



## **TREK TO HAR-KI-DUN & JAUNDHAR GLACIER**

<b>NATURE OF TRIP</b>	Trekking
<b>LOCATION</b>	Garhwal Himalayas, Uttarakhand
<b>DURATION</b>	7 Days (Dehradun - Dehradun)
<b>TREKKING DAYS</b>	5 Days
<b>MAXIMUM ALTITUDE</b>	Jaundhar glacier (4300m)
<b>GRADE</b>	Moderate+
<b>SEASON</b>	Feb-Jun, Sep-Dec
<b>ACCOMODATION</b>	Alpine Camping - 4 Nights Hotel/Alpine camping - 2 Nights
<b>GROUP SIZE</b>	Maximum of 15 persons

*...We welcome you to join us on this memorable trip to the Himalayas*

### **BRIEF DESCRIPTION**

If you have seen the movie 'Lord of the Rings' and appreciated the landscape and always wanted to be there, then this is your opportunity. You don't need to spend pot loads and go all the way to New Zealand, the trek to Har-ki- Dun will provide you with all the sights you are looking for and more! There are endless lush green meadows, wild alpine flower gardens, scraggy mountains, towering snow-capped peaks, glaciers and gushing streams & waterfalls that seem to spring from nowhere. To top it all it this valley has a very interesting, unique, old and time tested culture very different to any other mountain or plains region. Our guides ensure that we get a very up close experience of this culture as this is one of the highlights of this trek.



We have made a change in the traditional Har-ki-Dun itinerary by adding another stage which takes you to the high altitude Jaundhar Bamak (glacier). This will add a contrasting element of high altitude scenery to the trek as we cross the 4000m mark. We get close views of a big glacier, walk on moraine and scree and get very close to the famous and towering Swargarohini peaks. If you are willing to do more than just touch Har-ki-Dun and head back, then Har-ki-Dun with Jaundhar glacier is a complete trek having many shades of mountain landscape and culture which are sure to impress even veteran trekkers. For people who love to see flowers there is a small stage possible on the day we leave for Seema from Har-ki-Dun to a place called Haata. The meadows here are almost fully carpeted with alpine flowers and make a very pleasing sight. Contrary to the popular belief it's not a very easy trek and has long walks on almost all days and is suitable for seasoned trekkers as well as fit beginners. This trail is situated in the Govind Wildlife Sanctuary & National Park in Garhwal Himalayas. We drive from Dehradun to a beautiful village called Sankri where we spend the first night and from here a short 40 mins drive the next day gets us to Taluka, a small market place which is our starting point. From here we trek up to a place

called Seema, walking through beautiful forests and interesting villages. We meet local people and get to appreciate the local architecture and way of life as we move up the trail. From Seema we hike up to Har-ki-Dun the next day and land ourselves in a complete paradise. Camping on the meadows here is sheer pleasure. We do a day's excursion from here to Jaundhar glacier reaching up to a height of around 4300m to get fantastically close to the base of Swargarohini peaks. High altitude terrain here is quite interesting. In the last stage of the trek we walk back to Seema and then to Taluka to finish what is surely going to be a memorable trek.

## ITINERARY

### **DAY 01: DEHRADUN – SANKRI (2000m)** *Drive/200 kms/6-7 hrs*

From Dehradun we will drive to Sankri via Mussorrie. We will stop for lunch en route. This is an enjoyable drive initially along the Yamuna and towards the latter part along the beautiful Tons river. There are very beautiful pine forest sections along the drive today. Upon reaching Sankri we will check into the scenically located hotel Wild Orchid. Sankri is paradise on earth and we will take an evening stroll in this beautiful hamlet to get our muscles charged for the trek to come. Overnight stay in the hotel.

### **DAY 02: SANKRI (2000m) – TALUKA – SEEMA (2560m)** *Drive/40 mins & Trek/15 kms/5-6 hrs*

We start the day with a short, scenic & adventurous drive to Taluka, starting point of our trek. The hike today is through beautiful mixed forest sections and along the Supin river. The gradient is moderate throughout with an odd steep patch in between. This region is blessed with a very old and unique culture which thankfully is still preserved. You will get a very up close & personal experience of it today. On the trail you will meet locals from the nearby villages and get to see the special construction style of the local dwellings. We will cross a few villages en route to reach Seema, a small market place. We will camp ahead of Seema in beautiful fields by the riverside. Overnight in tents.

### **DAY 03: SEEMA (2560m) – HAR-KI-DUN (3566m)** *Trek/5-7 hrs*

After breakfast we cross over to the other side of the Supin river and negotiate a steep climb to get warmed up for the day's hike to come. It is a delightful day where you catch some fabulous views of the Bandarpoonch & Swargarohini peaks and also of meadows and jungles towards the Ruinsara valley. There are interesting forests en route with lots of opportunities to see variety of birds and meadows having wild flowers. Also to make it picture perfect there is an inviting waterfall and many small rivulets/streams. We reach Har-ki-Dun in about 5- 7 hrs moving at a leisurely pace and soaking in the beauty of the valley. Reaching our destination Har-ki- Dun we land in absolute paradise. This open valley has been blessed with so many natural elements that one is pleasantly surprised by its beauty. There is a network of streams, many a meadows carpeted with flowers and big and small mountains spread all over. Overnight in tents.

### **DAY 04: HAR-KI-DUN (3566m) – JAUNDHAR GLACIER (4300m) – HAR-KI-DUN (3566m)** *Trek/7-8 hrs*

Jaundhar glacier adds a beautiful element of high mountain scenery to this trek. This place is in total contrast to the lush green Har-ki-Dun and has moraine, scree, glaciers all around and the towering Swargarohini peaks overlooking it. The walk is a long one and at times over uneven scree & moraine terrain but will surely be worth the effort. We get magnificent views from the glacier and having captured them in our cameras we will head back to Har-ki-Dun. Overnight in tents.



### **DAY 05: HAR-KI-DUN (3566m) – SEEMA (2560m)** *Trek/3-4 hrs*

We have a leisurely breakfast today and have the option of trekking up to the beautiful meadows at Haata which will take 2-3 hours (round trip) or just relaxing at Har-ki- Dun. After lunch we will hike down to Seema. Depending on the time we reach Seema we can decide to visit the ancient temple at the nearby village of Osla and also get a chance to interact with the locals and get to know more about their tradition and culture. Overnight in tents.

### **DAY 06: SEEMA (2560m) – TALUKA – SANKRI (2000m)** *Trek/3-4 hrs & Drive/ 40 mins*

Early morning, trek down from Seema to Taluka and from here drive down to Sankri. There will be plenty of opportunities today for a refreshing bath in the super cool waters of the many streams we cross/pass by. Overnight in the hotel.

**DAY 07: SANKRI – DEHRADUN** Drive/200 kms/6-7 hrs Post breakfast, depart for Dehradun. You can also have a brief stopover at Mussoorie, one of India's most popular hill stations. The drive from Mussoorie to Dehradun would take an hour, from where you could continue ahead towards your onward destination.

### **COST OF THE TRIP**

#### **1. Trek tariff (Dehradun to Dehradun)**

- Double sharing basis (2 persons sharing a tent & room) – **Rs. 10,500/-** per person
- Single sharing basis (1 person to a tent & room) – **Rs. 13,700/-** per person

#### **2. Transport tariff (Ex-Dehradun as per the itinerary)**

**Rs. 2,900/-** per person

### **TREK TARIFF INCLUDES**

1. **2 guides** for the group of maximum 15 trekkers so 1 guide for 8 group members. This will ensure high safety and more information and personal attention which are necessary to appreciate a trek. All our guides are professionally trained and have many years of relevant experience in guiding treks.
2. **Accommodation** in standard rooms in a hotel in Sankri on single/double occupancy
3. **High quality Camping arrangements**  
We believe that roughing it out necessarily doesn't mean sleeping in smelly sleeping bags, compromising on safety by using low quality equipment and having unappetising meals. We focus on your safety, basic comforts and the environment while camping. Keeping this in mind, the following equipment is provided on the trek:
  - 3/4 season imported alpine tents
  - Fresh and clean sleeping bags of very good quality
  - Good quality Camping Mattresses
  - Camping stools
  - Mess Tent
  - Toilet tents (2) with portable toilet seats
  - First Aid / Medical kit.
4. **All meals** starting from dinner on Day 1 till breakfast on Day 7. A lot of emphasis is given to nutritional needs and a menu of vegetarian dishes is prepared accordingly. Tea/coffee will be served throughout.
5. **Porter/mule charges** for carrying camping equipment & rations
6. **Forest entry charges, permits & camping fee** (if any)
7. **First aid kit** (our guides are certified in handling first aid situations)

### **TRANSPORT TARIFF INCLUDES**

Do keep in mind that transport is a very critical component of your trek. This aspect is most often not given proper attention and can result in a lot of discomfort especially in the mountains. We provide transfers to get you to the starting point and back as comfortably and in as less time as possible for you to enjoy the trip. We only use quality vehicles like Toyota Innova, Mahindra Xylo, Mahindra Scorpio, Tempo Traveller, etc. and no local jeeps or similar vehicles are used except where there are short transfers from the lodge to the trek points, etc. The transport tariff includes all driver charges, fuel, parking, toll and taxes.





### **COST DOES NOT INCLUDE**

- Service Tax 4.5%
- Porter/mule charges to carry your personal bag
- Any meals/services not mentioned above
- Any charges for video cameras, still cameras, etc.
- Soft drinks, beverages, etc.
- Personal expenses like tips, telephone calls, laundry, etc.
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, etc.
- Insurance



### **OTHER OPTIONAL CHARGES**

1. **Charges for a porter/mule to carry personal bag throughout the trek (not more than 10 kgs):** Rs. 1,250 per person for the complete trek

### **PAYMENT TERMS & CONDITIONS**

- Rs. 3500/- as booking amount and the balance to be paid 30 days before the start of the trip.
- Payment to be made by Bank Transfer/Cheque/DD in favour of ANALA OUTDOORS (P) LTD. payable at Ahmedabad.
- Payment for this trip will not be adjusted against any future trips.

### **Cancellation Charges (of the total amount):**

• Minimum	25%
• Between 45 & 31 days	50%
• Between 30 & 15 days	75%
• Last 14 days	No refund

### **IMPORTANT INFORMATION**

#### **Transport Options (Delhi – Dehradun – elhi)**

For travel to Dehradun and back one can choose between air, rail & road. For air travel, the closest airport is the Jolly Grant Airport (at Dehradun) and is well connected to Delhi and other parts of the country by Air India, Jet Airways, Kingfisher Airlines & Spice Jet. Train travel is highly recommended with enough options being there. For train details, you could log on to [www.indianrail.gov.in](http://www.indianrail.gov.in) and for online railway ticket bookings you could log on to [www.irctc.co.in](http://www.irctc.co.in).

There are frequent Public Transport buses including Volvos available from Delhi to Dehradun that cost about Rs. 200-500 per person. These buses depart from Delhi ISBT every 30 mins. or so and take about 7 hrs to cover the distance. The same is also applicable on the return journey. A private vehicle could also be arranged for if you require the same.

#### **Weather Details**

In the initial days of the pre monsoon season (Apr-Jun) there will be snow along the trail which generally melts by end April. Days are going to be sunny and warm (14-22 °C) while the night temperature at the highest campsite would be in the range of 0-8 °C. In the post monsoon season (Sep-Nov) there is possibility of snow towards the end of the season, which also melts very fast. The days are sunny with temperatures hovering around (12-20 °C) and the evenings start getting cold with the onset of October and nights are comparatively colder (-2 to 8 °C).

Please keep in mind that the above information is not exact and does not account for sudden changes. Whatever the temperatures and conditions rest assured we will be prepared to handle it with ease as we use equipment of very high specifications.

## LIST OF ESSENTIALS

Mountain/adventure travel requires one to be adequately equipped with the right kind of personal gear. Since one is travelling in the wilderness there will be hardly any opportunity to buy anything once you hit the trail so we urge you to carefully pack everything into your bags.

- Shirts / T-shirts – 2/3
- Jeans / Trekking Pants - 2
- Windproof jacket of decent quality (no flimsy wind cheaters please!) preferably with a hood
- Warm and thick Fleece / Full-sleeve Woollen sweater
- Thermal inner wear (upper & lower)
- Woollen cap
- Woollen gloves
- Woollen socks & regular socks (3-4 pairs)
- Scarf/muffler (optional)
- Comfortable Trekking/Hiking shoes (shoes with a thick sole are recommended)
- Lightweight floaters/sandals/slippers
- Raincoat / Poncho
- Small light weight towel
- Water bottle (sturdy ones, no empty Bisleri bottles!!)
- Cap / Hat to keep the strong sun away from your face
- Sun glasses
- Walking stick / Trekking pole
- Sunscreen Lotion
- Lip Balm
- Torch / Flashlight (with extra batteries)
- Medicines, if requiring any specific medication
- Personal toiletries
- Books, if you like reading
- Day pack/small bag which you will carry on your back every day and keep your essentials in it
- Keep a few poly bags or waterproof bags in your bag in which if required you can put your belongings in case of heavy rain
- Camera if you like (with fully charged batteries)

...LOADS OF ENTHUSIASM!! AND A PLEDGE TO LEAVE NO TRACE

*Carry your stuff in a duffel bag, soft shoulder bag or a rucksack. Avoid suitcases, trolleys or any other hard luggage. As you will be walking long distances carrying a rucksack, avoid bringing unnecessary items on the trek. Please avoid carrying expensive watches, jewellery and electronic items on the trek.*

**NOTE:** In case you are planning to put your bag on a mule or taking a porter please get a duffel bag or rucksack and keep it in mind that there is a possibility that the bag at times might brush against a rock or a tree and get slightly damaged so don't get very expensive bags. Also in case of damage we shall not be held accountable

## [Our Trekking Code](#)

We are mountain lovers and have pledged to bring no harm to them in our pursuit of running organised wilderness travel in the Himalayas and seek your assistance too in this regard. We are more than convinced that one can have more fun on a trip if we go about it in a way that no harm is caused to the ecology. In this regard we have a set of guidelines that we adhere to based on the tenets of 'Leave No Trace' & 'Tread Light' policies. These guidelines are very simple and emphasise on travelling in small groups, better planning, understanding impact of camping, proper waste disposal, respecting local cultures, sensitivity towards wildlife and so on.

## [Acclimatisation & high altitude sickness](#)

This is one of the most important aspects of travelling in the high Himalayas and cannot be ignored or set aside. Acclimatisation basically means our body adjusting to lower levels of oxygen (rarefied air) & reduced air pressure as we move up. In case one does not acclimatise properly there are chances of the person facing extreme discomfort and this can be fatal in extreme cases. While there is no set route to getting properly acclimatised there are a general precautions and steps that one can take to initiate good acclimatisation. Our trekking guides will assist you With these steps.

## Trek grading system

**Moderate** On these treks one is not required to trek for more than 5/6 hrs a day. Also the terrain is not too difficult. These treks are normally a week or so long. For these treks prior trekking experience is not necessary. Very rarely on these treks would one camp at altitudes higher than 3800m. These treks are great for first timers or for veterans wanting to go on a trail which is relatively less demanding

**Moderate+** These are moderate treks with mostly one difficult day. These trails are fine for fit beginners also.

### **DISCLAIMER**

Anala Outdoors (P) Ltd. takes utmost care to ensure safety of its clients. However in the case of any unforeseen mishaps, Anala Outdoors (P) Ltd. will not be liable for any injuries caused or for loss of life. All disputes arising due to the above are subject to the jurisdiction of the courts in Ahmedabad only. All participants would be required to sign an Indemnity Form before the start of the program, without which they would not be allowed to take part in the trip/program/activities.