



PANWALI KANTHA TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



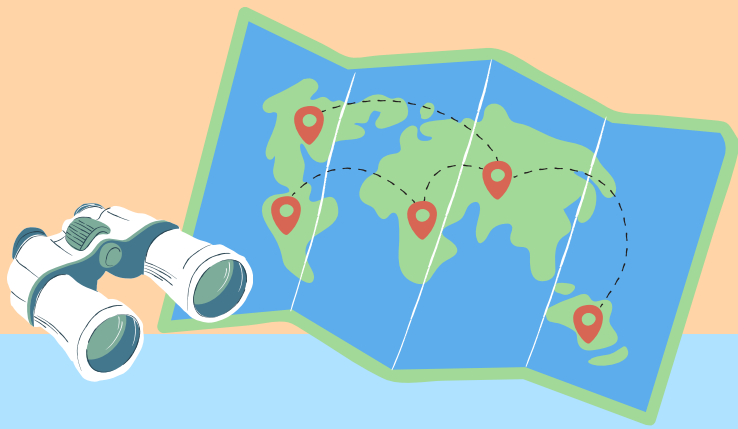
LOCATION

Uttarakhand, India



DISTANCE

30 kms



MAX ALTITUDE

11480 ft



LAST ATM

Ghuttu



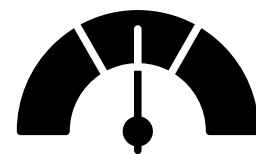
BEST SEASON

Feb to April



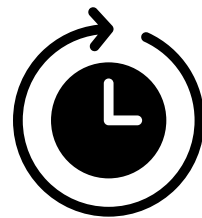
BASE CAMP

Ghuttu



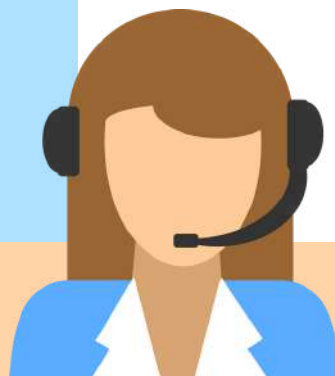
DIFFICULTY

Easy



DURATION

5 Days & 4 Nights



SERVICE FROM

Guttu to Guttu
Dehradun to Dehradun



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SHORT ITINERARY



DAY 1

Dehradun to Guttu

DAY 2

Guttu to Gaurmanda

DAY 3

Gaurmanda to Panwali Kantha via Pobhari

DAY 4

Panwali Top to Gaurmanda

DAY 5

Gaurmanda to Dehradun via Ghuttu



ITINERARY



DAY 1

Dehradun to Guttu

Our journey begins early from Dehradun, assembling at 7 AM for a scenic 200 km drive to Guttu, a charming farming village in Tehri district. The 6 to 7-hour drive takes us past the breathtaking Tehri Dam on the Bhagirathi River, the world's tallest. As we navigate smooth mountain roads, the landscape unfolds with terraced fields, lively markets, ancient temples, and cozy chai stalls. Reaching Guttu before nightfall ensures ample rest before the trek begins.





DAY 2

Guttu to Gaurmanda

Our trek begins with a 7 km ascent, covering 907 meters of elevation gain over 6 to 7 hours. The trail winds through dense Oak and Rhododendron forests, providing a refreshing canopy and bursts of color along the way. The gradual climb is enriched by glimpses of high-altitude villages and sprawling green fields in the distance. As we reach our jungle-bound campsite at 2,500 meters, the serenity of the wilderness sets the perfect tone for the adventure ahead.

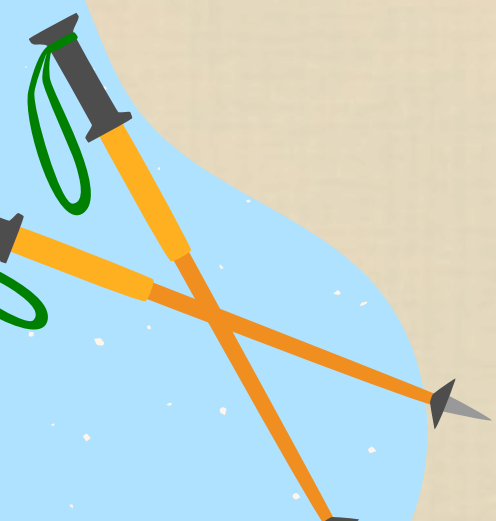


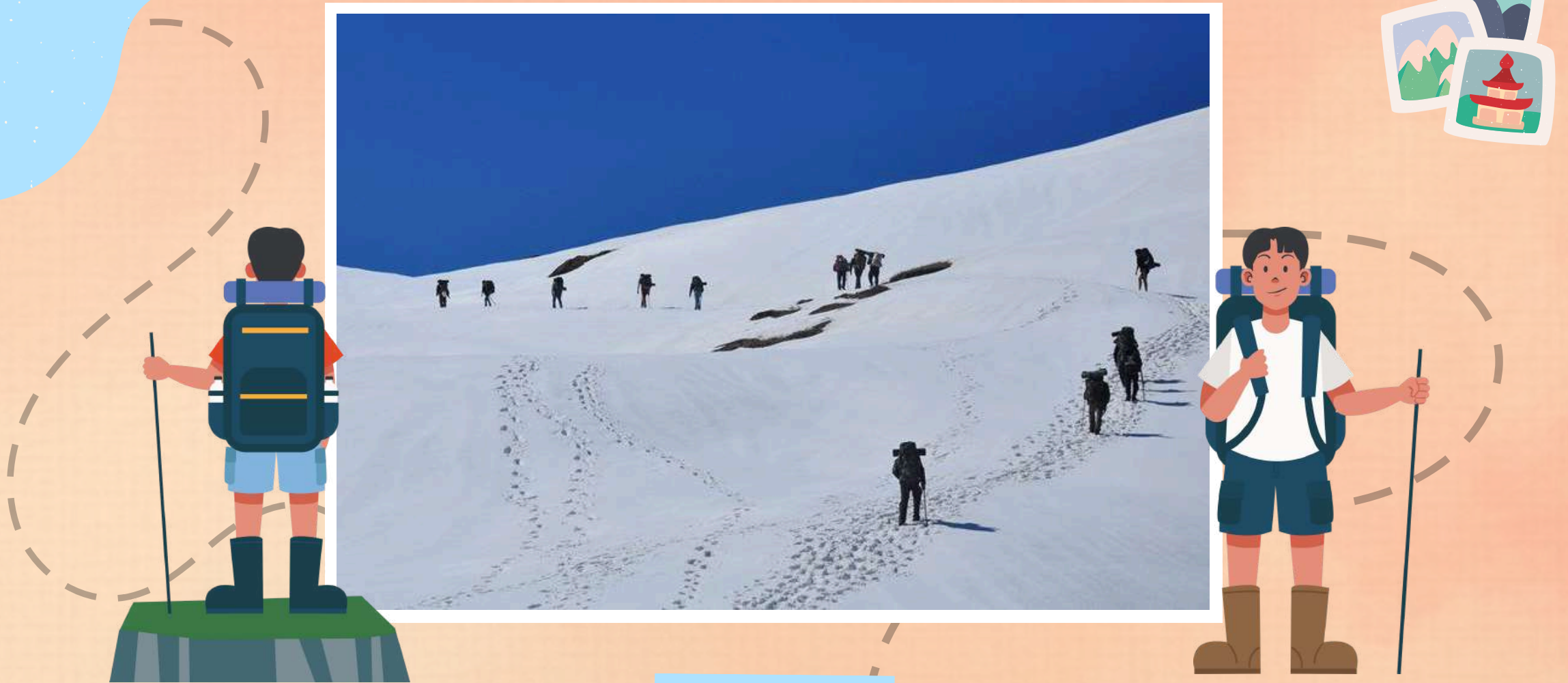


DAY 3

Gaurmanda to Panwali Kantha via Pobhari

The 7 km trek on this leg takes 7 to 8 hours, gradually ascending through dense forests to Pobhari (2,945 meters). A brief stretch of level terrain offers a respite before the climb resumes toward Dophand, where abandoned shepherd huts dot the landscape. Beyond this point, the trail flattens for 2 km, revealing breathtaking valley and mountain vistas. A final steep 300-meter ascent leads to ancient stone temples, adding a mystical charm to the journey. Reaching Panwali Top (3,300 meters) rewards trekkers with awe-inspiring panoramic views of the Himalayan giants.





DAY 4

Panwali Top to Gaurmanda

Our day begins with an early morning ascent back to the summit, where the first light of sunrise casts a golden glow over the towering Himalayan peaks. The panoramic view is mesmerizing, with each ridge, crag, and slope offering a unique spectacle. As we cross enchanting meadows, time slows while we take in the grandeur of the surrounding mountains. After soaking in the breathtaking scenery, we descend 8 km over 6 hours, retracing our path through dense oak and rhododendron forests to our familiar Gaurmanda campsite (2,500 meters).





DAY 5

Gaurmanda to Dehradun via Ghuttu

On the final day of the Panwali Kantha trek, we descend 9 to 10 km over 4 to 5 hours, retracing our familiar path back to Guttu. Upon arrival, we collect our belongings and prepare for the 200 km drive back to Dehradun, which takes 6 to 7 hours. Expect to reach Dehradun by late evening, concluding an unforgettable Himalayan adventure.



TREK MAP

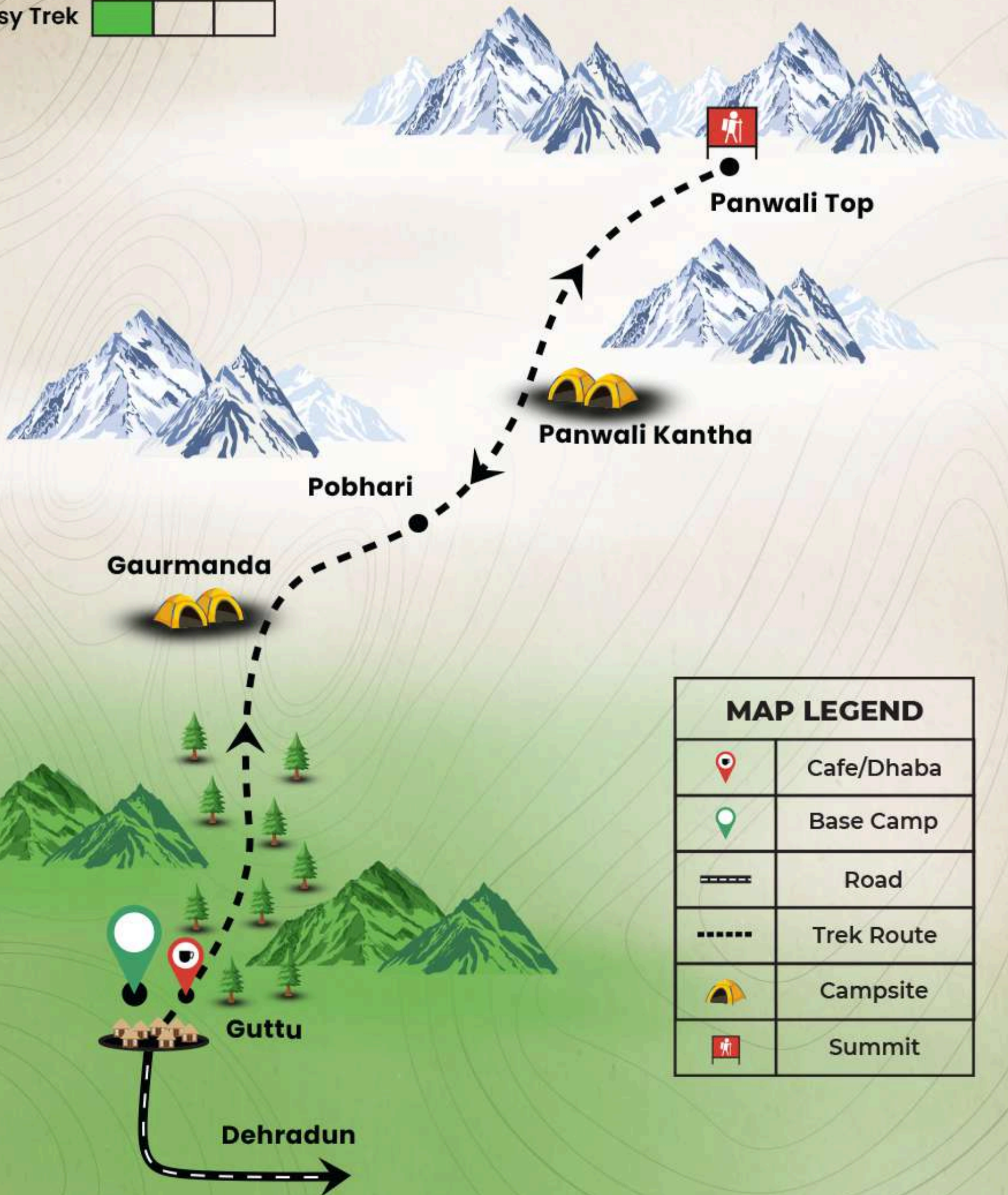


Panwali Kantha Trek Map



Difficulty Level

Easy Trek



MAP LEGEND	
	Cafe/Dhaba
	Base Camp
	Road
	Trek Route
	Campsite
	Summit

*Map is not scaled



INCLUSIONS



- All accommodations on twin sharing tents as per the itinerary.
- All meals during the trek (vegetarian with occasional serving of eggs) including breakfast, hot/packed lunch, and dinner with morning and evening tea Mayali Pass Trek
- Certified Trek Leader, Cook and Support Staff
- Medical Kit
- Forest Permits
- Camping Equipment including tents, kitchen & dining tents, toilet tents etc
- Gaiters, Microspikes, when needed





EXCLUSIONS



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



WHAT TO CARRY



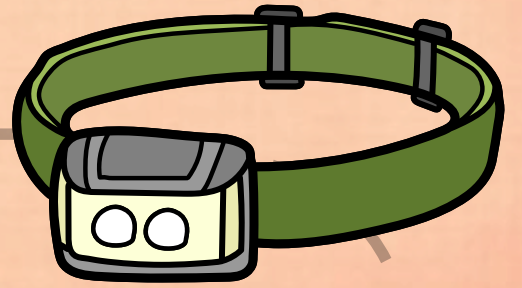
TREKKING SHOES



BACKPACK



HAND GLOVES



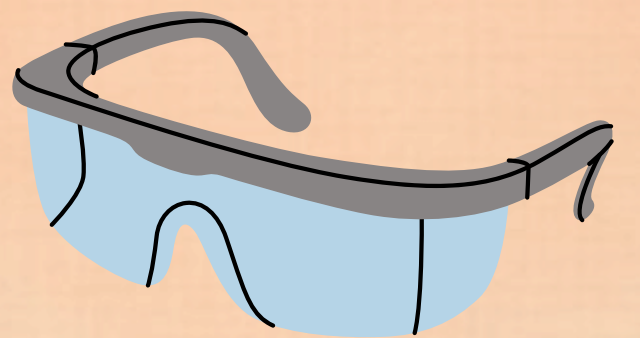
HEAD LAMP



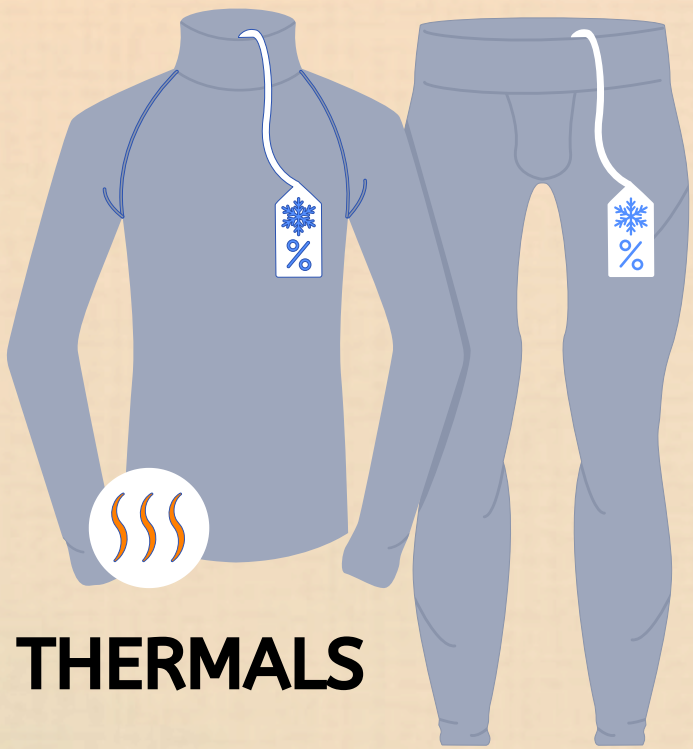
LUNCHBOX



SOCKS



UV SUNGLASSES



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

By 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 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

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