

travelaps

6N / 7D

HAR KI DUN

A TIMELESS HIMALAYAN TRAIL TUCKED DEEP INSIDE
THE GARHWAL HIMALAYAS

Trek



HAR KI DUN TREK

TREK OVERVIEW

QUICK FACTS

**Max Altitude**

12,000 ft.

**Trek Distance**

42 Km

**Start/End Point**

Prince Chowk, Dehradun

**Best Season**

March-June / Sep- Dec

**Temperature****SUMMER**

20°C to 25°C (Daytime)

5°C to 8°C (Night)

WINTER

15°C to 18°C (Daytime)

-2°C to -6°C (Night)

**Meals**

Breakfast

Lunch

Evening snacks and

Dinner

**Difficulty Level**

Easy to moderate

**Nearest Airpot**

Jollygrant Airpot, Dehradun

**Accomodation**

A night in hotel room &

during trek in dome styled tent

**Permits**

Forest Department &

Trekking permit

**Trek Duration**

6 Night / 7 Days

**Snow**

March to Mid May / Nov to Feb

EVERY TRAIL
TELLS A

Story

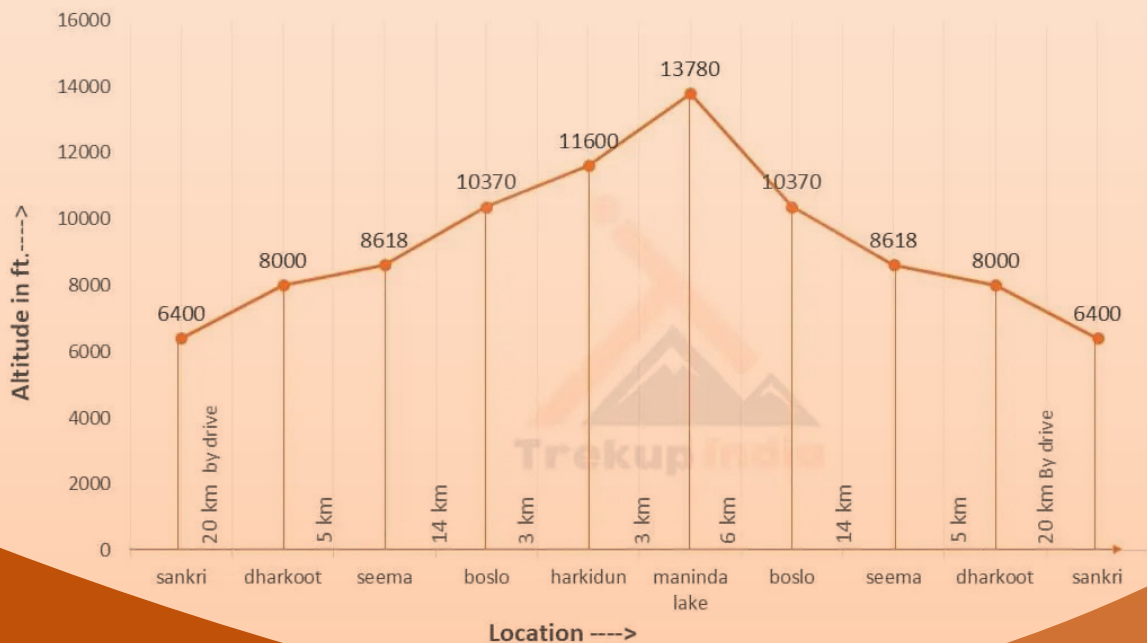
HAR KI DUN TREK

TREK MAP & ALTITUDE CHART



ALTITUDE CHART

HARKIDUN TREK



HAR KI DUN TREK

TREK HIGHLIGHTS

♀ → MAJESTIC PEAKS

Panoramic views of Swargarohini I-III, Bandarpooch, Black Peak (Kalanag), and Ruinsara Range.

♀ → ALPINE MEADOWS & GLACIERS

Traverse through alpine meadows, moraine valleys, and glacier basins.

♀ → MARINDA TAL

A high-altitude lake near Har Ki Dun Valley, surrounded by snow-clad peaks.

♀ → GOVIND PASHU VIHAR WILDLIFE SANCTUARY

Home to diverse wildlife like brown bears, musk deer, and Himalayan monals.

♀ → RICH VEGETATION

Forests of deodar, pine, and oak trees, along with alpine flowers like blue poppies and primulas.

♀ → ANCIENT VILLAGES

Visit Osla and Gangaad villages, known for their traditional wooden houses and unique customs.

♀ → MYTHOLOGICAL ROUTE

Believed to be the path taken by the Pandavas on their way to heaven, adding a spiritual dimension to the trek.

HAR KI DUN TREK

SHORT ITINERARY




DAY 1 DEHRADUN TO SANKRI

-  Drive from **DEHRADUN** (1,480 ft.) to **SANKRI** (6,400 ft.)
-  Drive Distance - 200 Km / Approx 8-9 hrs
-  Stay - At Sankri Hotel

DAY 2 SANKRI TO SEEMA

-  Drive from **SANKRI** (6,400 ft.) to **DHARKOT** (8,400 ft.)
-  Drive Distance - 16 Km / Approx 1 hr
-  Trek from **DHARKOT** (8,400 ft.) to **SEEMA** (8,300 ft.)
-  Trek Distance - 4 Km / Approx 3 - 4 hr
-  Stay - At Seema campsite

DAY 3 SEEMA TO BOSLO

-  Trek from **SEEMA** (8,300 ft.) to **BOSLO** (10,400 ft.)
via ancient Osla Village (9,000 ft.)
-  Trek Distance - 10 Km / Approx 8 - 9 hr
-  Stay - At Boslo Campsite

DAY 4 BOSLO TO HAR KI DUN (MANINDA LAKE)

-  Trek from **BOSLO** (10,400 ft.) to **HAR KI DUN** (11,600 ft.)
HAR KI DUN (11,600 ft.) to **MANINDA LAKE** (12,500 ft.)
MANINDA LAKE (12,500 ft.) to **BACK TO BOSLO** (10,400 ft.)
-  Trek Distance - 12 Km / Approx 6 - 7 hrs
-  Stay - At Boslo Campsite



HAR KI DUN TREK

SHORT ITINERARY

DAY 5 BOSLO TO SEEMA



Trek from **BOSLO** (10,400 ft.) to **SEEMA CAMPSITE** (8,300 ft.)



Trek Distance - 12 Km / Approx 6 - 7 hrs



Stay - At Seema campsite

DAY 6 SEEMA TO SANKRI



Trek from **SEEMA** (8,300 ft.) to **DHARKOT VILLAGE** (8,400 ft.)



Trek Distance - 4 km / Approx 2 - 3 hrs



Drive from **DHARKOT** (8,400 ft.) to **SANKRI BASE CAMP** (6,400 ft.)



Drive Distance - 16 Km / Approx 1 hr



Stay - At Sankri Hotel



DAY 6 SANKRI TO DEHRADUN



Drive from **SANKRI** (6,400 ft.) to **DEHRADUN** (1,480 ft.)



Drive Distance - 200 Km / Approx 8 - 9 hrs



HAR KI DUN TREK

LOGISTICS SERVICES

ACCOMMODATION

DAY	LOCATION	STAY	OCCUPANCY	NO. OF NIGHTS
DAY 1	SANKRI	HOTEL	MULTI SHARING	01 NIGHT
DAY 2	SEEMA	DOME TENTS	TWIN SHARING	01 NIGHT
DAY 3 & 4	BOSLO	DOME TENTS	TWIN SHARING	02 NIGHT
DAY 5	SEEMA	DOME TENTS	TWIN SHARING	01 NIGHT
DAY 6	SANKRI	HOTEL	MULTI SHARING	01 NIGHT

NOTE: Accommodation is provided on male to male and female to female basis.

Single / Twin Sharing room / tent can be provided on pre-request at additional cost subject to availability.



MEALS

DAY	SECTOR	BREAKFAST	LUNCH	EVENING SNACKS	DINNER / DESSERT
DAY 1	D.DUN - SANKRI	N/A	N/A	YES	YES
DAY 2	SANKRI - SEEMA	YES	HOT LUNCH	YES	YES
DAY 3	SEEMA - BOSLO	YES	PACKED LUNCH	YES	YES
DAY 4	EXCURSION	YES	PACKED LUNCH	YES	YES
DAY 5	BOSLO - SEEMA	YES	PACKED LUNCH	YES	YES
DAY 6	SEEMA - SANKRI	YES	HOT LUNCH	YES	YES
DAY 7	SANKRI - D.DUN	BLACK TEA (ONLY)	N/A	N/A	N/A

NOTE: Trekup India provides freshly cooked meals (**PURE VEGETARIAN**) . On pre-request jain food are also provided.



TRANSPORT

DAY	SECTOR	PICKUP LOCATION	PICKUP TIMING
DAY 1	D.DUN - SANKRI	PRINCE CHOWK, D.DUN	06:30 AM
DAY 2	SANKRI - DHARKOT	SANKRI HOTEL	08:30 AM
DAY 6	DHARKOT - SANKRI	DHARKOT VILLAGE	01:00 PM
DAY 7	SANKRI - D.DUN	PRINCE CHOWK, D.DUN	06:30 AM

NOTE: For transport service it can be booked with assistance of Trekup India trek coordinator subject to additional cost (If it is not included in the trek cost).

The given pickup location & timings are subject to change.



HAR KI DUN TREK

INCLUSION AND EXCLUSION

INCLUSION

- ↪ **STAY**
1st and 6th night stay at Sankri, village view hotel on multi sharing basis.
- ↪ **MEALS**
Starting with evening snacks on day 1 to tea & coffee on day 7 morning, during the trek we provides 4 meals a day, breakfast, lunch, evening snakes & dinner. (Meals are simple, nutritious, and pure vegetarian). On pre-request jain food are also provided.
- ↪ **HEALTH & SAFETY**
Trekup India provides First Aid Box, Oxygen Cylinders, Stretchers, Oxi meters, BP Machines, health card crampons, and gaiters for snow & all other safety equipments as per trek grade.
- ↪ **KITCHEN CREW**
High Altitude Chef & Helpers with high experience.
- ↪ **QUALIFIED TREK LEADERS**
Trekup India provides high qualified and experienced trek leaders to lead the treks having BMC, AMC & First Aid training with search and rescue certification from recognize mountaineering insititute.
- ↪ **EXPERIENCED GUIDES**
We provide experienced local guides through out the trek having minimum 5 years working experience on trail.
- ↪ **TREK EQUIPMENTS**
Trekup India provides high standard self customized trekking (camping equipments which are tested and certified by our high altitude mountain experts. Dome tent, dinning tent, kitchen tent, toilet tents, sleeping bags, sleeping mattresses (Black foam mats)
- ↪ **AMENITIES**
All utensils, sleeping mattresses (Black foam mats)
All cooking and serving utensils such as plates cups, spoons, bowls etc.
- ↪ **PERMITS**
All necessary Forest Permits for trekkers and camping (for foreign nationals the additional charges may be applicable.
- ↪ **POTTERS & MULES**
Potters and Mules will be used for carrying all trekking equipments ration and vegetables not personal bags or belongings of trekkers which can be booked additional cost.
- ↪ **TREK INSURANCE OPTIONAL**
This will be provided at additional cost (Trekup India recommends each trekker to get insurance) you can read more about What Is Trek Insurance, Why It Is Mandatory On Treks And What It Covers .
- ↪ **TRANSPORT OPTIONAL**
Trekup India will provide transport from Dehradun to Sankri and back with additional cost of ₹2,200 per person on sharing basis (Non - AC)
Transport from Sankri to Dharkot will be provided in local jeeps / campers.
NOTE: Those trekkers who has not opted transportation from Dehradun will have to bear additional cost for sector Sankri - Dharkot - Sankri.

EXCLUSION

- ↪ GST 5% (it is Mandatory)
- ↪ Any Meals/accommodation beside the itinerary or not mentioned in the program.
 - ↪ Any en route meals for sector Dehradun - Sankri - Dehradun
 - ↪ Any Bus / Airfare to/from trek start/end point
 - ↪ Personal Medical expenses do carry your medication.
- ↪ Any personal services such as Laundry, phone calls, liquors, mineral water, etc.
 - ↪ Any still / video camera fee
- ↪ Any Entrance fee Monuments, Monasteries, Museums, Temples – Pay directly on the spot.
 - ↪ Backpack Offloading (Mule/Porter Charges)
 - ↪ Any rented gears (can be purchased at additional cost)

OFFLOAD CHARGES: ₹2100 per bag for the full trek if paid online in advance.

ON-SPOT PAYMENT: Charges may increase by up to 30% if paid at the base camp.

WEIGHT LIMIT: Each bag must not exceed 10 kg.

NOTE: OFFLOADING IS OPTIONAL AND IS RECOMMENDED FOR THOSE WHO PREFER TO TREK WITH A LIGHTER DAYPACK.

- ↪ Any emergency evacuation charges
- ↪ Any services that are not mentioned in the cost inclusion section.

HAR KI DUN TREK

GALLERY



WITNESS THE HIMALAYAS LIKE NEVER BEFORE



HAR KI DUN TREK

SAFETY PROTOCOL



**RADIOS
(WALKIE-TALKIE)**



**ADDITIONAL OXYGEN
CYLINDERS**



**MICROSPIKES ON ALL
TYPES OF SNOW TREKS**



**TRAINED MOUNTAIN
STAFF AND FULL SAFETY**



**STRETCHERS TEAM
APPOINTED ON EVERY
TREK**



**SPECIAL MEDICAL KIT
FOR HIGH ALTITUDE
TREKS**



**EXPERIENCED TREK
LEADERS AS WELL
AS SAFETY**



**DAILY OXYGEN
SATURATION ALONG
WITH PULSE READINGS**

***GUIDED BY EXPERTS
PROTECTED BY EXPERIENCE***

HAR KI DUN TREK

CALL US FOR BOOKING
☎ 9840123545

APPROVED & CERTIFIED BY



ADVENTURE BEGINS

