

HIMACHAL PRADESH · SHIMLA · HIMALAYA

Buran Ghati Trek

7 days · 6 nights · Moderate – Difficult · summit at 4,572 m

₹0

per person + 5% GST · EMI available at checkout · Free Trekking Gear (refundable deposit)

DURATION

7 days

GRADE

Moderate – Difficult

HIGHEST POINT

4,572 m 15,000 ft

TREK DISTANCE

40.5 km

ABOUT THE TREK

Buran Ghati at a glance

Trek fee per person

₹0

+ 5% GST ₹0

₹0 all-in

EMI available at checkout

Book at

trekkaro.com/trek/buran-ghati-trek

Free Trekking Gear

Decathlon trekking shoes, a -10°C jacket, trekking poles, gaiters and microspikes come with your booking (₹3,000 refundable deposit + ₹200 washing charge). Tents and -20°C sleeping bags are part of the trek.

WHY TREK WITH TREKKARO

- ✓ World's only Free Trekking Gear company, since 2018
- ✓ Groups capped at 20 · one leader or guide for every 8
- ✓ Certified trek leaders, oximeter checks, first-aid kit
- ✓ Hot, fresh meals cooked at camp
- ✓ 4.7 on Google · 4.9 on Facebook
- ✓ Free rescheduling up to 8 days before

A wooden village at the end of a long road, one of the biggest meadows in Himachal, a glacial lake at the head of the valley and then a wall of snow that you climb on a pre-dawn start and rope down the other side. The Buran Ghati trek has everything a Himalayan pass crossing should have, and it packs it into seven days from Shimla.

The Buran Ghati trek lies in the Pabbar valley of Shimla district, Himachal Pradesh, and crosses into Kinnaur on the Sutlej side. We meet at Shimla Old Bus Stand at 7:30 AM and drive 147 km through Rohru and the apple orchards of the Pabbar valley to Janglik, a village of old timber houses at 2,804 m (9,200 ft). From Janglik the trek climbs to the great meadow of Dayara at 3,366 m (11,040 ft), the camp at Litham at 3,500 m (11,480 ft) and the high camp of Dhunda at 4,025 m (13,205 ft), before crossing Buran...

TEMPERATURE IN THE SEASONS THIS TREK RUNS

Summer (May-Jun)

Day 13°C to 17°C, Night 0°C to 5°C

Autumn (Sep-Oct)

Day 12°C to 16°C, Night -5°C to 2°C

The itinerary

1 DAY 1

Drive Shimla (2,200 m / 7,220 ft) to Janglik (2,804 m / 9,200 ft) via Rohru

147 km, about 8 hrs

We meet at Shimla Old Bus Stand at 7:30 AM, where your trek leader checks your documents and hands over your Free Trekking Gear before the group sets off.

2 DAY 2

Janglik (2,804 m / 9,200 ft) to Dayara (3,366 m / 11,040 ft)

7.5 km, 5-6 hrs

The trek begins on foot from Janglik after breakfast.

3 DAY 3

Dayara (3,366 m / 11,040 ft) to Litham (3,500 m / 11,480 ft)

5 km, 3-4 hrs

Today is short and gentle, and it is meant to be: a small height gain of about 130 m lets your body catch up with the altitude before the higher camps.

4 DAY 4

Litham (3,500 m / 11,480 ft) to Chandranahan Lakes (4,000 m / 13,123 ft) and back

8 km, 4-7 hrs

Today is the acclimatisation day, and it is the key to crossing the pass well: you climb about 500 m to 4,000 m and come back down to sleep at Litham, which teaches...

5 DAY 5

Litham (3,500 m / 11,480 ft) to Dhunda (4,025 m / 13,205 ft)

5 km, 3-5 hrs

The move to the high camp is short in distance but steady in height, with about 525 m of climbing in 5 km.

6 DAY 6

Dhunda (4,025 m) over Buran Ghati (4,572 m / 15,000 ft) to Munirang (3,300 m / 10,830 ft)

8 km, 9-11 hrs

This is the day the whole trek has been built around.

7 DAY 7

Munirang (3,300 m / 10,830 ft) to Barua (2,300 m / 7,550 ft)

7 km, 3-4 hrs; drive to Shimla, about 7-8 hrs

The last day is downhill all the way.

PICK YOUR DATES

Upcoming **departures**

New dates are being scheduled — see trekkaro.com/trek/buran-ghati-trek or WhatsApp us.

FEE COVERS

What is included

✓ Free Trekking Gear (FTG)	Decathlon trekking shoes. Decathlon jacket rated to -10°C. Trekking poles, gaiters and microspikes. No rental fee: ₹3,000 refundable deposit + ₹200 washing charge.
✓ Accommodation	Day 1: homestay at Janglik village, shared rooms. Day 2 to Day 6: camping in 3-person tents at Dayara, Litham (two nights), Dhunda and Munirang. Sleeping bags and mats provided at each camp.
✓ Meals	All meals from Day 1 dinner to Day 7 lunch. Simple, freshly cooked vegetarian food. Tea, coffee, soup and snacks on the trail and at camp.
✓ Permits & Camping Fees	All forest permits and entry charges for the trek.
✓ Camping & Safety Equipment	Tents, sleeping bags and mats for the nights at camp. Dining tent and toilet tent at the campsite. First-aid kit on the trek. Pulse oximeter and blood-pressure checks during the trek.
✓ Trek Team	Certified trek leader and local guide throughout the 7-day trek. Cook, helpers and support staff.

OPTIONAL ADD-ONS

Backpack Offloading	₹4,300 + 5% GST for the whole trek (max 9 kg)
Single Tent Occupancy	₹2,000 + 5% GST for the whole trek
FTG (100% Refundable*)	₹3,000 refundable deposit, returned after the trek

What is not included

✗ Transport	Not included: Shimla to Janglik, and Barua back to Shimla. Transport is not included in the trek fee: we help the group book shared cabs, paid directly to the driver and split among trekkers. Your trek coordinator will confirm the cab fare. Travel to and from Shimla, arranged by you.
✗ Food During Transit	Meals on the drive between Shimla and Janglik.
✗ Backpack Offloading (optional)	₹4,300 + 5% GST for the entire trek. Maximum weight: 9 kg; no suitcases, trolleys or duffel bags.
✗ Single Tent Occupancy (optional)	₹2,000 + 5% GST per tent for the entire trek.
✗ Personal Equipment	Your backpack, clothing and other personal gear (trekking shoes, jacket, poles, gaiters and microspikes come with Free Trekking Gear).
✗ Trek Insurance	Travel insurance is mandatory and not included. It must cover high-altitude trekking and emergency evacuation.
✗ Anything Not Mentioned	Personal expenses and tips.

Under Inclusions

Things to carry

Basic Gears

Buran Ghati means a 2:30 AM start on steep snow, rope sections on both sides of the pass, a 9–11 hour day and a cold, windy night at Dhunda, so pack for freezing pre-dawn hours as well as strong sun and glare on the snow.

- **Trekking shoes** – Provided free with Trekkaro's Free Trekking Gear (one refundable deposit of ₹3,000 + ₹200 washing charge covers the whole kit); your own broken-in pair with ankle support is welcome too.
- **Trekking poles** – Provided free with Trekkaro's Free Trekking Gear; they save your knees on the descents.
- **Microspikes and gaiters** – Provided free with Trekkaro's Free Trekking Gear, for the snow sections.
- **Backpack (40–60 L)** – with a rain cover.
- **Day pack (20–30 L)** – needed if you offload your main backpack; carries water and a warm layer.
- **Two water bottles (1 L each)** – an insulated one in the cold months.
- **Headlamp** – with spare batteries, for early starts and camp evenings.
- **Lunch box** – reusable, for packed lunch on the trail.

Clothes

Nights on the Buran Ghati trek range from 5°C to 0°C in May–June and from 2°C to –5°C in September–October; pack four warm layers for summer and five for autumn (thermal top and bottom, two fleece or woollen layers and a padded jacket).

- **–10°C padded jacket** – Provided free with Trekkaro's Free Trekking Gear; your main warm layer at camp and on the high sections.
- **Thermal inners (top and bottom)** – 1 set, for camp and the night.
- **Fleece jackets or woollen sweaters** – 1 in the warmer months, 2 in the cold months.
- **Rain jacket or poncho** – for sudden showers or wet snow.
- **Trek pants x2** – quick-dry, no jeans.
- **Quick-dry collared T-shirts x2–3** – full sleeves protect from sun.
- **Socks** – 3–4 pairs: sports socks for walking and woollen socks for the night.

Accessories

Keep these handy for the bright open sections and the cold evenings.

- **Sun cap** – for the open ridges and meadows.
- **Woollen cap** – covering the ears.
- **Balaclava or buff** – a balaclava in winter, a buff or scarf in other months.

- **Gloves** – a woollen pair plus a waterproof pair (essential in snow).
- **UV sunglasses** – for sun and snow glare.
- **Sunscreen SPF 50+ and lip balm** – for the exposed sections.
- **Quick-dry towel and toiletries** – small and light; no wet wipes, as they are not biodegradable.
- **Plastic or ziploc bags** – for wet clothes and to carry back your waste.

Others

- **Snacks** – dry fruits, energy bars and chocolates for the trail.
- **Power bank** – there is no charging point on the trail.
- **Personal medicines** – and a small first-aid pouch; tell the trek leader what you carry.
- **Cash in small notes** – cards are not accepted on the trail.

Mandatory Documents

- **Original government photo ID** – Aadhaar, passport, driving licence or voter ID, with a photocopy.
- **Medical certificate signed by a doctor** – download the format from your booking.
- **Signed disclaimer form** – from your booking.

How to reach

BY AIR

Nearest airport: Shimla Airport (Jubbarhatti, SLV), about 22 km from town, with very few flights. Chandigarh Airport (IXC) is far better connected and is about 120 km and 4 hrs from Shimla by road. Fly in the day before the trek and stay in Shimla. From Chandigarh to Shimla: about 120 km, 4 hrs by taxi or HRTC bus. The meeting point is Shimla Old Bus Stand at 7:30 AM on Day 1, from where the group drives to Janglik.

Return: The trek ends at Barua by lunchtime on Day 7. Transport is not included in the trek fee: we help the group book shared cabs, paid directly to the driver and split among trekkers, from Barua to Shimla (about 210 km, 7–8 hrs); your trek coordinator will confirm the cab fare. The drop in Shimla is late at night, so book your flight home for the day after Day 7.

BY TRAIN

Nearest railway station: Kalka (KLK), at the foot of the hills, connected to Shimla by the narrow-gauge toy train (about 5 hrs) and by road (about 90 km, 3 hrs). Chandigarh (CDG) has more trains and is about 120 km and 4 hrs from Shimla by road.

Kalka Shatabdi – Delhi to Kalka in about 4 hrs, with an onward toy train or taxi to Shimla.

Shatabdi and Vande Bharat trains to Chandigarh – Delhi to Chandigarh in about 3–4 hrs, then HRTC bus or taxi to Shimla. Check current timings before you book.

From Shimla to Janglik: 147 km, about 8 hrs by shared cab. Be at Shimla Old Bus Stand by 7:30 AM on Day 1; we recommend reaching Shimla the day before.

Return: From Barua on Day 7, a shared cab (not included; paid directly to the driver and split among trekkers) takes 7–8 hrs to Shimla, arriving late at night. Plan your train home from Kalka or Chandigarh for the next day.

BY BUS OR ROAD

By bus: Overnight Volvo and HRTC buses run from Delhi ISBT Kashmere Gate to Shimla, about 350 km and 9–10 hrs, and HRTC buses run from Chandigarh ISBT (Sector 43) to Shimla in about 4 hrs. Prefer HRTC (government) buses, and arrive in Shimla the day before, or by early morning on Day 1 at the latest.

From Shimla to Janglik: 147 km, about 8 hrs via Theog, Kotkhai and Rohru. The meeting point is Shimla Old Bus Stand at 7:30 AM on Day 1, and the group travels together by shared cab.

Return: The trek ends at Barua by lunchtime on Day 7. A shared cab to Shimla takes 7–8 hrs (not included in the trek fee; your trek coordinator will confirm the cab fare) and arrives late at night. Book your onward bus from Shimla for the next day and stay the night in town.

PLANS CHANGE — WE GET IT

Cancellation and **rescheduling**

UP TO 8 DAYS BEFORE

Free reschedule

Move to another batch once, transfer the booking, or take a 100% TrekCash voucher valid for one year.

CANCELLING

70% · 50%

70% refund 30 or more days before departure; 50% refund 15–29 days before.

8 TO 14 DAYS BEFORE

TrekCash

No cash refund, but a voucher for the full amount. Within 7 days: no refund. Full policy at trekkaro.com/terms#cancellation

OMI

Still have questions? Ask OMI anything

OMI is Trekkaro's AI trek advisor — fitness, weather, what to pack, dates, how to reach — in English, Hindi or your own language, any time of day. Tap anywhere on this box, or open trekkaro.com/trek/buran-ghati-trek#omi, and the chat opens on the trek page.

BOOK OR ASK US ANYTHING

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