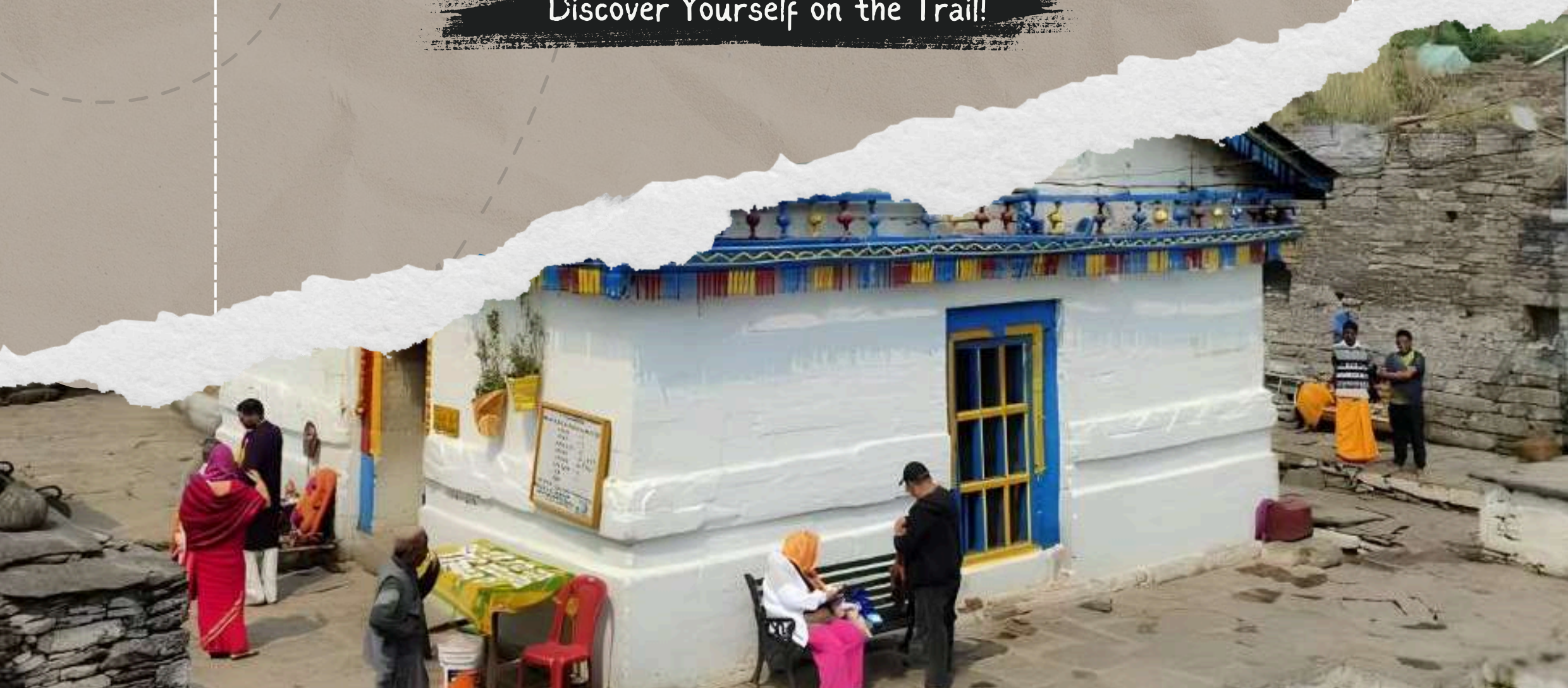




TRIYUGINARAYAN TEMPLE TOUR

Discover Yourself on the Trail!



www.himalayandaredevils.com



+91 6398989097



himalayandaredevils@gmail.com



TREK OVERVIEW



LOCATION

Uttarakhand, India



DISTANCE

45 Km



MAX ALTITUDE

10,820 ft



LAST ATM

Sonprayag



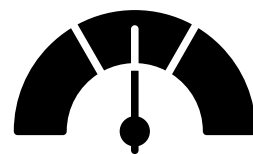
BEST SEASON

April-June and Sep-Nov



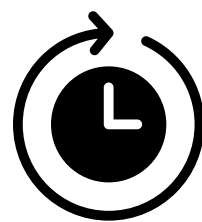
BASE CAMP

Sonprayag



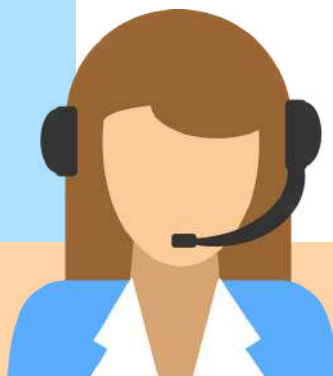
DIFFICULTY

Easy



DURATION

3 Days & 4 Nights



SERVICE FROM

Dehradun to Dehradun



+91 6398989097



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SHORT ITINERARY



DAY 1

Dehradun – Sonprayag (251 kms) 9–10 hours drive

DAY 2

Sonprayag – Triyuginarayan Temple (10 kms) 6–7 hours trek

DAY 3

Triyuginarayan – Dehradun (259 kms) 9–10 hours drive



ITINERARY

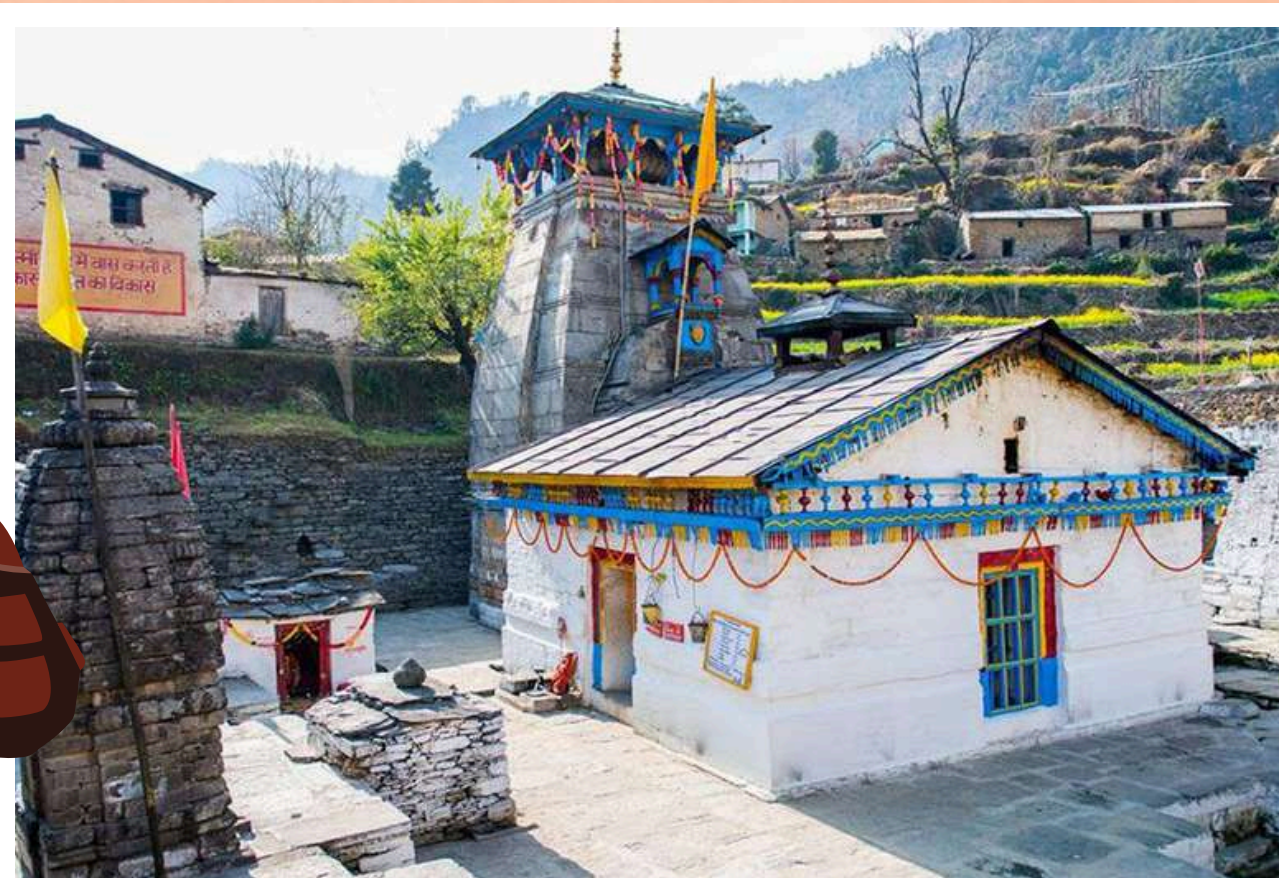


DAY 1

Dehradun – Sonprayag (251 kms) 9–10 hours drive

We start early in the morning from Dehradun via road towards Sonprayag. The drive is beautiful with winding roads and trails lined with pine and oak trees. The road has two more interesting stops at Devprayag and Rudraprayag where one can witness the confluence of three holy rivers. We reach the guest house and rest for the night.





DAY 2

Sonprayag – Triyuginarayan Temple (10 kms) 6-7 hours trek

We start early morning trek towards Triyuginarayan temple. It's a long trail however falls under easy to moderately difficult category. After exploring the temple precinct we enjoy some local Garhwali cuisine and culture . We stay here at the guest house for the night.

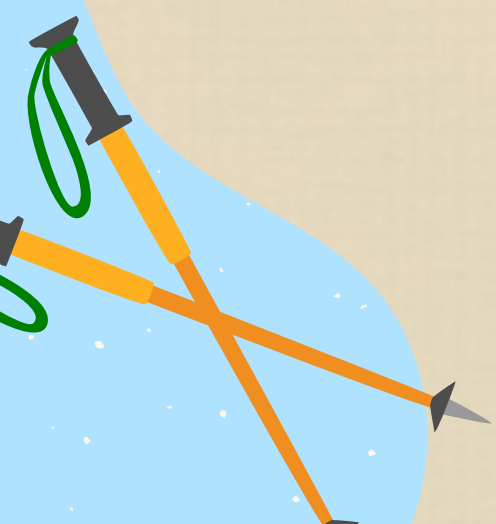




DAY 3

Triyuginarayan – Dehradun (259 kms) 9-10 hours drive

We start our return drive back to Dehradun and reach the railway station at Dehradun by early evening.


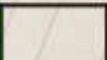



TOUR MAP



Triyuginarayan Temple Tour Map

Difficulty Level

Easy Tour   



Triyuginarayan
Temple

Sonprayag

Dehradun

MAP LEGEND

	Cafe/Dhaba
	Base Camp
	Road
	Trek Route
	Hotel
	Temple

*Map is not scaled



INCLUSIONS



- Transport Facility from Dehradun to Dehradun.

Transport (Non Ac)

- Forest Permit and entrance fee
- Accommodation in Hotel on triple/quadruple sharing basis
- **All meals:** Breakfast and Dinner
- Good Experience Local Trek Leader guide
- Medical Kit
- Oxygen Cylinders

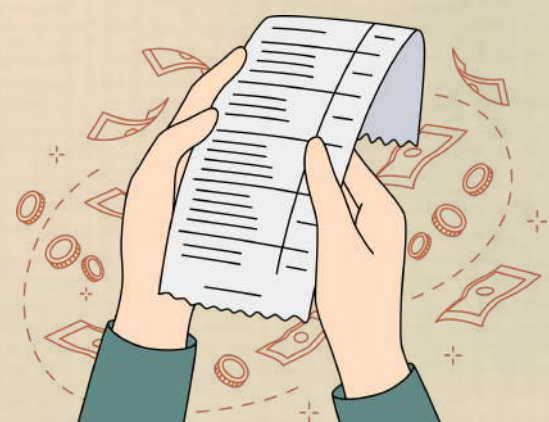




EXCLUSIONS



- 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



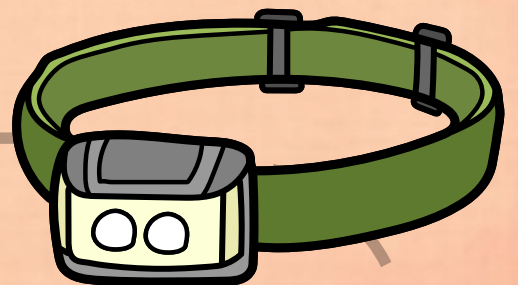
TREKKING SHOES



BACKPACK



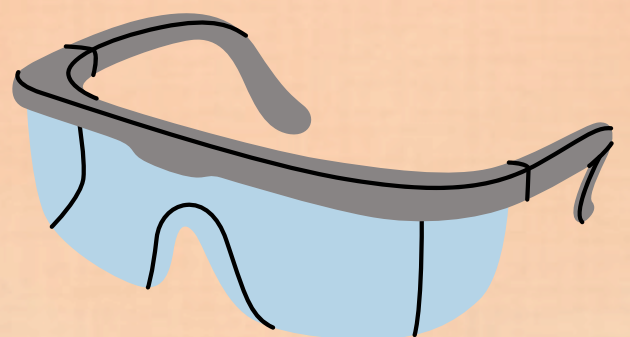
HAND GLOVES



HEAD LAMP



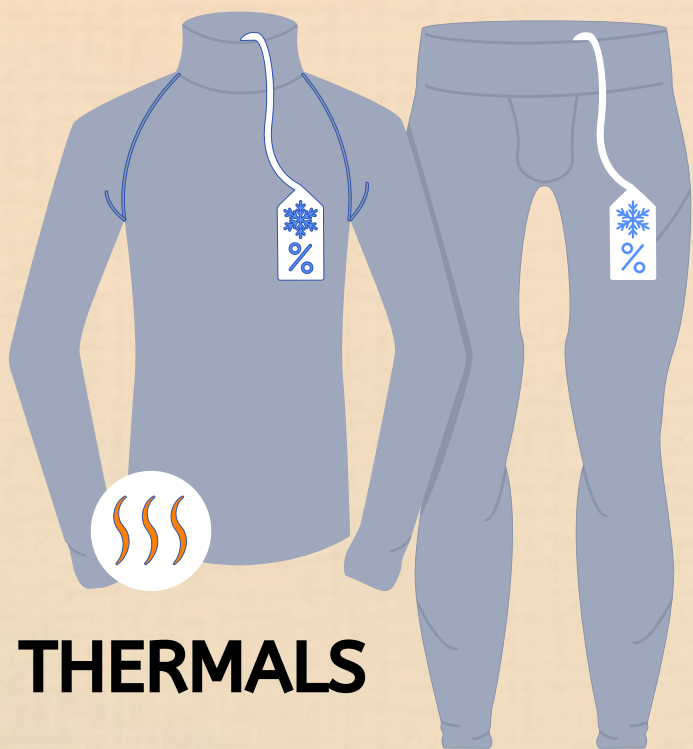
LUNCHBOX



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 Kashmere 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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