

# KEDARTAL TREK – TREK IN UTTARAKHAND

## KEDARTAL TREK

### OVERVIEW

#### WELCOME TO KEDARTAL

This is one of our few treks where you quite often locate the blue Sheep or bharals. The assortment on the trek, fabulous perspectives time at a gripping cost of Rs.12499/- PP for

and staggering mountain settings make this one of the immense treks 7 days and 6 nights. in India.

#### TREKKING ADVENTUROUS ACTIVITIES MEALS

During this trek, you will be climbing Camping Provide you all out of Gangotri through superb pine Trekking

Meals from Day 1

timberlands, the trail enters high Sightseeing

elevation pastures. Campfire & Much More Till the Summit Day

### HIGHLIGHTS

Highlights: Natural View, Trekking, Thrilling walk over the ridge and much more.

Adventurous Activities: Camping, Trekking and Much More.

Duration: 7 days

Destination: Kedartal

Trip Cost: INR 12499- Per Person (Excluding 5% GST)

Trip Inclusions: Sightseeing, Accommodation (Camps), Equipment, Adventurous Activities and Meals.

### MEALS AT KEDARTAL

#### BEST MEALS PROVIDED DURING THIS TREK

Eating proper meals on treks is a challenge to many. Your body works out so much that you are tempted to gorge on all food available. Yet, over-eating could work against you while trekking. So, our trek leaders and cooks plan best for you when it comes to a hygienic diet.

### ITINERARY FOR KEDARTAL PACKAGE :

#### 1 DAY 1 DEHRADUN TO GANGOTRI

You will head to Gangotri from Dehradun. Gangotri is the origin of the river Ganga and the seat of god-

dess Ganga is one of the four sites in the chota char dham pilgrimage circuit. You will stay night in Gan-

gotri. You can see temples,ascetics caves, local market,Pine forest and evening aarti of the River.

## 2 DAY 2 GANGOTRI TO BHOJ KHARAK

You left gangotri in the morning which is the starting point to kedartal trek. You crossed the bridge

over the bhagirathi river. You will also passed the ashrams of a few sages. Initially you started your trek through the majestic deodar forests. After an hour of continuous climbing you passed through the fir and bhoj (birch) trees. Most of our ancient indian text were written on these fir and bhoj due to its durability and texture. The trek to bhoj kharak is challenging. To keep you hydrated and fit

you should take a small sip of water at equal amount of time. The trail crosses three water points from where you can refill your water bottle.

After four hour of trekking you came across a narrow spaced stone wall covered with snow which is popularly known as Spider wall. Keep one thing in mind never look down just focus on the next

step you will crossed path comfortably . When you reach at Bhojkharak you will have to find out a flat stretches to pitch your tents.

## ITINERARY FOR KEDARTAL PACKAGE :

### 3 DAY 3 BHOJ KHARAK TO KEDAR KHARAK TREKKING

You will head to Gangotri from Dehradun. Gangotri is the origin of the river Ganga and the seat of god-

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gotri. You can see temples, ascetics caves, local market, Pine forest and evening aarti of the River.

### 4 DAY 4 KEDAR KHARAK TO KEDARTAL

At the height of the 15,748 feet the trail is 5 km long from kedar kharak through rocky mountain and there is no greenery around. On this day excitement level of the trekker is extremely on peak.

Take

sufficient bottles of water in the bag to ward off the dehydration. A lot of loose rocks on the way make

sure that you watch your step. After a 5-6 hours of ascending you can see the Thalaysagar peak across a

rocky bridge. In Thalaysagar you could also feel the effect of high altitude over your body . Once you

crossed the bridge the descent to the lake begins it was mostly frozen.

## ITINERARY FOR KEDARTAL PACKAGE :

### 5 DAY 5 KEDARTAL TO KEDAR KHARAK

Make sure you wake up early in the morning to watch the first ray of the sun to catch the surrounding

mountain. Then start the descent to kedarkharak after the breakfast. It was comparatively easy as it was a descending journey and be careful of a loose rocks.

### 6 DAY 6 KEDAR KHARAK TO GANGOTRI

Start the descent to Gangotri after the breakfast. The trail back to the Gangotri is all together downhill

critical step is finished. This also enables you to cherish last time surrounding.

#### 7 DAY 7 GANGOTRI UTTARKASHI DEHRADUN

After breakfast, You head back to Dehradun from Gangotri by vehicle.

#### INCLUDED AND EXCLUDED

##### INCLUDED IN THE PACKAGE: EXCLUDED FROM THE PACKAGE:

First night dinner and accommodation Transportation cost (to reach base camp or in guest house. ride in between trekking).

After summit breakfast before All meals & additional cost during transportation. transportation.

All time meals and snacks during trek. Trekking stick, warm clothes, trekking shoes.

Experienced trek leader and guides. Trekkers have to carry their bags during

First aid kit. trek.

For accommodation comfortable tents If you wish to offload your backpack, there during trek. will be an additional charge of Rs. 1650 +

5% GST. The backpack cannot weigh more

Equipment's and Gears for trekking.

than 9 kgs. Suitcases/strollers/duffel bags

Daily Medical Checkup. will not be allowed. Please note that charges

Certified Porters and Cook. will vary for last minute offloading in case you decide to offload your bag after reach-

Mules for offloading (Chargeable).

ing the basecamp (Rs.400 per day inclusive

of tax). Online offloading in advance is pos-

sible up to two days prior to the trek start

date.

Everything which is not mentioned in

#### IMPORTANT THINGS TO CARRY FOR THIS TREK:

##### GEAR: CLOTHING:

1 backpack (50-60 liters) with rain 2 pairs of pants cover

3-4 T-shirt with long sleeves

1 rain cover for you

2 Shirts with long sleeves

1 pair Floaters or slippers

1 Jacket

1 water bottles

1 waterproof, wind-proof jacket (Please

1 Lunch Box make sure this is a warm jacket and not just

a windcheater.)

A pair of trekking shoes or  
waterproof sports shoes 2 pairs thermals (uppers and lowers)

3 pairs socks

#### ESSENTIALS:

1-2 pairs woolen socks

Cap

Woolen cap

Sunglasses

Woolen gloves

Cold cream

1 woolen scarf

Lip balm

Extra cotton bags

#### FOR TOILET AND BATHROOM

We use hygienic dry toilet tents during trek because of minimum water availability.  
Carry additional things by yourself like hand sanitizers, wet wipes, tissues etc.

#### EQUIPMENTS AND GEARS PROVIDED BY US

##### GEARS AND EQUIPMENTS: MEDICAL KIT:

Comfortable Tents for 3 persons BP checker

Sleeping bags (-10o to -15o degrees ) Blood Pulse Checker

Liners for warming sleeping bags Stature

Warming Mattresses Oxygen level checker

Ice axe Oxygen Cylinder

Crampon - micro-spikes All necessary medicines

Gaiters

Harness – Petzel

Ropes

Toilet tent

Dinning Tent

Kitchen Tent

#### MONITORING HEALTH ON A TREK

Blood Pressure levels will be checked once every day. Health care, Medication, pulse rate checker, Health card are included. Every trekker will get a health checkup. Trek leader will check your pulse, heart and oxygen levels and will mention it in your health card.

FOR MORE DETAILS YOU CAN VISIT ON THE FOLLOWING LINK :

Terms and Conditions Page: <https://bit.ly/2Ahn2hf>

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