



# PANCH KEDAR TOUR

Discover Yourself on the Trail!



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



+91 6398989097



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



# TOUR OVERVIEW



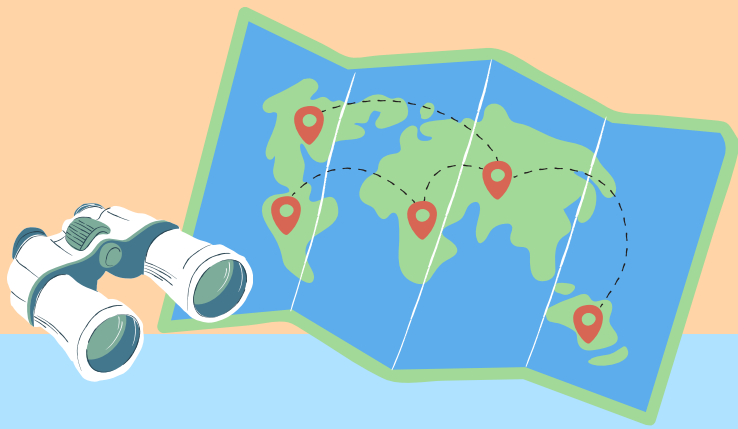
## LOCATION

Uttarakhand, India



## DISTANCE

135 kms



## MAX ALTITUDE

13,200 Ft



## LAST ATM

Rishikesh



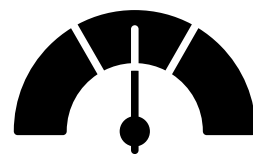
## BEST SEASON

May | June | September |  
October | November



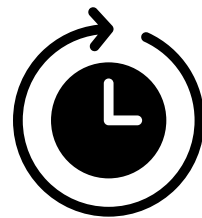
## BASE CAMP

Guptakashi



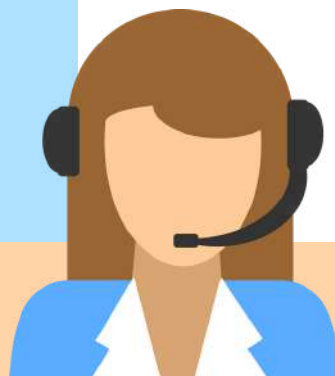
## DIFFICULTY

Easy



## DURATION

12 Days & 11 Nights



## SERVICE FROM

Rishikesh to Rishikesh



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# SHORT ITINERARY



## DAY 1

Rishikesh To Guptakashi

## DAY 2

Guptakashi to Gaurikund and trek to Kedarnath

## DAY 3

Descend from Kedarnath and drive back to Guptakashi

## DAY 4

Drive from Guptakashi to Ransi and trek to Gaundhar

## DAY 5

Trek from Guandhar to Madhamaheswar

## DAY 6

Trek from Madhamaheswar to Ransi and drive to Chopta



# SHORT ITINERARY



## DAY 7

Trek from Chopta to Tungnath temple and back to Chopta

## DAY 8

Drive from Chopta to Sagar village and trek to Panar Bugyal

## DAY 9

Trek from Panar Bugyal to Rudranath and back to Panar Bugyal

## DAY 10

Trek from Panar Bugyal to Sagar village and drive to Pipalkoti

## DAY 11

Drive from Pipalkoti to Kalpeshwar and back to Pipalkoti

## DAY 12

Drive from Pipalkoti to Rishikesh

# ITINERARY



## DAY 1

### Rishikesh To Guptakashi

Reporting Place: TTH Head Office, Tapovan Laxmanjhula at 6:00 am. Driving Distance: 180 km, 7-8 hrs. Breakfast and lunch on the way (exclusive of charges). Altitude: 1,319 m/ 4,327 ft. Overnight stay: Guest House. Meals: Dinner. Network: Available.





## DAY 2

### Guptakashi to Gaurikund and trek to Kedarnath

Altitude: 3,584 m/ 11,758 ft. Drive distance: 30 km, 1-2 hrs. Trek distance: 16-18 km, 8-9 hrs. Overnight stay: Guest house (Dormitory). Meals: Breakfast and Dinner. Lunch is on the way (Exclusive of charges).

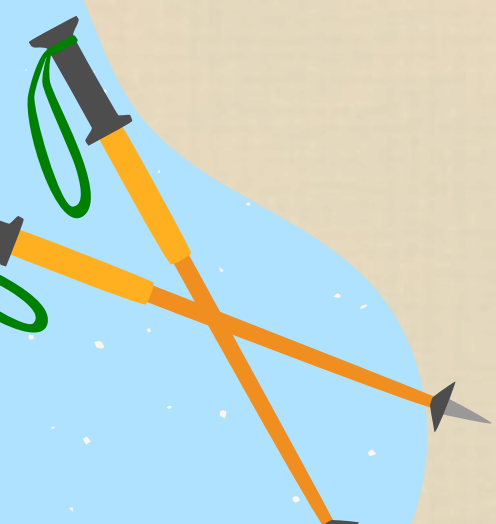




## DAY 3

### Descend from Kedarnath and drive back to Guptakashi

Drive To Guptkashi: 30 km, 1 hrs. Trek distance: 16-18 km to Gaurikund, 8-9 hrs. Lunch is on the way (Exclusive of charges). Overnight stay: Guest house. Meals: Breakfast and Dinner. Network: Available.





## DAY 4

### Drive from Guptakashi to Ransi and trek to Gaundhar

Driving Distance: 35 km, 1-2 hrs. Trekking Distance: 5-6 km, 5-6 hrs. Overnight stay: Homestay. Meals: Breakfast, Lunch, and Dinner.





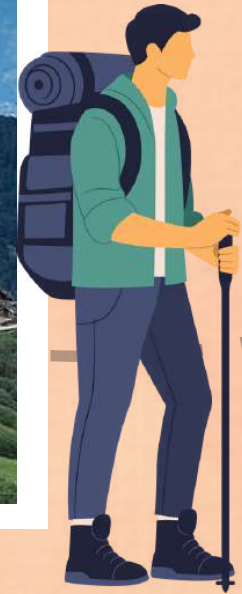


## DAY 5

### Trek from Guandhar to Madhamaheswar

Altitude: 3,490 m/ 11,450 ft. Trek distance: 10 km, 7-8 hrs.  
Overnight stay: Village homestay. Meals: Breakfast, Lunch,  
and Dinner.





## DAY 6

### Trek from Madhamaheswar to Ransi and drive to Chopta

Altitude: 1,319 m/ 4,327 ft. Trek Distance: 16-17 km, 8-9 hrs. Drive to Chopta: 50 km, 1-2 hrs. Overnight stay: Camps/Cottages. Meals: Breakfast, Lunch, and Dinner.

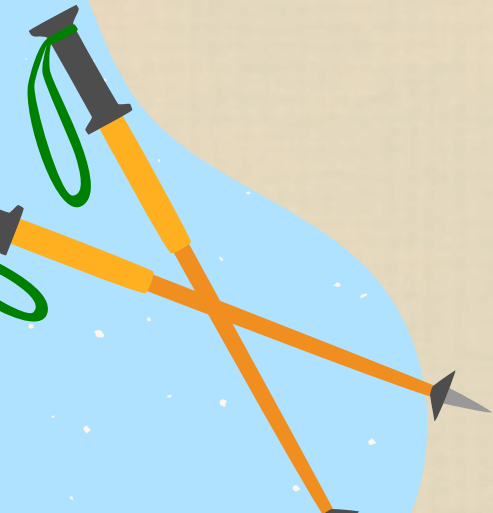


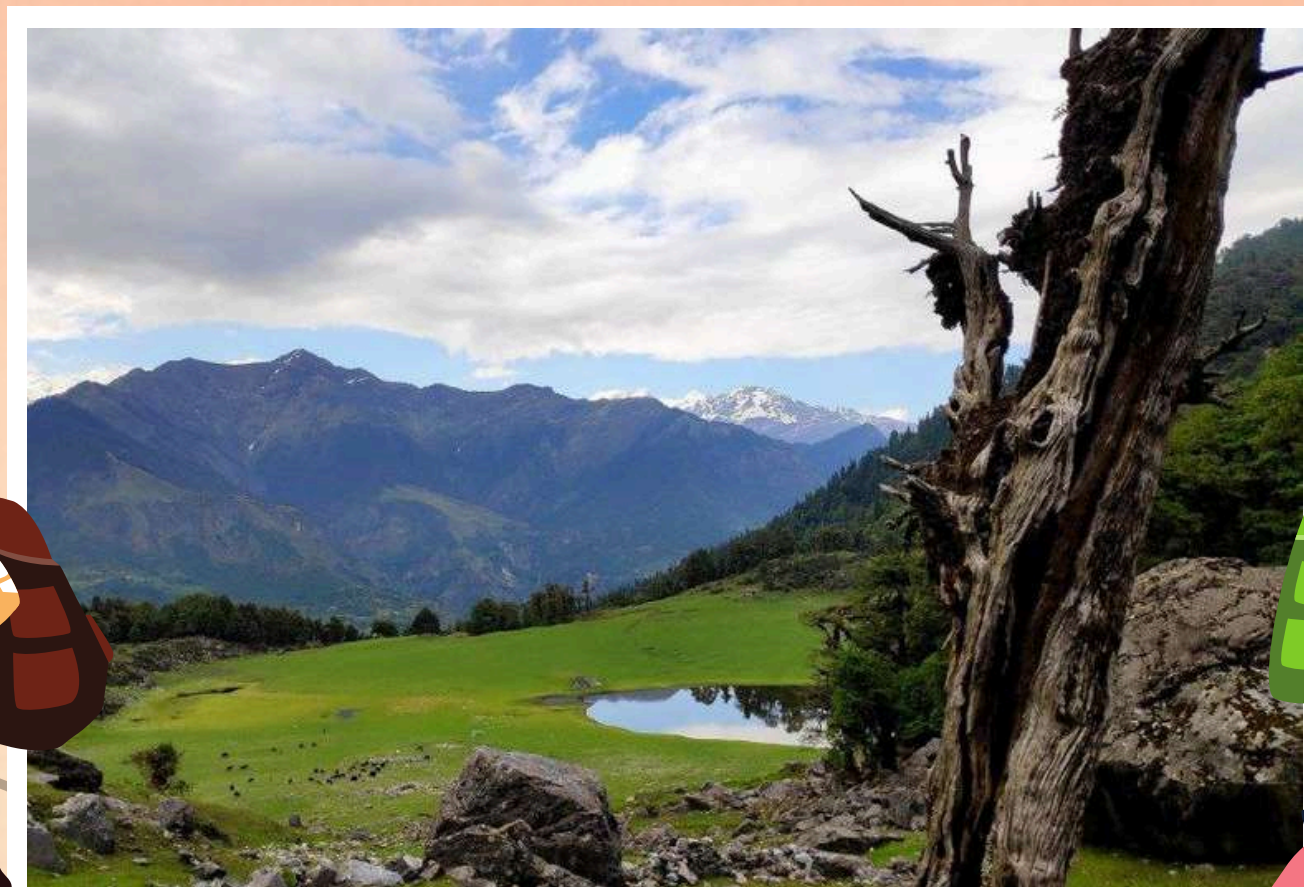


## DAY 7

### Trek from Chopta to Tungnath temple and back to Chopta

Altitude: 3680 m/ 12073 ft. Trekking Distance: Chopta To Tungnath, and return (Trek 7 km). Trekking Time: 7 to 8 hrs. Water source: none. Overnight stay: Camps and cottages. Meals: Breakfast, Lunch, and Dinner.





## DAY 8

### Drive from Chopta to Sagar village and trek to Panar Bugyal

Altitude: 2,350 m/7520 ft. Driving Distance: 35 km, 1 hrs.  
Trek Distance: 10 km, 6-7 hrs. Overnight stay: Camp.  
Meals: Breakfast, Lunch, and Dinner.





## DAY 9

### Trek from Panar Bugyal to Rudranath and back to Panar Bugyal

Altitude: 3600 m/ 11811 ft. Trek Distance: 14 km, 8-9 hrs.  
Overnight stay : Camps/Homestay. Meals: Breakfast, Lunch, and Dinner.



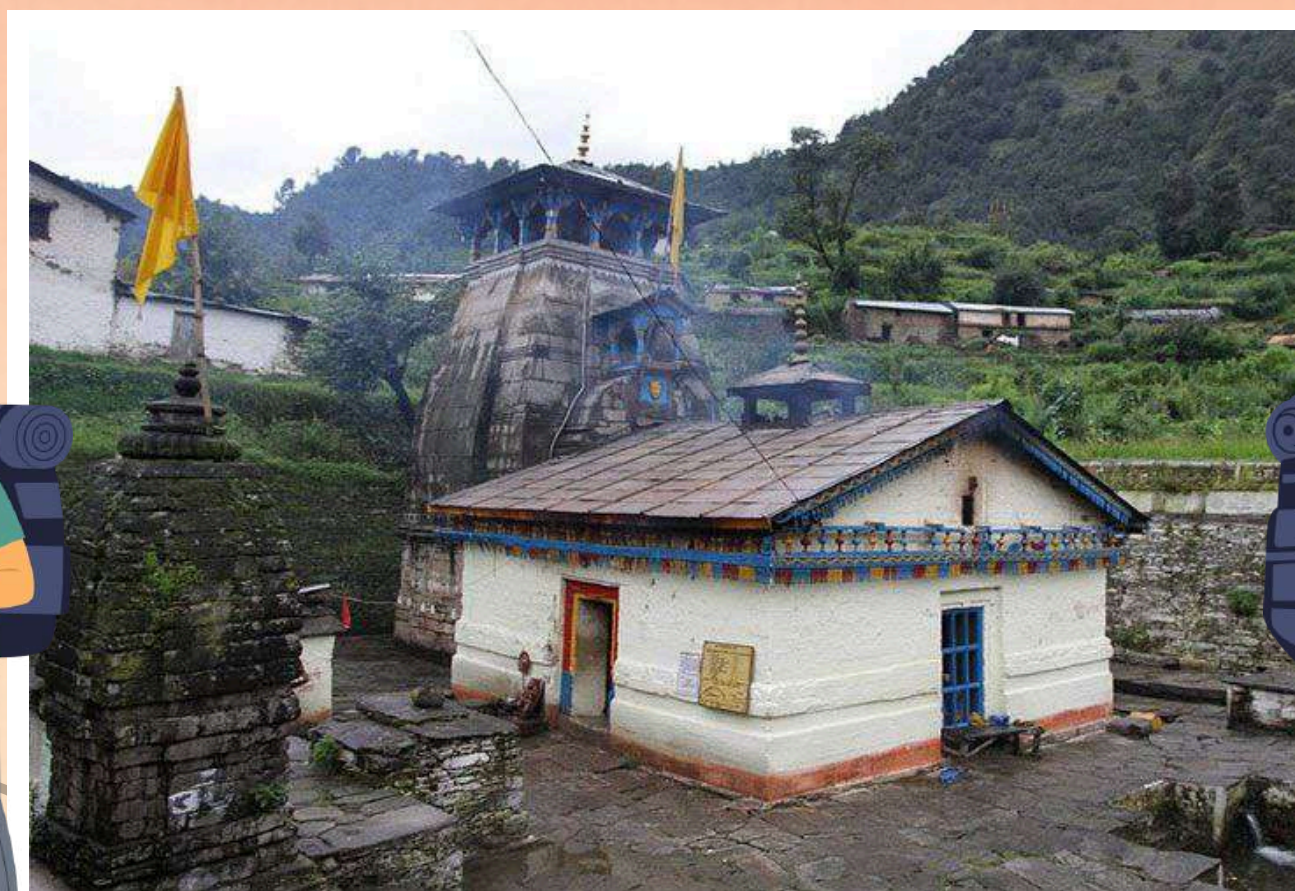


## DAY 10

**Trek from Panar Bugyal to Sagar village and drive to Pipalkoti**

Altitude: 1259 m/4028 ft. Driving Distance: 30 km, 1-2 hrs.  
Trekking Distance: 10 km, 5-6 hrs. Overnight stay: Hotel.  
Meals: Breakfast, Lunch, and Dinner.





## DAY 11

**Drive from Pipalkoti to Kalpeshwar and back to Pipalkoti**

Driving Distance: 70 km, 3 hrs. Overnight Stay: Hotel.  
Meals: Breakfast, lunch, and Dinner.

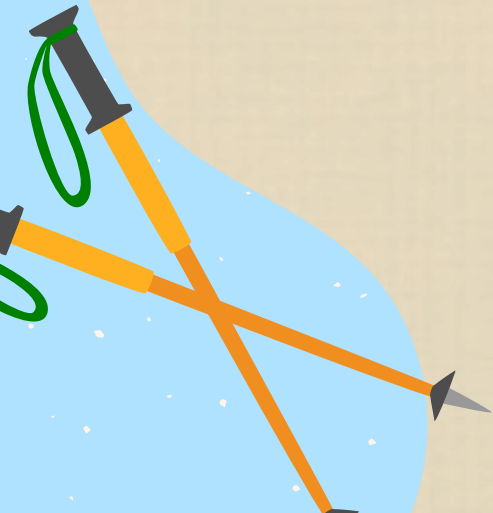




## DAY 12

### Drive from Pipalkoti to Rishikesh

Driving Distance: 215 km, 7 hrs Breakfast and lunch on the way (Exclusive of charges) Rishikesh Dropping by Evening.





# TOUR MAP

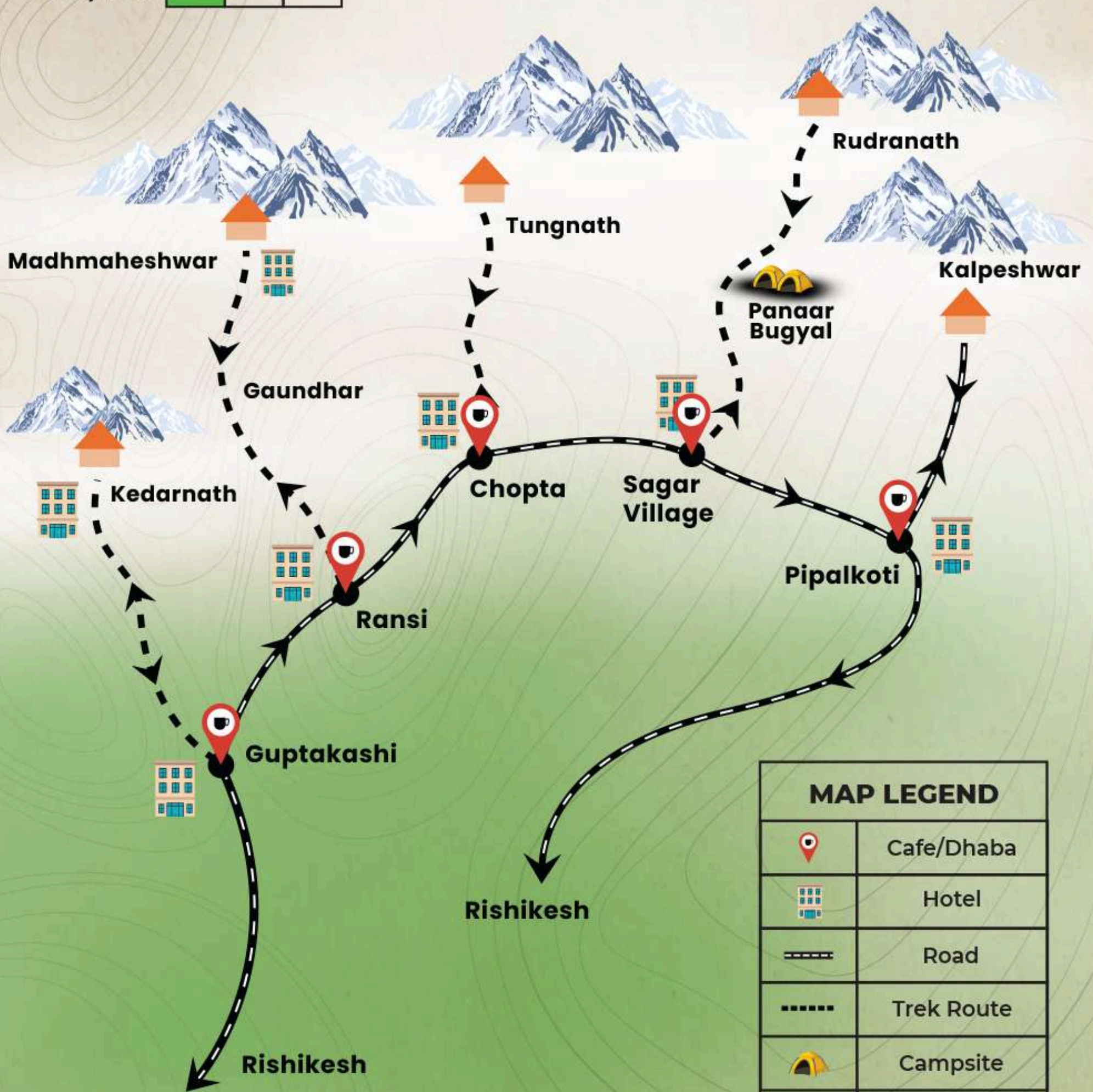


## Panch Kedar Yatra Map



### Difficulty Level

Easy Tour



\*Map is not scaled



# INCLUSIONS



## 1. Accommodation (as per the itinerary):

- All the Accommodation are in triple and quad sharing in Hotel, Guesthouse, camp, and cottage.

## 2. Meals (Veg):

- All meals while on trek (Pure Veg) as per itinerary.

## 3. Support:

- 1 Versatile base camp manager: handles communication and deploys extra manpower in emergencies.
- 1 Mountaineering & First aid qualified professional trek Leader.
- 1 Experienced high altitude chef.
- Local experienced guides (Number of guides depending on the group size).
- Enough support staff.





# INCLUSIONS



## 4. Trek equipment:

- Sleeping bag, Sleeping liners (if required), Mattress, Utensils.
- 3 men all season trekker tent (twin sharing), Kitchen & Dining tent, Toilet tent.
- Camping stool, Walkie talkie.
- Ropes, Helmet, Ice axe, Harness, Gaiters & Crampon (if required).

## 5. First aid:

- Medical kit, Stretcher, Oxygen cylinder, Blood pressure monitor, Oximeter, Stethoscope.

## 6. Transportation (as per the itinerary):

- Transport from Rishikesh to Rishikesh.
- All road transfers by NON AC Vehicle like Mahindra Max Jeep, Tempo Traveller, or Similar to Panch Kedar sector & back.





# INCLUSIONS



7. Mules/porters to carry the central luggage.
8. Clock room facility available at the base camp for additional luggage.
9. All necessary permits and entry fees, Upto the amount charged for Indian.
10. Please note the rate which is mentioned is for minimum for a group of 6 pax





# EXCLUSIONS



1. Insurance (Mandatory).
2. Food during the transit.
3. Any kind of personal expenses.
4. Mule or porter to carry personal luggage.
5. Emergency evacuation, hospitalization charge or etc.
6. 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.
7. Anything not specifically mentioned under the head Inclusion.



# WHAT TO CARRY



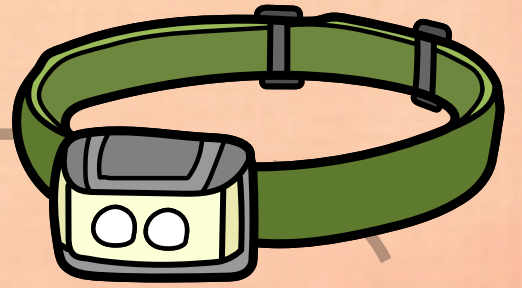
TREKKING SHOES



BACKPACK



HAND GLOVES



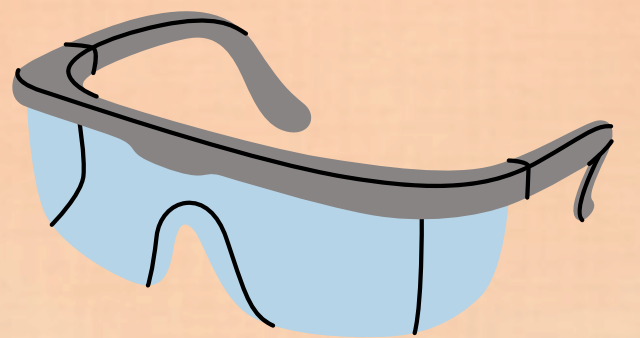
HEAD LAMP



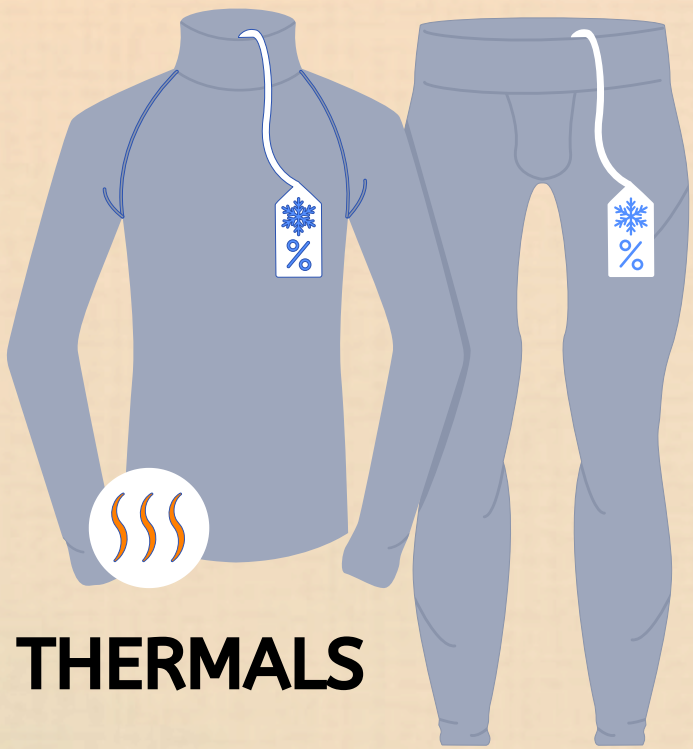
LUNCHBOX



SOCKS



UV SUNGLASSES



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

# HOW TO REACH

## By Air:-

Jolly Grant Airport is the nearest airport to reach Rishikesh by flight that is located almost 25km away from the city. You can find regular flights from Delhi to Rishikesh.

However, if you are planning to reach Rishikesh by flight then it is better to come one day in advance.

## By Train:-

In case, you want to reach Rishikesh from Delhi by train then you have to reach Hridwar 1st then from there you can take bus to Rishikesh its 35 kms from Haridwar to Rishikesh.

## By Bus:-

From Delhi, you can find a regular bus service for Rishikesh. ISBT Kashmere Gate is the main bus station in Delhi from where you will find both ac and non-ac buses for Rishikesh.



# 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 arising 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

-  [www.himalayandaredevils.com](http://www.himalayandaredevils.com)
-  [himalayandaredevils@gmail.com](mailto:himalayandaredevils@gmail.com)
-  +91 6398989097

