A TRYST WITH THE
HIMALAYAS

TREK THE HIMALAYAS

A WORLD OF TREKKING AND EXPLORING

www.trekthehimalayas.com
No difficult ascent
Duration: up to 5 days
Trek time: 4 hours/day
Max altitude: 14,000 feet (4,200 mtrs.)

No difficult ascent
Duration: 5 to 7 days
Trek time: 4 - 6 hours/day
Max altitude: 14,000 feet (4,200 mtrs.)

Moderate ascent
Duration: up to 9 days
Trek time: 6 - 8 hours/day
Max altitude: 15,500 feet (4,700 mtrs.)

Moderate with tricky ascent
Tricky descent
Duration: up to 9 days
Trek time: 6 - 8 hours/day
Max altitude: 16,500 feet (5,000 mtrs.)

Challenging or technical ascent, tricky descents
Duration: up to 20 days
Trek time: 8 - 10 hours/day
Max altitude: 19,600 feet and above.
(6000 mtrs. and above).

**GRADE**

**SUITABLE FOR**

**TRAIL**

- Easy
  - Beginners in good health
  - Age: Above 10 yrs

- Easy to Moderate
  - Beginners in good health
  - Age: Above 12 yrs

- Moderate
  - Previous experience is preferred
  - Age: Above 13 yrs

- Moderate to Difficult
  - Trekkers should have at least one Himalayan trek experience
  - Age: Above 13 yrs

- Difficult
  - Proficient trekkers with high level of fitness
  - Age: Above 13 yrs

**FITNESS CHART**

**TREK CALENDAR**

- **Jan**: Chopta Trek, Auli Snow Skiing, Kedarkantha, MTB Nainital, Corbett Biking
- **Feb**: Har ki Doon, Rupin Pass, Goechoala, Roopkund, Pangarchula, Bhrigu Lake
- **Mar**: Tarsar Marsar, Kashmir Great Lakes, Hampta Pass, Valley of Flowers, Stok Kangri
- **Apr**: Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **May**: Pin Parvati Pass, Hampta Pass, Tarsar Marsar, Kashmir Great Lakes, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Jun**: Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Jul**: Everest Base Camp, Hampta Pass, Stok Kangri
- **Aug**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Sep**: Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Oct**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Nov**: Everest Base Camp, Hampta Pass, Stok Kangri
- **Dec**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund

- **Jan**: Auli Snow skiing, Chadar, Winter Kuari Pass, Brahmatal
- **Feb**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Mar**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Apr**: Everest Base Camp, Hampta Pass, Valley of Flowers, Stok Kangri
- **May**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Jun**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Jul**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Aug**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Sep**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Oct**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Nov**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Dec**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund

- **Jan**: Everest Base Camp, Hampta Pass, Stok Kangri
- **Feb**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Mar**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Apr**: Everest Base Camp, Hampta Pass, Valley of Flowers, Stok Kangri
- **May**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Jun**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Jul**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Aug**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Sep**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Oct**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Nov**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
- **Dec**: Everest Base Camp, Har ki Doon, Rupin Pass, Goechoala, Roopkund
VALLEY OF FLOWERS TREK
Uttarakhand

July – August
6 days, 56 Kms
Easy
Max altitude: 15,696 Ft

Nestled in the west Himalayan region, Valley of Flowers National Park is renowned for its expansive meadows of beautiful alpine flowers and outstanding natural beauty.

The flowers of myriad colours envelope the valley-floor like a carpet; often hiding the valley entirely. While you’re on the trek, rare and endangered animals, including the blue sheep, brown bear, Asiatic black bear and snow leopard can be spotted.

To soak in the vibrant side of the valley, you need to time the trek right. The valley is covered in thick blankets of snow in winters and flowers bloom only in July and August when the monsoon is active.

The Valley of flowers is now a World Heritage Site recognised by UNESCO.

Day 1
Haridwar – Joshimath
(235 kms drive)

Day 2
Joshimath – Govind Ghat
(22 kms drive)
Govind Ghat – Ghangaria
(14 kms trek)

Day 3
Ghangaria - Hemkund – Ghangaria
(14 kms trek)

Day 4
Ghangaria - Valley of Flowers - Ghangaria
(14 kms trek)

Day 5
Ghangaria – Govind Ghat
(14 kms trek)
Govind Ghat – Badrinath- Joshimath
(60 kms drive)

Day 6
Joshimath- Haridwar
(235 kms drive)
The easy trek of just four days can help you rejuvenate in the lap of nature and take a breath of fresh, mountain air. The easy terrains and comfortable trails is what invite trekkers for a rewarding trek to the Himalayas.

The walk leading to Chopta is surrounded by luxurious natural meadows and the Himalayan ranges. It concludes at the Tungnath peak which is revered as the highest Shiva shrine. Moving on, the beauty of Deoriatal is not less than a fairy tale where you can immerse yourself in the sight of sparkling clean water of the lake. Besides the amazing nature bursting en route, views of peaks like Kedar along with Chaukhamba leave you inspired for life.

Day 1
Haridwar-Sari (7 hours drive )
Trek to Deoriatal (3 kms)

Day 2
Trek from Deoriatal to Chopta (16 kms trek)

Day 3
Trek Chopta to Tungnath (3680m),
To Chandrashilla Top (4130m) and back to Chopta (6 kms trek)

Day 4
Chopta to Haridwar (7-8 hours drive)
The beautiful Bhrigu Lake trek in the upper Kullu Valley is based in the eastern side of the famous Rohtang pass in Himachal. This is ideal weekend trip promising loads of adventure for both beginners as well as experienced trekkers. Nestled at an altitude of 14,000 ft, the trek offers fascinating natural vistas and breathtaking views of snow-capped mountains, lush meadows and verdant rich forests. It has gained preference due to its unconditional display of natural extravaganza and the ease of the trail. Trekkers with competent physical fitness can enjoy the privilege of visiting the exclusive lake region even without previous hiking experience. Based in the cozy shelter of the Garhwal Himalayas, the scenic Bhrigu lake has significant historical and religious importance. As per information provided by the locals, there is an association of the Lake to Sage Bhrig. The pious soul is known to have performed intense meditation and rituals at the banks of the lake eons ago. Even the locals believe that many Gods of the Kullu valley have taken a dip in the holy waters of the lake making it sacred for the devotees. The location of Bhrigu Lake is about 6km from Gulaba which is a pictorial village about 22 kms from Manali. Be it the unparallel breathtaking views of Seven Sister Peaks or Deo Tibba and Hanuman Tibba, the outstretched Pir Panjal ranges, the rich line of oak and cedar forests, fascinating green lush meadows, enthralling carpeted alpine flooring or the gushing streams along the meandering trails, the scenic vistas of the region are absolutely captivating which also makes the trekking experience overwhelming.

**Day 1**
From Manali drive to Gulaba and trek to Gulaba Meadows camp (22 kms drive, 3 kms trek)

**Day 2**
Gulaba to Rola Kholi (7 kms trek)

**Day 3**
Rola Kholi to Bhrigu Lake to Pandu Ropa (10 kms trek)

**Day 4**
Pandu Ropa to Vashist to Manali (8 kms trek)
We solely owe this trek to Lord Curzon. His commitment to exploring this beautiful route from Joshimath to Kuari Pass is commendable. The trail named after him passes through lush green fields, remote villages and virgin forests. It’s an amazing experience to walk past pristine Rhododendron, Oak and Deodar forests, spotting some rare species of flora and fauna.

At around 13,000 feet, trekkers are awed by a skyline of mighty mountain peaks like Nanda Ghunti, Hathi Ghoda Parbat, Neelkanth, Dronagiri, Mukut Parbat, Mana, Rishi Pahad, and Changbang. Kuari pass trekking is full of expansive panoramic views of the mighty Himalayas on one side and the vast stretches of verdant valleys on the other. Besides the peaks, trekkers are often mesmerized by the walks on the snow laden meadows on the trail. Be there to soak in the beauty of the trail.

Day 1
Haridwar to Joshimath
(265 kms drive)

Day 2
Joshimath to Dak (12kms drive)
Dak to Chitrakhana (6 kms trek)

Day 3
Chitrakhana to Tali Top (4 kms trek)

Day 4
Tali top- Khullar- Kuari pass and back to Tali (15km trek)

Day 5
Tali top to Auli (8 kms trek)
Auli to Joshimath (13 kms drive)

Day 6
Joshimath to Haridwar
(265 kms drive)
Kedarkantha Trek is one of the most sought after treks of the Himalayas. The availability of snow till the end of April makes it one of the best winter trek destinations of all. One can view the snow at a height of only 10,000 feet lying at the base of the pine trees. The next reason for its popularity is the lovely campsites, where every site is unique in its own way and does not match the beauty with any other campsites in the journey. Another beauty of the trail is that it starts from dense pine forest, walking over the bed of brown dried leaves creating a unique experience. Add to that a magnificent view that is absolutely unimaginable. The splendid views of the famous snow capped mountain summits that come into view as soon as one steps into Kedarkantha base is an experience of a lifetime. The view gets more stunning with each step towards the summit. The 6 day trek promises an adventure filled experience which makes the destination a magnet to huge number of visitors throughout the year.

Day 1
Dehradun to Sankri (220kms drive)

Day 2
Sankri to Juda ka talab (4 kms trek)

Day 3
Juda ka talab to Kedarkantha base (4 kms trek)

Day 4
Kedarkantha base to Kedarkantha peak; descend to Har Gaon (6 kms trek)

Day 5
Har Gaon to Sankri (6 kms trek)

Day 6
Drive back to Dehradun (220 kms drive)
HAR KI DOON TREK
Uttarakhand

April - June
September - November
8 Days, 77 Kms

Easy - Moderate
Max altitude: 11,675 ft.

The trek is lined by lush greenery, expansive mountain views, towering snow capped peaks, gushing streams and much more. Situated at the base of Fateh Parvat in the western Himalayas, the trail is surrounded by dense forests of pine, deodar and a range of coniferous trees. You can get splendid views of Swarga-Rohini, Bandarpunch and Kala Nag.

The trek can planned in pre and post monsoon season.

Pre monsoon season: April to June
This season offers a great deal of snow along the trail, especially in higher camp sites. Sunny and warm days culminate in cold nights of up to 8°C. The weather is quite unpredictable and can often turn windy. Recommended for trekkers who look forward to the challenge of trekking on snow.

Post monsoon season: September to November
The weather is quite clear, with minimum snow on the trail or camp sites. Lush greenery and meadows make it a moderate trek. Day temperatures can reach up to 20°C, with quite colder nights.

Day 1
Dehradun railway station to Sankri (210 kms drive)

Day 2
Sankri to Taluka (11 kms drive/trek)

Day 3
Taluka to Osla (14 kms trek)

Day 4
Osla to Har ki doon (12 kms trek)

Day 5
Har ki doon to Jaundhar Glacier and back to camp (15 kms trek)

Day 6
Har ki doon to Osla (12 kms trek)

Day 7
Osla to Sankri (14 kms trek, 11 kms drive)

Day 8
Sankri to Dehradun (210 kms drive)

+91 135 244 2627 | +91 94 5636 2345
info@trekthehimalayas.com
www.harkidoon.co.in

info@trekthehimalayas.com
FB/TrekTheHimalayas
@TTHtreks
instagram.com/trekthehimalayas
Winter Trek :

BRAHMATAL TREK
Uttarakhand

December – February
6 days, 22 Kms

Easy - Moderate
Max altitude: 12,000 ft.

Himalayas lets you venture into a few treks in winter that are as adventurous and stunning like Brahmatal. The amount of snow at the trek teases every trekker to take up the challenge. Forests coupled with impressive views of the Himalayas is a treat to the shutterbugs.

Brahmatal reveals a heavenly facet in winter when the snow gently falls on its slopes. The frozen lake with the mighty Himalayan peaks overlooking it, creates a mesmerising ambience. The trekkers are awed by the views of summits over 7000 metres. Where else would we encounter such high peaks at such close proximity, we wonder!

Day 1
Kathgodam to Lohajung (215 kms drive)

Day 2
Lohajung to Bekaltal (6 kms trek)

Day 3
Bekaltal to Khabekhal (or Brahmatal) (3 kms trek)

Day 4
Khabekhal to Daldum via Brahmatal Peak (3,846 m) (5 kms trek)

Day 5
Daldum to Lohajung (4 kms trek)

Day 6
Lohajung to Kathgodam (215 kms drive)
Hampta Pass offers an ideal challenge for a first timer. The trail is located in Manali at an altitude of 14,100 ft. The trek offers an amazing experience of exploring the myriad hues of nature in the Himalayas. Every trekker is welcomed by the incredibly beautiful views of landscapes from open meadows and frosty valleys to thick pine forests. It also presents opportunities of pleasant as well as adventurous crossing areas. As this trek connects two valleys, Kullu and Lahaul, you can enjoy a spectrum of landscapes. Kullu is full of vegetation and greenery and in contrast, Lahaul Valley is completely rocky and sandy with brown mountains and snow-clad peaks. It’s an experience to be cherished by every trekker.

**Day 1**  
Manali to Hampta Dam (20 kms drive)  
Hampta Dam to Chika (2 kms trek)

**Day 2**  
Chika to Balu ka Ghera  
(8.5 kms trek)

**Day 3**  
Balu ka Ghera to Hampta Pass  
(5.5 kms trek)  
Hampta Pass to Siagoru (4.5 kms trek)

**Day 4**  
Siagoru to Chatru (5.5 kms trek)  
Chatru to Chandratal (60 kms drive)

**Day 5**  
Chandratal to Manali  
(130 kms drive)
Tarsar Marsar Trek is one of the highly picked treks of the Kashmir Valley. It is a trek encompassing a journey to the two beautiful twin lakes, Tarsar and Marsar, surrounded by the peaks of Kolahi Mountain. The lakes are famous for their almond shape, separated by a mountain. The identical lakes flow in opposite directions - with the former joining with the Lidder River of Lidderwat and the later to the other side of Aru.

What makes the Tarsar Marsar Lake trek so favourable is the serenity that presides over the environment. The lakes are surrounded by stunning alpine trees and the experience is even more splendid during the summer when the alpine flowers form a radiant sheet reflected on the water. The beautiful Aru makes the expedition a peaceful and nurturing journey; a journey, though might not be highly fanciful but is definitely peace rendering.

Day 1
Srinagar to Aru base camp (107 kms drive) (4 hours drive)

Day 2
Aru to Lidderwat (10 kms trek)

Day 3
Lidderwat to Shekwas (5.5 kms trek)

Day 4
Shekwas to Tarsar (5 kms trek)

Day 5
Tarsar to Sundarsar (5 kms trek)

Day 6
Sundarsar to Marsar and then to Sonmasti (7.5 kms trek)

Day 7
Sonmasti to Sumbal (11 kms trek)
Sumbal to Srinagar (26 kms drive)
As the name indicates, this trek encompasses some of the beautiful lakes situated in the lofty areas of Kashmir region in the Himalayas. Every year numerous trekkers ascend the high mountains of this trek. Famous for its enchanting views, the Great Lakes trek is the pinnacle of picturesque trekking trails.

Starting from the Sonamarg, at the base of Zozila, it passes through the Kishansar, Gadsar, Vishnasar, Gangabal, Satsar and Nundkol Lakes. You will also encounter some unknown lakes in the path too that accentuate the beauty of this trek. It provides the opportunity to its trekkers to spot some magnificent species of flora and fauna. Its high mountains, deep valleys, numerous lakes, snow clad mountain peaks, thick forests and sparkling rivers act as a magnet for trekking enthusiasts.

**Day 1**
Srinagar to Sonamarg (84 kms drive)
Night stay in a camp

**Day 2**
Sonamarg-Shekdur-Nichnai (9 kms trek)

**Day 3**
Nichnai to Vishansar Lake (12 Kms trek)

**Day 4**
Acclimatization + Rest Day at Vishansar

**Day 5**
Vishansar to Gadsar via Kishansar lake and Gadsar Pass (10 kms trek)

**Day 6**
Gadsar to Satsar (12 kms trek)

**Day 7**
Satsar to Gangabal twin lakes (9 kms trek)

**Days 8**
Gangabal to Naranag (11 kms trek)
Naranag to Srinagar (50 kms drive)
Rupin Pass trek is one such high altitude trek that offers you a different scenery at every kilometer you cross and every turn you take. The trek is stretched across two states, starts from Dhaula in Uttarakhand and ends up at Sangla in Himachal Pradesh crossing Uttarakhand near Kinnaur.

The trek is renowned for Jhaka Village known for its location at the extreme edge of the mountain cliff, with expansive views from the hanging walls of the village. Locations like Kinnaur temple offer a glimpse into the Kinnauri culture.

The pre-monsoon season offers a lot of snow along the trail, which generally melts by mid-June. Sunny, warm days offer a comfortable trekking experience, but nights are quite cold.

In the post-monsoon season, you may experience mild snow towards the end of the season.

**RUPIN PASS TREK**

**Uttarakhand and Himachal**

**May - June**

**September - October**

8 Days, 52 Kms

Moderate - Difficult

Max altitude: 15,250 ft.

Day 1
Dehradun railway station to Daula
(210 kms drive)

Day 2
Daula to Sewa
(7 kms trek)

Day 3
Sewa to Jhaka
(9 kms trek)

Day 4
Jhaka to Saruwas thatch
(6 kms trek)

Day 5
Saruwas thatch to Dhanderas thatch
(5 kms trek)

Day 6
Dhanderas thatch to Upper Waterfall camp
(4 kms trek)

Day 7
Upper Waterfall to Rupin Pass to Ronti Gad
(10 kms trek)

Day 8
Ronti Gad to Sangla
(12 kms trek)

+91 135 244 2627 | +91 94 5636 2345
info@trekthehimalayas.com
www.rupinpass.co

info@trekthehimalayas.com
FB/TrekTheHimalayas
@TTHtreks
instagram.com/trekthehimalayas
Pangarchulla Peak Trek
Uttarakhand

April - June
September - November
6 days, 34 Kms

Moderate - Difficult
Max altitude: 15,696 ft.

Pangarchulla is a gorgeous peak near to the Kauri Pass which is perched more or less at the height of 14,700 ft. The snow peaks ascending can be best enjoyed during the summer months between late April and early June.

There are many trekking peaks in Uttarakhand but Pangarchulla has a charm that only a few of them can flaunt. The trek takes you through the Garhwal Himalayan region where the meandering path begins with breath-taking green streaked valleys to snowy peaks as you go higher on the trail. There are plenty of adventurous opportunities flooded in the journey which only the trail of Pangarchulla can offer.

Day 01
Haridwar to Joshimath (256 kms drive)

Day 02
Joshimath to Dhak to Gulling Top (12 kms drive and 5 kms trek)

Day 03
Gulling Top (9600 ft) to Khulara (6 Kms trek)

Day 04
Khulara to Pangarchula Peak Summit and back to Khulara (12 kms trek)

Day 05
Khulara - Joshimath (11 kms trek, 12 kms drive)

Day 06
Joshimath to Haridwar (256 kms drive)
Day 1
New Jalpaiguri to Yuksom (155 kms drive)

Day 2
Yuksom to Sachen (8 kms trek)

Day 3
Sachen to Tshokha via Bhakim (10 kms trek)

Day 4
Tshokha to Dzongri (7 kms trek)

Day 5
Rest Day at Dzongri

Day 6
Dzongri to Thansing (10 kms trek)

Day 7
Thansing to Lamuney (4 kms trek)

Day 8
Lamuney to Goecha la to Thansing (16 kms trek)

Day 9
Thansing to Tshokha (17 kms trek)

Day 10
Tshokha to Yuksom (18 kms trek)

Day 11
Yuksom to New Jalpaiguri (155 kms drive)

Goechala is situated in the state of Sikkim which welcomes adventure lovers with challenging opportunities. Trekking in the state is an extravagant experience with flourishing valleys, enchanting orchards and dark forest. Its unrivaled collection of flora and fauna, adds charisma to the trekking expedition. The trail offers many splendid views of Kanchenjunga peak, which is one of the most stunning peaks of the Himalayan range.

Other peaks like Kabru, Yokhum, Ratong peaks leave you mesmerised with their reach. The route passes through tropical and coniferous woodlands which are home to a vibrant array of flora and fauna. Sikkim is renowned for its orchids and rare species of animals like the Himalayan bear, multicoloured pheasants and a range of birds. Its tough terrains with the snowy crest of the mighty Himalayas proves to be true challenge for the trekkers.
Roopkund is the quintessential Himalayan trek with snowcaps, meadows, lakes, forests, folklore and more. Roopkund is a mountain lake, lying in the Garhwal Himalayas in the Chamoli district of Uttarakhand. Situated at a high altitude, the lake remains frozen almost throughout the year.

Roopkund is also called the 'Mystery Lake', or the 'Skeletal Lake', because of the several hundred human skeletons found scattered in and around the lake. Besides the mystery around the trek, the Roopkund Trek is the perfect route to showcase the surreal Himalayan beauty; and it the perfect trek to initiate you into high altitude treks.

The trek in pre-monsoons takes you to the frozen lake and in post-monsoon the lake melts to display the skeletons. Pre-monsoons offer the challenge of trekking on snow while post-monsoons let you stroll through lush green Himalayan meadows. Whatever the season, the weather in the mountains is unpredictable and can go from sunny to windy to cloudy in minutes.

Day 1
Kathgodam to Loharjung
(210 kms drive)

Day 2
Lohargunj to Didna Village
(6.5 kms trek)

Day 3
Didna Village to Ali Bugyal
(10.5 kms trek)

Day 4
Ali Bugyal to Patar Nachauni via Bedni Bugyal and Ghora Lotani (7 kms trek)

Day 5
Patar Nachauni to Bhagwabasa via Kalu Vinayak (4 kms trek)

Day 6
Bhagwabasa to Roopkund to Patar Nachauni (10 kms trek)

Day 7
Patar Nachauni to Lohajung via Bedni and Wan (15 kms trek)

Day 8
Loharjung to Kathgodam
(Drive 210 kms)
Mt. Everest’s summit soars so high that trekking to its base camp is still an adventure of the highest sort. And although the region has become an achievable goal for more people, it still demands a good level of fitness and preparation. At the trek, you’ll stay in villages set against breathtaking, jagged pinnacles which speak of India’s continental collision with Asia and discover remote mountain monasteries, learning about the Sherpas’ spiritual perspective on their mountain home.

**Pre Monsoon Season:** In pre monsoons, April and May is quite a good time to plan your trek as you can enjoy the tree and shrubs blossoming in this season, Rhododendrons in particular. This adds spectacular colour and beauty to the surroundings. The days are warm during pre monsoons.

**Post Monsoon season:** The views are much better if you plan a post monsoon trek because the rain and wind clear the dust which blows from the terrain. As the winter gets closer, the temperatures get lower with every day.
PIN PARVATI PASS

Himanchal Pradesh

July - September
11 days, 110 Kms

Difficult
Max altitude: 17,500 ft.

Pin Parvati Pass is a great trek for seasoned trekkers. The best season to Pin valley trek is in the month of July to September.

The most beautiful region during the trek is the Pin Parvati valley of Spiti. The amazing trek tour begins via crosses over the flourishing green Parvati valley and beautiful landscapes in Kullu which fall in the range of the Great Himalayas.

The stunning dazzle view of the Pin Parvati Pass is full of adventure and thrills. It is a challenging pass because of high altitude, lengthy crossing area and heavy snow, which stays for almost the whole year. The trek to the valley gives an alpine feeling and an experience to remember for life time.

Day 1
Kullu to Barsheni Village (65 kms drive)
Barsheni Village to Kalga (1 km trek)

Day 2
Kalga to Khirganga (10 kms trek)

Day 3
Khirganga to Tunda Bhuj (12 kms trek)

Day 4
Tunda Bhuj to Thakur Kuan (13 kms trek)

Day 5
Thakur Kuan to Mantalai (20 kms trek)

Day 6
Rest Day + Acclimatization

Day 7
Mantalai Lake to Base Camp (11 kms trek)

Day 8
Parvati side Base camp to Pin side base camp over Pin Parvati pass (15 kms trek)

Day 09
Pin valley side camp to Wichkurung Thatch (14 kms trek)

Day 10
Wichkurung Thatch to Mud (15 kms trek)
Mud to Kaza (60 kms drive)

Day 11
Kaza to Manali (215 kms drive)
STOK KANGRI EXPEDITION
Leh, Ladakh

July – August
9 days, 40 Kms

Difficult
Max altitude: 20,080 ft.

Stok Kangri Trek is the most exciting and challenging trek in Leh-Ladakh region. It is summited by many people and is considered the best trekking experience in this region. At an amazing height of 20,080 ft, it is the highest mountain in the Stok range of Himalayas. Even though the trek is the most glamorous one, it is by no means an easy trek. People from all over the world endeavour to summit the Stok Kangri Peak.

The only reason this trek is considered a difficult one is due to the height of the peak, which is almost 70% of the Mt. Everest. The best months to go for the Stok Kangri Peak trek are July to August. The place is usually dry in these months with just a few bursts of rain. This famous trek in Leh is especially meant for experienced trekkers, brimming with enthusiasm and endurance.

Day 1
Arrive at Leh.

Day 2
Leh (Acclimatization day).

Day 3
Leh to Stok Village (30 kms Drive)
Stok Village to Chang Ma (5.5 kms trek)

Day 4
Chang Ma to Mankorma (3.5 kms trek)

Day 5
Mankorma to Base camp (4 kms trek)

Day 6
Rest day + training day.

Day 7
Base camp to Stok Kangri and back to base camp. (14 kms trek)

Day 8
Base Camp to Leh (13 kms trek)

Day 9
Departure from Leh
CHADRAR FROZEN RIVER TREK
Leh, Ladakh

January – February
9 days, 75 Kms

Difficult
Max altitude: 11,123 ft.

At over 11,000 feet and subzero temperatures, the frozen Zanskar river invites you for a trek that’s fascinating like none other.

Large sections of the river Zanskar, which is one of the mightiest rivers in Ladakh, freeze in the dead of winter and create a thick blanket of ice. This frozen blanket or ‘Chadar’ is the only way in and out for Zanskaris in winter, when the road and various other caravan routes are closed due to heavy snowfall.

The landscape acquires a pristine grandeur with spectacular views of the ice-peaks and intriguing designs of hanging icicles. As the trail enters into the gorge of the Zanskar, the temperatures sometimes drop to –30 to -35 Degree Celsius. For an avid trekker, the Chadar Trek satiates the thirst of a challenging experience.

Day 1
Arrive at Leh

Day 2
Drive to Tlad Do via Chilling
(65 kms drive)

Day 3
Tilad Do to Gyalpo
(10 kms trek)

Day 4
Gyalpo camp to Tibb Cave
(15 kms trek)

Day 5
Tibb cave to Naerak camp
(12.5 kms trek)

Day 6
Naerak to Tibb Cave
(12.5 kms trek)

Day 7
Tibb Cave to Gyalpo (15 kms trek)

Day 8
Gyalpo to Tilad Do (10 kms trek)
Tilad Do to Leh (65 kms drive)

Day 9
Departure from Leh

+91 135 244 2627 | +91 94 5636 2345
info@trekthehimalayas.com
FB/TrekTheHimalayas
@TTHtreks
instagram.com/trekthehimalayas
The Nainital Corbett route is specially mapped through the most scenic views and challenging trails of Uttarakhand. Though the level is moderate-challenging, the trail offers ample opportunities to test your endurance levels and will power. Gaining an altitude of maximum 7382 feet, you will cover approx 335kms in 7 days. Starting at the beautiful city of Nainital it moves on to Jageshwar through the Binsar Sanctuary culminating at Jim Corbett National Park.

The trail is one of the most demanding ones getting you closer to extreme challenges and of course, the rewards of picturesque views of the mighty Himalayas. You will also encounter a number of road riding experiences that will keep you wanting for more. The trail combines ever changing panoramas of Himalayas on rough terrain and challenging weather conditions. The extremes of the cycle ride trail intensify the aesthetics of landscape, the vibrant culture and beliefs of local communities.

**Exclusives :**

**MTB NAINITAL CORBETT BIKING TRIP**

**Uttarakhand**

**March, October - November**

**7 days, 294 Kms**

**Moderate - Difficult**

Max altitude: 7,382 ft.

The Nainital Corbett route is specially mapped through the most scenic views and challenging trails of Uttarakhand. Though the level is moderate-challenging, the trail offers ample opportunities to test your endurance levels and will power. Gaining an altitude of maximum 7382 feet, you will cover approx 335kms in 7 days. Starting at the beautiful city of Nainital it moves on to Jageshwar through the Binsar Sanctuary culminating at Jim Corbett National Park.

The trail is one of the most demanding ones getting you closer to extreme challenges and of course, the rewards of picturesque views of the mighty Himalayas. You will also encounter a number of road riding experiences that will keep you wanting for more. The trail combines ever changing panoramas of Himalayas on rough terrain and challenging weather conditions. The extremes of the cycle ride trail intensify the aesthetics of landscape, the vibrant culture and beliefs of local communities.

**Day 01, Kathgodam to Pangot (41 kms drive)**

**Day 02: Warm Up Day (69 kms ride)**
Pangot (6375 ft.) to Kwarab (3575 ft.)

**Day 03: Strenuous Day (50 kms ride)**
Kwarab (3575 ft.) to Jageshwar (6037 ft.)

**Day 04- Off-road Day (35 kms ride – includes off roads)**
Jageshwar (6037 ft.) to Binsar (6800 ft.)

**Day 05- Scenic Day (66 kms ride)**
Binsar (6800 ft.) to Sauni Binsar (5600 ft.)

**Day 06- Corbett day Sauni Binsar (74 kms ride)**
(5600 ft.) to Jim Corbett National Park (1180 ft.)

**Day 07- Depart from Jim Corbett National Park**
The Indian Himalayas provide an excellent skiing experience owing to their great height which makes for adrenaline pumping descents. The snow clad open spaces, stunning mountains and the height of skiing slopes in India are a perfect ground to satiate a skier’s hunger for adventure. India's ski related activities are majorly located in the western region of the Himalayas, in Uttarakhand. The slopes are high enough to get a good cover of snow during the winter months, yet low enough to be easily accessible. Auli, in the Garhwal Himalayas, is a favourite skiing destination for many due to its expansive slopes and the picturesque environment as well. Located around 250 kms away from Rishikesh in Uttarakhand, Auli is a must visit destination if your heart calls out for skiing. The slopes are located at an altitude of almost 2,500 to 3,000 metres, offering exciting skiing opportunities to both beginners as well as professional skiers.

Day 1
Haridwar to Auli (279 kms drive)

Day 2
Auli (skiing)

Day 3
Learn to stand

Day 4
Skiing lessons – runs and turns

Day 5
Skiing lessons at advance slopes

Day 6
Auli to Haridwar (279 kms drive)
WHO WE ARE

We are a premier trekking company based in Rishikesh with a branch in New Delhi since 2010. The company is backed by a team of highly qualified professionals, well experienced in trekking, mountaineering and expeditions.
- Professional, experienced locals from Uttarakhand, with a good network in Himalayas.
- All trek leaders hold Wilderness First Aid Responder Certification.
- Our trek leaders have worked in the remotest corners of the Himalayas and climbing some of the highest mountains in India.
- Personally committed to preserving the mountain environment and cultures for Competent, reliable and responsible trekking.
- Safe and dependable team and support staff.
- Support many local projects to raise awareness about the environmental protection, build climate change resilience and to clean the mountain trails.

FOUNDERS

RAKESH PANT
(Head, Sales & Marketing)

Rakesh is a trekker by heart and has led a number of Himalayan treks and expeditions. He is much-admired by Indian as well as global trekkers for his leadership qualities and decision making skills.

SANDEEP RAWAT
(Head, Operations)

For Sandeep, the Himalayas is his home. He has trekked far and deep in the valleys and has a penchant for high altitude treks. It’s his sheer love for the terrain that makes his a favourite among the trekkers.

OUR ACHIEVEMENTS

- Led BARC, Mumbai Team to Roopkund Trek and to Hampta Pass Trek.
- 5 differently-abled trekkers summited Mt. Stok Kangri in July 2012.
- Supported Times Passion Trails’ Manali to Leh Cycling Expedition in September 2014 in association with yatra.com.
- Organised an expedition to Mt. Elbrus, Russia in September 2014.
- Supported Sriperambuduru Jaahnavi, 13 years, to summit Stok Kangri Peak (20,080 feet) in August 2014. She is the youngest TTH trekker to summit the peak.
- Trek over Zanskar frozen river of Leh-Ladakh region in 2 months in 2014 280 trekkers in 14 batches.
- Lead a team of IIT Gandhinagar students at the Winter Kuari Pass in 2014.
- 5000 plus Trekkers successfully completed high altitude trek in 2015
- Trek to Roopkund Lake in Garhwal Himalayas 2016: 800 trekkers in 40 batches.
- Trek to Mt. Stok Kangri in 2016: 210 Trekkers in 10 batches.
- Trek to Kedarkantha Trek in 2016: 550 trekkers in 23 batches.
- Trek to Winter Kuari Pass in 2016 : 400 Trekkers in 17 Batches.
- Trek to Valley Of Flowers in 2016: 300 Trekkers in 15 Batches.
- Organised cycling expedition to across Srilanka 1800 Km. in November 2016.
- USA Embassy Welfare Program for flood affected area at Kuari Pass trek.
- Organized Mt. Whitesail Mountaineering Expedition in Himanchal region for Australian Army & Civilians.
- Inmantec Business College Ghaziabad completed 4 days OBL (Out-Bound Learning) program in Rishikesh.
CAMPING
Camping facilities vary depending on the destination – we will use everything from good quality campsites in Himalayas, to wild camping in remote regions - but all will always include excellent, varied and hearty food, spacious tents, a dining-tent if weather is unreliable and a toilet-tent when there is no ablution block or other communal facilities.

HOW WE RUN THE TREK?
Equipments: We provide sleeping bag, tent, mattress, kitchen tent, dining tent, toilet tent, cramp-ons and gaiters if required.

Food: From base-camp to base-camp is included in the package.

Team: The team includes certified Wilderness First Aid Responder trek leaders, local guides, cooks and helpers.

Batch size: 18-20 trekkers in a group

Luggage: We let you get along your personal back-packs of up to 8kgs, to be carried on mules, while on the trek

SAFETY MEASURES PROVIDED: Oxymeters to measure the proportion of oxygenated hemoglobin in the blood, HAPO Chamber in case of AMS. Oxygen cylinders, Stretchers, First-aid kits & Emergency backup vehicle

CUSTOMISED TRIPS
• Departure dates as per your convenience
• Route itineraries to suit your fitness, pace and interests
• Enhanced services on the trek for better comfort: accommodation, food, transit
• Treks on routes not included in the fixed departures
• Recommended for solitary, ladies only, senior citizen trekkers