



**"ONE TREK. FIND YOURSELF IN THE HIMALAYAS IN THE VALLEY OF GODS"**

# **HAR KI DUN**

**The Valley of Gods**

**Dehradun to Dehradun**

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# ABOUT

Har Ki Dun, often called the Valley of Gods, is a breathtaking Himalayan trek in Uttarakhand's Garhwal region. The trail winds through ancient villages, dense forests, alpine meadows and dramatic mountain landscapes, offering spectacular views of Swargarohini, Bandarpoonch and Kalanag (Black Peak).

The journey passes through the traditional villages of Taluka, Seema and Osla, where wooden architecture and age-old Himalayan culture add a unique charm to the trek. The alpine meadows, becomes one of the trek's most beautiful highlights. With its blend of mythology, culture, forests, meadows, rivers, glaciers and high Himalayan views, Har Ki Dun is an unforgettable adventure for both beginners and experienced trekkers.







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## HIGHLIGHT OF THE TRIP

- **Har Ki Dun Valley** – Explore the legendary Valley of Gods, surrounded by lush meadows and towering Himalayan peaks.
- **Majestic Himalayan Peaks** – Enjoy spectacular views of **Swargarohini, Bandarpoonch & Kalanag (Black Peak)**.
- **Traditional Himalayan Villages** – Experience the unique culture, wooden architecture and lifestyle of **Osla, Seema & Taluka**.
- **Forests & Alpine Meadows** – Trek through beautiful oak, pine and rhododendron forests and scenic Bugyal.
- **Mythology & Legends** – Walk through a landscape deeply connected with the **Pandavas'** legendary journey to heaven.
- **Diverse Himalayan Landscapes** – Experience rivers, forests, meadows, snowfields and glacial terrain on one unforgettable trail.
- **Raw Himalayan Wilderness** – A perfect blend of adventure, nature, culture and solitude.





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## DETAILED ITINERARY – HAR KI DUN TREK

Day 1: **Dehradun → Sankri**

**Drive: Approx. 200 km | 7-8 hrs**

- Pickup from **Dehradun** prince chowk/Railway Station.
- Drive through the scenic mountain roads towards **Sankri**, the base village for the trek.
- Check into the accommodation on arrival.
- Relax and prepare for the trek ahead.
- Overnight stay at **Sankri, homestay**

Day 2: **Sankri → Gangad → Seema / Pauni Garaat**

**Drive: Approx. 18 km | 1.5 hrs**

**Trek: Approx. 3 km**

- After breakfast, drive from **Sankri** towards **Gangad**.
- From **Gangad**, begin the trek towards **Seema / Pauni Garaat**.
- The short trail introduces you to the beautiful landscapes and villages of the **Tons Valley**.
- Reach the campsite by late afternoon.
- Relax amidst the tranquil Himalayan surroundings.
- Dinner and overnight stay at the campsite.

Day 3: **Seema / Pauni Garaat → Seematra**

**Trek: Approx. 10 km | 3-4 hrs**

- Begin the day's trek after breakfast.
- Follow the trail through the beautiful Himalayan landscape towards **Seematra**.
- Walk alongside the **Thumsa River**, a tributary of the **Yamuna** originating in the upper ranges of **Mt. Bandarpoonch**.
- Enjoy the changing scenery of forests, mountains and river valleys.
- Reach **Seematra** Campsite and settle in.
- Dinner and overnight stay at camp.



#### **Day 4: Seematra → Har Ki Dun → Seematra**

**Trek: Approx. 14 km | 7-8 hrs**

- Wake up early and enjoy breakfast at camp.
- Begin the trek towards the magnificent **Har Ki Dun Valley**.
- The trail passes through dense deodar and pine forests, with opportunities to spot Himalayan wildlife such as **langurs and deer**.
- Gradually ascend through the valley while enjoying spectacular views of snow-covered mountains and cascading waterfalls.
- Arrive at the pristine **Har Ki Dun Valley**, surrounded by towering peaks and alpine meadows.
- Spend some time soaking in the magnificent Himalayan landscape.
- Trek back to Seematra Campsite by evening.
- Dinner and overnight stay under the Himalayan sky.

#### **Day 5: Seematra → Gangad → Sankri**

**Trek: Approx. 13 km | 6-7 hrs**

**Drive: Approx. 22 km**

- After breakfast, begin the descent towards **Gangad**.
- Retrace the beautiful trail through the Himalayan landscape.
- Reach **Gangad** by afternoon.
- From **Gangad**, continue by vehicle towards **Sankri**.
- Check into the hotel and relax after the trek.
- Dinner and overnight stay at **Sankri**.

#### **Day 6: Sankri → Dehradun**

**Drive: Approx. 200 km | 7-8 hrs**

- Depart early morning from Sankri, around 6:00 AM.
- Drive back towards Dehradun through the scenic mountain roads.
- Reach Dehradun after approximately 7-8 hours.
- Trip concludes upon arrival in Dehradun.





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### **Necessary backpacking items-**

- 1. Rucksack(50-60 ltrs.)+Sack cover(for rain protection)**
- 2. Windcheater/Padded Jacket.**
- 3. Fleece jacket/Sweater(full sleeve woolen)**
- 4. T-shirts-3 Nos, (Preferably Jersey)**
- 5. Thermal(Cots wool)/Thermal pant if possible.**
- 6. Trek Pant/track Pant-2 Nos.(Don't bring Jeans as it makes the sack heavier and uncomfortable while on trek, don't wear shorts as you may get scratches while in forest)**
- 7. Gloves.**
- 8. Woolen Cap.**
- 9. Sun Cap+sunglasses.**
- 10. Undergarments/Innerwear as much less as you can.**
- 11. Trekking shoe(High ankle,rubber sole,recommended Quechua)**
- 12. Light weighted Slipper.**
- 13. Woolen socks-4pairs.**
- 14. Water bottle-1ltr-(2Nos. if possible).**
- 15. Towel/Gamcha(We recommend Gamcha as it is light weighted and takes small space in the sack).**
- 16. Wet Tissue if possible.**
- 17. Torch/Head Torch.**
- 18. Camera(Extra battery).**
- 19. Charger/Powerbank(Emergency purpose).**
- 20. Personal medicines if you take any.**
- 21. Lip Balm/ cold cream/Hand Sanitizer/Moisturiser**
- 22. Sunscreen lotion above SPF 40.**
- 23. Tooth Brush+Toothpaste+Paper Soap/Small Soap.**
- 24. Trekking pole**
- 25. Raincoat/Poncho for emergency due to rain.**





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## **Costing - 11000/- INR Per Person Dehradun to Dehradun**

### **Inclusions**

- All Transport from Dehradun to Dehradun
- Permits Entry fees
- Accomodation in Camps
- Tents (Triple Sharing/Double Sharing), Dining Tent, Toilet Tent, Kitchen Tent.
- Two Night Homestay in Sankri
- Sleeping Bag, Mattress
- Meals:
  - Day 1: Dinner → Day 5: Dinner
- Experienced Trek Leader and Local Guide
- Support Staffs - Cook, Helper
- Basic First Aid Kit

### **Exclusions**

- Any personal expenses (snacks, mineral water etc.)
- Day 1- Breakfast, Lunch & Day 6- Any meals
- Train Tickets/Flight Tickets/Bus Tickets to Dehradun
- Extra Sightseeing apart from the itinerary
- Travel insurance
- Stays in Dehradun (Can be arranged on extra cost)
- Medical Emergency
- Cost of Emergency rescue for any kind of Natural Calamities or Disaster
- Anything not mentioned under inclusions





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## PAYMENT TERMS AND CONDITIONS

- 30% advance of trip cost required at the time of booking.
- Balance payment to be cleared 10 days before the starting date.
- Payments accepted via Bank Transfer / UPI / Online Payment (details to be shared during booking).
- Confirmation email & receipt will be provided after payment.

## CANCELLATION POLICY

- Cancelling the trip Before 30 days: Full refund of paid amount.
  - 15-29 days before: 50% refund of paid amount.
  - Less than 14 days before: No refund of trip fees.
- 👉 Option to transfer your booking to another person (subject to availability) instead of cancellation within 15 days prior to the starting date
- ⚠️ In case of trek cancellation by the Authority (bad weather, natural calamities, unforeseen events) – 100% adjustment to a future trip.

## Why Choose US?

- **Experienced Trek Leaders** – Our treks are led by trained and experienced guides who ensure safety and smooth coordination throughout the journey.
- **Safety First Approach** – Proper acclimatization, first-aid support, and well-planned itineraries are always our priority.
- **Small Group Experience** – We keep our batches limited to maintain better management, safety, and a more personal trekking experience.
- **Quality Camping & Food** – Comfortable campsites with hygienic and nutritious meals prepared by our experienced trek kitchen team.
- **Local Expertise** – With deep knowledge of Himalayan trails and local culture, we provide authentic trekking experiences.
- **Passion for the Mountains** – We are not just trek organizers; we are passionate mountain lovers dedicated to creating unforgettable Himalayan adventures.