



SUNDERDHUNGA TREK

Discover Yourself on the Trail!



www.himalayandaredevils.com



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TREK OVERVIEW



LOCATION

Uttarakhand, India



DISTANCE

35 Km



MAX ALTITUDE

12621 Ft



LAST ATM

Bageshwar



BEST SEASON

April to September



BASE CAMP

Bageshwar



DIFFICULTY

Easy



DURATION

6 Days & 5 Nights



SERVICE FROM

Bageshwar to Bageshwar



+91 7983285412



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SHORT ITINERARY



DAY 1

Travel from Bageshwar to Kharkiya through Bhrarai and Loharkhet.

DAY 2

Khati to Jatoli

DAY 3

Starting from Jatoli to Kathaliya

DAY 4

Kathaliya to Maiktoli Base Camp and back

DAY 5

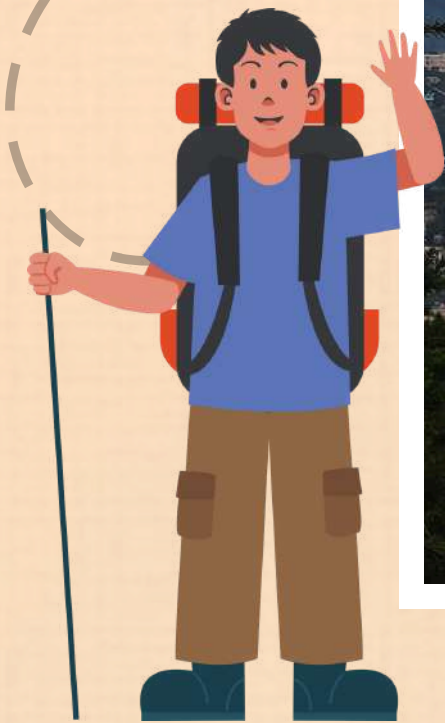
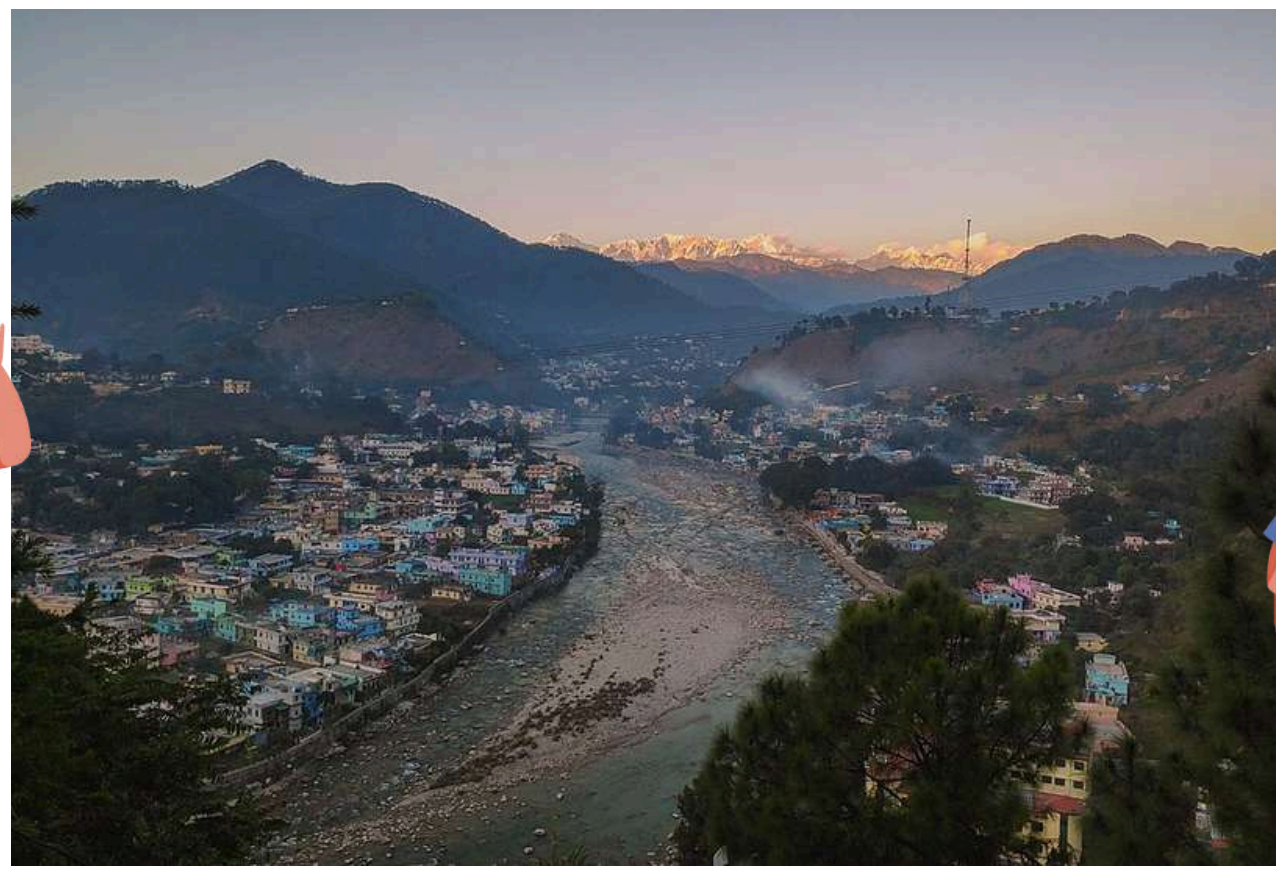
Kathaliya to Jatoli

DAY 6

Jatoli to Bageshwar



ITINERARY

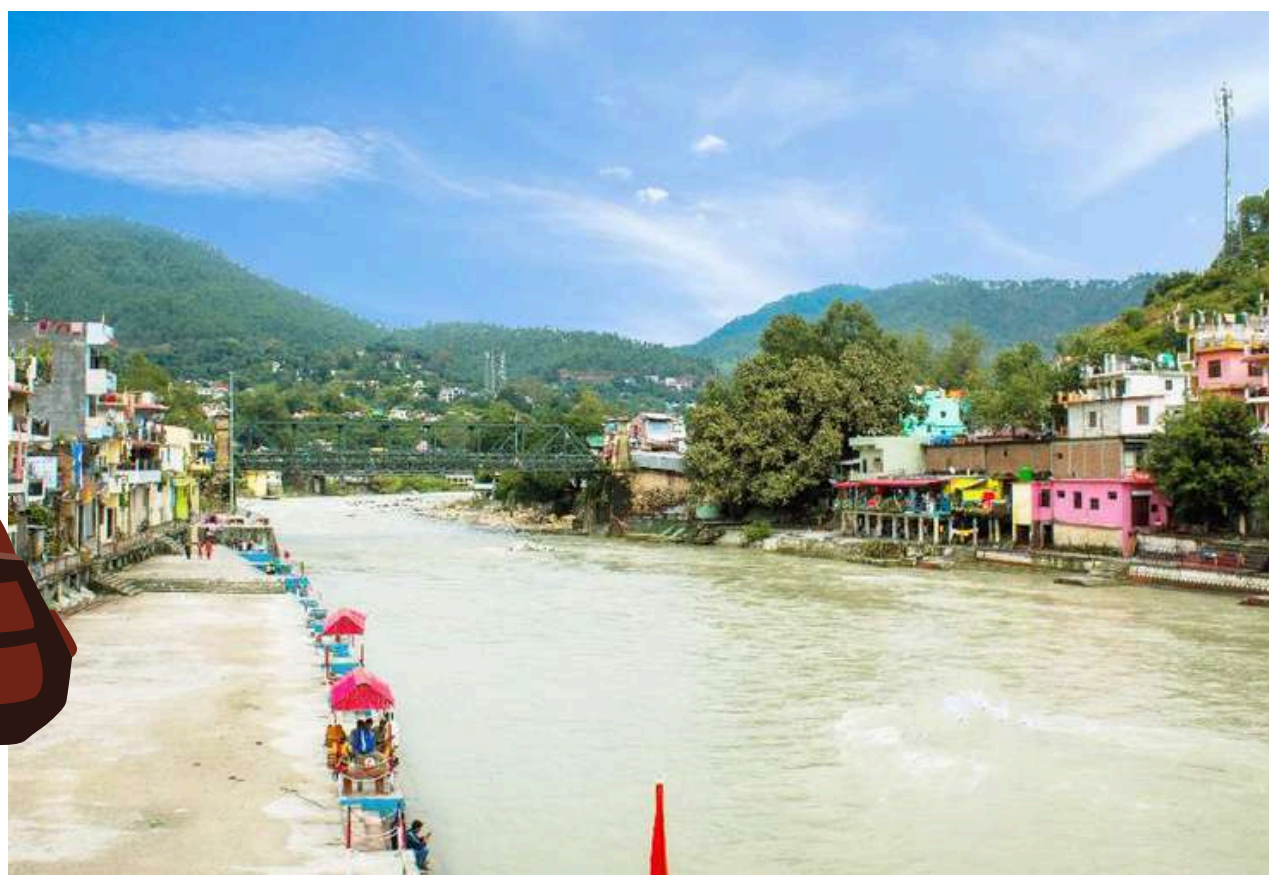


DAY 1

Travel from Bageshwar to Kharkiya through Bhrarai and Loharkhet.

Your journey begins with a scenic 5-hour drive from Bageshwar to Kharkiya, passing through rural Kumaon and the picturesque Saryu Valley. Along the way, tea stalls and Loharkhet offer ideal stopovers. From Kharkiya, a 1.5-hour trek through lush forests of Buransh, Baanj, and Kharsu leads to Khati, the largest village on this route, known for its rich traditions and breathtaking landscapes.





DAY 2

Khati to Jatoli

The day begins in chilly Khati, nestled in stunning terrain. The trail splits here—one leading to Sunderdhunga, the other to Pindari and Kafni glaciers. Trekking 8 km to Jatoli, the path ascends through dense forests, crossing Ritang village with its serene surroundings. The route alternates between gentle and steep sections, offering a true wilderness experience. Jatoli, a picturesque village with traditional houses and vibrant culture, marks the day's destination.

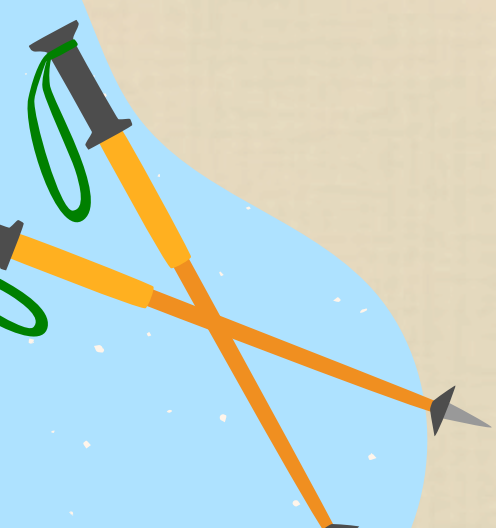


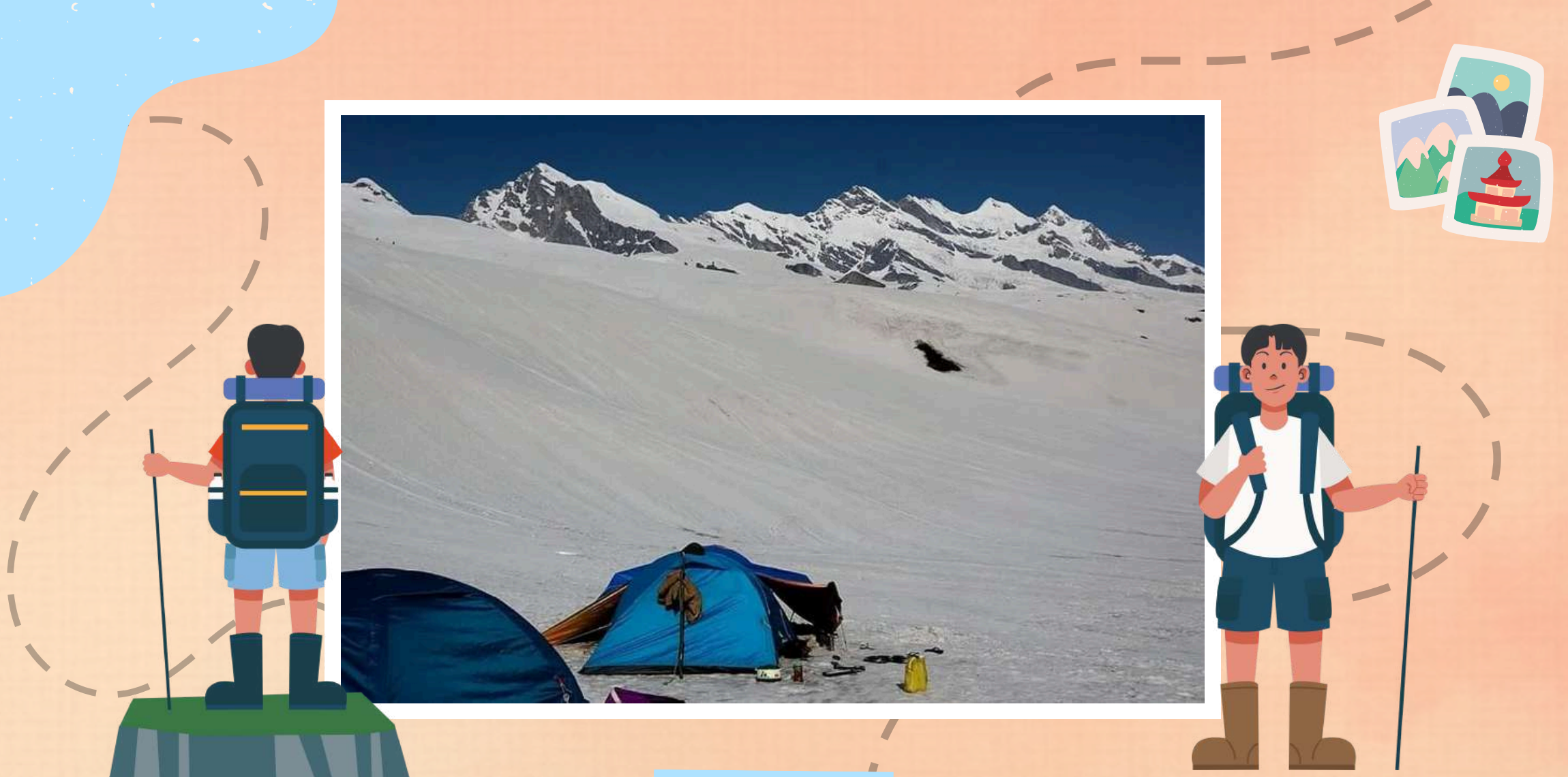


DAY 3

Starting from Jatoli to Kathaliya

The 13 km trek from Jatoli to Kathaliya takes 7-8 hours, passing through dense forests and scenic hill views. The trail gradually descends to a river, where a wooden bridge leads to Kathaliya. The sound of flowing water and pristine mountain streams create a tranquil atmosphere. Enclosed by towering trees, Kathaliya offers a peaceful retreat, perfect for rest before the next day's adventure.





DAY 4

Kathaliya to Maiktoli Base Camp and back

The 8 km trek from Kathaliya to Maiktoli Base Camp takes 7-8 hours, offering a thrilling ascent through shaded trails marked by animal footprints and birdsong. Reaching Maiktoli Base Camp feels like stepping into paradise, with breathtaking views of towering Himalayan peaks. After soaking in the stunning vistas and taking a well-earned break, the descent back to Kathaliya begins. Returning to the serene village, trekkers can rest, reflect on the day's adventure, and prepare for the journey ahead.





DAY 5

Kathaliya to Jatoli

The 8 km return trek from Kathaliya to Jatoli takes 6-7 hours, descending through lush forests and across a wooden bridge over a serene river. The trail, lined with evergreen foliage and seasonal rhododendrons, offers a stunning valley viewpoint mid-route. Continuing through dense woods, you arrive at the peaceful village of Jatoli, where cozy guesthouses and homestays provide a comfortable night's rest.





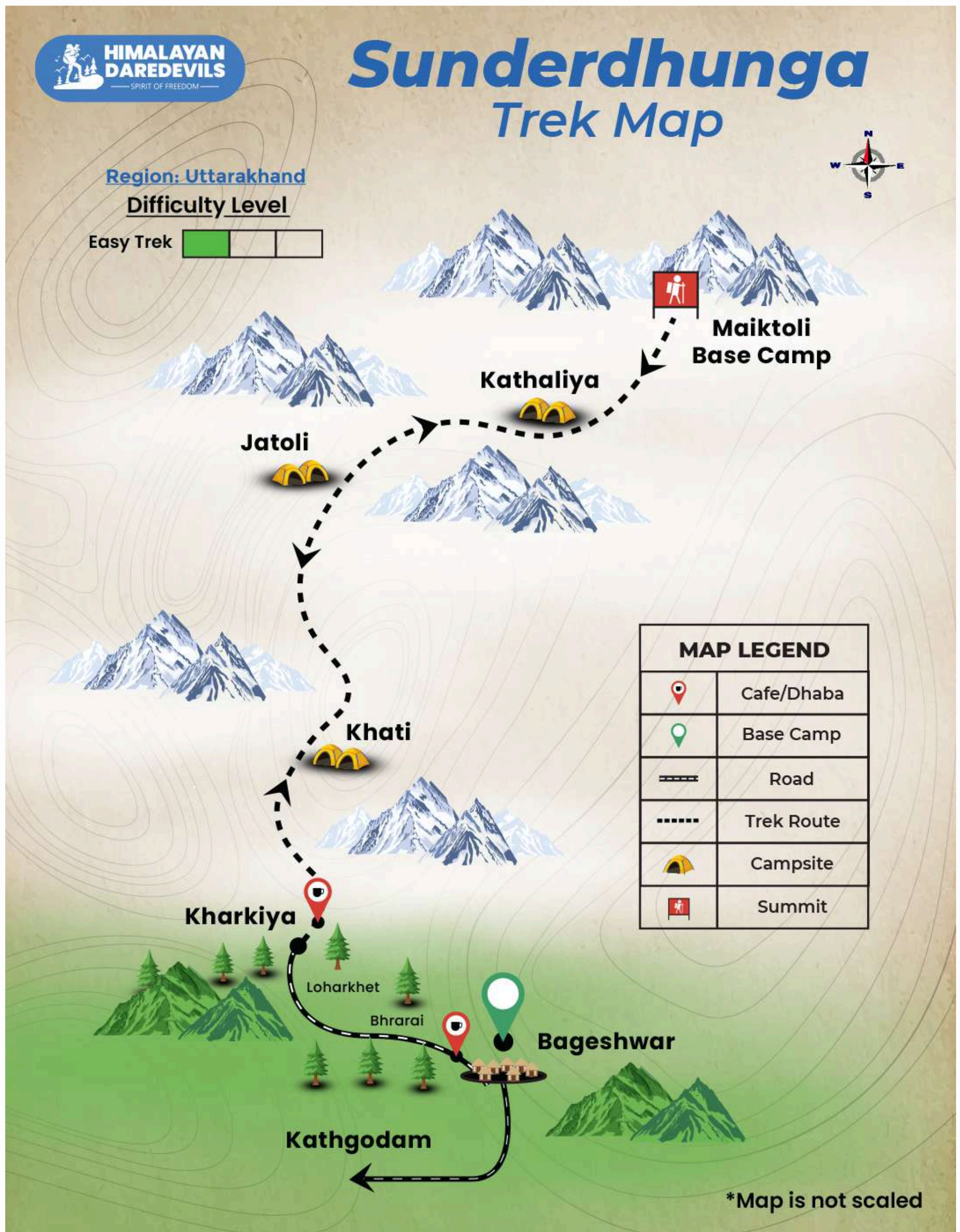
DAY 6

Jatoli to Bageshwar

On the final day, trek 1.5 hours from Jatoli to Kharkiya through the familiar forest trail. A vehicle awaits at Kharkiya for the five-hour drive back to Bageshwar, offering one last chance to admire Kumaon's scenic beauty. Reflect on the trek's unforgettable memories—the serene villages, majestic mountains, and rich culture—that will stay with you long after the journey ends.



TREK MAP





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 Mayali Pass Trek
- 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



- Anything which is NOT mentioned in the “Inclusions” or personal expenses.



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

Kathgodam, the gateway to Kumaon, is well-connected by road, rail, and air, offering travelers multiple options to reach this scenic destination.

By Train

- Nearest Railway Station: Kathgodam Railway Station (KGM)
- Connectivity: Direct trains from Delhi, Lucknow, Dehradun, and Kolkata.
- Popular Trains:
 - Ranikhet Express (Delhi to Kathgodam)
 - Shatabdi Express (New Delhi to Kathgodam)
 - Uttar Sampark Kranti Express (Delhi to Kathgodam)

By Road

- From Delhi:
 - Distance: ~290 km
 - Time: 6-7 hours
 - Route: NH9 via Moradabad, Rampur, and Haldwani
 - Suggestion: Online cab booking is recommended for a comfortable ride.



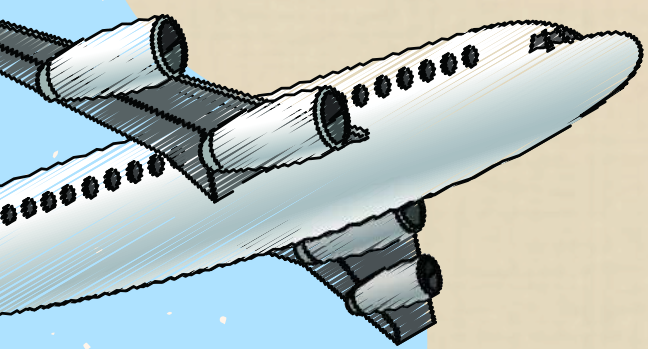
HOW TO REACH

- Local Buses:

- Frequency: Regular buses from Delhi, Dehradun, Nainital, and Haldwani.
- Options: AC, non-AC, and Volvo buses available.
- Booking: Online or at ISBT Anand Vihar (Delhi) and other regional bus stands.

By Air

- Nearest Airport: Pantnagar Airport (PGH) (~35 km from Kathgodam)
- Flights: Limited flights from Delhi.
- Connectivity: Taxis and buses are available from Pantnagar to Kathgodam.



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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