



RUDRANATH TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Uttarakhand, India



DISTANCE

38 kms



MAX ALTITUDE

11,800 ft



LAST ATM

Gopeshwar



BEST SEASON

Pre and Post Monsoon



BASE CAMP

Sagar Village



DIFFICULTY

Moderate



DURATION

7 Days & 6 Nights



SERVICE FROM

Sagar Village to Sagar Village
Dehradun to Dehradun



+91 7983285412



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SHORT ITINERARY



DAY 1

Travel from Dehradun to Sagar Village

DAY 2

Trekking Trip from Sagar Village to Pung Bugyal

DAY 3

The hike from Pung Bugyal to Panner Bugyal (6 km)

DAY 4

From Panner Bugyal to Rudranath through an uphill trek

DAY 5

From Rudranath to Pung Bugyal



SHORT ITINERARY



DAY 6

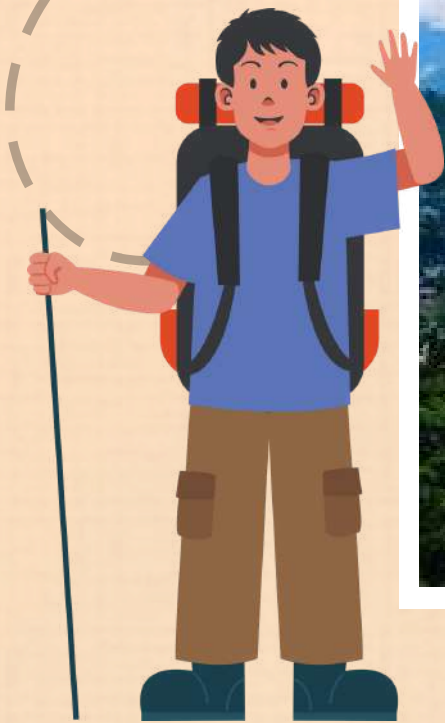
Pung Bugyal to Sagar Village trek. Distance 6 km

DAY 7

Trek between the Sagar Village – Dehradun



ITINERARY



DAY 1

Travel from Dehradun to Sagar Village

Your Rudranath Trek adventure begins with a scenic 10-11 hour drive from Dehradun to Sagar Village, passing through lush valleys, forests, and charming mountain towns. Along the way, stop for refreshments to ease the journey. As you near Sagar Village, the serene mountain vistas and village charm set the tone for your trek.

Upon arrival, check into a cozy homestay or hotel, enjoying warm hospitality and local cuisine. Spend the evening resting, exploring the village, or preparing for the trek with light exercises. Let the village's tranquility refresh you for the thrilling adventure ahead.





DAY 2

Trekking Trip from Sagar Village to Pung Bugyal

Day two begins with a 6 km trek from Sagar Village to Pung Bugyal, taking 4-5 hours through chilled morning air and diverse terrain. The trail ascends through oak and rhododendron forests, rocky grounds, and village paths, offering breathtaking views of the Himalayan ranges.

Along the way, spot shepherds, their flocks, and wildlife amidst lush meadows that create a serene atmosphere. At the campsite, unwind under the stars with a hearty meal, sharing stories with fellow trekkers. The tranquility of Pung Bugyal ensures a restful night, preparing you for the next leg of your journey.



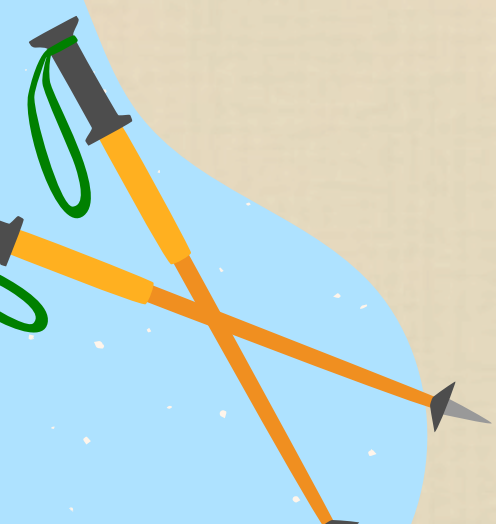


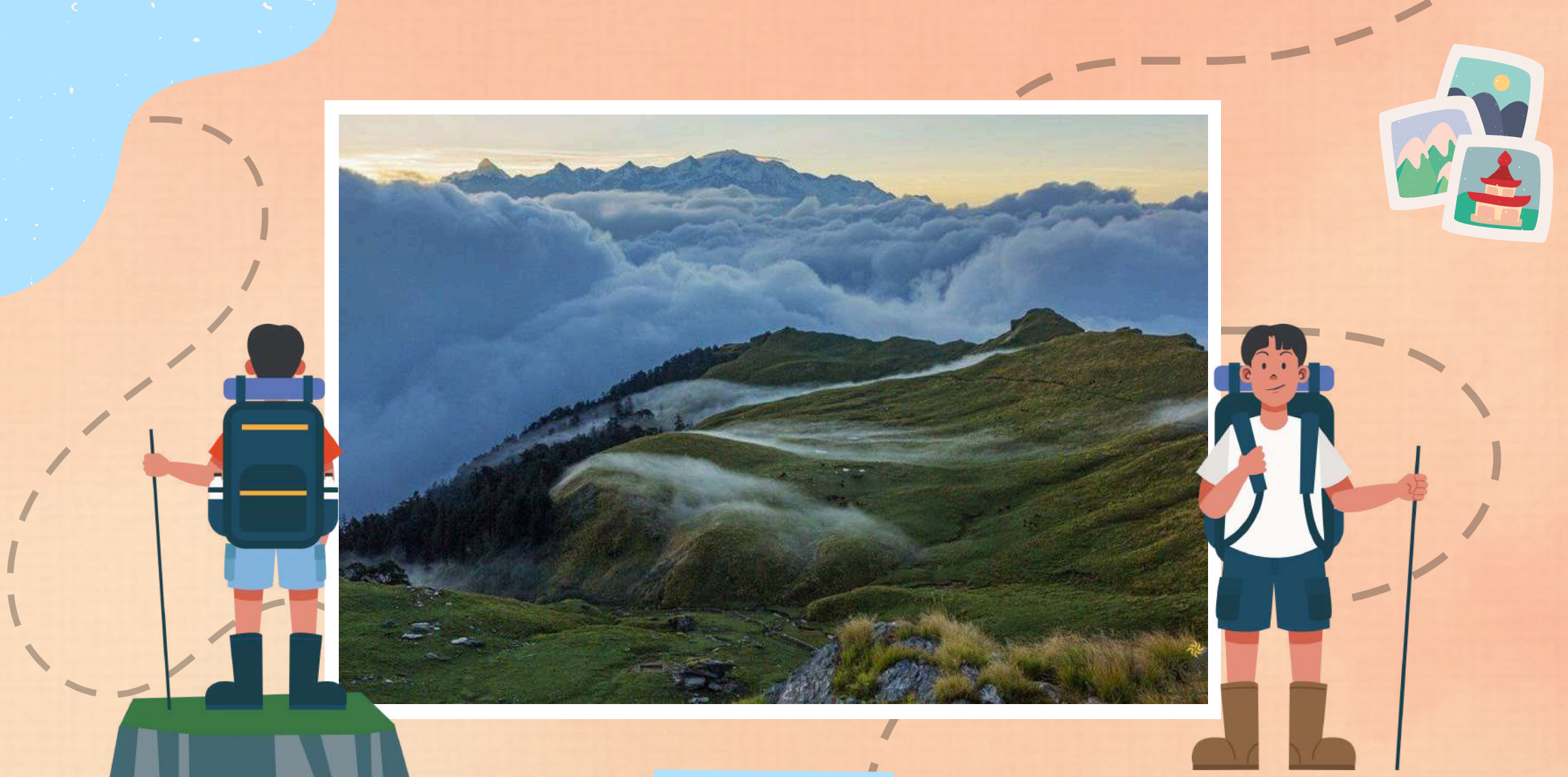
DAY 3

The hike from Pung Bugyal to Panner Bugyal (6 km)

Day three marks the final ascent from Pung Bugyal to Panner Bugyal, a 6 km trek taking 4-5 hours. After breakfast and tea at camp, begin your journey through lush green pastures and meadows, with grazing sheep, sparkling streams, and vibrant wildflowers enhancing the scenery.

The cool air, crunch of boots, and stunning Himalayan views create a meditative experience. Arriving at the tranquil Panner Bugyal, enjoy the peace of the alpine meadows. Relish a hearty meal, share stories with fellow trekkers, and rest under the starry sky, ready for the next adventure.





DAY 4

From Panner Bugyal to Rudranath through an uphill trek

The 7 km trek from Dusam to Rudranath takes 5-6 hours, starting with breakfast at camp. The trail leads through lush meadows, oak and rhododendron forests, and offers stunning views of the Himalayan range.

As you climb, the air grows chillier and more serene, providing a peaceful escape. Reaching the Rudranath Temple at 7,569 feet, you're rewarded with its mystical aura and breathtaking mountain vistas.

After exploring the temple, set up camp nearby, enjoy a light meal, and relax under the tranquil sky, reflecting on the day's achievements and the journey ahead.





DAY 5

From Rudranath to Pung Bugyal

On day five, prepare for a 13 km trek from Rudranath to Pung Bugyal, taking 6–7 hours with moderate descents and easy climbs. The trail starts steeply, descending through dense oak and rhododendron forests. Though physically demanding, the natural beauty and wildlife rejuvenate the spirit.

The path opens to green pastures and snow-capped peaks, offering stunning views despite some strain on the knees. Pacing well ensures the trek remains enjoyable. The day ends at Pung Bugyal, a serene, mountain-encircled meadow, where you'll pitch a tent, enjoy a warm dinner, and stargaze, capping off a memorable journey.





DAY 6

Pung Bugyal to Sagar Village trek. Distance 6 km

On the final day, trek 6 km from Pung Bugyal to Sagar Village in 4–5 hours. This easier descent winds through serene oak and rhododendron forests, offering a peaceful connection with nature.

The trail leads to Sagar Village, where you'll enjoy a warm meal and the hospitality of the locals. Reflect on your journey around a campfire under the open sky, cherishing the memories of this remarkable adventure.



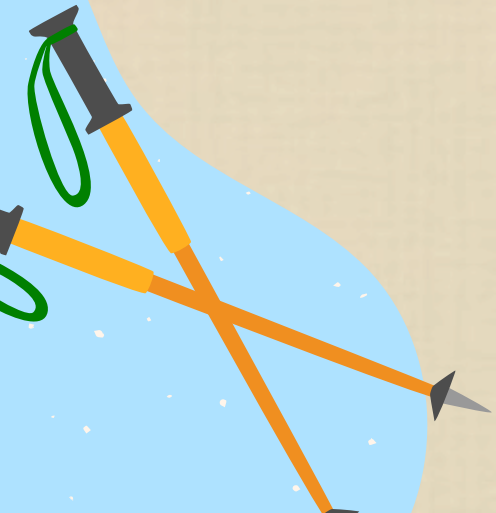


DAY 7

Trek between the Sagar Village – Dehradun

On Day 7, journey from Sagar Village to Dehradun, a 9–10 hour ride through valleys, rivers, and hill rims. The route offers fresh perspectives on the landscapes trekked and a chance to reflect on the adventure.

As Dehradun greets you, the transition marks the end of your trek in the majestic Garhwal Himalayas, rewarding you with lasting memories of the journey.





INCLUSIONS

- Transport Facility from Rishikesh to Rishikesh. Transport (Non Ac)
- Forest Permit and entrance fee
- Accommodation in Hotel on twin share basis
- All meals: breakfast, packed lunch, tea, coffee, snacks, soup and Dinner
- Radio Walkie Talkie for Communication
- Good Experience Local Trek Leader guide and Technical guide
- Medical Kit
- Porters
- Oxygen Cylinders





EXCLUSIONS



- **Personal Insurance**
- **Medical Certificate**
- **5% GST**
- **Personal toiletry Items and Personal Medicine kit**
- **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.**



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 Air:-

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

By Train:-

In case, you want to reach Dehradun from Delhi by train then you have regular trains which run from Delhi

By Bus:-

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



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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