



RANGLANA PEAK EXPEDITION

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Uttarakhand, India



DISTANCE

75 Km



MAX ALTITUDE

18221 Ft



LAST ATM

Purola



BEST SEASON

May, June, Sep, Oct



BASE CAMP

Sankri



DIFFICULTY

Difficult



DURATION

17 Days & 16 Nights



SERVICE FROM

Dehradun to Dehradun

Sankri to Sankri



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SHORT ITINERARY



DAY 1

Dehradun to Sankri: Drive 187 KM in 7 to 8 hours

DAY 2

Sankri to Obra Campsite (2,330 m): 5 KM trek in 4 hours

DAY 3

Obra Thatch to Bhawa Waterfall Campsite (3,420 meters): 8 KM trek in 6 hours

DAY 4

Bhawa Waterfall Campsite to Dev Kyara (4,100 meters): 5 KM trek in 4 hours

DAY 5

Devkiyara (4100 m) to Camp 1 (4687 m)

DAY 6

Acclimatization Day at Camp 1



SHORT ITINERARY



DAY 7

Camp 1 to Camp 2 (4950 m)

DAY 8

Camp 2 to summit camp (Load Ferry)

DAY 9

Camp 2 to Summit camp

DAY 10

Acclimatization

DAY 11

Summit camp to summit attempt and descent to summit camp

DAY 12

Reserved for summit attempt



SHORT ITINERARY



DAY 13

Reserved for summit attempt

DAY 14

Summit camp to camp 1

DAY 15

Camp 1 to Obra (3500 m)

DAY 16

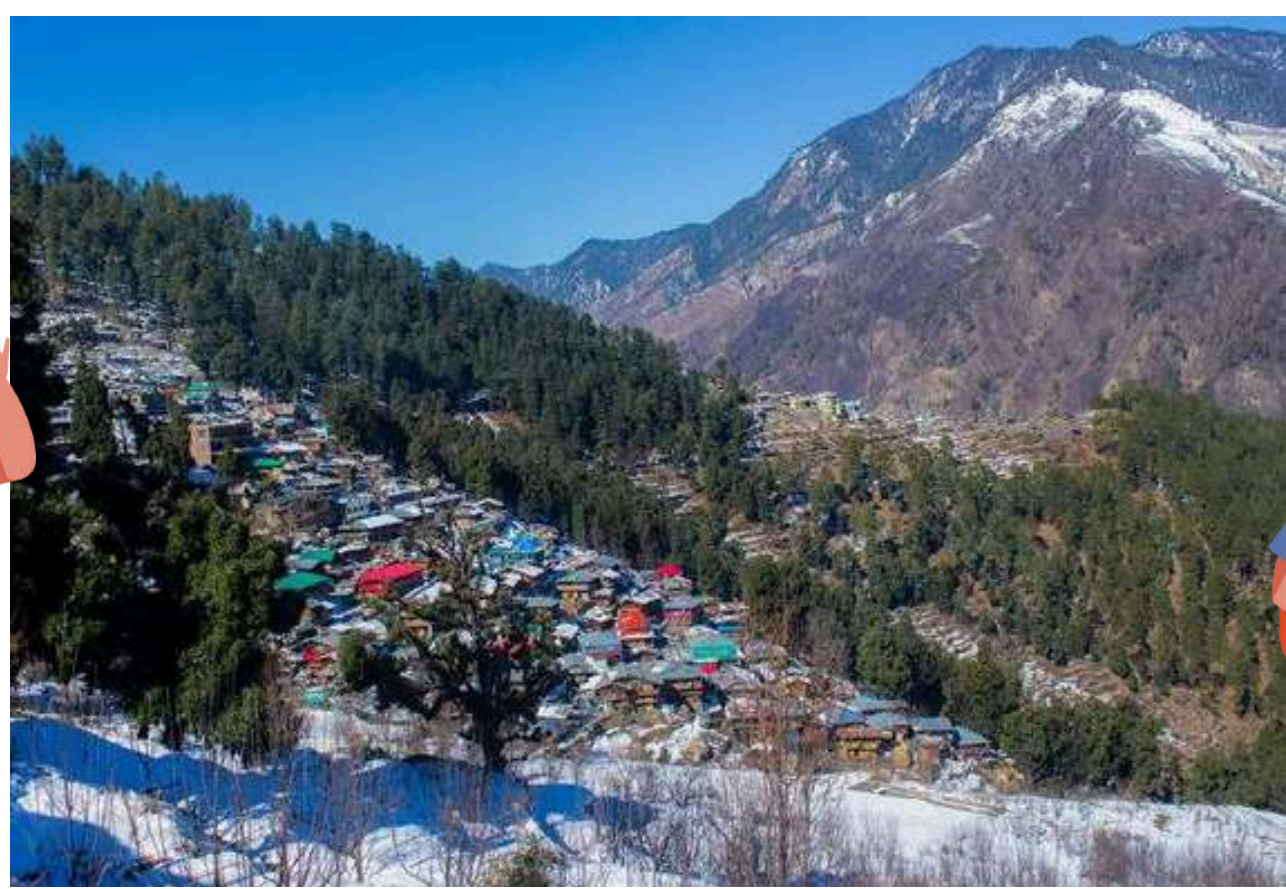
Obra Campsite to Sankri

DAY 17

Sankri to Dehradun: 187 KM drive in 7 to 8 hours



ITINERARY



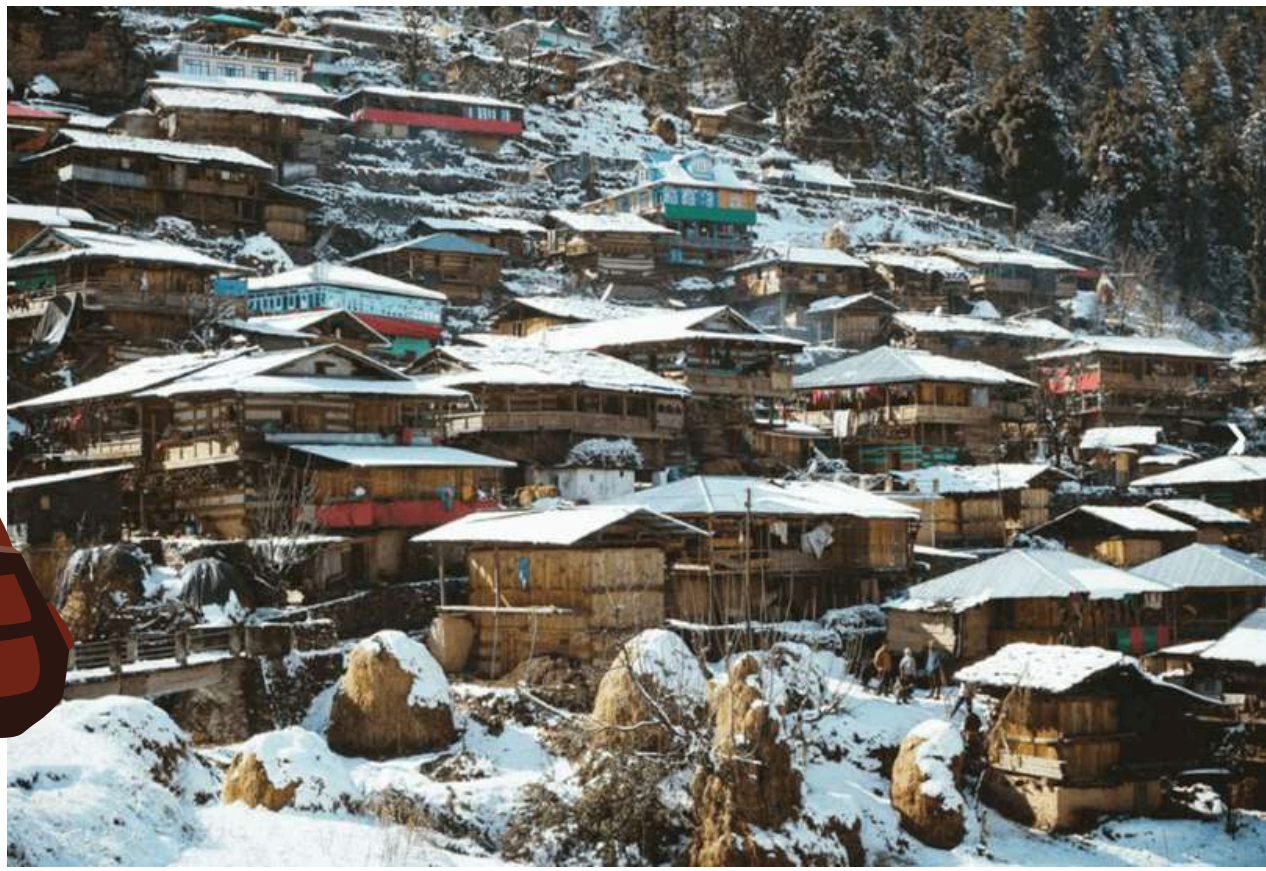
DAY 1

Dehradun to Sankri (1920 m) (210 km) (7/8 hours)

We start early from Dehradun and head to Mussoorie, passing by the Lakhamandal temple, linked to the Mahabharata legend. Along the way, we encounter villages like Damta, Purola, Mori, and Netwar. The Yamuna river accompanies us till Purola, the last major settlement with a market. It's advisable to grab any essentials here. Mobile networks work up until Purola.

We arrive in Sankri by early evening, a charming village with a central market and apple orchards. Swargarohini peak is visible on clear days. We rest in a guest house or camps for the night.





DAY 2

Sankri to Obra Campsite (2,330 m): 5 KM trek in 4 hours

We kickstart the day early, making our way to the Obra Thatch campsite. It's a fairly easy trek with lovely river views and nice spots to take a breather. We arrive at the campsite in the afternoon, leaving us plenty of time to set up and relax. If it's a sunny day, you might want to dip into the river for a refreshing splash.

Once in Sikolta, drop your bags and venture on a side trip to the famous Juda ka Talab lake, a must-see for trekkers.

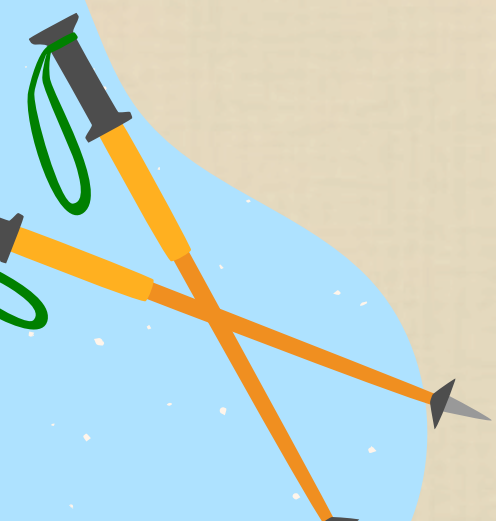




DAY 3

Obra Thatch to Bhawa Waterfall Campsite (3,420 meters): 8 KM trek in 6 hours

On the second day of trekking, get ready for the longest journey with a significant climb in altitude. We'll start by ascending through a dense pine forest. As we go, the scenery transforms into a breathtaking open valley with stunning views of towering snow-capped peaks. Our destination for the day is Bhawa Waterfall, a majestic sight cutting across a mountainside where we'll set up camp.



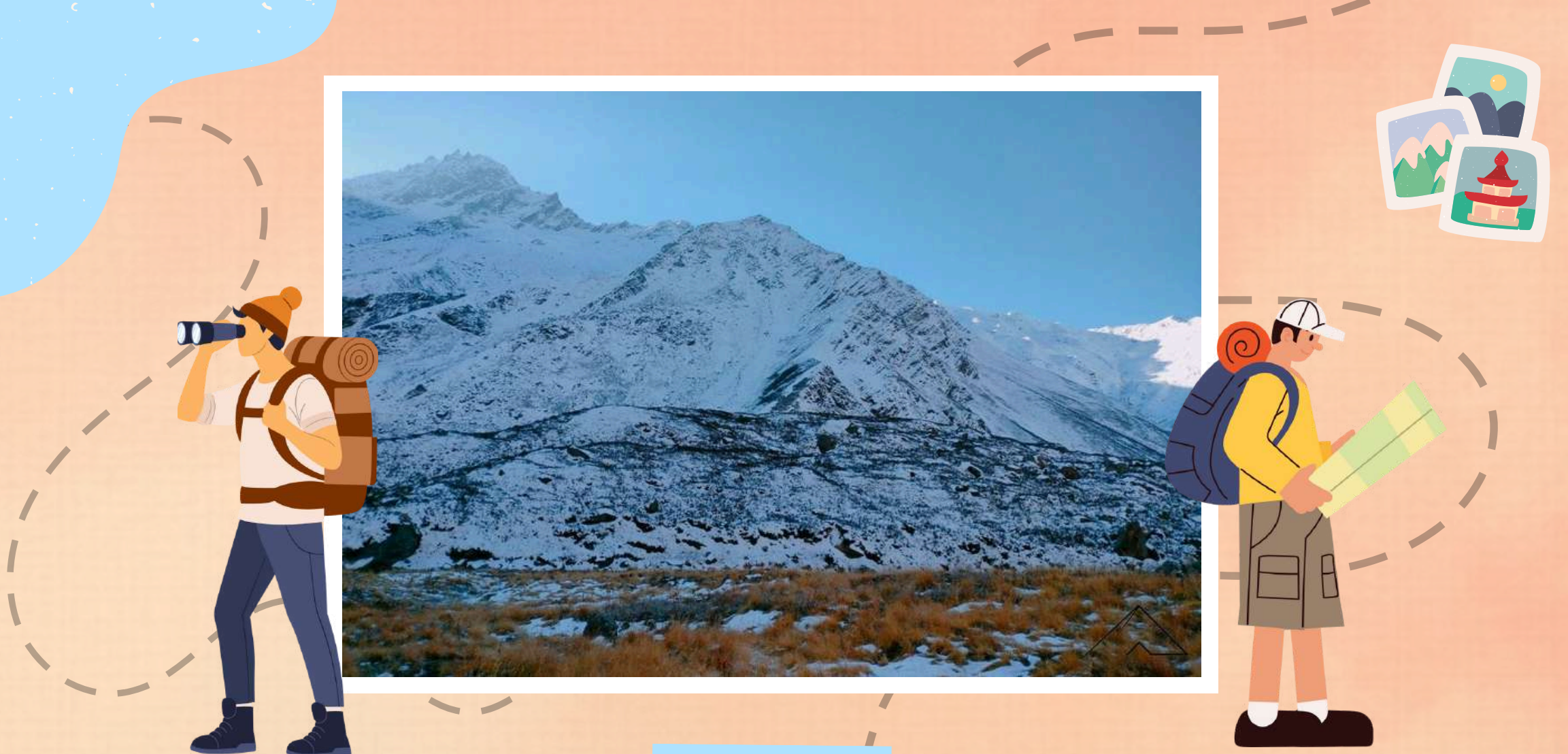


DAY 4

Bhawa Waterfall Campsite to Dev Kyara (4,100 meters): 5 KM trek in 4 hours

This day is the trek's highlight. After an hour from Bhoj Gadi, we descend to the iconic Phulara Ridge. A ridge is a chain of mountains that form a continuous crest, with narrow edges dropping into valleys on either side. This gives you a clear view of the stunning Garhwal Himalayan ranges, including Swargarohini and Bandarpoonch, in three directions. It's truly awe-inspiring.





DAY 5

Devkiyara (4100 m) to Camp 1 (4687 m)

We'll trek from Devkiyara (4100 m) to Camp 1 (4687 m). This leg of the journey involves ascending to a higher altitude. The terrain may include rocky sections and possibly some snow patches, depending on the season.

The trek will take you through the stunning landscape of the high Himalayas, offering breathtaking views along the way. It's important to pace yourself and stay well-hydrated as you make your way to Camp 1.

Once you reach Camp 1, take some time to rest, rehydrate, and acclimatize to the higher altitude. Enjoy the spectacular surroundings and prepare for the next day's adventure. Remember to follow any instructions provided by your trekking guide or team leaders to ensure a safe and enjoyable experience.





DAY 6

Acclimatization Day at Camp 1

Start the day with a gentle acclimatization activity around Camp 1. This could include short hikes, breathing exercises, or light stretching to help your body adjust to the higher altitude. Spend some time resting at Camp 1. Take this opportunity to hydrate well and nourish your body with balanced meals. Take a leisurely stroll around Camp 1 to enjoy the stunning views and immerse yourself in the natural beauty of the surroundings. It's also an excellent opportunity for photography.



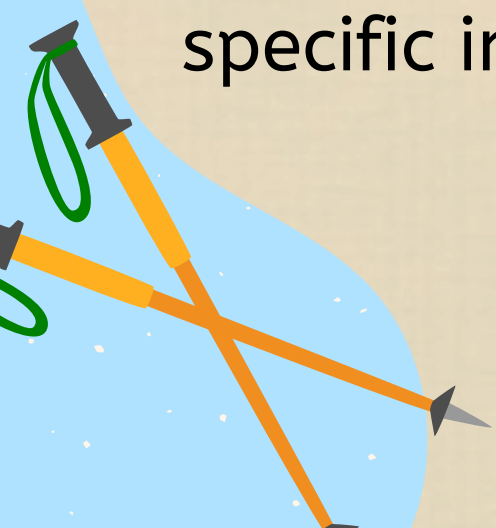


DAY 7

Camp 1 to Camp 2 (4950 m)

Start the trek, ascending through the mountainous terrain. The path may include rocky sections and possibly some snow patches. Take in the breathtaking views of the surrounding peaks and landscapes. Stay well-hydrated throughout the trek. Take regular breaks for water and snacks to maintain your energy levels.

Arrive at Camp 2 (4950 m) in the afternoon. Take some time to rest, rehydrate, and acclimatize to the higher altitude. Attend a briefing in the evening where your expedition leaders will discuss the plan for the next day, including the route, estimated time of departure, and any specific instructions for the ascent to the summit.





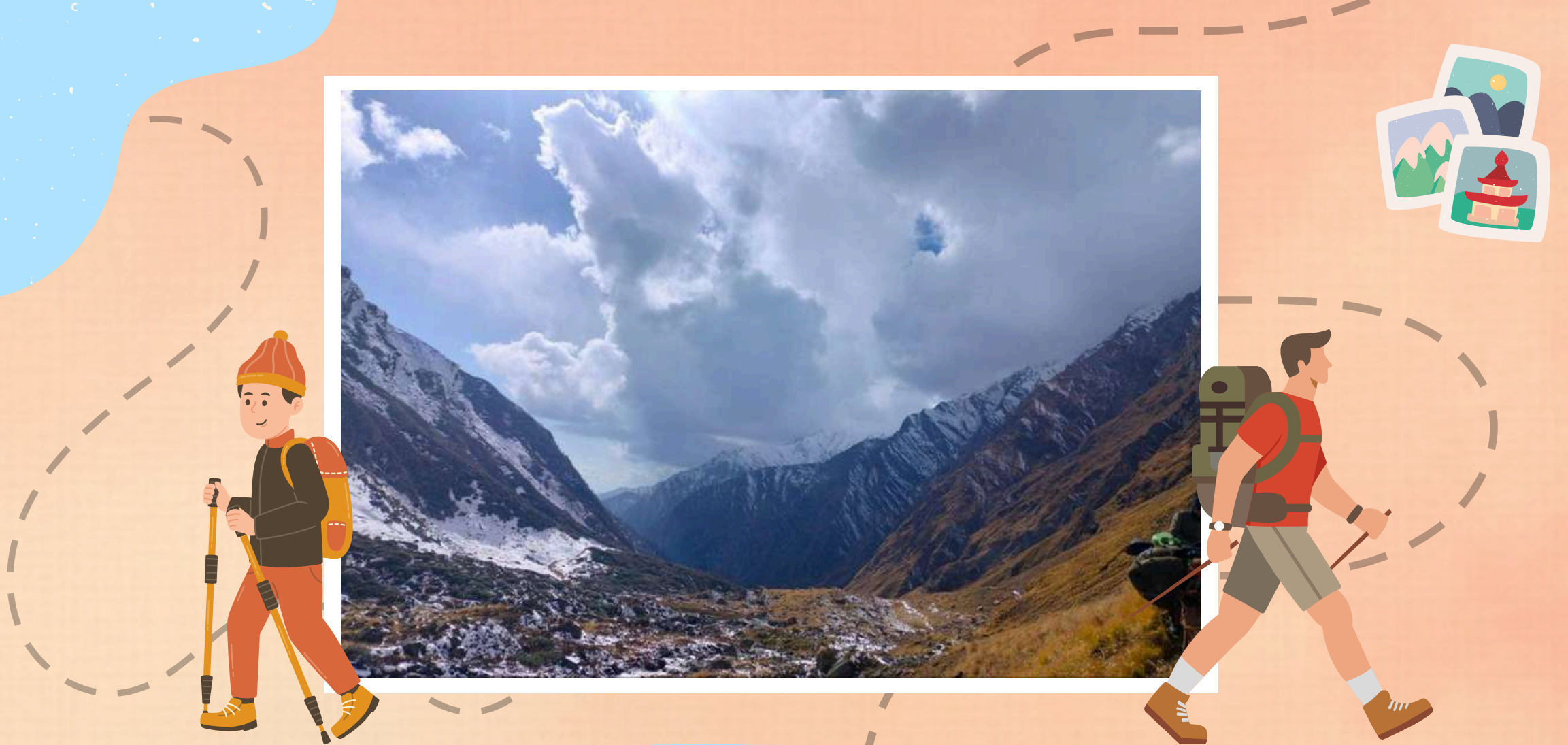
DAY 8

Camp 2 to summit camp (Load Ferry)

May involve navigating through challenging terrain, including steep slopes and rocky patches. The term “Load Ferry” suggests that this stage may involve carrying equipment, supplies, or loads to establish a higher camp in preparation for the final summit push.

Upon reaching the summit camp, allocate time to set up tents and arrange the campsite for the night. Rest and acclimatize at the summit camp. Acclimatization is crucial, especially at higher altitudes.





DAY 9

Camp 2 to Summit camp

Have a hearty and nutritious breakfast to fuel your body for the strenuous ascent. Embark on the demanding climb towards the Summit Camp. This section of the trek will likely be the most challenging, involving steep slopes, potentially icy or rocky terrain, and high altitudes.

Pay close attention to your pacing. Move at a steady and sustainable pace, taking regular breaks to catch your breath and acclimatize to the thinning air. Reach the Summit Camp, which may be located at a higher altitude, where you'll set up tents and establish a base for the summit attempt. Take some time to rest, rehydrate, and acclimatize.





DAY 10

Acclimatization

Begin the day with a gentle acclimatization activity around the Summit Camp. This could include short hikes, breathing exercises, or light stretching to help your body adjust to the extreme altitude. Spend some time resting at the Summit Camp. Focus on staying well-hydrated and consume balanced meals to nourish your body for the challenging ascent. Engage in a briefing or educational session conducted by your expedition leaders. This may cover important topics like altitude sickness prevention, emergency procedures, and safety protocols specific to the summit day. Go over the summit route with your expedition leaders, discussing any potential challenges, key landmarks, and important safety measures.





DAY 11

Summit camp to summit attempt and descent to summit camp

Begin well before dawn, typically in the early hours of the morning, to take advantage of stable weather conditions and ensure ample time for the ascent. Have a light, easily digestible breakfast to provide initial energy for the climb. Ensure your headlamp is functioning properly, and carry spare batteries. Check harnesses, ropes, and other safety equipment.

Begin the ascent towards the summit, following the predetermined route discussed in the briefing. This part of the climb may be the most challenging, involving steep sections and potentially icy or rocky terrain.

Maintain a steady but sustainable pace. Take regular breaks to rest, hydrate, and refuel with energy-rich snacks.

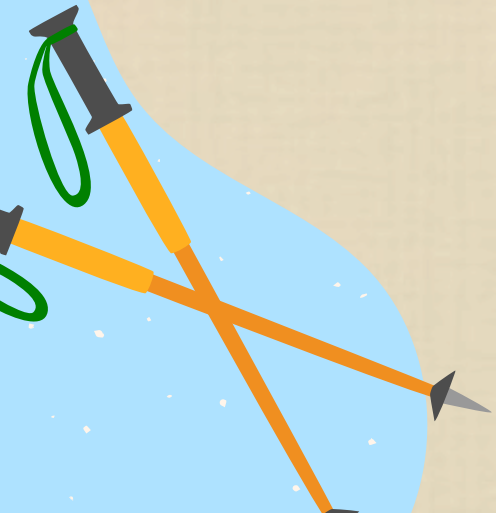


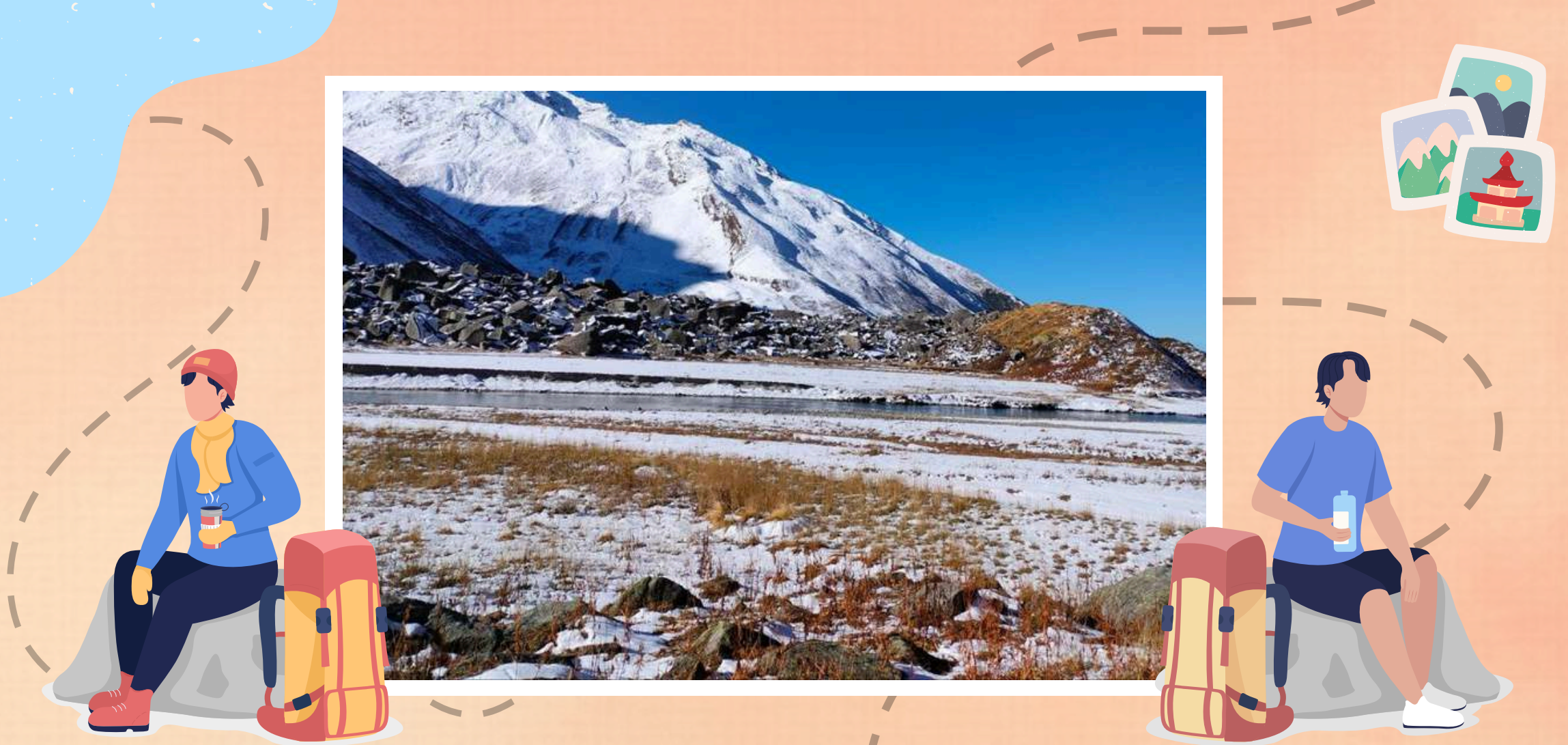


DAY 12

Reserved for summit attempt

The day reserved for the summit attempt is a critical stage of the expedition.



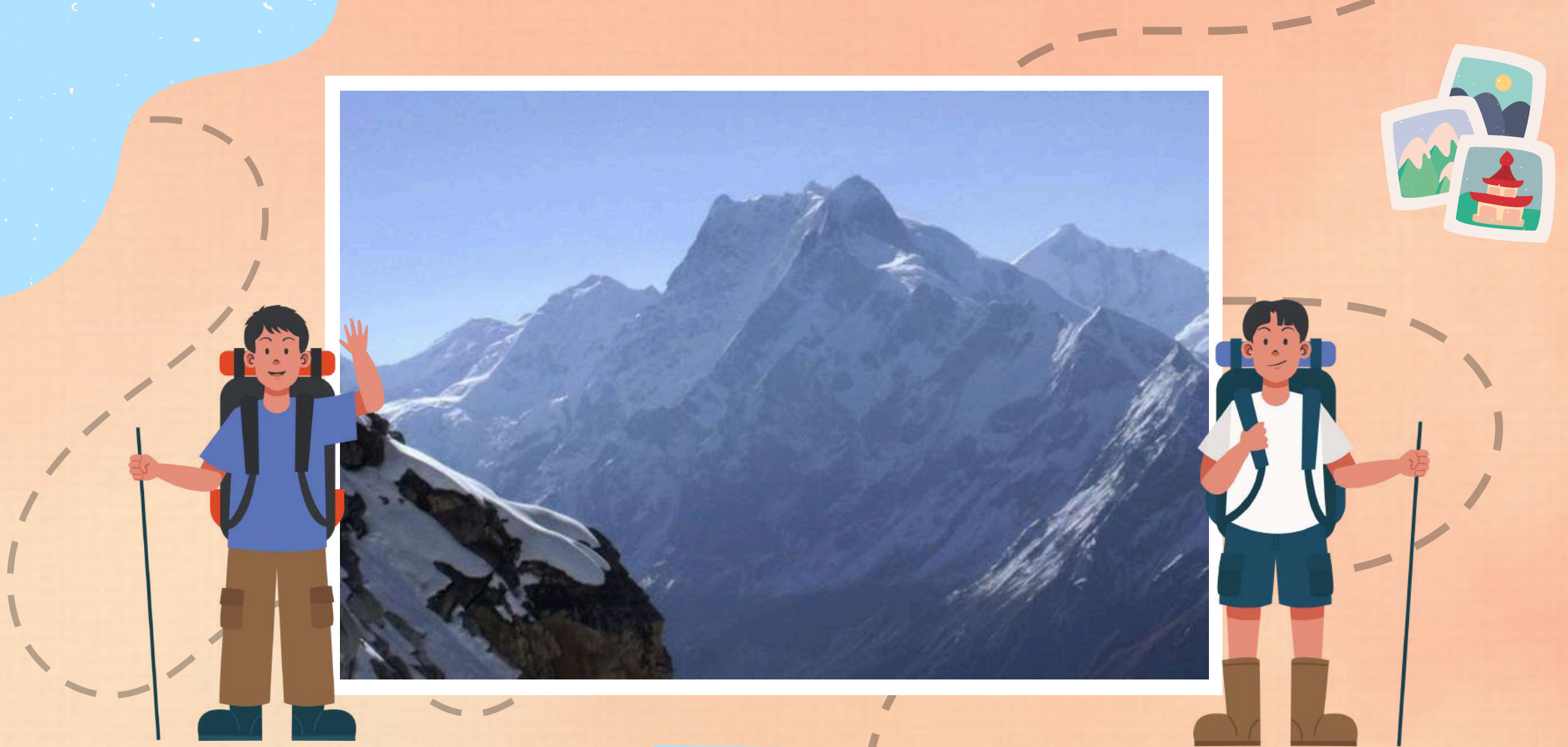


DAY 13

Reserved for summit attempt

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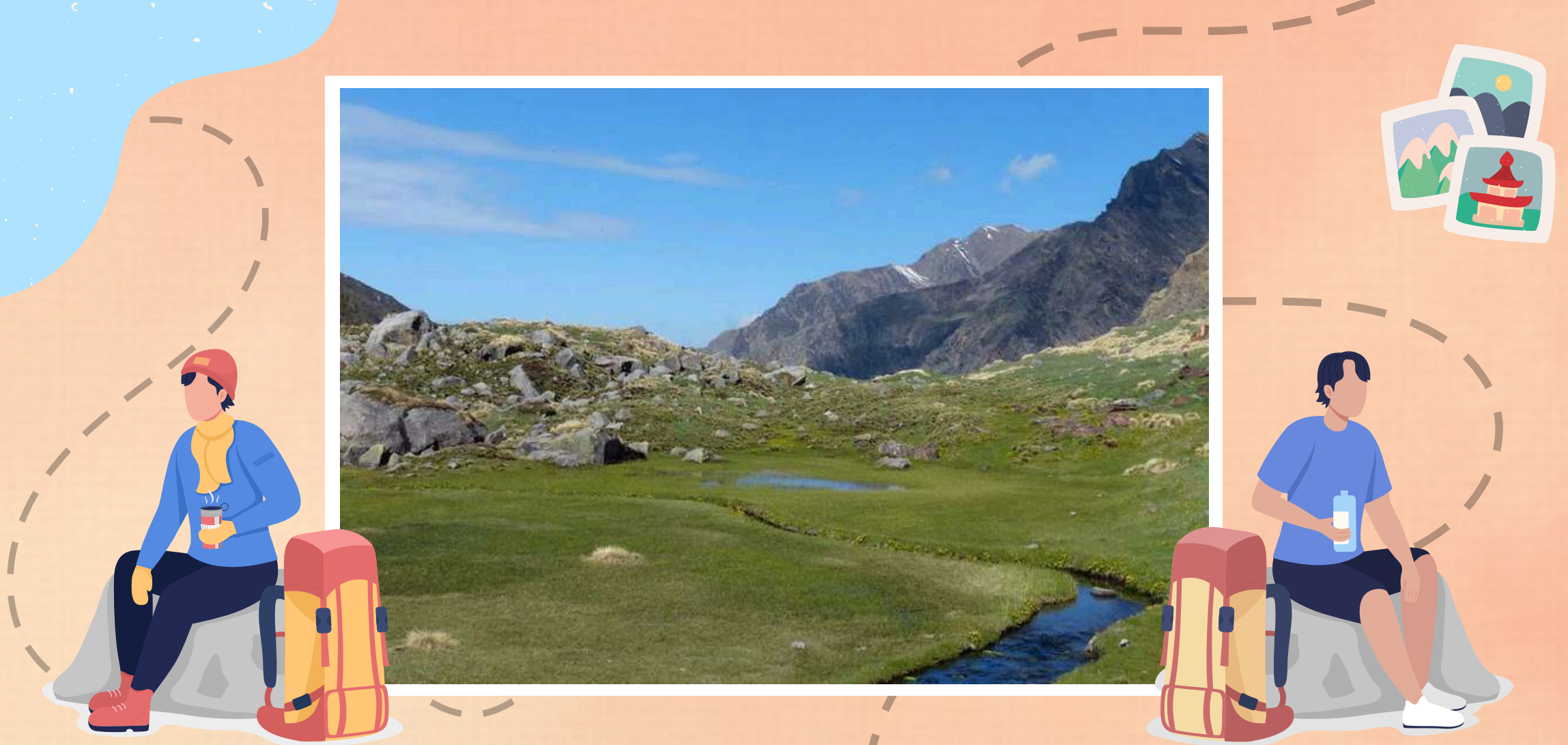


DAY 14

Summit camp to camp 1

Start the day early, beginning your descent from the Summit Camp. Descending can be physically demanding, so proceed with caution and use proper techniques. Maintain open communication with your team members and leaders during the descent. Take in the scenic views as you descend. The landscape may look different from this perspective, offering new perspectives of the terrain. Reach Camp 1, where you'll set up tents and establish a base for the night. Take some time to rest, rehydrate, and reflect on your successful summit attempt.

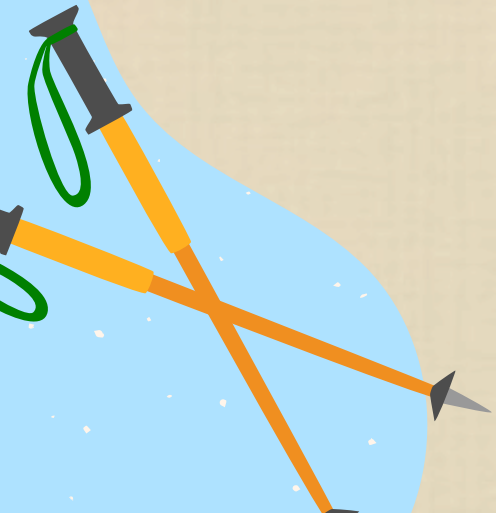




DAY 15

Camp 1 to Obra (3500 m)

Start the descent from Camp 1. You'll be navigating through the terrain you ascended earlier in the expedition, but this time heading downhill. Take in the changing landscape as you descend. You'll notice different perspectives and views compared to your ascent. Reach Obra, marking the end of your trek. Settle into your accommodations or designated area for rest.





DAY 16

Obra Campsite to Sankri

Early in the morning, we leave the campsite . The walk is downhill and hence takes lesser time than before. We walk alongside the River until we finally arrive at the place where we started the trekking Journey, from where a vehicle takes us back to Sankri. We retire for the day in camp alongside the river or in a guest house in Sankri.





DAY 17

Sankri to Dehradun: 187 KM drive in 7 to 8 hours

Expedition of Ranglana Peak concludes today as we leave Sankri and reach Dehradun by late afternoon.



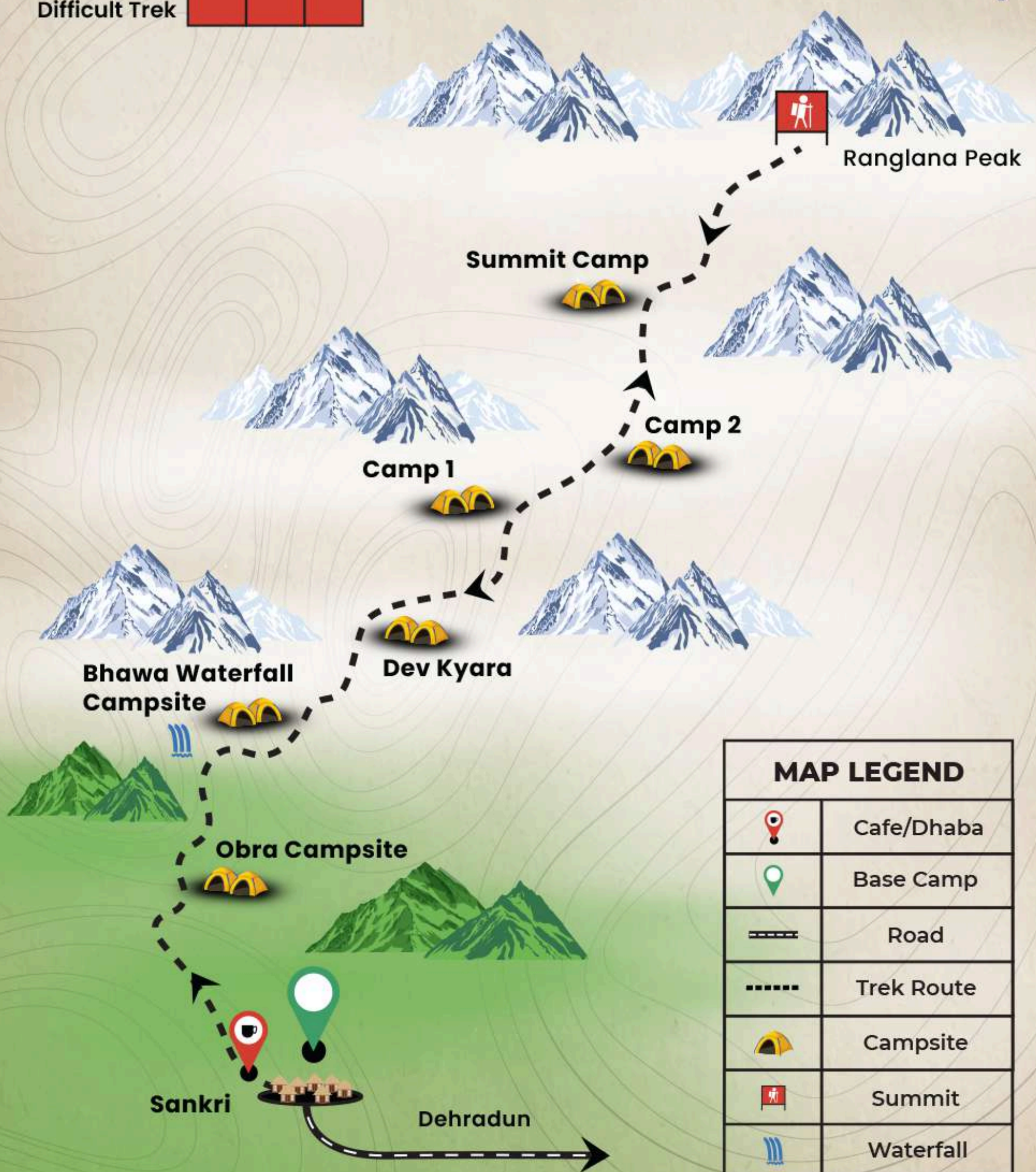
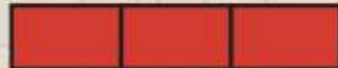
TREK MAP



Ranglana Peak Expedition Trek Map

Difficulty Level

Difficult Trek



*Map is not scaled



INCLUSIONS



- All accommodations on twin sharing tents as per the itinerary.
- All meals during the trek (vegetarian with occasional serving of eggs) including breakfast, hot/packed lunch, and dinner with morning and evening tea
- Certified Trek Leader, Cook and Support Staff
- Medical Kit
- Forest Permits
- Camping Equipment including tents, kitchen & dining tents, toilet tents etc Gaiters, Microspikes, when needed





EXCLUSIONS



- Personal expenses like tips, personal medicines, phone calls etc.
- Any transport support during the trek apart from what is included above
- Any cost or services not mentioned in the Inclusions
- Accommodation in Dehradun
- Adventure Insurance
- Cost arising due to unforeseen incidents like bad weather, medical evacuation, roadblocks etc
- Porter and mule support to carry personal Luggage can be arranged at an additional cost (weighing up to 12 kg)
- Please carry a lunch box for packed lunch/breakfast to avoid using polythenes and Aluminium foils. Keeping the Himalayas clean is our own responsibility. Reduce the use of Plastic when you are in the abode of the Sacred Himalaya.



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 Road

From Delhi :

- Distance: About 260 km.
- Time: 6 to 7 hours.
- Route: NH 44 should be taken; this road goes through Meerut, Muzaffarnagar, and Roorkee which is scenic.
- Suggestion: You may take a cab or book a cab online rather than getting stressed out about availability.

Local Buses:

- Frequency: Buses are available in the regions of Delhi, Chandigarh, and Haridwar after every hour.
- Forms: AC and non-AC buses are both provided.
- Booking: These can be bought online or at the bus stop

Self Drive:

- Benefits: You can also check out places on your way around.



HOW TO REACH

By Air

Jolly Grant Airport:

- Distance from the airport to Dehradun: It is 25 kilometers.
- Air Transport Available: Major Indian metropolitan cities namely Delhi, Mumbai and Bangalore have rounds of flights to this airport regularly.
- Time: 1 hour starting from Delhi.
- Transportation after the flight:
- Alternatives: Taxis and private cabs are available outside the airport.
- Time taken to travel from the airport to Dehradun: 40 to 60 minutes.



HOW TO REACH

By Train

Dehradun Railway Station:

- Connectivity: Trains connect it well to prime locations such as Delhi, Mumbai, and Calcutta.
- Popular Trains:
 1. Nanda Devi Express: Travel time is Nanda Devi overnight service.
 2. Shatabdi Express: Day service; fast and comfortable.
 3. Dehradun Express: Return options are available regularly.



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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