

McLeodganj & Triund Trek ₹5,999 | 4N/5D from Delhi 2026-27

4 nights, 5 days

Overview

McLeodganj & Triund Trek from Delhi

The McLeodganj Triund trek combines a day of McLeodganj sightseeing with a night camping on top of Triund, on one 4-night, 5-day trip from Delhi. The trek is easy to moderate, so it suits first-time trekkers. The trip leaves Delhi on Friday evening and is back early on Tuesday, so you only need Monday off work.

McLeodganj, the hill town above Dharamshala, is known as Little Lhasa. The Dalai Lama and the Tibetan government-in-exile have been based here since 1960, and the town is full of monasteries, prayer flags, Tibetan cafés and craft shops. You visit the Dalai Lama temple and Namgyal Monastery, walk to Bhagsunag temple and waterfall, and browse McLeodganj market.

Triund is a grassy ridge at about 2,850 m (9,350 ft) on the Dhauladhar range, right above McLeodganj. On one side the Dhauladhar rises straight up to Moon Peak (4,650 m); on the other, the Kangra Valley spreads out below. The main trail climbs about 750 m over 5.5 km from Galu Devi temple, through oak, deodar and rhododendron forest, with tea stalls on the way and a steep final kilometre known as the 22 curves. At a relaxed group pace it takes around 5 hours.

Camping on Triund is the highlight. You watch the sun set over the Kangra Valley, sleep in tents under the stars, and wake up to sunrise on the peaks behind camp. Next morning you walk down to Bhagsunag, then visit a Kangra tea garden and the HPCA cricket stadium in Dharamshala before the overnight bus back to Delhi.

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McLeodganj & Triund Trek: Key Highlights

- Visit the Dalai Lama temple and Namgyal Monastery in McLeodganj, the town known as Little Lhasa
- Walk to Bhagsunag temple and the Bhagsu waterfall, about 20 m high
- Browse McLeodganj market for Tibetan crafts, momos and hillside cafés
- Trek 5.5 km through oak and rhododendron forest to Triund (2,850 m) with a trek guide
- Climb the “22 curves”, the steep last kilometre to the top of the ridge
- A welcome drink on Triund top, then sunset over the Kangra Valley
- A night camping on the ridge, with stars overhead and the Dhauladhar behind your tent
- Sunrise on Moon Peak (4,650 m) and the snow peaks of the Dhauladhar
- Visit a Kangra tea garden and the HPCA cricket stadium in Dharamshala
- A trip captain with the group from Delhi and back

Tibetan culture and a first Himalayan trek in one short trip. You leave Delhi on Friday evening and get back on Tuesday morning, so you only need Monday off work.

Trip Details

- **Departure:** every Friday, 9:00 PM from Akshardham Metro Station, Delhi, by AC Tempo Traveller
- **Return:** Tuesday, about 8:00 AM at Akshardham Metro Station
- **Confirmed group departures** every Friday
- **Open group trip:** you travel with other trekkers, so solo travellers are welcome
- **Group size:** up to 20
- **Male to female ratio:** about 7:3
- **Age Limit:** 16 to 45

McLeodganj & Triund Trek Pricing per person:

- Quad sharing: ₹5,999

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- Triple sharing: ₹6,499
- Double sharing: ₹6,999

How to book: pay ₹2,000 in advance to reserve your seat, and the balance at the start of the trip.

Brief Itinerary

- **Day 01 (Friday):** Delhi to Dharamshala, overnight (9:00 PM from Akshardham Metro Station)
- **Day 02 (Saturday):** McLeodganj sightseeing: Bhagsunag waterfall and temple, the Dalai Lama temple and the market
- **Day 03 (Sunday):** Triund trek, and a night camping on Triund
- **Day 04 (Monday):** Trek down to Bhagsunag, a tea garden and the HPCA Stadium, then depart for Delhi
- **Day 05 (Tuesday):** Arrive in Delhi at about 8:00 AM

Dates and Rates

06 Nov, 9:00 PM 4 Nights 5 Days	₹ 5,999
13 Nov, 9:00 PM 4 Nights 5 Days	₹ 5,999
20 Nov, 9:00 PM 4 Nights 5 Days	₹ 5,999
27 Nov, 9:00 PM 4 Nights 5 Days	₹ 5,999

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04 Dec, 9:00 PM

4 Nights 5 Days

₹ 5,999

Itinerary

Day 1

Day 01 (Friday): Delhi to Dharamshala

Akshardham Delhi Metro Station

- Meet the trip captain and the group at Akshardham Metro Station, Delhi, for a 9:00 PM departure
- Overnight drive to Dharamshala by AC Tempo Traveller, about 500 km and 10 to 12 hours
- Dinner stop on the way (at your own cost)

Day 2

Day 02 (Saturday): Bhagsunag and McLeodganj Sightseeing

Dharamshala

- Reach Dharamshala in the morning
- Check in at the hotel, freshen up and rest for a while
- Explore McLeodganj and Bhagsu:
    - Bhagsunag temple and waterfall
    - Namgyal Monastery and the Dalai Lama temple
    - McLeodganj market, with Tibetan cafés and craft shops
- Dinner and overnight at the hotel

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Day 3

Day 03 (Sunday): Triund Trek and Camping

Triund Trek

- Breakfast, then check out of the hotel
- Start the trek to Triund (about 2,850 m). It takes around 5 hours at a relaxed pace with breaks.
- Walk up through oak and rhododendron forest, with a tea break at Magic View Café
- Climb the 22 curves, the steep last kilometre, to the top of the ridge
- Welcome drink when you reach Triund
- Watch the sunset over the Kangra Valley
- Dinner and overnight in tents under the stars

Day 4

Day 04 (Monday): Triund to Bhagsunag, Tea Garden and HPCA Stadium

Bhagsunag

- Wake up to sunrise on the Dhauladhar peaks behind camp
- Breakfast on Triund top
- Trek down to Bhagsunag, arriving in the afternoon (lunch at your own cost)
- Drive to Dharamshala to visit a Kangra tea garden and the HPCA cricket stadium
- In the evening, start the overnight drive back to Delhi

Day 5

Day 05 (Tuesday): Arrive in Delhi

Akshardham Delhi Metro Station

- Reach Akshardham Metro Station at about 8:00 AM
- Trip ends

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Inclusions

- Transport: AC Tempo Traveller from Delhi (Akshardham Metro Station) to Dharamshala and back, and for sightseeing
- Stay: 1 night in a hotel on double, triple or quad room sharing (as booked), and 1 night in tents at Triund on a sharing basis
- Meals: 4 meals (Day 2 dinner, Day 3 breakfast and dinner, Day 4 breakfast)
- A welcome drink when you reach Triund
- A guide for the Triund trek
- Sightseeing as per the itinerary: Bhagsunag temple and waterfall, McLeodganj, a Kangra tea garden and the HPCA stadium
- A trip captain with the group at all times
- Toll taxes, parking charges and driver allowances

Exclusions

- Lunches and any meals not listed above, including dinner on the drive from Delhi
- Entry tickets at sightseeing spots
- Early check-in at the hotel
- Adventure activities
- Train or air fares to and from Delhi
- Extra stay or food costs if travel is delayed by weather, landslides or road closures
- Tips for the guide, driver or staff
- Personal expenses
- Anything not listed under What's included

Highlights

Things to Carry

Clothing (nights at Triund go below freezing from November to March)

- 2 thermal layers (top and bottom) or fleeces
- 1 sweater or hoodie
- 1 down (feather) jacket

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- 2 to 3 T-shirts, preferably quick-dry
- 2 trek pants or track pants (no jeans on the trek)
- Poncho or raincoat
- Comfortable clothes for the McLeodganj sightseeing day

Head, hands and feet

- Woollen cap, plus a sun cap for the trek
- Warm gloves
- 3 pairs of socks, including 1 woollen pair for the night in the tent
- Sunglasses
- Trekking or hiking shoes with a good grip
- Warmer

Bags

- A 20 to 30 litre daypack for the trek, to carry your water, jacket and snacks. Leave the rest of your luggage in the Tempo Traveller or at the hotel.

Essentials

- Government photo ID, needed to register at the forest check post
- Cash for tea stalls, snacks and lunches; card and UPI signal is patchy on the trail
- Water bottle (2 litres in all)
- Torch or head torch, with spare batteries
- Snacks for the trek day: dry fruit, energy bars
- Power bank

Toiletries

- Sunscreen and lip balm
- Hand sanitiser, wet wipes and toilet paper
- Toothbrush, toothpaste and other basic toiletries
- A small bag to carry your rubbish back down

Medicines (personal kit)

- Your regular medicines

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- Pain relief, motion-sickness tablets for the overnight drive, band-aids and a crepe bandage

Pack light. Everything you carry up to Triund, you carry back down, so leave out anything you won't need on the trek.

Pickup point

View on Google Maps →

Activity	Trekking, Camping
Destination	Himachal Pradesh
Duration	None

Frequently Asked Questions

McLeodganj and Triund Trip FAQs

1. How long is the Triund trek from McLeodganj, and how high is it?
From McLeodganj it's about 9 km one way on foot. Most people take a taxi 6 km to Galu Devi temple above Dharamkot and walk the last 5.5 km, climbing about 750 m. Triund is at about 2,850 m (9,350 ft). It takes 3 to 5 hours to go up (our groups take around 5 hours with breaks) and 2 to 3 hours to come down.

2. Is the Triund trek difficult? Can beginners do it?
No, it's easy to moderate and one of the best first Himalayan treks. The first 4 km climb gently through oak and rhododendron forest, with tea stalls on the way. Only the last kilometre, known as the 22 curves, is steep and rocky. If you can walk 5 km uphill with a light daypack, you can do it. The McLeodganj sightseeing days are easy walking.

3. Is Triund safe for girls and solo travellers?
Yes. Triund is one of the busiest trails in Himachal, with tea stalls and other trekkers all the way, and McLeodganj is a traveller-friendly town. Our trip is an open group of up to 20 people, with a male to female ratio of about 7:3, and a trip captain stays with the group from Delhi and back. On the trail, don't walk after dark and stay on the main path.

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4. How much does the McLeodganj Triund trip cost per person?
Our 4-night, 5-day trip from Delhi costs ₹5,999 per person on quad sharing, ₹6,499 on triple sharing and ₹6,999 on double sharing, plus 5% GST. It covers the AC Tempo Traveller from Delhi and back, a night in a hotel, a night in tents at Triund, four meals, a trek guide and a trip captain. You book with ₹2,000 and pay the balance at the start of the trip.

5. Is there a trek to Triund from Delhi? How do I get from Delhi to McLeodganj?
Yes. McLeodganj is about 500 km from Delhi, 10 to 12 hours overnight by road. Our trip leaves Akshardham Metro Station at 9:00 PM every Friday by AC Tempo Traveller and is back at about 8:00 AM on Tuesday. On your own, take an overnight HRTC or private Volvo bus from Kashmere Gate ISBT or Majnu Ka Tilla, or fly to Kangra (Gaggal) airport, about 17 km from McLeodganj.

6. How many days are enough for McLeodganj and Triund?
Two full days: one for McLeodganj and Bhagsunag, and one for the Triund trek with a night camping on top, plus a few hours in Dharamshala on the way back. From Delhi, add two overnight drives. That's why our trip runs from Friday night to Tuesday morning, so you only need Monday off work.

7. Why is McLeodganj famous?
McLeodganj, the hill suburb above Dharamshala, is known as Little Lhasa. The 14th Dalai Lama and the Tibetan government-in-exile have been based here since 1960. People come for the Dalai Lama temple and Namgyal Monastery, Tibetan food and crafts, Bhagsunag temple and waterfall, and the Triund trek above town. Our trip covers all of these, plus a Kangra tea garden and the HPCA cricket stadium.

8. What is the best time to visit McLeodganj and Triund?
October and November, for dry weather and the clearest views of the Dhauladhar. March to June is also good: rhododendrons flower on the trail in spring, and McLeodganj is a cool 26 to 27 °C by day in May and June. December to February brings snow at Triund. Avoid July to mid-September, when it rains on most days.

9. Is there snow at Triund, and how cold does it get?
Triund usually has snow from late December to March, with the most in January. Nights at camp are about 4 °C in October, just below freezing in November, and −5 to −7 °C

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from December to February. Even in May and June, nights drop to 7 to 10 °C, so carry a warm jacket in every season. For snow on your dates, ask us a few days before departure.

10. Is camping allowed at Triund? Do you need a permit?
Yes, but it's limited. The Forest Department allows up to 40 people and 20 tents on the ridge each night. Every trekker registers and pays an entry fee (₹100 per person per day at the last reported rate) at the Gallu check post. In winter, the Kangra administration can also require police permission or close the trail on bad-weather days. On our trip, the tents at Triund are arranged for you.

11. Where does the Triund trek start? Can you drive to Triund?
The main trail starts at Galu Devi temple above Dharamkot, about 6 km by road (20 minutes by taxi) from McLeodganj. A second trail climbs from Bhagsu and joins it below Magic View Café. You can't drive to Triund: cars stop at Galu Devi temple, and the last 5.5 km is on foot. There's no ropeway.

12. What should I carry for the McLeodganj Triund trip?
Trekking shoes with a good grip, warm layers (a fleece and a padded jacket, because nights at Triund are cold), a rain jacket, a woollen cap and gloves, a 20 to 30 litre daypack, 2 litres of water, a head torch, sunscreen, snacks, cash for tea stalls and a government photo ID for the forest check post. Add microspikes from December to February. The full list is in the Things to Carry tab.

McLeodganj & Triund Trip Details

Here's what you'll see at each stop, in the order you visit them.

Day 1: Delhi to Dharamshala

The trip leaves Akshardham Metro Station in Delhi at 9:00 PM on Friday. The AC Tempo Traveller covers about 500 km overnight and reaches Dharamshala in the morning, 10 to 12 hours later.

Dharamshala is the headquarters of Kangra district and the winter capital of Himachal Pradesh. The town sits on a spur of the Dhauladhar range in two parts. Lower Dharamshala, at around 1,380 m, is the busy commercial centre, with the HPCA stadium and the tea gardens nearby. Upper Dharamshala includes McLeodganj, Bhagsu and

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Dharamkot. It became a hill station under British rule, and much of the old cantonment was destroyed in the Kangra earthquake of 1905.

Day 2: Bhagsunag temple and waterfall

Bhagsu, also called Bhagsunag, is a village about 2 km from McLeodganj, at around 1,800 m. Its old temple is dedicated to Bhagsu Nath, a form of Lord Shiva. A short walk beyond the temple brings you to Bhagsu waterfall, about 20 m high, which is fullest during and just after the monsoon. The rocks around the falls are slippery, so wear shoes with a good grip.

Day 2: McLeodganj

McLeodganj, named after Sir Donald Friell McLeod, a Lieutenant Governor of Punjab under British rule, is the heart of upper Dharamshala. Its main square is at about 1,750 m (5,750 ft). In 1960 the 14th Dalai Lama and the Tibetan government-in-exile settled here, which is why it's known as Little Lhasa.

- **Tsuglagkhang complex and Namgyal Monastery:** the main temple complex of McLeodganj. Tsuglagkhang, the Dalai Lama's temple, holds statues of Shakyamuni Buddha, Avalokiteshvara and Padmasambhava. Namgyal Monastery, inside the complex, is the personal monastery of the 14th Dalai Lama.
- **McLeodganj market:** the lanes around the main square sell Tibetan handicrafts, thangka paintings, carpets and woollens. Cafés serve momos, thukpa and Tibetan bread.

Day 3: Triund

Triund is a grassy ridge on the Dhauladhar range, directly above McLeodganj. It's not a village: apart from a few tea stalls and an old Forest Rest House, built by the British forest department in 1899–1900, it's open ground with a view. Gaddi shepherds still use it as a halt on the way to Indrahar Pass in summer.

- **Altitude:** about 2,850 m (9,350 ft)
- **Start of the trek:** Galu Devi temple above Dharamkot, about 2,100 m. A second trail climbs from Bhagsu and joins it below Magic View Café.
- **Distance:** about 5.5 km one way from Galu Devi temple (11 km return), or about 9 km one way if you walk from McLeodganj

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- **Climb:** about 750 m from Galu Devi temple
- **Time:** around 5 hours up at a relaxed group pace with breaks, 2 to 3 hours down
- **Difficulty:** easy to moderate. The trail climbs gently through oak, deodar and rhododendron forest for about 4 km, with a tea stop at Magic View Café (about 2,400 m). Then the last kilometre, known as the 22 curves, climbs steeply over rocks to the ridge.
- **Entry and camping:** the Forest Department charges an entry fee at the Gallu check post, where every trekker registers. It allows up to 40 people and 20 tents on the ridge overnight.

From the top, the Dhauladhar rises about 1,800 m straight up behind camp to Moon Peak (4,650 m), with Indrahar Pass (4,342 m), the crossing into Chamba, to its left. To the south, the Kangra Valley stretches out below. Sunset over the valley is the reason to stay the night, and on clear nights the sky is full of stars. In spring, rhododendrons flower red and pink along the trail, and the forest is full of Himalayan birds.

Day 4: Back down to Bhagsunag

After sunrise and breakfast on top, the group walks back down past Magic View Café and takes the trail to Bhagsu. It's 2 to 3 hours downhill, reaching Bhagsunag in the afternoon, in time for a late lunch.

Day 4: Kangra tea garden

Tea has been grown in the Kangra Valley since the mid-19th century. Production peaked in the late 1800s, when Kangra tea was sold across north-west India and exported to Central Asia, and fell after the 1905 earthquake. Kangra tea got a Geographical Indication tag in 2005. The gardens lie around lower Dharamshala, with the Dhauladhar behind the rows of tea bushes.

Day 4: HPCA cricket stadium

The Himachal Pradesh Cricket Association Stadium is about 8 km below McLeodganj, 25 to 30 minutes by road. It's the home ground of the Himachal Pradesh cricket team, has hosted IPL matches as a home ground for Punjab Kings, and hosted five matches of the 2023 Cricket World Cup. It's best known for the snow-capped peaks behind the stands.

Day 5: Back to Delhi

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The overnight drive leaves in the evening on Day 4 and reaches Akshardham Metro Station at about 8:00 AM on Tuesday.

Best time to visit McLeodganj and Triund

McLeodganj is open all year. The Triund trek is open all year too, except on days when winter weather orders close it.

- **October and November (best):** dry, clear days and the sharpest views of the Dhauladhar. Nights at Triund fall to about 4 °C in October and just below freezing in November.
- **December to February (snow):** McLeodganj is cold but often sunny, and Triund is usually under snow from late December, with nights at −5 to −7 °C. The Kangra administration can close the trail on bad-weather days, and everything above 3,000 m is closed under its winter orders.
- **March and April (spring):** rhododendrons flower along the trail. Early March can still bring snow at Triund.
- **May and June (summer):** McLeodganj is a cool escape from the plains, at 26 to 27 °C by day, and weekends are busy. Batches from April to June cost ₹1,000 more.
- **July to mid-September (monsoon):** Dharamshala is one of the wettest places in Himachal. It rains on most days, the trail is slippery and clouds hide the peaks.

Month	McLeodganj day / night	Triund day / night	Snow at Triund
January	9 °C / 1 °C	3 °C / −7 °C	Most snow of the year
February	13 °C / 4 °C	6 °C / −5 °C	Snow likely
March	17 °C / 8 °C	9 °C / 0 °C	Some snow, mostly early in the month
April	23 °C / 12 °C	14 °C / 3 °C	Rare
May	26 °C / 15 °C	17 °C / 7 °C	None
June	27 °C / 18 °C	19 °C / 10 °C	None; monsoon arrives late in the month
July	25 °C / 19 °C	19 °C / 13 °C	None; monsoon
August	25 °C / 19 °C	19 °C / 13 °C	None; monsoon

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Month	McLeodganj day / night	Triund day / night	Snow at Triund
September	24 °C / 17 °C	18 °C / 11 °C	None; rain eases late in the month
October	22 °C / 12 °C	14 °C / 4 °C	None; dry and clear
November	16 °C / 7 °C	10 °C / −1 °C	Occasional light first snow
December	12 °C / 3 °C	6 °C / −5 °C	First proper snow, usually late in the month

Average daytime highs and night-time lows from ERA5 climate data, 2016–2025, adjusted to McLeodganj (1,750 m) and Triund (2,850 m).

How to reach McLeodganj and Triund

- **With us:** our AC Tempo Traveller leaves Akshardham Metro Station, Delhi, at 9:00 PM every Friday and covers all transport from Delhi and back.
- **By bus:** McLeodganj is about 500 km from Delhi. Overnight HRTC and private Volvo buses leave in the evening from Kashmere Gate ISBT and Majnu Ka Tilla and take 10 to 12 hours.
- **By air:** Kangra (Gaggal) airport has flights from Delhi and is about 17 km, or 45 minutes by taxi, from McLeodganj. From Mumbai, Pune or Bengaluru, fly to Delhi and join our Friday departure, or connect to Kangra.
- **By train:** the nearest broad-gauge station is Pathankot Cantt (Chakki Bank), about 90 km and 2.5 to 3 hours by road from McLeodganj. Kangra Mandir, on the narrow-gauge Kangra Valley line, is about 20 km away.
- **From Chandigarh:** about 240 km by road, around 6 hours
- **Locally:** McLeodganj is about 5 km by road above the Dharamshala bus stand. Galu Devi temple, where the trek starts, is 6 km by road (about 20 minutes by taxi) or about 3.5 km on foot from McLeodganj via Dharamkot.

Nearby places to visit (not in the itinerary)

- **St John in the Wilderness:** a neo-Gothic stone church from 1852, about 1 km below McLeodganj near Forsyth Ganj, with a memorial to the British Viceroy Lord Elgin

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- **Dal Lake and Naddi:** Dal Lake is a small lake about 3 km from McLeodganj, with an old temple and an annual fair. The Naddi viewpoint, just above it and about 4 km away, is known for sunrise and sunset views of the Dhauladhar.
- **Snowline Café and Laka Got:** Snowline Café is about 2 km and 300 m above Triund, and Laka Got, a grazing ground below a snowfield, is just beyond it. Both are above 3,000 m, where trekking is banned under Kangra's winter orders.
- **Lahesh Cave and Indrahar Pass:** further up the same trail, at about 3,500 m and 4,342 m. Indrahar is a multi-day trek over the Dhauladhar into Chamba.
- **Kareri Lake:** a glacial lake at 2,934 m. The trek starts from Kareri village, about 29 km by road from McLeodganj, and is about 13 km each way. See our Kareri Lake trek.
- **Palampur:** a tea town about 41 km from McLeodganj, around 1.5 hours by road
- **Bir Billing:** about 70 km from McLeodganj, 2 to 2.5 hours by road. It's known for paragliding and its Tibetan settlement with monasteries. See our Bir Billing paragliding trip.

Highlights of the Triund trek

- Sunset over the Kangra Valley and sunrise on the Dhauladhar, both from your tent
- A short trek: about 5.5 km each way, so it suits first-time trekkers
- Oak, deodar and rhododendron forest, with tea stalls and Himalayan birds along the way
- The 22 curves, a steep last kilometre that earns you the view
- Moon Peak (4,650 m) and Indrahar Pass (4,342 m) right behind the ridge

Reviews