



# LAMKHAGA PASS TREK

Discover Yourself on the Trail!



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# TREK OVERVIEW



## LOCATION

Himachal Pradesh,  
India



## DISTANCE

74 kms



## MAX ALTITUDE

17654 ft



## LAST ATM

Sangla



## BEST SEASON

May, June, Sep, Oct



## BASE CAMP

Chitkul



## DIFFICULTY

Difficult



## DURATION

9 Days & 8 Nights



## SERVICE FROM

Chitkul to Gangnani



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# SHORT ITINERARY



## DAY 1

Chitkul to Dumti: 9 KM trek in 7 hours

## DAY 2

Dumti to Gundar (4,400 m): 15 KM trek in 6 to 7 hours

## DAY 3

Gundar (4,400 m) to Lamkhaga Pass Base Camp in Kinnaur (4,800 m): 11 KM in 6 to 7 hours

## DAY 4

Lamkhaga Pass basecamp (Kinnaur) to Lamkhaga Pass basecamp (Gangotri Side) via Lamkhaga Pass (5,282 m): 11 KM trek in 8 to 9 hours

## DAY 5

Lamkhaga Pass Base Camp to Kyarkoti (3,820 m): 16 KM trek in 7 to 8 hours





# SHORT ITINERARY



## DAY 6

**Kyarkoti to Harsil (2,400 m); drive to Gangnani: 14 KM trek in 6 to 7 hours**

## DAY 7

**Gangnani to Dehradun drive: 189 KM drive in 7 to 8 hours**





# ITINERARY



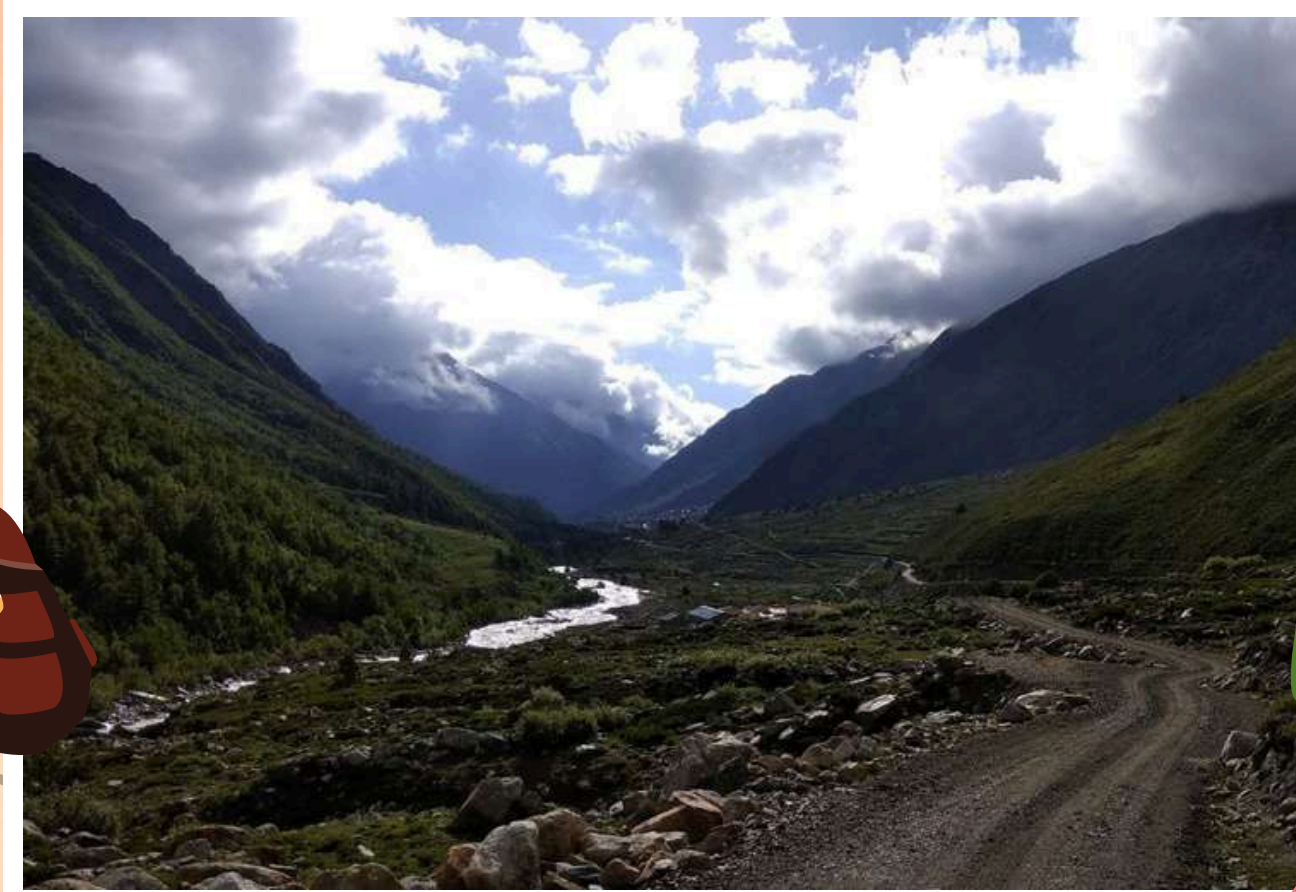
## DAY 1

### Chitkul to Dumti: 9 KM trek in 7 hours

A vehicle can drop the group from Chitkul to ahead of Rani Kanda. The trek from there is of about 8 to 9 km. The trails pass through flower filled meadows with waterfalls. We may have to cross several brooks.







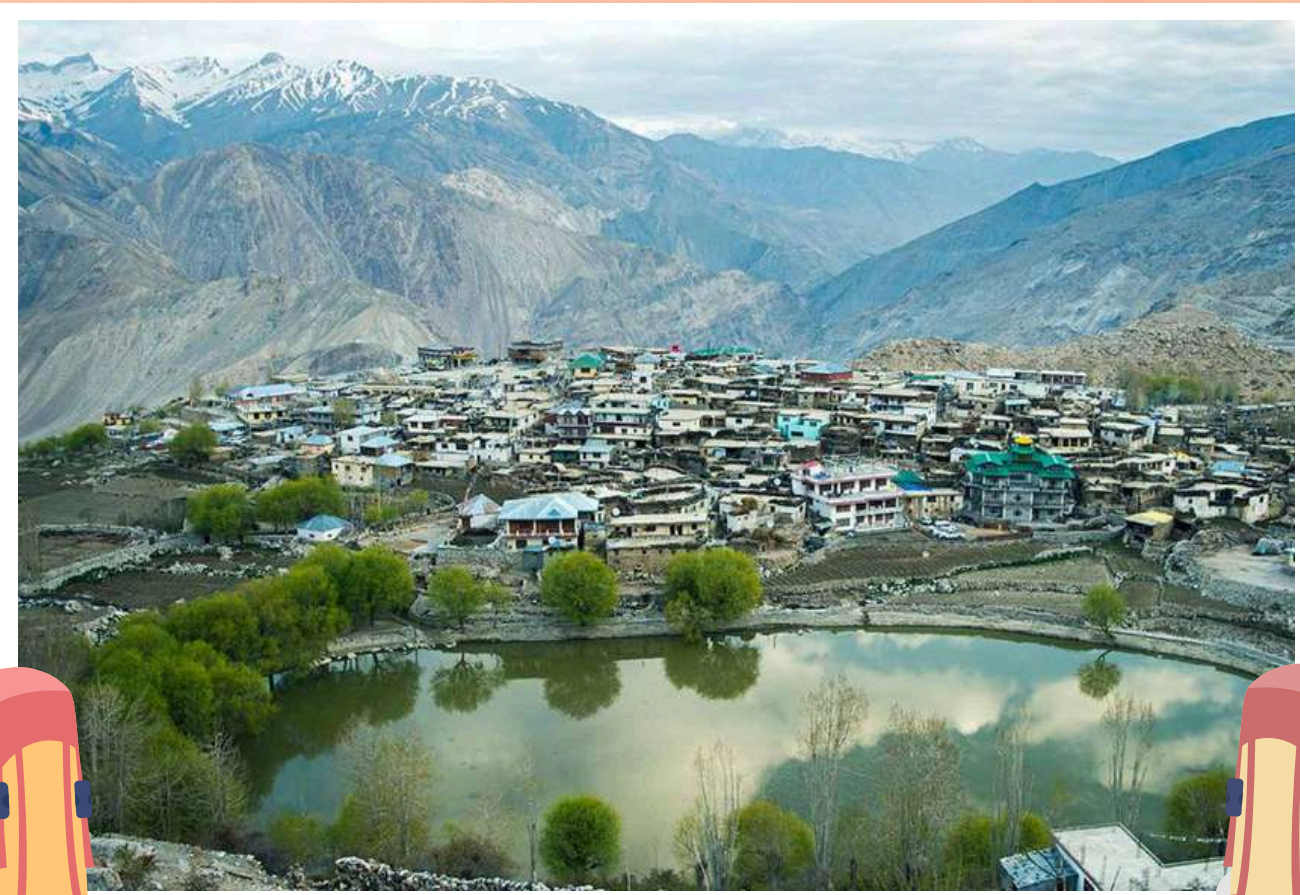
## DAY 2

### Dumti to Gundar (4,400 m): 15 KM trek in 6 to 7 hours

We follow the Baspa river on its true right bank. An early start is recommended to avoid turbulence in the stream, which we have to cross. Gundar is a grazing meadow and we camp here.



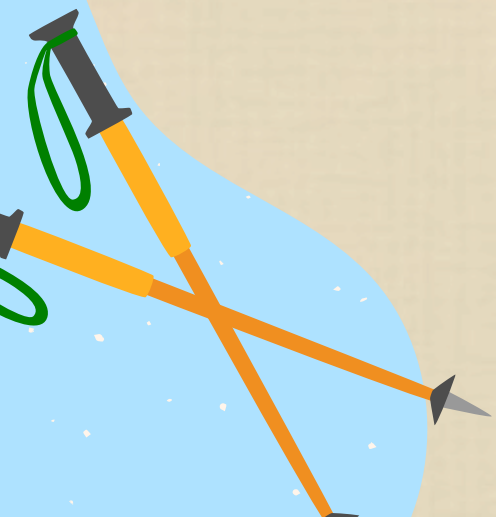




## DAY 3

**Gundar (4,400 m) to Lamkhaga Pass Base Camp in Kinnaur (4,800 m): 11 KM in 6 to 7 hours**

On this day, the trail loses all vegetation, leaving only rocks, snow, and ice. Trekkers navigate a rugged path toward the snow-covered base camp, set against towering Himalayan peaks. The camp, usually on thick snow, stands as a lone refuge in this vast, icy wilderness.







## DAY 4

**Lamkhaga Pass basecamp (Kinnaur) to Lamkhaga Pass basecamp (Gangotri Side) via Lamkhaga Pass (5,282 m):  
11 KM trek in 8 to 9 hours**

Today could be a tough day depending on the ice conditions. The trail is marked by chortens (religious stone mounds), and crosses snow slopes between two ribs and possible crevasses. The climb is fairly steep and we may require a safety rope. The views from the pass are truly rewarding. The rivers flowing on either side of the pass flow into the Bay of Bengal and the Arabian Sea. The path on the other side is also steep and a rope may be needed again.







## DAY 5

**Lamkhaga Pass Base Camp to Kyarkoti (3,820 m): 16 KM trek in 7 to 8 hours**

On this day, we cross the river to the true left of the valley, where the landscape transforms once again. Lush vegetation begins to appear, bringing life to the surroundings. The trail leads to the picturesque meadow of Kiarkoti, a serene and scenic spot perfect for camping. Encircled by towering peaks and vibrant greenery, this beautiful campsite offers a refreshing contrast to the rocky terrain of the previous days.







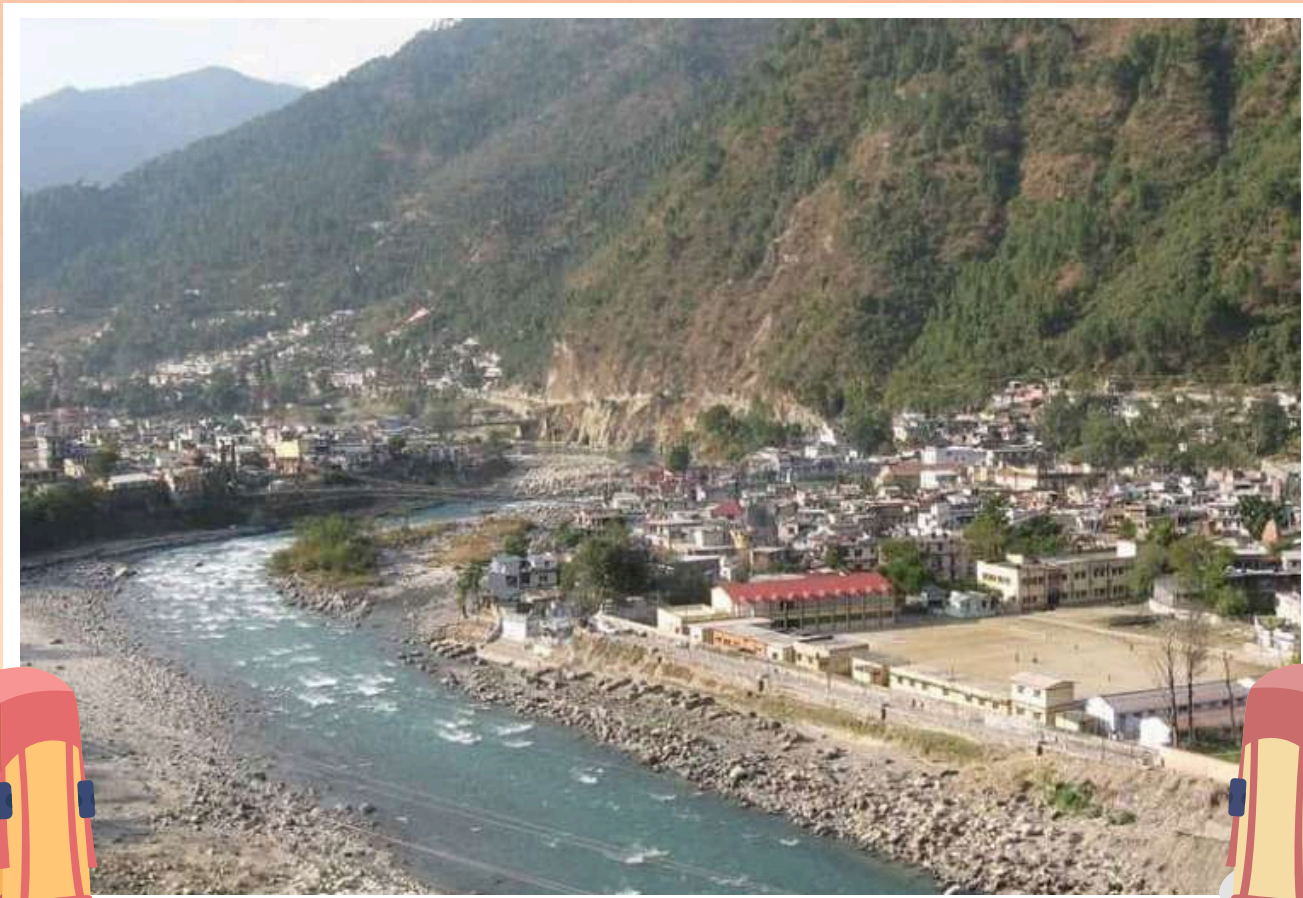
## DAY 6

**Kyarkoti to Harsil (2,400 m); drive to Gangnani: 14 KM trek in 6 to 7 hours**

The trail continues along the river Jalandhari through dense forest, waterfalls and streams, which we need to cross. We either camp at Harsil or drive for about 30 min to Gangnani and stay in a guest house. Gangnani is known for its natural hot water spring baths.



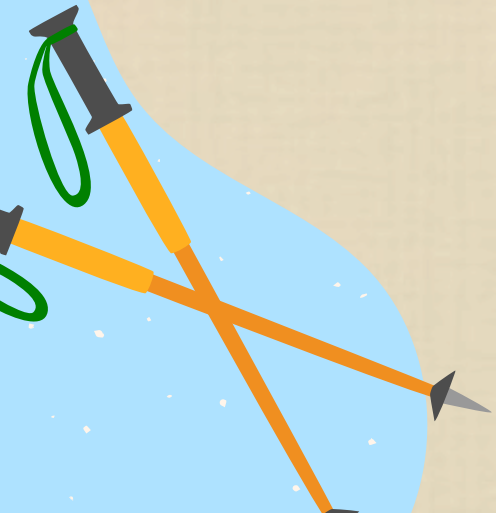




## DAY 7

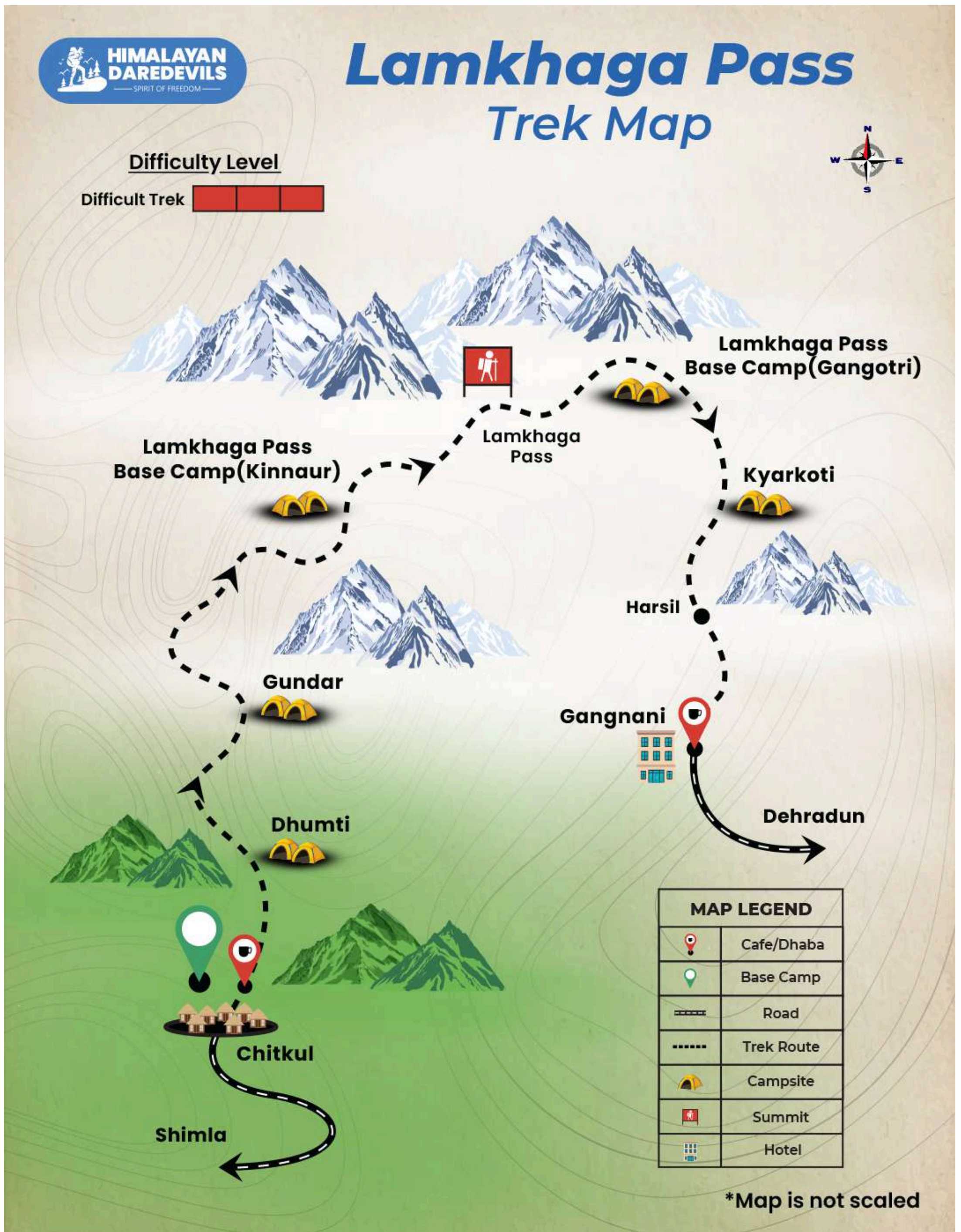
**Gangnani to Dehradun drive: 189 KM drive in 7 to 8 hours**

This is the final day of the trip, marking the end of an unforgettable journey. We drive back to Dehradun, leaving behind the towering peaks and serene landscapes. As we descend, the memories of the trek—rugged trails, snow-covered passes, and lush meadows—stay with us, making this adventure truly special.





# TREK MAP







# 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



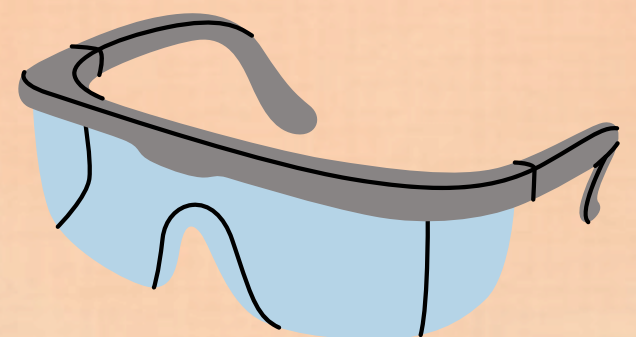
HAND GLOVES



HEAD LAMP



LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER



# HOW TO REACH

The starting point of Chitkul, the last inhabited village near the Indo-Tibetan border in Himachal Pradesh, can be reached by road from major cities like Shimla or Chandigarh. Here are some options for reaching Chitkul:

## By Air:

The nearest airport to Chitkul is Jubbarhatti Airport in Shimla, about 225 km away. From the airport, you can hire a taxi or take a bus to Chitkul. Alternatively, Chandigarh Airport (350 km away) is another option with better connectivity.

## By Train:

The nearest railway station is Shimla Railway Station, located about 210 km away. From Shimla, you can take a taxi or a bus to Chitkul. Another option is the Kalka Railway Station (300 km away), which has better train connectivity, and from there, you can continue the journey by road.





# HOW TO REACH

## By Road:

Chitkul is well connected by road to major cities. You can reach it from:

- Shimla (230 km): Take a bus or hire a taxi via Rampur and Sangla Valley.
- Chandigarh (350 km): Travel via Shimla, Narkanda, Rampur, and Sangla.
- Delhi (580 km): A longer route but accessible by bus or taxi via Shimla

The journey to Chitkul offers stunning landscapes, lush valleys, and winding mountain roads, making it a memorable experience.





# 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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