



SATOPANTH TAL TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Uttarakhand, India



DISTANCE

50 kms



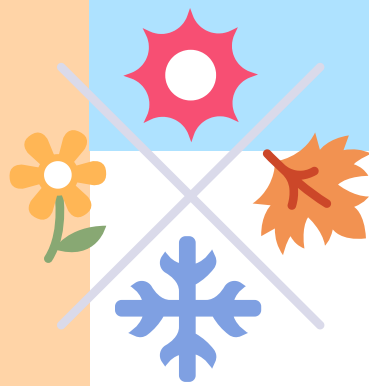
MAX ALTITUDE

15,100 ft



LAST ATM

Joshimath



BEST SEASON

May, July, Sep, Oct



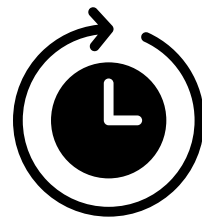
BASE CAMP

Joshimath Village



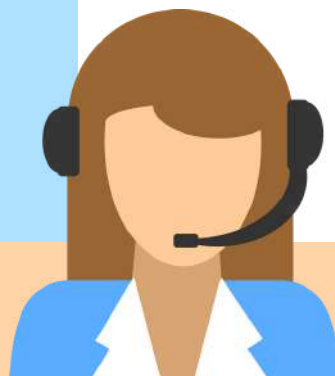
DIFFICULTY

Moderate



DURATION

7 Days & 6 Nights



SERVICE FROM

Joshimath to Joshimath

Rishikesh to Rishikesh



+91 7983285412



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SHORT ITINERARY



DAY 1

Rishikesh to Joshimath

DAY 2

Joshimath - Badrinath - Jhamtoli

DAY 3

Jhamtoli to Chakratirtha

DAY 4

Chakratirtha - Satopanth lake - Chakratirtha

DAY 5

Chakratirtha - Jhamtoli



SHORT ITINERARY



DAY 6

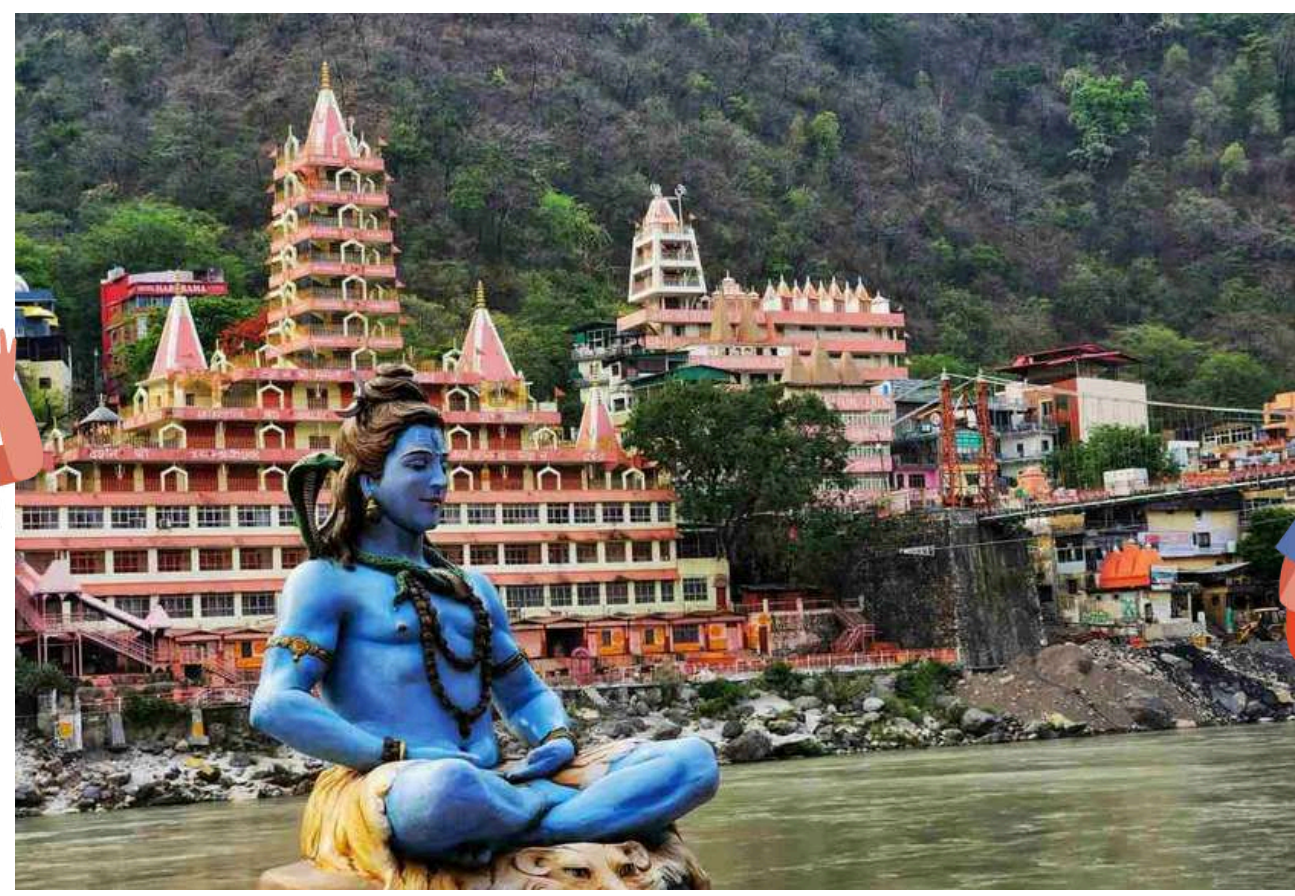
Jamtoli – Badrinath – Joshimath

DAY 7

Joshimath to Rishikesh



ITINERARY



DAY 1

Rishikesh to Joshimath

Arrive at Joshimath and meet our representative who will assist you with check-in at the hotel. Take some time to settle in and relax after your journey. The evening is free for you to explore the charming town of Joshimath, known for its spiritual and natural significance.

Stroll through the local markets, visit nearby attractions like the Narsingh Temple, or simply take in the breathtaking views of the surrounding mountains. This picturesque town serves as a gateway to various Himalayan treks and is rich in culture and history.





DAY 2

Joshimath – Badrinath – Jhamtoli

Drive from Joshimath to Badrinath 45 km, today's Trekking is 8 km. Altitude 3640 mts After breakfast, drive to Badrinath temple and thereon to Mana Village & trek towards Jhamtoli with packed lunch. Overnight stay at camps.

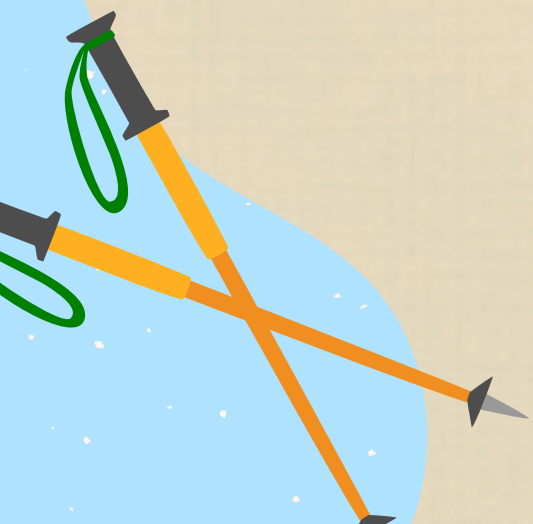




DAY 3

Jhamtoli to Chakratirtha

The day begins with an 8 km trek to an altitude of 4,240 meters. The journey starts with a gradual ascent to Laxmi Van, a serene spot surrounded by lush greenery and stunning mountain views. From there, the trail leads to Sahastra Dhara, known for its countless small waterfalls and natural beauty. After enjoying a packed lunch amidst the picturesque surroundings, the trek continues toward Chakratirtha, a stunning glacial expanse offering breathtaking views of the surrounding peaks. This segment of the trek is both challenging and rewarding, showcasing the pristine wilderness of the region.





DAY 4

Chakratirtha - Satopanth lake -Chakratirtha

Chakratirtha to Satopanth Lake is around 5 km through moraine and seasonal glacier. You will be walking in the proximity of Nilkantha and Parvati Peak with Chaukhamba looming above all in the front. Balak peak will be on the right. Satopanth lake is a three-cornered lake with icy cold, crystal clear, emerald waters with a circumference of about 1-2 km, it is situated at an elevation of 4465 mts above sea level. Total trek of 10 km. We trek back to Chakratirtha after having lunch.





DAY 5

Chakratirtha – Jhamtoli

After breakfast, begin the trek to Chakartirtha, a scenic spot surrounded by majestic glaciers extending towards the Gaumukh snout of the Bhagirathi River. The trail offers stunning views of rugged landscapes and towering peaks. Upon arrival, enjoy the serene beauty of the area. Dinner and overnight stay at the campsite amidst the tranquil wilderness.





DAY 6

Jamtoli - Badrinath - Joshimath

Begin the day with a trek down to Mana Village, the last Indian village near the Tibetan border. Explore the historic Ganesh and Vyas Gufa, caves rich in mythological significance. From Mana, drive to Badrinath to visit the revered temple and soak in the spiritual atmosphere. After lunch, continue the scenic drive to Joshimath for an overnight stay, concluding a day filled with cultural and spiritual experiences.

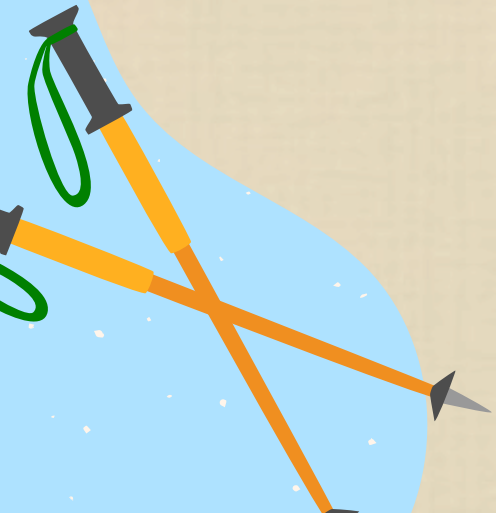




DAY 7

Joshimath to Rishikesh

Begin the scenic drive from Joshimath to Rishikesh, covering a distance of approximately 250 km. The route takes you through picturesque mountain landscapes, winding roads, and charming hill towns. Along the way, you'll witness the serene beauty of the Alaknanda River as it flows alongside the journey. Take short breaks to enjoy the views or visit local spots of interest. Arrive in Rishikesh by evening, where the tranquil ambiance of this spiritual town welcomes you. Check in at your accommodation and relax, reflecting on the journey through the majestic Himalayas.





INCLUSIONS



- **Accommodation** – Guest House, Homestay, Camping
- **Meals** – 3 times a day; veg./egg only (includes freshly-cooked meals, snacks, tea /coffee/soup, etc.)
- Permit Charges in National Parks and Sanctuaries as part of the experience
- **Camping Equipment** – sleeping bags, mattresses
- **Technical and Safety Equipment** – Wilderness Medical Kit, Ice Axe, Microspikes, Climbing Rope, Climbing accessories, Oxygen Cylinder, BP Meter, oximeter, thermometer etc.
- **Highly Experienced Outdoor Instructor** : Grade A in Advanced Mountaineering course
- Wilderness First Responder (WFR) certified from NOLS
- Mules to carry group equipment





EXCLUSIONS



- Any kind of personal expenses
- Mules or porter to carry personal luggage.
- If anyone leaves the trek against the schedule (unable to complete or dropping out for any reason)
- Any kind of emergency evacuation charges.
- Any extra demand like personal guide, personal porter, personal vehicle
- Food during the transit
- Insurance
- 5% GST
- Transport from Rishikesh to Rishikesh. Transport (Non Ac)
- Anything not specifically mentioned under the head “What's included”.
- Cost incurred due to change in itinerary due to change in weather conditions, roadblocks or any natural factors beyond human control.





EXCLUSIONS



- Additional services availed during the trek (including mules, assistance, health related support etc.)
- 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



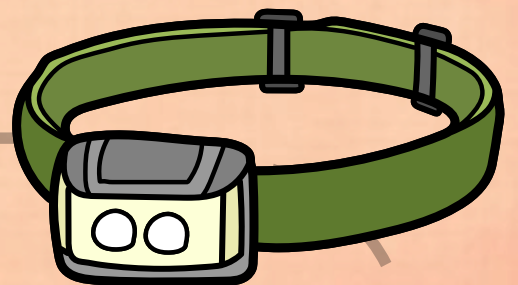
TREKKING SHOES



BACKPACK



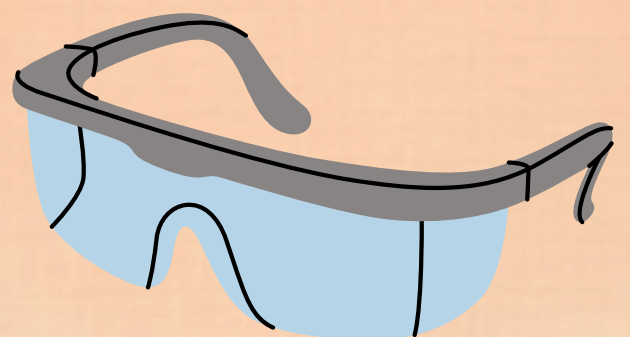
HAND GLOVES



HEAD LAMP



LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

COMPULSARY DOCUMENTS

These files must be submitted to the Forest Department before your trek. With none of these, you will not be permitted to trek. Original and photocopy of government photo identity card. Carry Ids like Aadhaar, voter id, etc.

IMPORTANT POINTS

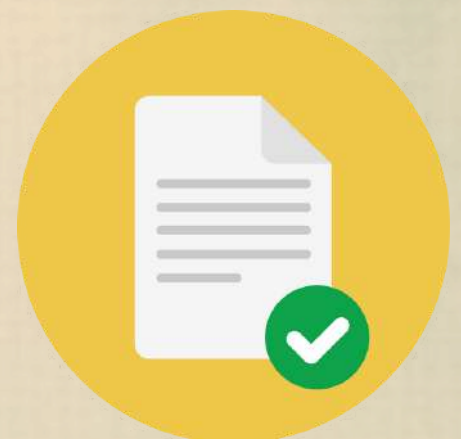
- It is mandatory for trekkers to carry a copy of their photo ID for entry at forest check posts on the trek.
- It is not for the first time trekkers. You should have done atleast 2 high altitude treks.
- All participants are expected to have a fitness level, stamina and the ability to sustain harsh environments.
- Every trekker will have to undergo a temperature and other vitals check every day.
- Do weigh your Gears post packing. It should not exceed the range of 10-12 kg – preferably on the lighter side.



COMPULSARY DOCUMENTS

NOTE

- Normally we expect to carry your personal luggage on your own, if you wish to offload your backpack, you can give it to Mule.
- Charges of offloading backpack:
- Offloading charges: Rs.650/- day / 10kg bag
- Incase buffer day is used, Rs.2800 per person / day will be charged.
- The backpack cannot weigh more than 10 kgs. Backpack should have waterproof cover. Suitcases/ strolleys/ bags will not be allowed.



HOW TO REACH

By Air

The nearest airport to Joshimath is Jolly Grant Airport in Dehradun, located approximately 272 km away. Regular flights connect Dehradun to major cities like Delhi, Mumbai, and Bangalore. From the airport, you can hire a taxi or take a bus to Joshimath.

By Train

The closest railway station to Joshimath is Haridwar Junction, around 290 km away. Haridwar is well-connected to major cities such as Delhi, Kolkata, and Mumbai by regular train services. From Haridwar, you can continue the journey by road via taxi or bus.

By Bus

Joshimath is accessible by road from various cities in Uttarakhand. Regular buses operate from Rishikesh, Haridwar, and Dehradun. From Delhi, buses to Joshimath are available from ISBT Kashmiri Gate, with the journey passing through scenic mountain roads and river valleys.



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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