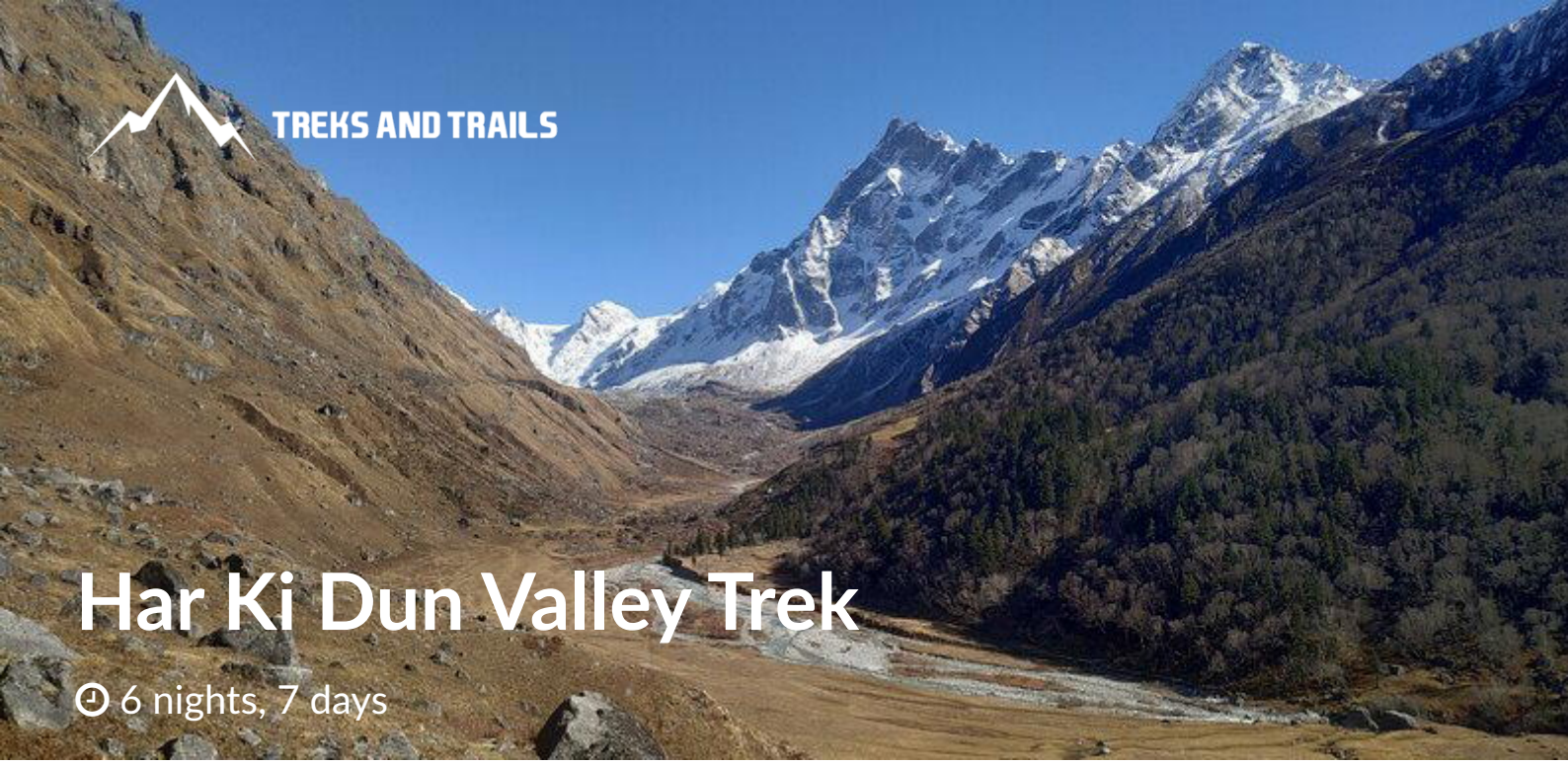


Har Ki Dun Valley Trek

6 nights, 7 days

Overview

Har Ki Dun Trek (Garhwal Himalayas)

The name "Har Ki Dun" itself is interpreted in two different ways. First is the literal translation, i.e. Valley of Gods - Har is the name for Shiva, one of the trinity gods as per Hinduism. Dun means a valley. The other name has more resemblance with the local culture and traditions. The second translation is "The sound of Shiva or the Sound of God". Every year to welcome Lord Someshwara (a form of Shiva) a festival is held in the valley, where a Dhaki (drummer) plays the drum. It is said that ages ago a Dhaki had disappeared in the Valley above and every year during the festival month one can still occasionally hear the Dhaki playing drums far up in the valley in the early hours of the day. Many village elders mention of several accounts throughout their lives about hearing these drums.

Trekking to the Har Ki Dun Valley

- The Har Ki Dun trek starts with a drive from Sankri to Taluka, from where we trek to the Har Ki Dun valley. It is situated approximately **25 KM further ahead of Taluka.** The **entire trek is 50 km and additional 2.5 km to the Marinda Lake.**
- The path winds up alongside the Supin river from Netwar village. The trek is along the Supin river through the scenic Garhwali villages of Taluka, Gangad and Osla. Har

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Ki Dun has numerous camping places, one Forest Guest House & one Garhwal Mandal guest house (GMVN). Camping in the valley is prohibited since a few years.

- **From Har ki Dun one can see the entire North Face of Swargarohini I (6,252 m) peak.** This face drops to about 2,000 m in less than 2 km distance and is yet to be climbed. The legends associated with it say that Swargarohini is the path to heaven that was followed by Pandavas of the epic Mahabharata. Though, the same story is also associated with the Swargarohini steps seen from Satopanth Lake, which lies ahead of Badrinath.
- The **beautiful Marinda Tal formed by a huge boulder obstructing the river, can be trekked in an hour from Har Ki Dun. We can explore the Hata Valley to the north of Har ki Dun.** The hike to Jaundhar Glacier view point that takes us to the Swargarohini Base is also feasible.
- There are many passes in this region and a few of them cross over into Kinnaur, Himachal, such as **Rupin Pass & Borasu Pass. Those towards Yamunotri & Gangotri, such as Bali Pass, Fachu Kandi & Dhumdhar Kandi,** which goes to Gangotri valley.

Har Ki Dun Height & Other Details:

- Location: Garhwal Himalayas, Uttarakhand.
- Duration: 7 days / 6 nights
- Maximum altitude: Jaundhar Glacier (4300m / 14107 ft.)
- Grade: Easy to Moderate
- Cost: **Rs. 9,999/- (Dehradun to Dehradun)**

How to reach Har Ki Dun Trekking Valley:

By Air

Dehradun brings the closest to our base location with the airport Jolly Grant. It is well connected to all the states and city with a daily flight from Delhi.

By Train

From Delhi - DDN NZM AC EXPRESS (2205)

From Kolkata - Doon Express (13009)

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From Mumbai - Dehradun Express (19019)

From Chennai - Dehradun express (12687)

By Road

Dehradun is well connected by roads across the country with NH 72 connecting regions like Panchkula, Chandigarh, and Shimla. There are ample local and private buses to Dehradun.

Har Ki Dun Trekking Itinerary

Day 1: Dehradun to Sankri – Gateway to the Himalayas

Altitude: 1,950 m (6,400 ft)
Drive Distance: 220 km | Duration: 10 hours

Your adventure begins with a scenic 10-hour drive from Dehradun to Sankri. Trekkers should arrive at Prince Chowk, Dehradun, by 6:00 AM. To ensure timely arrival, consider an overnight bus or train from Delhi to Dehradun ISBT.

The journey takes you through the charming hill station of Mussoorie, passing the picturesque Kempty Falls. As you enter Uttarkashi district, you'll pass through scenic villages such as Naugaon, Purola, Mori, and Netwar before reaching Sankri, a serene Himalayan settlement and the base for the trek.

Day 2: Sankri to Pauni Garaat via Taluka – Into the Wilderness

Altitude: Taluka - 2,200 m / 7,200 ft | Pauni Garaat - 2,500 m / 8,200 ft
Distance: 12 km drive (1 hour) | 10 km trek (6 hours)
Highlights: Scenic water springs, riverside camping, and breathtaking Himalayan landscapes

Start the day early with a drive to Taluka, a quaint Himalayan village. From here, the trek begins with a descent to the pristine Tons River, crossing charming wooden bridges and meandering through conifer forests. The trail is adorned with vibrant wildflowers and offers stunning photo opportunities.

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Stop for lunch near the Supin tributary and enjoy refreshments from a small mountain shack. Continue trekking through lush terraced fields, eventually reaching Pauni Garaat, a peaceful riverside campsite within Govind National Park. Spend the evening soaking in the tranquility of nature.

Day 3: Pauni Garaat to Kalkattiyadhar – Through Heritage and Beauty

Altitude: 3,000 m / 9,850 ft
Distance: 8 km trek (5-6 hours)
Highlights: Historical village visit, scenic landscapes, and panoramic mountain views

Begin your trek through towering conifer forests towards Seema village, where you can see the famous hanging bridge over the Supin River. Along the way, you'll pass traditional hydropower mills and slant-roofed huts, giving insight into the local way of life.

A detour to Osla village offers a cultural experience with its unique 300-year-old Duryodhan temple and beautifully carved Someshwar Temple. The steep ascent from here provides breathtaking views of Mt. Bandarpoonch, Swargarohini peaks, and distant trails leading to Borasu Pass. By late afternoon, arrive at Kalkattiyadhar, a stunning alpine meadow offering mesmerizing views of Black Peak, Kedarkantha, and the Ruinsara Range.

Day 4: Kalkattiyadhar to Har Ki Doon and Back – The Summit Adventure

Altitude: Har Ki Doon - 3,600 m / 11,800 ft
Distance: 10 km trek (8-9 hours)
Highlights: Alpine meadows, glacier views, and snow-capped peaks

Start early for the longest and most rewarding trek of the journey. The trail winds through dense pine forests and glacier basins, revealing panoramic views at every turn. The ascent offers glimpses of snow patches and frozen waterfalls, making for a breathtaking experience.

Upon reaching Har Ki Doon Valley, marvel at the grandeur of Swargarohini, Hata Peak, and Black Peak. The landscape, featuring lush meadows, frozen streams, and towering pine trees, is truly magical. After spending time soaking in the majestic scenery, retrace your steps back to Kalkattiyadhar for a restful night under the stars.

Day 5: Kalkattiyadhar to Pauni Garaat via Osla – Retracing Himalayan Charm

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Altitude: 3,000 m / 9,850 ft to 2,500 m / 8,200 ft
Distance: 8 km trek (5 hours)
Highlights: Cultural immersion, riverside camping, and serene landscapes

Wake up to a golden sunrise at Kalkattiyadhar before descending back towards Pauni Garaat. Stop at Osla village once more to bid farewell to the warm-hearted locals and explore the ancient Someshwar Temple.

The descent is gentle and picturesque, with forested trails and open fields leading back to the riverside campsite in Pauni Garaat. Spend your evening reminiscing about the trek, enjoying a peaceful night under the starlit sky.

Day 6: Pauni Garaat to Sankri via Taluka – The Final Descent

Altitude: 2,500 m / 8,200 ft to 1,950 m / 6,400 ft
Distance: 10 km trek (5 hours) | 12 km drive (1 hour)
Highlights: Scenic descent, conifer forests, and a comfortable guesthouse stay

Enjoy breakfast by the riverside before embarking on the final trek back to Taluka. The familiar trail through coniferous forests and along the Supin River allows you to soak in the beauty of the Himalayas one last time.

At Taluka, a vehicle awaits to drive you back to Sankri, where you can relax at a guesthouse, enjoying the comforts of civilization after days in the wilderness.

Day 7: Sankri to Dehradun – Farewell to the Himalayas

Distance: 220 km drive (10 hours)
Meals: Breakfast and lunch at route stops
Drop-off: Dehradun Prince Chowk (arrival by 6:00 PM)

After a final breakfast in Sankri, embark on the 10-hour drive back to Dehradun. Enjoy one last glimpse of the Himalayas as you pass through the scenic landscapes. Arrive in Dehradun by evening, perfectly timed for an overnight journey back to Delhi.

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Dates and Rates

- Sorry no more departures available. You could get in touch with us at highfive@treksandtrails.org if you'd like to make a booking.

Itinerary

The FAQ on Har Ki Doon Valley Trek:

1. **How difficult is the Har ki doon valley trek?**

Har ki doon valley trek in comparison is easy to moderate difficulty with another high altitude trek.

2. **How much distance do we have to trek each day?**

On an average, we cover roughly 4-8kms between our camping stations.

3. **What will happen if a trek is extended?**

Beyond our controllable reasons when the trek is extended, then additional charges tend to be applied.

4. **Who will be our lead guide person?**

Lead guide person is certified & experienced personnel. These guides are locally sourced and have other team members including local guides, cook, helpers and porters.

5. **Is this trek safe for girls?**

Our treks are planned with a male: female ratio. As an organizer, we make sure that their tents are shared only with other female trekkers.

6. **Many people in a tent?**

Our tents are all three person tents.

7. **What is the level of fitness expected from the trekkers?**

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Good physical and mental fitness is expected to complete the Trek. Har ki doon valley trek is ideal for beginners to familiarize themselves with similar high altitude treks.

8. Typical Food menu during a trek?

We make sure that wholesome and nutritious breakfast, lunch and evening snacks are served. We believe and serve only vegetarian food as it is easy to digest and preferable in high altitudes.

9. What if we encounter a medical emergency?

We are trained to manage emergencies in high altitudes. Our lead guide is professional and experienced. Our team do carry emergency first aid kits and oxygen cylinder.

Inclusions

- Transportation
- Accommodation (Hotel/Camp)
- All meals during trek (breakfast, lunch, dinner, tea-snacks)
- Trekking permits and forest camping charges
- Camping equipment
- Experienced staff (Trek leaders, guides, cooks, etc.)
- Safety equipment (first aid, oxygen cylinder, medical kit)

Exclusions

- Anything not mentioned in inclusions.
- Personal Insurance
- Backpack offloading charges.
- Meals during transportaion
- Rainting gears charges
- Transport to and from the base camp

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Highlights

- 1 Pair of Thermal
- 3 Pair of Socks + 1 Pair of woolen socks
- 2 Pair of Hand Gloves (Water Proof & Fleece material)
- Sun Cap
- Woolen Cap
- Neck Warmer (Scarf/Buff)
- 2 Quick Dry Full Sleeves (T-Shirt)
- 1 Full sleeves Fleece
- 1 Wind Proof Jacket (windcheater/Heavy Jacket)
- 2 Track Pants (No Cotton or Jeans)
- UV sunglasses
- Sun scream, Lip balm, Moisturizer
- Torch
- Trek Pole
- Trekking Shoes (No Sports shoes or Woodland shoes)
- Poncho (The Gear used to protect from Rain)
- Day pack (Small one)
- Back Pack 60 liter (+ Rain cover)
- 2 Water Bottles
- Toilet Paper & Wet Wipes
- Hand Sanitizer
- Antibacterial Powder
- Tooth Brush
- Quick Dry Towel

Medical Disclosures

- Crocin (1Strip)
- Disprine (1 Strip)
- Lomotive (1 Strip)
- Digene (1Strip)
- Guaze

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- Dettol
- Band Aid - Qty 5
- Neusphorine Powder
- Betadine Tube
- Vomistop/Avomine (Motion Sickness Tablet)

Pickup point

View on Google Maps →

Activity	Trekking, North India Treks
Destination	Uttarakhand
Duration	5 to 7 Days

Reviews