

Jag Joyu Travel Solutions

Har ki Doon- 7 Days Trek



Trek Info:

Region	Uttarakhand
Duration	6 Nights/7 Days
Start Point	Dehradun
End Point	Dehradun
Highest Altitude	12000 ft
Approx Trekking km	50 km
Grade	Moderate

Har ki Doon / Valley of God is a cradle-shaped valley in the Garhwal region of the Himalaya. The valley is with snow from October to March and one would hardly find anything other than alpine vegetation growing in this region. Harkidun trek Walking through beautiful alpine meadows, ridges, glacier basins and dense coniferous forests, we enter high altitude villages called Osla where you can seize an opportunity to experience a traditional lifestyle of villager and valley has a very interesting culture, very different from any other region around in India 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 Hata Valley (3850m). This will add a contrasting element of high altitude scenery to the trek. For people who love to see flowers there is a small stage possible on the day we explore Hata Valley. The meadows here are almost fully carpeted with alpine flowers and make a very pleasing sight. Contrary to the popular belief Har Ki Dun trek is not a very easy trek and has long walks on almost all days and is suitable for seasoned trekkers as well as fit beginners.

Har ki Doon Weather



If you want to trek in the season of spring and be able to experience the rhododendrons and other flowers of the region and you can opt for the months of October and November. If you are looking for a snow trek, which will be a bigger challenge worth taking if you want a more adventurous and thrilling journey to Har Ki Dun to choose to trek this between March to April. Har Ki Dun temperature goes from about 15 degrees Celsius in the morning to 2 degrees Celsius at night. In winters, The temperatures in Har Ki Dun Trek range from 2-degree celsius to -2 degree celsius in the months of December and mid-January, and -5 degree Celsius to -10 degrees Celsius in February. In summer between the months of May and June, the day temperature is 25 to 30 degree celsius and at night the temperature is 10 to 5 degree celsius.

Fitness Required for Har Ki Doon Trek

It is easy to moderate; therefore, you can think of doing this even if you are a beginner. But if you choose this to be your first trek, then there might be some problems for you on the trek, so you need to be mentally and physically prepared for it. You can start a regular fitness routine 3 to 5 months prior to your trek and start preparing your body for the trek. This is a widely traversed trek and with a little hard work and dedication, you will be able to complete this trek.

Trekking Experience: Ideal trek for a beginner.



Best time to visit Har ki doon

The Best time to do Har Ki Dun Trek is from March to May. It is widely toured in summer as well as winter. It is toured around the year leaving the monsoon season when this trek is not accessible. You can try alternate treks for monsoon season. If you are looking for trekking in the snow then the months of March to April are ideal. During summers this area is prone to light showers; therefore it is advisable to carry rain protection gear like a poncho, raincoat, rain cover for the bag, etc.

Itinerary

Day 1: Dehradun – Sankri (180 Kms Drive Time approx 5hrs)

We meet up with fellow Wanderers at a central place in Dehradun, we then proceed to have an early lunch (at your own expense).himalayas griffon then drive to Sankri via Mussoorie, Kempty Fall, Yamuna Valley, Tons Valley across the Yamuna bridge, Nainbagh, Nowgaon, Purola & Jarmola. For the night we will stay in a hotels / GMVN.



Day 2: Trek from Sankri to Osla

Sankri – Osla via taluka After Breakfast, we check out and proceed to the last village connected to the motor road. This picturesque village is about 13 Kms inside the Govind Wild Life Sanctuary (Sankri is the place where the check post is located). Sankri is the gateway to the almost untouched Har-ki- dun (3566m) with the Swargarohini Peak (6096m) towering above it in the backdrop. Sankari to Taluka by jeep if road is open. Our Trek starts from Taluka, we start walking along the glacial Supin river for the first part of the trek.

Taluka, a small hamlet nestled in the lap of nature, is also known for its beautiful “Pahari cottages” made out of an intricate wood , stone and mud ensemble – a must see, as it is considered earthquake proof, and contains the animal sheds on the ground floor, utilizing their body heat to warm the living area located directly above ! The village is located at an altitude of 1900 Mts, and has guest houses and a few shack shops providing daily provisions to the local inhabitants. Taluka, a small hamlet nestled in the lap of nature, is also known for it.



Day 3: Osla /Seema to Waterfall campside (2560 m / 8400 ft) (13 Kms/6-7 hrs)

The trail from Osla village initially descends and then continues gradually on the true left of the valley adjoining the river Supin. Later the trail winds upwards through beautiful forest full of Chestnut, Walnut and Willow trees, and continues to the village. Osla village at a distance on the true right of the valley. From this point, one continues to trek to Seema. The campsite is located opposite to the village of Osla and separated by a swift river. Overnight in tents. Meals: Breakfast, Lunch & Dinner.

Day 4: WaterFall To Har – Ki Dun (3566 m / 11700 ft)

The trail from Waterfall camp side initially continues on the true left of the valley goes past fields followed by crossing a hanging bridge over river Supin, to the right hand side of the valley. The trail now ascends, going past fields and pastures with local huts. The coniferous flora on the opposite side of the valley is awesome and is a photographer's delight. The gradual ascent to Har ki dun offers excellent views of the snow covered mountains and lush green terraced mountain fields. The last steep climb of 200 m gets one to the famed meadows of Har ki Dun with the west face of Swargrohini overlooking the valley. The campsite is located by a small stream, with peaks of Har Ki Dun and Swargarohini towering above.

Same Day descent down to Waterfall campside (12 Kms/6-7 hrs).



Day 5: Trek from Waterfall To Osla village / Seema

One can see Kala nag, Bandar poonch, Ruinsara peaks and the majestic Swargarohini even before one reaches Har Ki Dun. A truly heavenly and peaceful place, for those wanting to spend some time by themselves feeling one with the vast expanse! You will want to go right towards Swargarohini and Jumnar glacier or left towards Borasu pass (Taking one to Chitkul in Himachal). The huge and picturesque valley is flanked by massive mountains on three sides, and the valley floor is covered in soft grassy patches. Overnight in tents. Meals: Breakfast, Lunch & Dinner

Day 6: Trek from Osla /Seema to sankri (5/6 hrs)

The trek back to the sankri vai to taluka of is an easy walk which gives a lot of opportunity to admire and photograph the beauty of the valley and the villages.

Day 7: Trek from Sankri – Dehradun (215 Kms, 7-8 hrs)

After an early breakfast we drive to Mori. Weather permitting we will do white water rafting. We then drive from Mori to Dehradun to board our train/ flight. Meals: Breakfast & Lunch.

Inclusions:

- Food as per menu on the trek ,
- Accommodation. (Guest house, Home stay, Camping)
- Forest Camping charges
- Safety Equipment ,Trek equipments : Sleeping bag, mattress, tent (twin sharing), kitchen & dinning tent, toilet tent, utensils and crampon (if required) All necessary permits and entry fees
- Trek guide, cook, helpers, and mules for carrying common luggage
- Transportation if Specified in Itinerary,
- Mountaineering qualified & professional trek Leader, guide, cook and Support staff

OTHER OPTIONAL CHARGES:

- Charges for a porter / mule to carry personal bag throughout the trek (not more than 10 kgs) per person for the complete trek. If you want us to arrange for portage of your personal luggage you can book the same by selecting the option of Personal Luggage Charges.
- Personal trekking gear
- You can save on buying expensive trekking equipment for the trek by hiring the same from gear store. High quality equipment is provided at reasonable rental/sale and you are assured of clean equipment that has been checked for its efficacy.

EXCLUSION:

- Meals during road Journeys
- Any kind of Insurance
- Any expense of personal Nature
- Any expense not specified in the inclusion list
- Carriage of personal luggage during the trek
- Any private individual Transfer Cost
- Any kind of personal expenses or optional tours, extra meals and beverages ordered
- Insurance, laundry and phone calls, medical expenses
- Bottled water, soft drinks and alcoholic beverages
- Anything that is not included in the Inclusions list (see above)
- Any expenses caused by reasons beyond our control such as road blocks, accidents & any medical evacuations. Weather conditions. Any train delays, or re-scheduling etc.

BASIC ESSENTIALS:

- Back Pack & Rain Cover (50-60 liter)
- Day Pack & Rain Cover (20-30 liter, If you hire mule or porter) Couple of water bottles (Avoid Bisleri Bottles)
- Hiking Shoes (Should be water proof and ankle support) Torch (With extra batteries)
- Glucose, Chocolates, biscuits and nuts
- Personal Medical kit (If you required)
- Original ID

CLOTHING ESSENTIALS:

- Trek Pants – 2 Nos. (Avoid Jeans, Shorts, Capri, Fitting Denims)
- T-shirts – 3 Nos. (2 Full Sleeves, 2 Half Sleeves)
- Sweater – 2 Nos. (1 Fleece, 1 Woolen)
- Jacket – 2 Nos. (1 Fleece, 1 down feather)
- Thermal Wear – 1 Nos.
- Gloves – 2 Nos. (1 Woolen, 1 Waterproof)
- Socks – 5 Nos. (3 Cotton, 2 Woolen)
- Warm Inner wears
- Rain Coat / Poncho – 1 Nos.
- Handkerchief/towels – 1 Nos.
- Slippers – 1 Nos.
- PROTECT YOUR HEAD
- UV sunglasses – 1 Nos.
- Caps – 2 Nos. (1 Sun Cap, 1 Woolen Cap)
- Balaclava – 1 Nos

For assistance, Contact us at:

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