



TREK OVERVIEW



LOCATION
Uttarakhand, India



BEST SEASON May, June, Sep, Oct



DISTANCE 60 Km





MAX ALTITUDE 13975 Ft



LAST ATM
Dharchula





BASE CAMP
Dharchula



DIFFICULTYModerate



DURATION 9 Days & 8 Nights





Dharchula to Dharchula Kathgodam to Kathgodam





SHORTITINERARY



DAY 1

Kathgodam - Dharchula (295 km)

DAY 2

Dharchula / Dhar / Urthing (Drive 2hrs + trek 04 hrs)

DAY 3

Urthing - Nagling (trek 10 km, 04 hrs)

DAY 4

Nagling - Son (11 km, 5 hrs)

DAY 5

Son - Panchachuli Base Camp (05 km)

DAY 6

Panchachuli base camp - Nagling (16 km)





SHORTITINERARY



DAY 7

Nagling - Urthing

DAY8

Urthing - Dharchula

DAY9

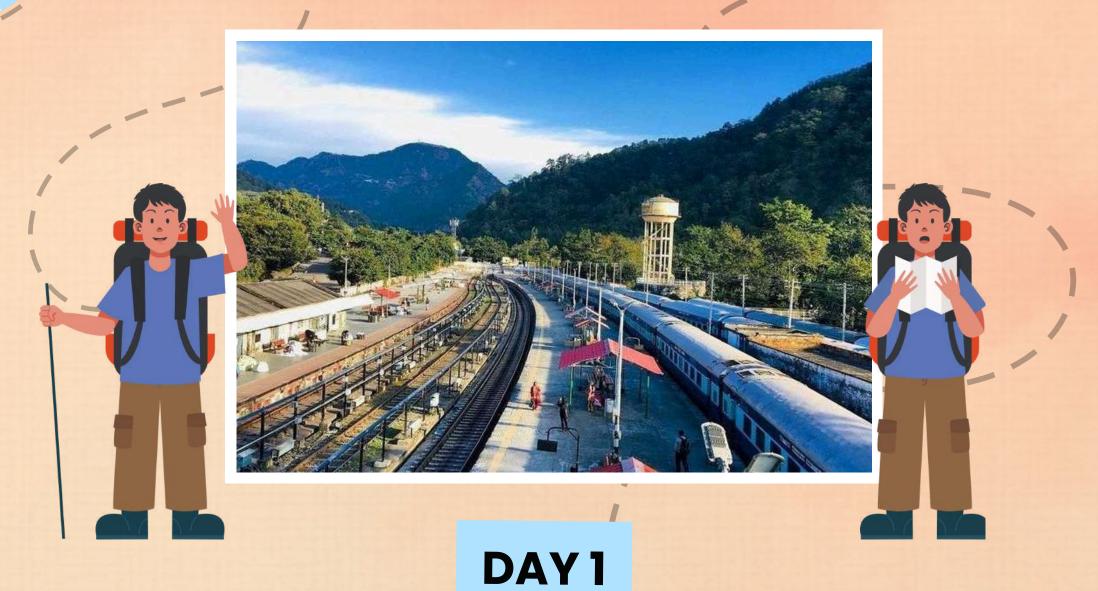
Dharchula - Kathgodam





ITINERARY





Kathgodam – Dharchula (295 km)

Arrive at Kathgodam and embark on a scenic drive to Dharchula, passing through Bhimtal, Almora, Pithoragarh, and lush Himalayan landscapes. Enjoy breathtaking views of gorges, forests, and remote villages along the way. Nestled between India and Nepal along the Kali River, Dharchula is a historic trade route surrounded by snow-capped peaks. Stay overnight in a cozy homestay, preparing for the adventure ahead.







Dharchula / Dhar / Urthing (Drive 2hrs + trek 04 hrs)

Begin with a three-hour drive from Dharchula to Dar, the last road head in Darma Valley, passing through Tawaghat and New Sobla. From Dar, trek 3-4 hours through the scenic Bongling forest along a narrow cliff edge with the Dhauliganga River below. The trail winds through rock-cut paths and gentle ascents before reaching the Urthing campsite. Stay overnight in tents, surrounded by nature's tranquility.







DAY 3

Urthing - Nagling (trek 10 km, 04 hrs)

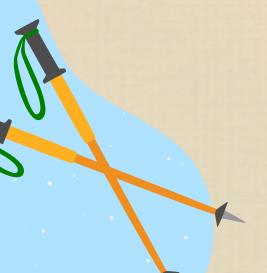
Today it will be an easy walk with short descents and climbs.

You will find a mule track that goes from Urthing to Naagling letting you pass through the hill sides of green pastoral land, with Dhauli Ganga flowing below cutting through the gorges.

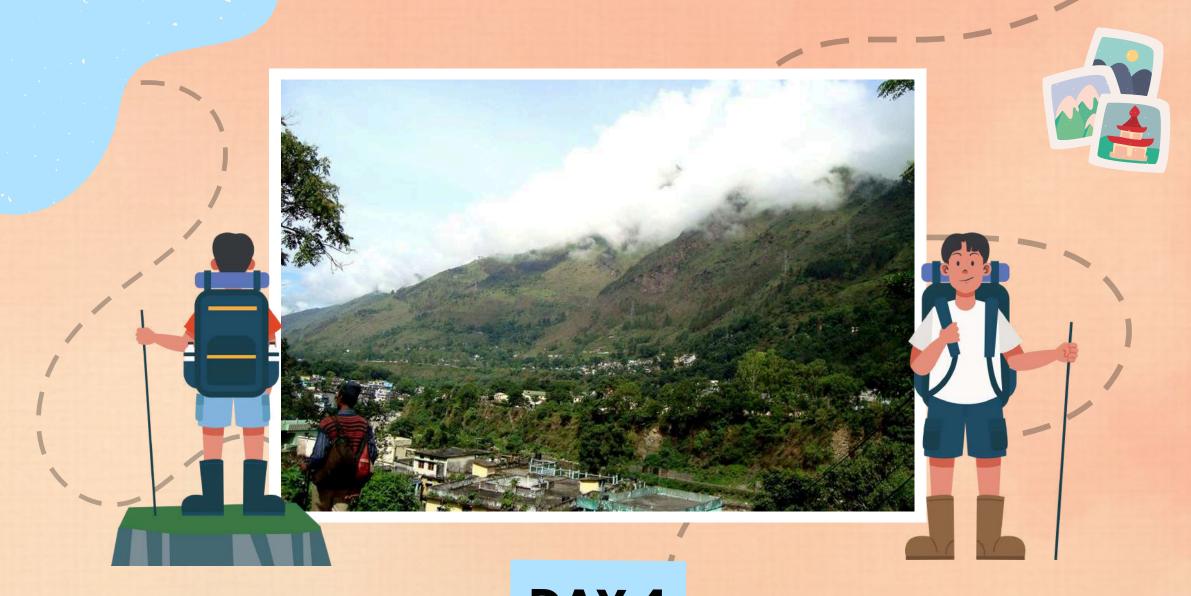
The trail opens up to the vast green meadows of the inner Himalayan ranges and a suspension bridge across the river to cross over to Sela campsite.

The campsite is on the outskirts of Naagling on the green carpet alongside the river.

Stay overnight in the camps.







DAY 4

Nagling - Son (11 km, 5 hrs)

The trail to Naagling goes along hill sides and is a rocky terrain for the first 3 kilometeres.

After that, you will enter the coniferous forests of high oak and birch trees and further along, you can watch the table top meadow of Nagling.

Post this, you will watch the sights of mighty Himalayas, the views of the distant glaciers etc which are quite exciting.

From the meadow, Baaling is another 3 kilometre walk through the vegetation lands of the tribals.

Son is a picturesque mostly uninhabited settlement of the Darma Valley.

Stay overnight in the camps.







Son - Panchachuli Base Camp (05 km)

Trek to the Panchachuli Base Camp through the vast Dantu Bugyals, surrounded by birch and conifer forests. The trail, with steep ascents and descents, offers stunning views of glaciers, towering peaks, and the Meola River. Enjoy wildflower scents and glimpses of wild strawberries along the way. Witness the majestic Panchachuli peaks before retracing your path to Nagling for an overnight camp.







DAY 6

Panchachuli base camp - Nagling (16 km)

In the morning, trek down to Nagling. The trek is easy downwards. Dinner and overnight stay in tents.



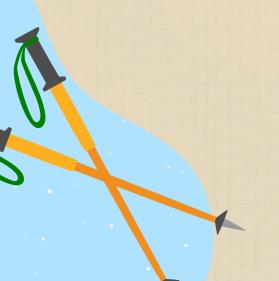




Nagling - Urthing

In the morning, you will trek down to Urthing from Nagling.

Stay overnight in Urthing.







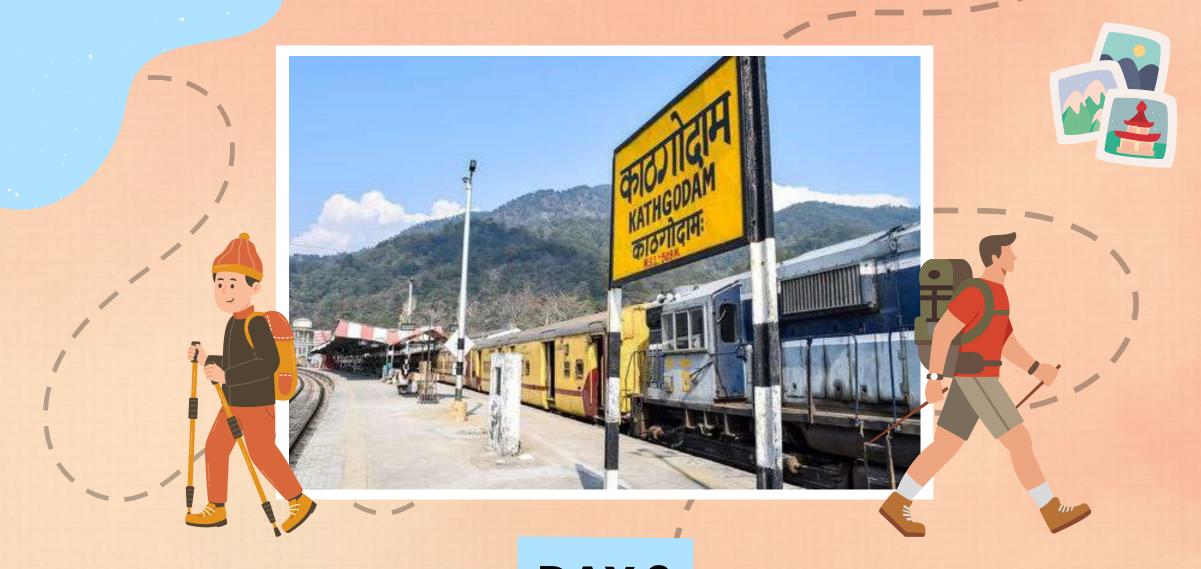
Urthing - Dharchula

On the last day of the trek, walk from Urthing to Sobla first and then get a drive to Dharchula.

Stay overnight in Dharchula.







DAY9

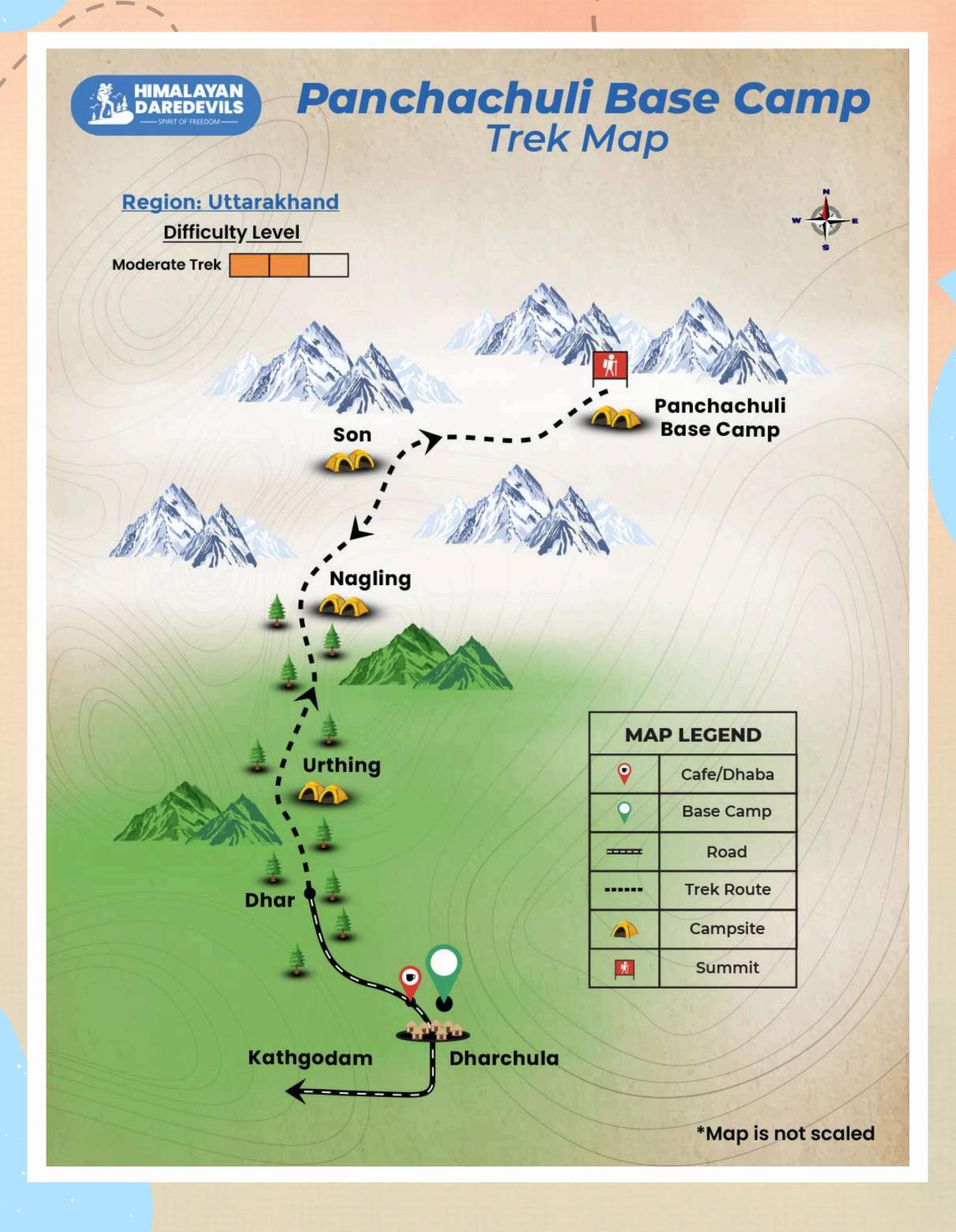
Dharchula - Kathgodam

Get a drive down to Kathgodam and reach by evening to take the overnight train/bus to New Delhi.





TREK MAP





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)
- Staff Insurance.
- Porters/mules to carry central equipment.







EXCLUSIONS



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





WHATTOCARRY



HOW TO REACH

Kathgodam station is among the major stations within the district, existed for a long time. It is connected to a variety of places, which are Lucknow, Delhi, and Howrah. Train tickets from Delhi to Kathgodam via train will cost you around the price of Rs. 150 for a sleeper second class ticket, and the price is Rs. 400 for the third sleeper ticket. It is crucial to reserve the tickets at minimum one month ahead because this type of ticket is always highly soughtafter.

By Train:-

From Delhi go to The Ranikhet Express (5014) Dep. Delhi at 10:40pm and arrive Kathgodam at 5:55am (Overnight journey) and it's the Uttar sampark kranti (5035) Dep. Delhi at 4:45pm. Arrival Kathgodam at 10:40 pm (6 hrs.40min.Journey)

From Dehardun Take from Dehardun the Doon Express (4120) Dep. Dehardun by 10:30 pm, arriving Kathgodam at 7:10 midnight (8hrs.journey)





HOW TO REACH

By Bus:

Regular buses operate departing from ISBT Delhi Anand Vihar station to Kathgodam. Buses heading to Nainital stop in Haldwani, which happens to be a twin city of Kathgodham (8 hours. Journey).

The majority of buses drop you off at Haldwani bus stop. From there, you must travel close to Kathgodham Railway Station which is only 4 km away.

Its Tata Sumo or similar vehicles will take you to Kathgodham Railway Station at 6:00am.

We suggest that you use only government buses to ISBT Anand Vihar. Private buses depart from outside ISBT, and they're not trustworthy.





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 guideles, 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

- www.himalayandaredevils.com
- himalayandaredevils@gmail.com
- +91 6398989097, 95557055210

