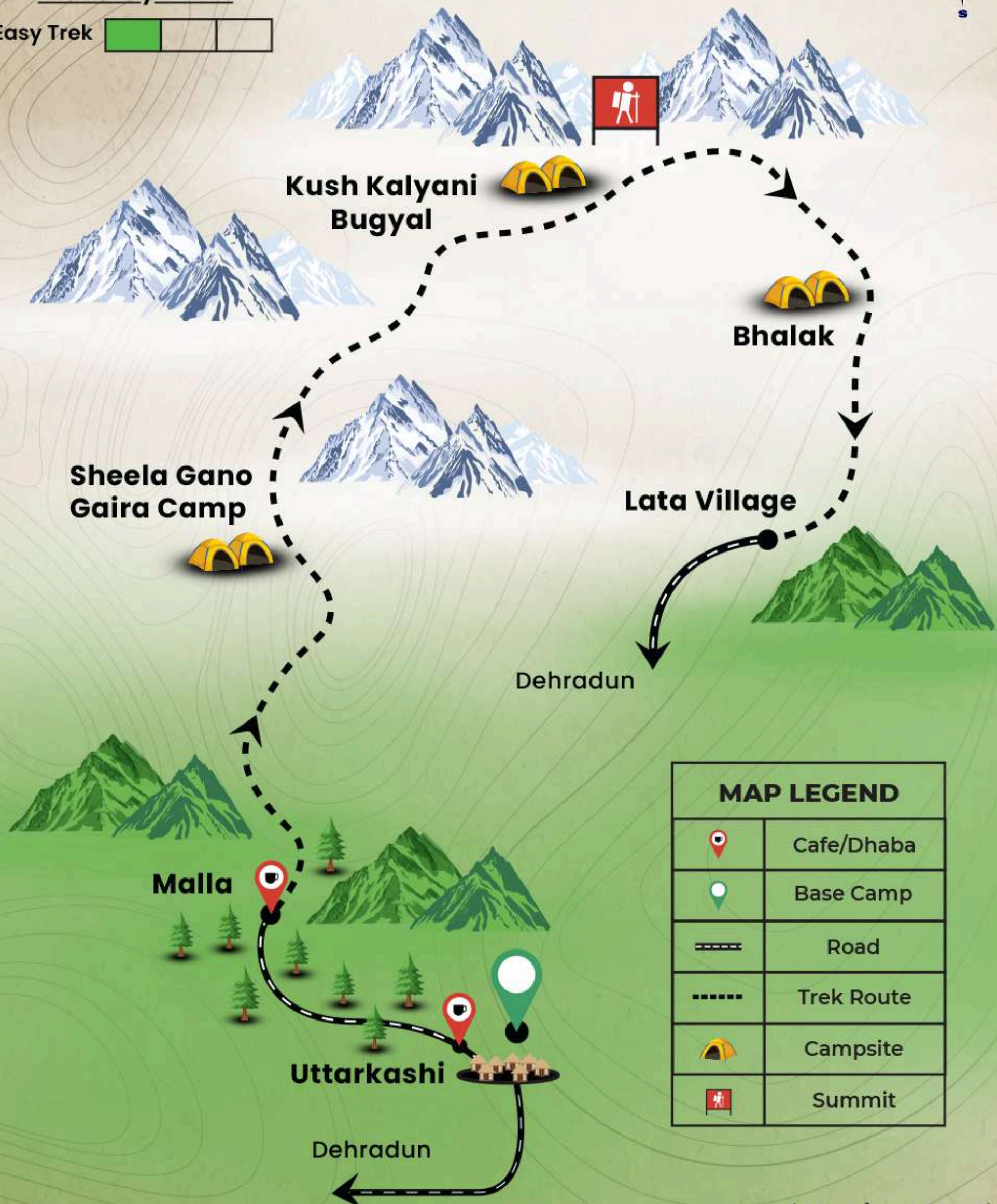
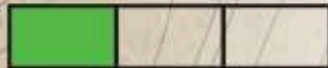


## Kush Kalyani Trek Map



### Difficulty Level

Easy Trek



\*Map is not scaled





# INCLUSIONS



- Meals while on trek (Veg.).
- All necessary entry fees and permits.
- **Accommodation:-** Guest house / 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 & dining tent, toilet tent, utensils, and crampon (if required)
- Staff Insurance.
- Porters/mules to carry central equipment.







# EXCLUSIONS



- Any kind of personal expenses.
- Food during transit.
- Mules or porters to carry personal luggage.
- Insurance.
- Transport (Non Ac)
- 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



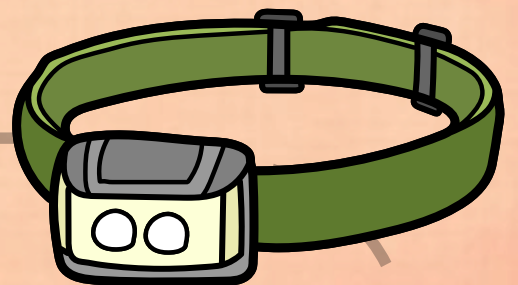
TREKKING SHOES



BACKPACK



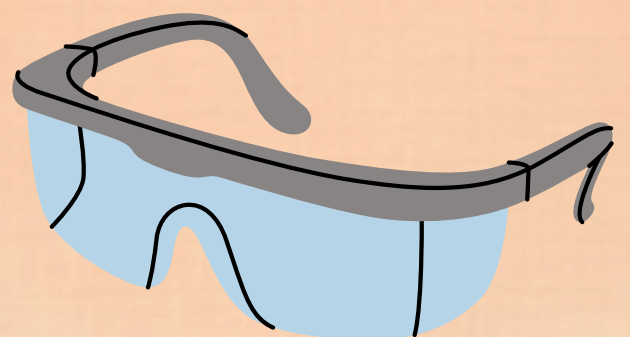
HAND GLOVES



HEAD LAMP



LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER



# HOW TO REACH

## By Road

From Delhi :

- Distance: About 260 km.
- Time: 6 to 7 hours.
- Route: NH 44 should be taken; this road goes through Meerut, Muzaffarnagar, and Roorkee which is scenic.
- Suggestion: You may take a cab or book a cab online rather than getting stressed out about availability.

## Local Buses:

- Frequency: Buses are available in the regions of Delhi, Chandigarh, and Haridwar after every hour.
- Forms: AC and non-AC buses are both provided.
- Booking: These can be bought online or at the bus stop

## Self Drive:

- Benefits: You can also check out places on your way around.





# HOW TO REACH

## By Air

Jolly Grant Airport:

- Distance from the airport to Dehradun: It is 25 kilometers.
- Air Transport Available: Major Indian metropolitan cities namely Delhi, Mumbai and Bangalore have rounds of flights to this airport regularly.
- Time: 1 hour starting from Delhi.
- Transportation after the flight:
- Alternatives: Taxis and private cabs are available outside the airport.
- Time taken to travel from the airport to Dehradun: 40 to 60 minutes.





# HOW TO REACH

## By Train

Dehradun Railway Station:

- Connectivity: Trains connect it well to prime locations such as Delhi, Mumbai, and Calcutta.
- Popular Trains:
  1. Nanda Devi Express: Travel time is Nanda Devi overnight service.
  2. Shatabdi Express: Day service; fast and comfortable.
  3. Dehradun Express: Return options are available regularly.

From the Station:

Local Transport: Locals recommend wholesale taxis, auto-rickshaws, or local buses to the city or the trekking starting point.





# 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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