



PINDARI GLACIER TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Uttarakhand, India



DISTANCE

50 kms



MAX ALTITUDE

12300 ft



LAST ATM

Bageli



BEST SEASON

April, May, June, Sep



BASE CAMP

Kharkia



DIFFICULTY

Moderate



DURATION

7 Days & 6 Nights



SERVICE FROM

Kharkia to Kharkia
Kathgodam to Kathgodam



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SHORT ITINERARY



DAY 1

Drive from Kathgodam to Loharket

DAY 2

Drive from Loharkhet to Kahrkia and trek to Khati

DAY 3

Trek from Khati to Dwali

DAY 4

Trek from Dwali to Phurkia

DAY 5

Trek from Phurkia to Zero Point Pindari Glacier and back to Phurkia



SHORT ITINERARY



DAY 6

Trek from Phurkia to Khati via Dwali

DAY 7

Trek from Khati to Kharkia and Drive to Kathgodam



ITINERARY



DAY 1

Drive from Kathgodam to Loharket

The Pindari Glacier trek covers a distance of 180 km, taking approximately 7 to 8 hours to complete, with an altitude of 5,500 feet. Trekkers need to reach Kathgodam Railway Station on their own, from where a vehicle will be arranged to reach Loharkhet. The journey includes a scenic drive through picturesque locations like Bhimtal, Almora, Bageshwar, and Kapkot, with a breakfast stop en route. Upon reaching Loharkhet, accommodations will be arranged in a guest house for an overnight stay.





DAY 2

Drive from Loharkhet to Kahrkia and trek to Khati

After breakfast at Loharkhet (7,400 ft), drive for three hours to Kahrkia, the last road-accessible village and the starting point of the Pindari Glacier trek. From Kahrkia, a scenic 4 km trek through dense forests of rhododendrons and oaks leads to Khati (7,300 ft) in about two hours. The trail offers a serene charm with vibrant colors and shaded paths. Upon reaching Khati, enjoy breathtaking views of Nandakot, Laspadhura, and Nandabaner peaks. Spend leisure time exploring the area, relish a delicious meal, and settle in for the night at this picturesque campsite.

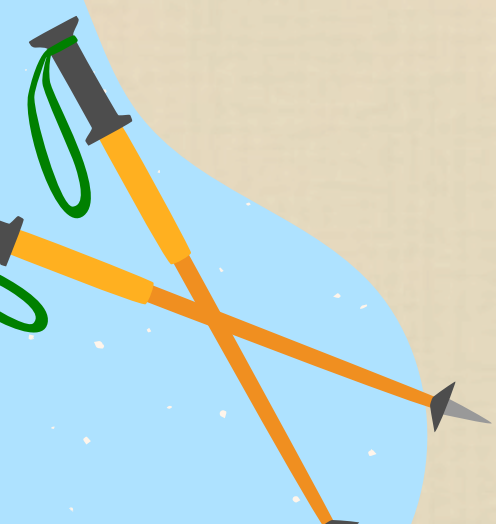




DAY 3

Trek from Khati to Dwali

The 13 km trek to Dwali (8,600 ft) takes around 6-7 hours, so start the day with a hearty breakfast. The trail features a mix of ascents and descents, with some slippery sections, so tread carefully. Shortly after starting, you'll reach the first water point—a fresh mountain stream. As you progress, take a moment to look back and admire the beautiful view of Khati village. Descend towards Dwali, where you'll see the Pindari Valley to the left and Kafni Valley to the right. Dwali, the confluence of the Pindari and Kafni rivers, serves as the campsite for the night.





DAY 4

Trek from Dwali to Phurkia

The 5 km trek from Dwali to Phurkia (10,500 ft) takes about 3 hours, winding through dense rhododendron forests with the Pindari River flowing below. On clear days, the majestic Nanda Devi and Mt. Nanda Khat dominate the skyline. Along the way, spot Himalayan Ibex grazing in a vast meadow and pass through stunning forest clearings. Enjoy the thrill of crossing glacial streams, with patches of hard snow visible in April and May. Upon reaching Phurkia, set up camp and settle in for the night amidst breathtaking Himalayan landscapes.





DAY 5

Trek from Phurkia to Zero Point Pindari Glacier and back to Phurkia

The 16 km trek to Pindari Glacier (12,300 ft) is an exhilarating adventure, so start early as the return journey takes another 3-4 hours. The trail offers breathtaking views of Mt. Nandakhat on clear days, with snow patches appearing along the way—tread carefully as they can be slippery. Witness the majestic, snow-covered Mt. Bauljuri before navigating a tricky section towards the valley, then climb the ridge where the stunning Pindari Glacier comes into view, with Changuch towering in the background. After soaking in the mesmerizing sight of the snow-clad Himalayas, begin the descent back to Phurkia, where a warm meal awaits before settling in for the night.





DAY 6

Trek from Phurkia to Khati via Dwali

The trek from Phurkia to Khati (7,300 ft) covers 18 km and takes around 7-8 hours, making it the longest and most tiring day of the journey. Descend to Dwali first, then continue for another 4-5 hours through scenic trails to reach Khati. Upon arrival, set up camp, unwind, and enjoy a well-deserved meal before resting for the night.

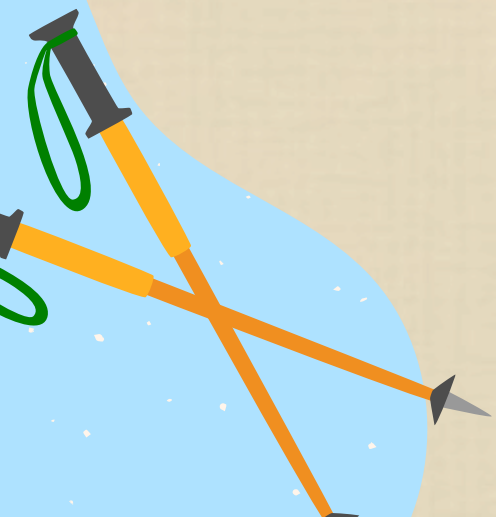




DAY 7

Trek from Khati to Kharkia and Drive to Kathgodam

The final stretch of the trek is a 4 km descent from Khati to Kharkia, which takes about 1-2 hours and is relatively easy. From Kharkia, vehicles will be arranged for the 180 km drive back to Kathgodam, taking around 7-8 hours. With this, the incredible Pindari Glacier trek comes to an end.



TREK MAP

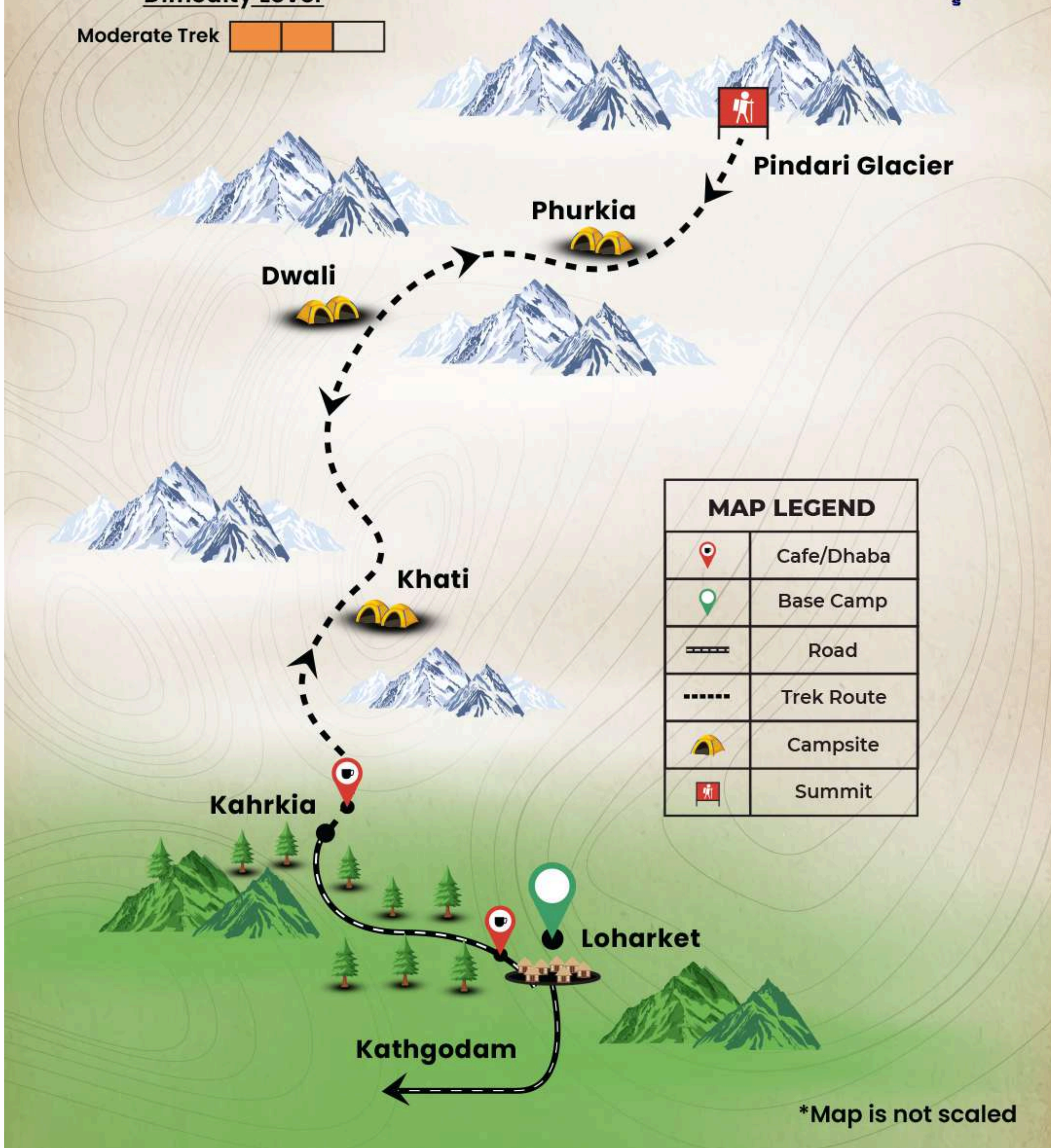


Pindari Glacier Trek Map



Difficulty Level

Moderate Trek



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

*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

Kathgodam station is among the major stations within the district, existed for a long time. It is connected to a variety of places, which are Lucknow, Delhi, and Howrah. Train tickets from Delhi to Kathgodam via train will cost you around the price of Rs. 150 for a sleeper second class ticket, and the price is Rs. 400 for the third sleeper ticket. It is crucial to reserve the tickets at minimum one month ahead because this type of ticket is always highly sought-after.

By Train :-

From Delhi go to The Ranikhet Express (5014) Dep. Delhi at 10:40pm and arrive Kathgodam at 5:55am (Overnight journey) and it's the Uttar sampark kranti (5035) Dep. Delhi at 4:45pm. Arrival Kathgodam at 10:40 pm (6 hrs.40min.Journey)

From Dehardun Take from Dehardun the Doon Express (4120) Dep. Dehardun by 10:30 pm, arriving Kathgodam at 7:10 midnight (8hrs.journey)



HOW TO REACH

By Bus :-

Regular buses operate departing from ISBT Delhi Anand Vihar station to Kathgodam. Buses heading to Nainital stop in Haldwani, which happens to be a twin city of Kathgodam (8 hours. Journey).

The majority of buses drop you off at Haldwani bus stop. From there, you must travel close to Kathgodam Railway Station which is only 4 km away.

Its Tata Sumo or similar vehicles will take you to Kathgodam Railway Station at 6:00am.

We suggest that you use only government buses to ISBT Anand Vihar. Private buses depart from outside ISBT , and they're not trustworthy.



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 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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