

KEDARKANTHA TREK



Conquer the Peaks: Embrace the
Winter Wonderland of
Kedarkantha



Live In Himalayas



Starting Point

Dehradun

Trek Grade

Easy to moderate

Highest Altitude

12500 ft

Base Camp

Sankri, Uttarkashi

Best time to visit

October to April

Trek Distance

22 km



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Kedarkantha Trek Overview



Get ready to trek the adventurous **Kedarkantha Trek** in Uttarkashi, Uttarakhand, India. Fringed with pine trees and snow, it's considered one of the best snow-trekking destinations. At **12,500 ft** above sea level, this trek provides diverse challenges. Ideal for experiencing nature at its best, it offers mesmerizing views, rich forests, and snow trails. Located in Govind Wildlife National Park, it is encircled by scenic river valleys and remote villages from the Mahabharat Period.

The best time for this trek is November to April, when the campsites are covered in snow. Every trek in the Himalayas offers unique beauty, and Kedarkantha is perfect for stretching your physical and psychological limits. The journey starts from Sankri base camp and features snow-capped mountains, green pastures, frozen lakes, and a divine summit. The drive from Dehradun to Sankri is stunning, offering mesmerizing glimpses of Himalayan Peaks, peaceful streams, and tranquil lakes.

Kedarkantha is ideal for beginners, offering an achievable altitude of **12,500 ft**. The trek features a rich history, stunning views, and the kindness of local people, making it a must-experience for nature lovers and trekking enthusiasts.

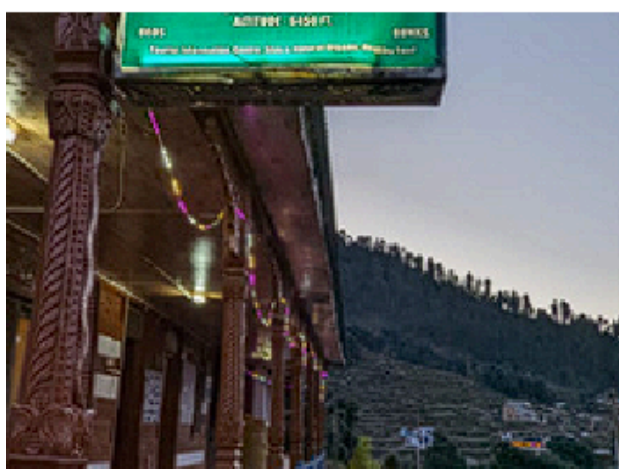
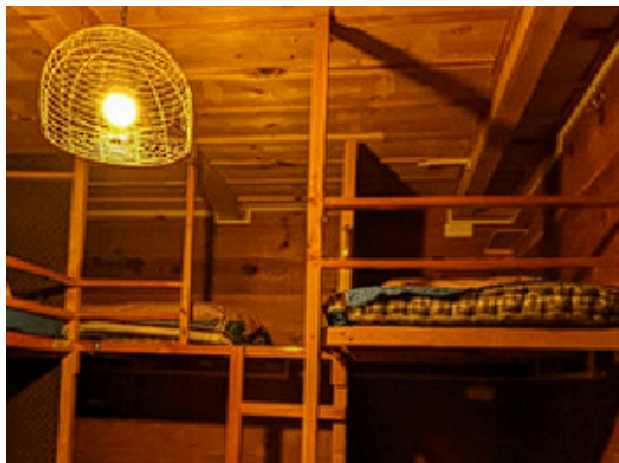
Day wise Itinerary



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|--------------|---|
| <i>Day 1</i> | <i>Dehradun to Sankri</i> |
| <i>Day 2</i> | <i>Sankri to Juda ka Talab</i> |
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| <i>Day 4</i> | <i>Kedarkantha Base to Kedarkantha Peak
and descent to Hargaon</i> |
| <i>Day 5</i> | <i>Trek Hargaon to Sankri</i> |
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Day 1

Dehradun to Sankri



Day 1 of the Kedarkantha Trek starts early in the morning at **Dehradun Railway Station**, where all trekkers gather for the exciting journey ahead. The pickup is usually scheduled between **5:30 to 7:00 AM** in vehicles like Bolero, Innova, Tempo Travelers, or a bus, depending on the group size. The scenic drive covers about **187 km** and takes approximately **7-8 hours**, offering beautiful views of the Garhwal Himalayan region.

As you leave Dehradun, the drive takes you through the picturesque town of **Mussoorie**, often called the "Queen of Hills." You will pass by charming villages, pine forests, and the flowing **Tons River**. The route also includes the serene towns of **Purola** and **Mori**, providing glimpses of local life and the untouched beauty of the region.

Upon reaching **Sankri** by late afternoon or early evening, you will check into a cozy guesthouse or a homestay. Sankri is a quaint village located at an altitude of **1,920 meters (6,400 feet)** and serves as the base camp for the Kedarkantha Trek. The village is surrounded by dense forests of pine and oak and offers stunning views of the Swargarohini peaks. After settling in, you can explore the village, interact with fellow trekkers, and enjoy the serene ambiance. The evening is typically spent preparing for the trek, checking your gear, and receiving a briefing from your trek leader about the upcoming adventure. A hot, nutritious dinner will be served, giving you a taste of the local cuisine.

Day 2

Sankri to Juda ka Talab



Day 2 of the Kedarkantha Trek begins with an early morning wake-up call at **Sankri**. After a hearty breakfast, you'll start your trek to **Juda Ka Talab**, located at an altitude of **9,100 feet**. The trek covers approximately **5 km** and takes around **5 hours**, but this can vary depending on the trekker's pace.

The trail starts with a gentle ascent through dense pine and maple forests, offering a refreshing and scenic environment. As you walk, you will pass through small clearings and meadows, where you might spot shepherd huts. The path is well-marked and gradually becomes steeper as you gain altitude.

Along the way, you'll experience the diverse flora and fauna of the region. The guides will assist you with any challenges, such as navigating icy patches or slushy trails. The forest opens up to reveal stunning views of snow-capped peaks and the beautiful landscape.

Upon reaching **Juda Ka Talab**, you'll be greeted by a serene, frozen lake surrounded by dense pine and oak forests. This picturesque campsite is perfect for acclimatizing and soaking in the natural beauty. The lake, partially frozen in winter, adds to the enchanting ambiance of the place.

After setting up camp, you'll have time to explore the area, take photographs, and relax. The evening is spent around a warm campfire, sharing stories and enjoying the camaraderie of fellow trekkers. A hot, nutritious dinner will be served, providing the energy needed for the next day's trek.

As night falls, the clear skies reveal a breathtaking view of the stars, creating a magical atmosphere. You'll retire to your tents, sharing with another trekker, and drift off to sleep, surrounded by the tranquility of the forest.

Day 3

Juda ka Talab to Kedarkantha Base (Lohasu)



Day 3 of the Kedarkantha Trek is an exciting day as you push towards the Kedarkantha Summit Base Camp. The day starts early with a warm breakfast at **Juda Ka Talab**. After packing your gear, you begin the trek towards the base camp, located at an altitude of **11,250 feet**. The distance covered is approximately **4 km**, taking around **2.5 to 3 hours**, depending on your pace.

The trail begins with a steep ascent through dense pine and oak forests. As you climb higher, the forest opens up, offering stunning views of the surrounding snow-covered peaks. The path is well-trodden and marked, but it gets steeper as you move closer to the base camp. You'll pass through picturesque clearings and meadows where shepherd huts can be seen, adding to the charm of the trek. As you approach the base camp, the landscape becomes more rugged, and you might encounter patches of snow, especially in winter. The guides will assist you with any difficulties and provide tips for navigating the snowy terrain.

The base camp itself is a beautiful open area with panoramic views of the surrounding mountains, including the Swargarohini, Black Peak, and Bandarpooch ranges. Upon reaching the base camp, you'll set up your tents and have some time to rest and acclimate to the altitude. The afternoon can be spent exploring the area, taking photographs, and preparing for the summit push the next day. The guides will provide valuable insights and briefings about the summit day, including techniques for snow slopes and tips for a successful ascent. The evening at the base camp is a memorable experience, with breathtaking views of the sun setting over the mountains. A hot, nutritious dinner is served in the dining tent, providing warmth and energy for the night ahead. The night sky at the base camp is a sight to behold, with countless stars shining brightly, making for a magical atmosphere. You retire to your twin-sharing tents, feeling a sense of accomplishment and excitement for the upcoming summit day. The sound of the wind and the serene environment create a perfect setting for a restful night's sleep, as you prepare for the final push to the summit.



Day 4

Summit push to Kedarkantha Peak and descent to Hargaon camp



Day 4 of the Kedarkantha Trek is the most anticipated day, as it involves the summit push to the Kedarkantha Peak. The day starts early, around **2-3 AM**, as you embark on the trek to reach the summit in time for sunrise. After a quick, light breakfast, you begin the ascent from the base camp at **11,250 feet** to the summit at **12,500 feet**. The distance is approximately **6 km**, and it takes around **7 hours** to complete.

The early start allows you to trek under the starlit sky, and as you ascend, you witness the first light of dawn breaking over the snow-capped peaks. The trail is steep and challenging, with sections covered in snow, making it an exhilarating experience. Your guides will assist you, providing tips for navigating the snow and ensuring your safety.

As you approach the summit, the views become increasingly breathtaking. Upon reaching the Kedarkantha Peak, you are rewarded with panoramic vistas of the majestic Himalayan ranges, including **Swargarohini, Black Peak, Bandarpoonch, Gangotri, and Yamunotri**. The sight of the sun rising over these peaks is truly awe-inspiring, creating a magical moment that leaves a lasting impression.

At the summit, you'll also find a small temple dedicated to **Lord Shiva and Goddess Parvati**, along with a shrine of **Lord Ganesh**. Spend some time soaking in the views, taking photographs, and celebrating your achievement before beginning the descent. After savoring the summit experience, you descend back to the base camp for a well-deserved rest and lunch. Post-lunch, you continue the descent towards **Hargaon Camp**, located at 8,900 feet. The trail takes you through dense forests and meadows, offering a different perspective of the landscape.

You reach Hargaon Camp by late afternoon, where you'll set up your tents and relax. The campsite is nestled amidst pine forests and provides stunning views of the valleys below. A hot, nutritious dinner is served in the evening, allowing you to recharge after the day's strenuous trek.

As night falls, the clear skies reveal a beautiful canopy of stars, creating a serene atmosphere. You retire to your tents, sharing stories and reflecting on the day's adventure,



Day 5

Trek from Hargaon camp to Sankri



Day 5 of the Kedarkantha Trek marks the descent from **Hargaon Camp** back to **Sankri**. You'll start your day early with a warm breakfast amidst the beautiful pine forests at an altitude of **8,900 feet**. The trek covers a distance of approximately **6 km** and takes around **4 hours** to complete.

The trail descends through dense pine and oak forests, offering a peaceful and scenic journey. As you make your way down, you'll pass through charming clearings and meadows, enjoying the fresh mountain air and the tranquility of the forest. The descent is relatively easy, allowing you to take in the natural beauty at a leisurely pace.

Along the way, you'll have the opportunity to spot various birds and wildlife, adding to the richness of the experience. The well-defined path leads you back to **Sankri**, where you'll arrive by early afternoon. Upon reaching Sankri, you'll check into your guesthouse or homestay and have the rest of the day to relax and reflect on your trek.

In the evening, enjoy a hot, delicious meal and share stories with fellow trekkers, celebrating the completion of the trek. The night is spent in the comfort of your accommodation, providing a well-deserved rest after days of trekking in the majestic Himalayas.

This day offers a perfect blend of relaxation and reflection, as you bid farewell to the breathtaking landscapes and the unforgettable experience of the Kedarkantha Trek.

Day 6

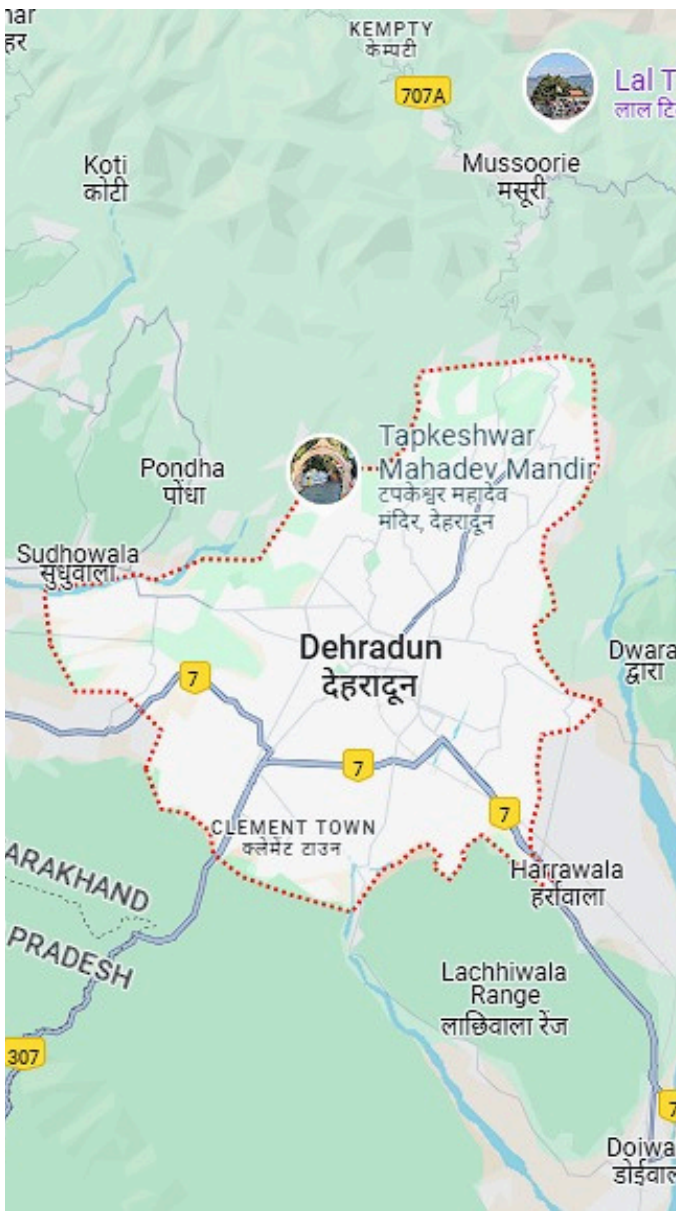
Drive from Sankri to Dehradun



Day 6 of the Kedarkantha Trek marks the journey back to **Dehradun**. You start early from **Sankri**, after breakfast, for the **220 km drive**. The route takes you through the beautiful landscapes of Uttarakhand, offering serene views of the mountains and rivers. The drive typically takes **8 to 10 hours**, depending on road conditions. Enjoy the picturesque scenery as you pass through charming villages and dense forests.

The journey back is a time for reflection on the trek, sharing experiences with fellow trekkers, and capturing final photographs of the stunning vistas. You will reach Dehradun by **evening**, around **7-8 PM**, where the trek officially concludes. You'll be dropped off at the **Dehradun Railway Station**, and it's recommended to plan your onward journey accordingly. This day is a blend of relaxation and travel, allowing you to savor the memories of the beautiful trek and the majestic Himalayan landscapes.

How to reach Dehradun



By Air

- **Flight** There are multiple flights available from Delhi to Dehradun. The journey takes around **1 hour**. Airlines like Air India, IndiGo, and Alliance Air operate on this route.

By Train

- **Train** Trains from Delhi to Dehradun take around **6 hours**. The journey is scenic and comfortable, with several options available throughout the day

By Road

- **Bus** Buses are a popular and economical option, taking around **6-7 hours** to reach Dehradun. Prices vary depending on the bus service.
- **Car/Taxi** If you prefer a more private journey, you can hire a car or taxi. The drive takes approximately **3-4 hours**

Trek Essentials

Backpack and Rain Cover

Backpack and Rain Cover	(50 - 60 ltr) with comfortable shoulder straps
Day pack + rain cover	20 - 30 ltr (If hire a mule or porter)
Walking stick	Advisable (At least one)
Head torch	1 Nos.
Water bottle/Hydration pack	2 bottles of one litre each
	People who use hydration pack
	1 hydration pack and 1 bottle of one liter
	Carry at least one thermos flask
Snacks	Energy bars, dry fruits, electrol/ors
Personal Medical Kit	Consult your doctor

Mind your step

Trekking shoes	1 Pair (Waterproof, high ankle with good grip)
Floaters/flip-flops	1 Pair (Optional)
Cotton socks	5 pairs
Woollen socks	1 Nos.



Be comfy at the Kedar Kantha Trek

T-shirts	2 Full sleeves (Non-cotton)
Fleece T-shirts	1 Nos. (Alternative: a woollen sweater)
Fleece jacket	1 Nos.
Down feather / Hollofil jacket	1 Nos.
Wind & waterproof (jacket & pant)	1 Pair
Thermal inners (upper and lower)	1 Pair
Trek pants	2 Synthetic (avoid shorts, fitting denims, capris)
Poncho	Energy bars, dry fruits, electrol/ors

Think about your head

Sun cap	1 Nos. (One that covers the neck as well)
Woolen cap	1 Nos.
Balaclava	1 Nos.
Neck-gaiters	1 Nos.
Sunglasses	Dark with side cover, it should be U/V protected.
	People who wear spectacles-
	(A)- Use contact lenses. (Not for Chadar trek) (B)- Photo chromatic glasses.

Keep these handy

Waterproof gloves	1 Pair
Fleece/woollen gloves	1 Pair



Packing your backpack

With a backpack, organization and easy access are key. Use these essential packing tips as a guide.

Store essentials such as sunscreen, a compass, maps, and guidebooks in an outer pocket

Waterproof bags should be used to store items that must stay dry, particularly spare clothing and your sleeping bag

Carry your water bottle upright where it's accessible

Lighter items such as sleeping mats and bags should remain at the bottom of the backpack

Pack raingear at the top where you can get it quickly

Keep first aid items accessible

Heaviest items should sit between your shoulder blades and as close to your back as possible

Store fuel bottles upright and outside the pack

Put your tent in a waterproof stuff sack and strap it to the outside of your backpack

Terms and conditions

Price includes:

- Accommodation in homestays or camps during the journey.
- Transport to and from pick up point. Vehicle will depend on the group size.
- Vegetarian and nutritious meals on trek. It would include breakfast, lunch, dinner, tea/coffee, snacks, soup. A group can have 1 meal of choice in the day which needs to be informed 10 days prior of the journey date.
- Trek equipment that includes high quality dome tents (triple/quad sharing), sleeping bags, Sleeping Mattress, Liner, Kitchen tent, Dining tent, utensils, toilet tents, gaiters and campons (if needed).
- Technical equipment for safety, walkie talkies for communication as there would be no network coverage.
- Certified trek leaders and guides that will ensure your safety, well being and make sure that you enjoy your trek.
- First aid medical kits, stretchers, oxygen cylinders, BP machines etc would be available for any mishap.
- All necessary permits and camping fee for the trek site.
- 24 x 7 customer service to help you with any query.

Price does not include

- Any kind of personal expense during the trip.
- Food during the transit (Dehradun to Sankri and return).
- Mules or porter to carry personal luggage. Anything not specifically mentioned under the inclusions.
- Any kind of emergency evacuation charges.
- GST 5%) on the booking amount.

Note

- Transport can be shared depending on group size. Minimum 6 travelers needed if you don't want to share)
- You are expected to carry personal luggage by self. If you wish to offload, mules can be hired on extra charge with prior information.

Charges for offloading personal luggage

- INR 1200/- if you confirm 10 days prior to journey start date.
- INR 2000/- if you inform after reaching Sankri. The backpack should not weigh more than 11 kgs. It should have a waterproof cover as Live In Himalayas will not be responsible for any damage during the transit.
- Suitcases/trolley bags will not be allowed.



Contact us for booking



Dehradun, Uttarakhand, India
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