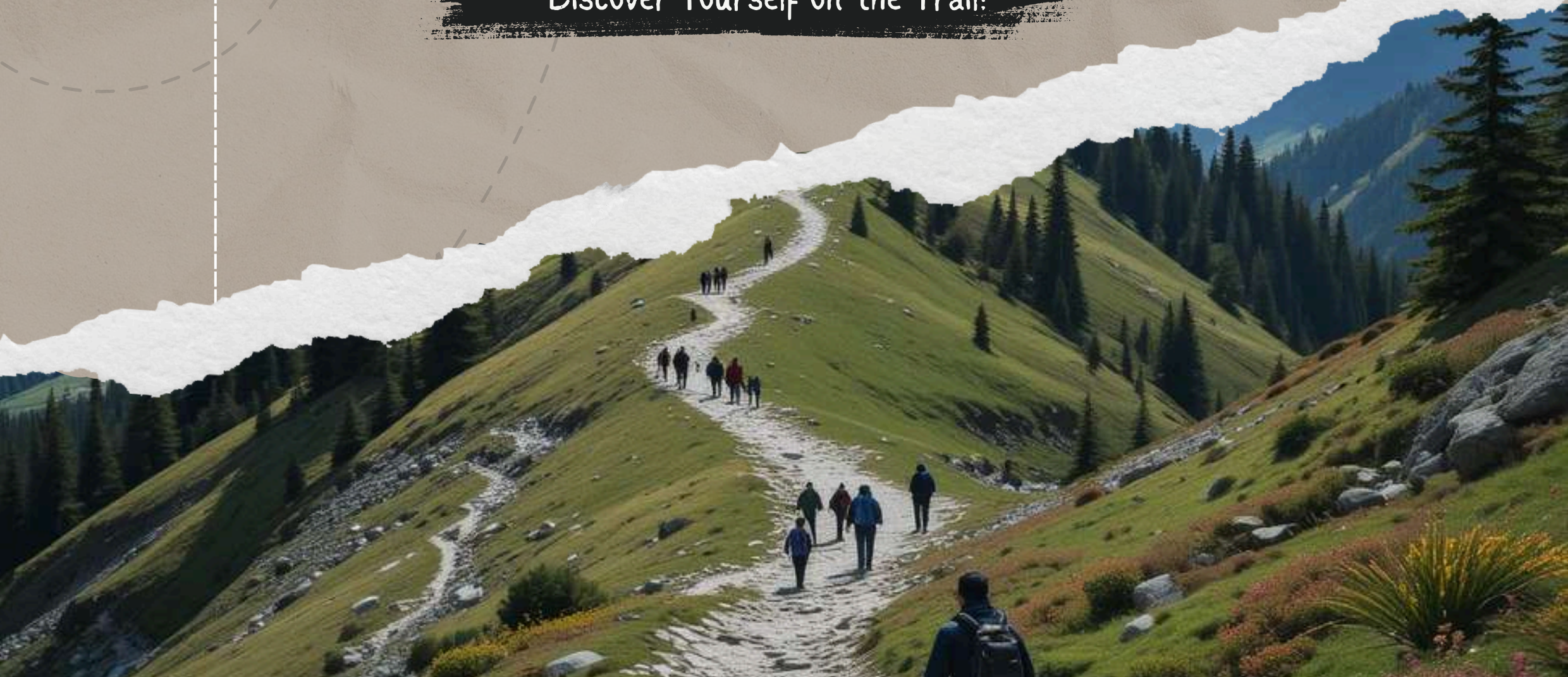




INDRAHAR PASS TREK

Discover Yourself on the Trail!



www.himalayandaredevils.com



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TREK OVERVIEW



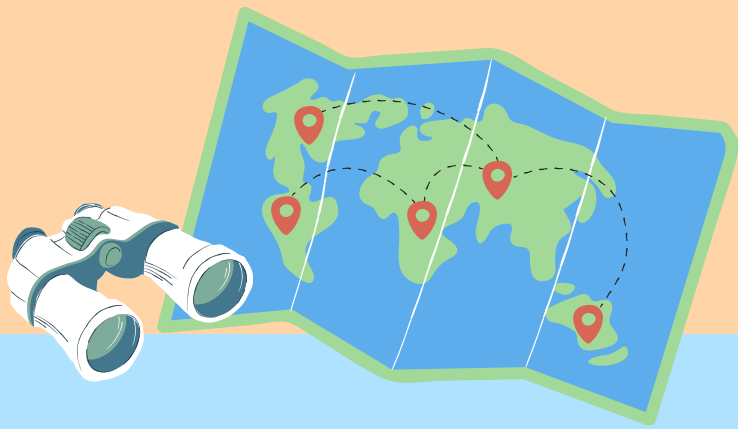
LOCATION

Himachal Pradesh,
India



DISTANCE

35 Km



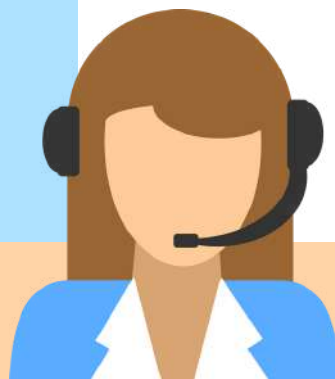
MAX ALTITUDE

14245 Ft



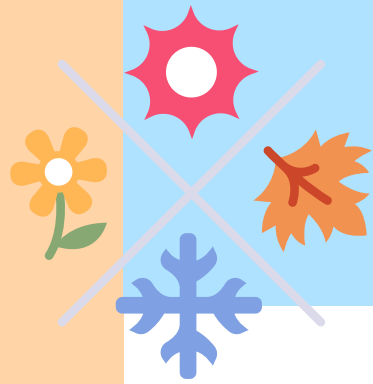
LAST ATM

McLeodganj



SERVICE FROM

McLeodganj to McLeodganj



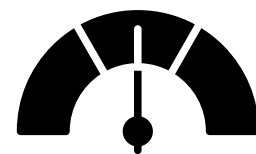
BEST SEASON

June, July, Aug, Sep



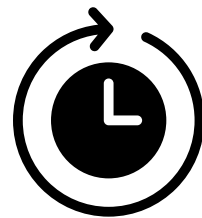
BASE CAMP

McLeodganj



DIFFICULTY

Moderate



DURATION

4 Days & 3 Nights



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SHORT ITINERARY



DAY 1

McLeodganj (5,865 ft) to Triund (9,750 ft) - 9 km

DAY 2

Triund to Laka Got (11,480 ft) - 7 km

DAY 3

Laka Got to Indrahar Pass (14,271 ft) to Laka Got - 12 km

DAY 4

Laka Got to McLeodganj (5,865 ft) - 16 km



ITINERARY

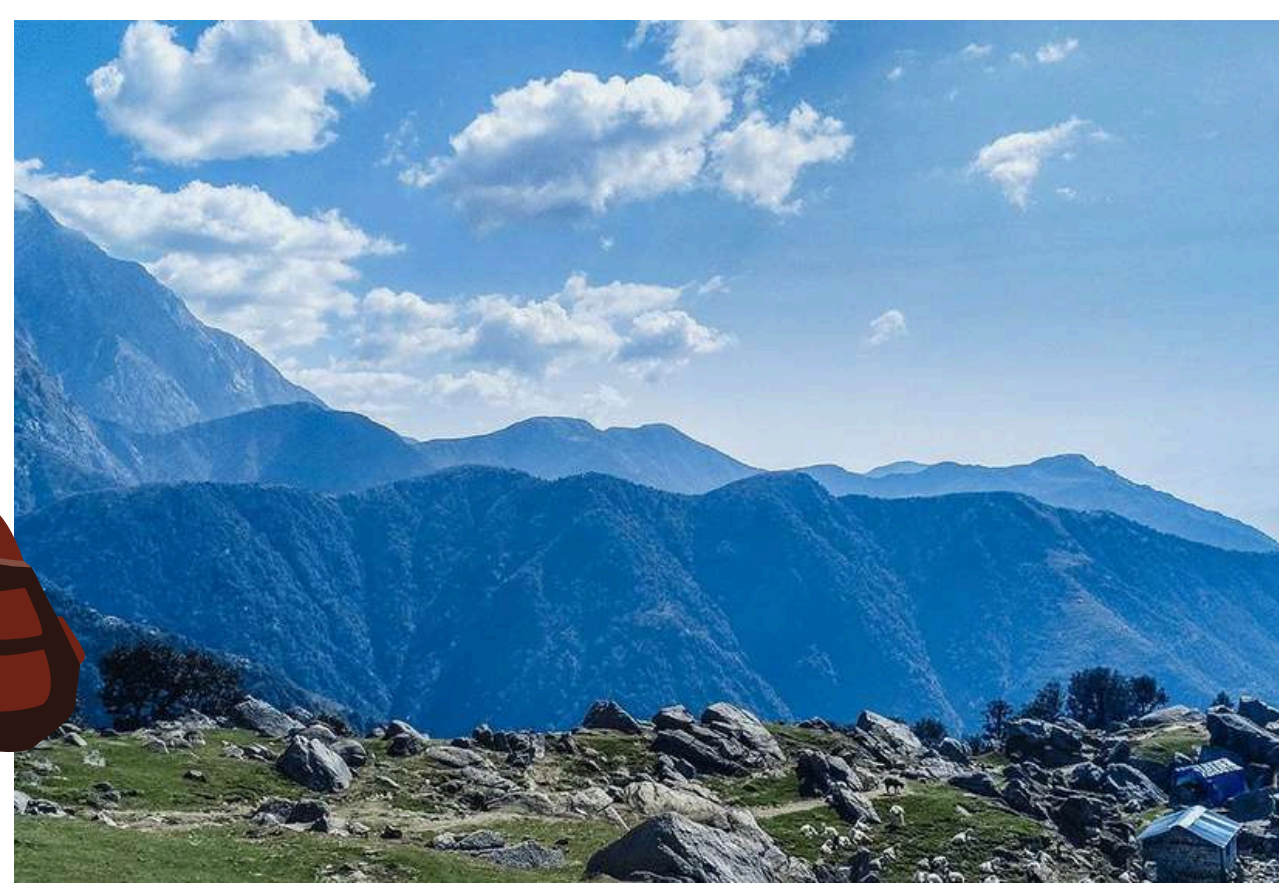


DAY 1

McLeodganj (5,865 ft) to Triund (9,750 ft) - 9 km

Today we start the trek from McLeodganj to Triund covering a total distance of 9 km. The Indrahar Pass trek goes through a mixed forest of oak, rhododendron and deodar trees. First two kilometers of the trail is a steep ascent but there is a gradual ascent after Galu Devi Temple. The last 1 kilometer is again a steep ascent through the forest taking you to Triund which is a flat meadow on top of a ridge. From here panoramic view of Dhauladhar range on one side and Kangra valley on other is a memorable sight. We camp here for the night. Have dinner and retire for the night. Overnight in tents.





DAY 2

Triund to Laka Got (11,480 ft) - 7 km

On this day, wake up early in the morning as the view from Triund is magnificent at this time. Take a deep breath and absorb the view of mighty Dhauladhar ranges shining through the mesmerizing sunrise. After breakfast, start your trek to Laka Got which will take around 3 to 4 hours to reach. The first milestone in today's trek is Snowline Cafe, which is around 2 km from Triund and then comes Laka Got. From here, traverse a ridge to reach Laka Got. Laka Got is situated at the snout of a small glacier, which is full of snow and ice in early summer, and the snow melts away during the monsoon. This is our campsite for the night. Have dinner and retire early since tomorrow you will cross the Indrahara Pass. Overnight stay in tents.

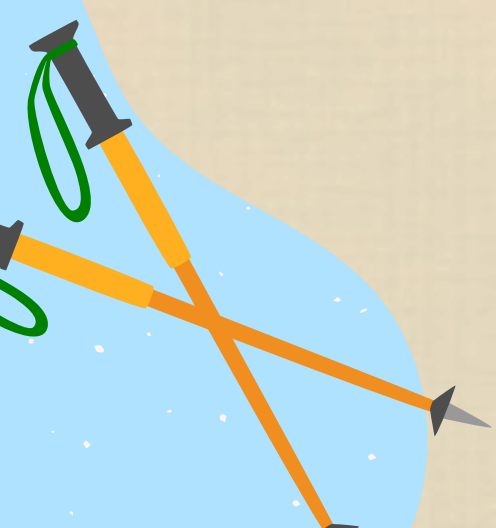




DAY 3

Laka Got to Indrahara Pass (14,271 ft) to Laka Got - 12 km

Today, we cross the mighty Indrahara Pass, the most challenging part of the trek. Start early, as the 12 km ascent takes around 6 hours, followed by a 4-hour descent to Ilaha Pass. The steep, rocky terrain from Lahesh Caves can be tricky, but an experienced guide ensures a smooth journey. At the summit, soak in breathtaking views of the Himalayan ranges before descending to Laka Got for an overnight stay.





DAY 4

Laka Got to McLeodganj (5,865 ft) - 16 km

Start trek in the morning after breakfast and have your lunch at Triund. From Triund, take caution while coming down as the trail is rocky. You don't want to slip and get your ankle twisted here. It is advised to trek at a normal pace. After reaching McLeodganj, you can either explore McLeodganj and its nearby places such as Bhagsunath waterfalls, Namgyal Monastery, and Dal Lake or you can take an overnight direct bus to Delhi.



TREK MAP



Indrahar Pass Trek Map



Difficulty Level

Easy Trek



MAP LEGEND	
	Cafe/Dhaba
	Base Camp
	Road
	Trek Route
	Campsite
	Summit

*Map is not scaled



INCLUSIONS



- Meals while on trek (Veg.).
- All necessary entry fees and permits.
- Accommodation:- Guest house / Camping during Trek.
- Mountaineering qualified & professional trek Leader, guide, cook, and Support staff.
- First aid medical kits, stretcher, and oxygen cylinder.
- Trek equipment: Sleeping bag, mattress, tent, kitchen & dining tent, toilet tent, utensils, and crampon (if required)
- taff Insurance.
- Porters/mules to carry central equipment





EXCLUSIONS



- Any kind of personal expenses.
- Food during transit.
- Mules or porters to carry personal luggage.
- Insurance.
- Transport (Non Ac)
- Any kind of emergency evacuation charges
- 5% GST
- 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.
- Anything not specifically mentioned under the head.



WHAT TO CARRY



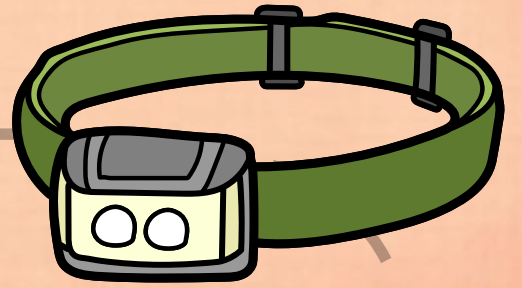
TREKKING SHOES



BACKPACK



HAND GLOVES



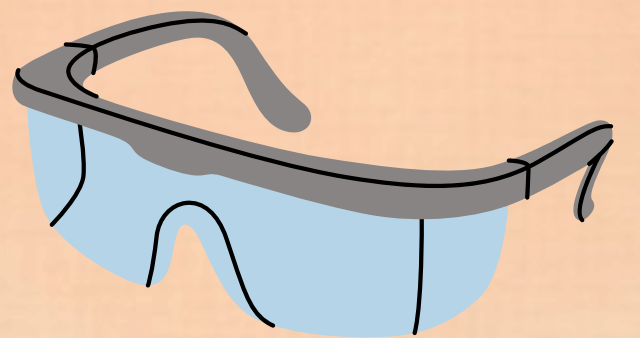
HEAD LAMP



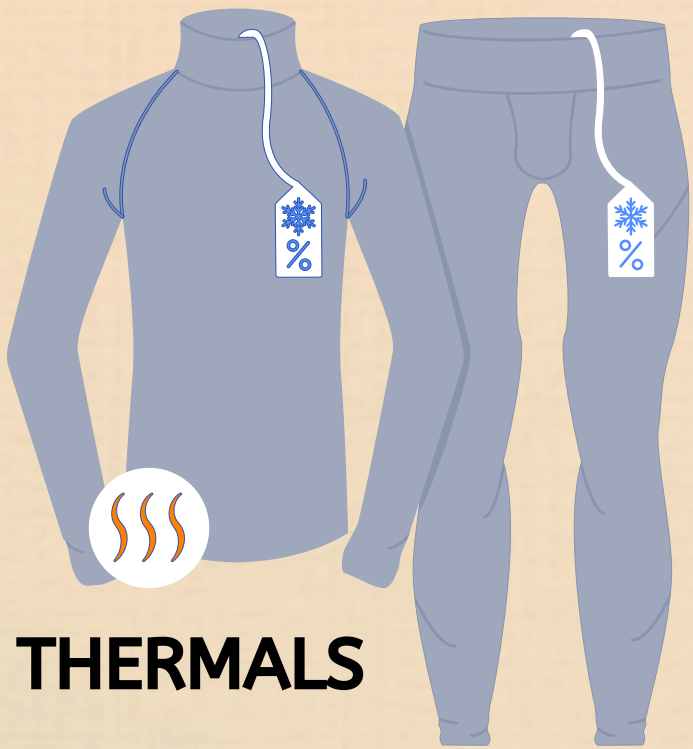
LUNCHBOX



SOCKS



UV SUNGLASSES



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

Railway

For the Indrahara Pass trek, the nearest railway station is Pathankot, which is about 90 kilometers (56 miles) from McLeod Ganj, the base for the trek.

Airport

The nearest airport to the Indrahara Pass trek starting point in McLeod Ganj is Kangra Airport (Dharamshala Airport), approximately 18 kilometers (11 miles) away.



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 arising 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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