



TOSH VALLEY TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Himachal Pradesh,
India



DISTANCE

16 kms



MAX ALTITUDE

7900 ft



LAST ATM

Kasol



BEST SEASON

April, May, June



BASE CAMP

Kasol



DIFFICULTY

Easy



DURATION

2 Days & 1 Nights



SERVICE FROM

Kasol to Kasol



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SHORT ITINERARY



DAY 1

Kasol to Barshaini and trek to Tosh

DAY 2

Tosh to Kasol



ITINERARY



DAY 1

Kasol to Barshaini and trek to Tosh

Tosh valley trek starts from the famous trekking destination “Kasol” which is a small village located on the bank of Parvati River in Kullu district.

The vehicle will be arranged from here and then it heads towards Barshaini which is the confluence of Tosh and Parvati Rivers. Follow the Tosh River and pass through the thick forests of pine.

The hills offer 360 views of beguiling Parvati valley. Reach Tosh valley and further visit famous Tosh waterfall which is around 2.5 km away from the campsite. Return and settle for the day in the soothing charm of this place.





DAY 2

Tosh to Kasol

Wake up early in the refreshing aura of this place. After having breakfast retrace your steps and get back to Kasol



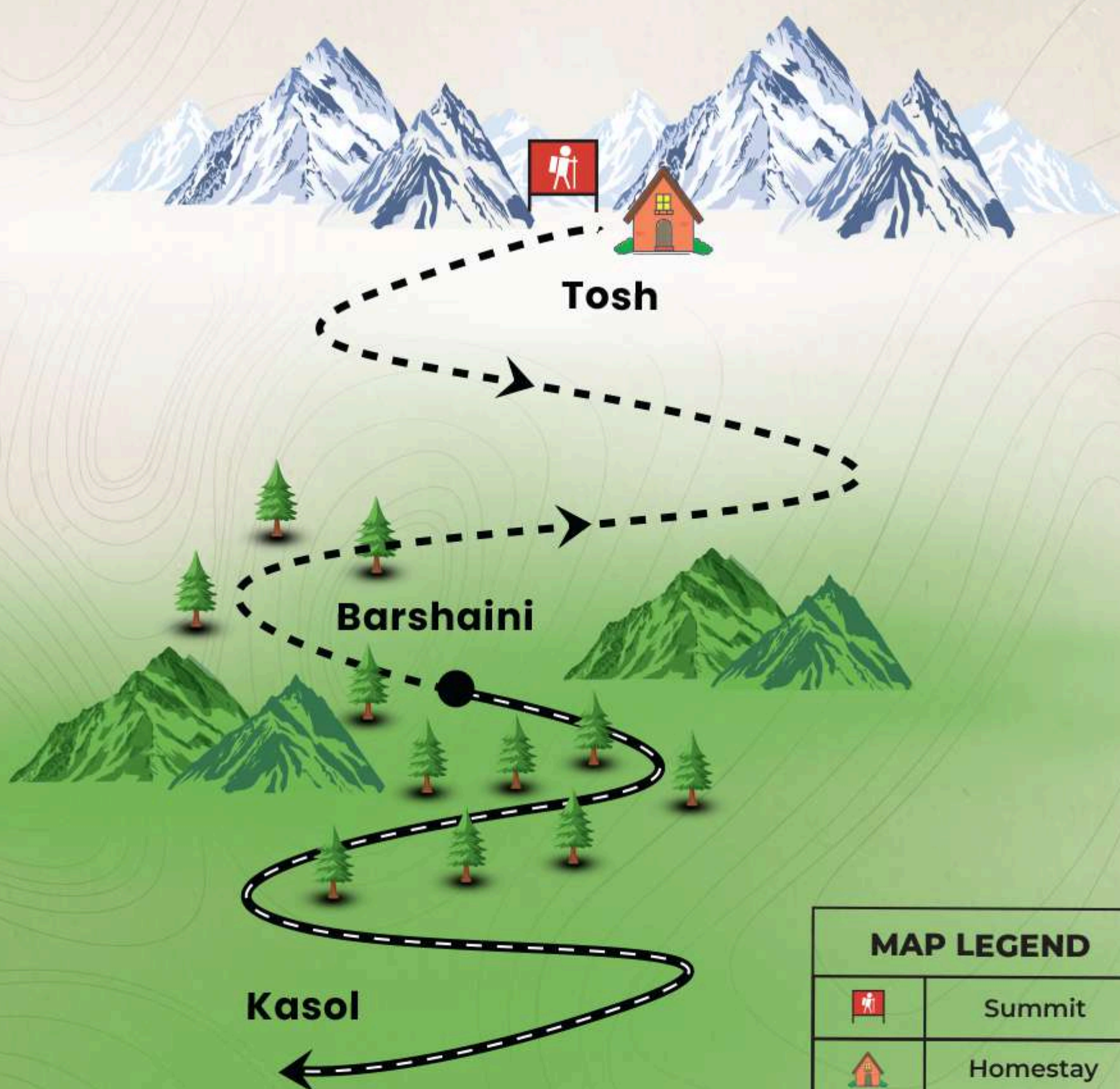
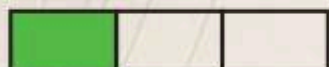
TREK MAP



Tosh Valley Trek Map

Difficulty Level

Easy Trek



MAP LEGEND	
	Summit
	Homestay
	Road
	Trek Route

*Map is not scaled



INCLUSIONS



- Meals while on trek (Veg).
- All necessary entry fees and permits.
- **Accommodation:** - Hotel stay, camping during Trek.
- Professional trek guide, cook and support staff.
- First aid medical kits, stretcher and oxygen cylinder.
- **Trek equipment:** Sleeping bag, mattress, tent, kitchen, dinning table, camping stools, dinning tent, toilet tent, utensils and microspikes (if required)
- Staff Insurance.
- Transportation (Kasol to Kasol)





EXCLUSIONS



- Any kind of personal expenses.
- Food during the transit.
- Insurance.
- Any kind of emergency evacuation charges
- Separate mule for ride
- 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

Bus :

To reach Kasol, there are multiple transportation options available to you. If you prefer to travel by road, the Himachal Road Transport Corporation (HRTC) operates regular buses from nearby states such as Delhi, Haryana, and Punjab. Within the state of Himachal Pradesh, the buses run between cities like Pathankot, Shimla, Kangra, Solan, and Dharamsala.

Train :

In case you plan to travel by train, Pathankot serves as the nearest railhead which is approximately 150 km away from Kasol. You can choose to travel via Himsagar Express, Andaman Express or Sarvodaya Express. Another option you can consider is Chandigarh, which is about 310 km away. From either of these railheads, you can hire taxis or private vehicles to reach Kasol.



HOW TO REACH

Air:

If you prefer air travel, the nearest airport to Kasol is Bhuntar Airport, which is almost 31 km away and located near Kullu. The airport is connected to three cities, namely Delhi, Pathankot, and Shimla. Upon arrival, you can hire local cabs or private vehicles to reach Kasol.



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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