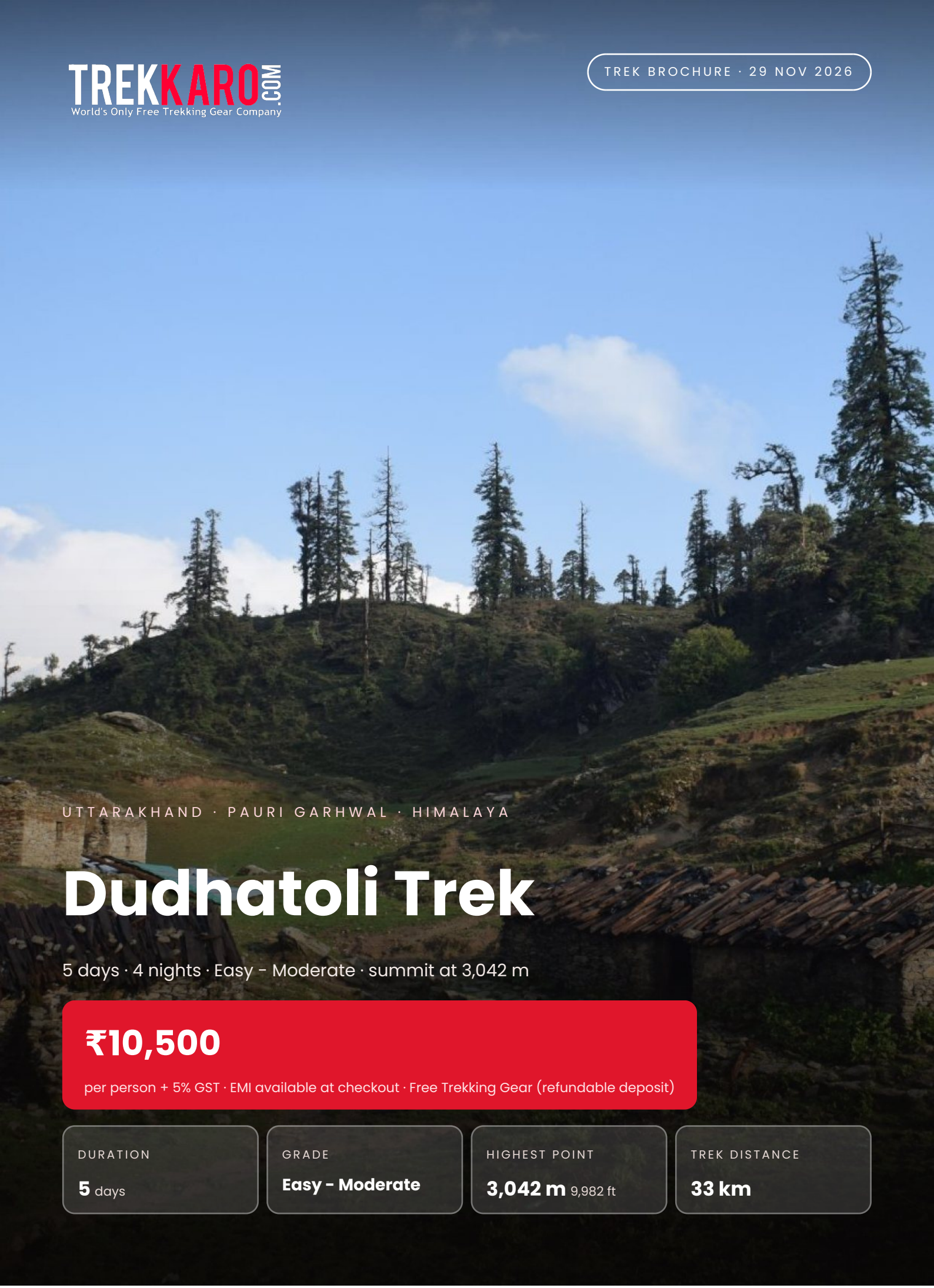
TREKKARO.COM
World's Only Free Trekking Gear Company

TREK BROCHURE · 29 NOV 2026



UTTARAKHAND · PAURI GARHWAL · HIMALAYA

# Dudhatoli Trek

5 days · 4 nights · Easy - Moderate · summit at 3,042 m

**₹10,500**

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

| DURATION | GRADE | HIGHEST POINT | TREK DISTANCE |
|---|---|---|---|
| **5** days | **Easy - Moderate** | **3,042 m** 9,982 ft | **33 km** |



Ask OMI anything

ABOUT THE TREK

# Dudhatoli at a glance

| Trek fee per person | + 5% GST ₹525 | EMI available at checkout |
|---|---|---|
| **₹10,500** | **₹11,025 all-in** | **Book at trekkaro.com/trek/dudhatoli-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 forest so dense and so high that the Garhwalis called it the cauldron of milk, after the herds that summered on its grass. The Dudhatoli trek walks the length of this ridge in the centre of Uttarakhand, from an old Shiva temple among giant deodars to meadows at 3,042 m (9,982 ft) with the snow peaks of Garhwal and Kumaon standing on both horizons, and it does it without a single hard day. Nowhere else in the state do you get this much untouched forest for this little effort.

The Dudhatoli trek lies in Pauri Garhwal district of Uttarakhand, on the Dudhatoli range that runs north to south near the geographic centre of the state, which is why old writers called it the Pamir of Uttarakhand. We meet at Yog Nagari Rishikesh Railway Station at 6:00 AM and drive about 213 km through Devprayag and Srinagar and up the Nayar valley through...

## TEMPERATURE IN THE SEASONS THIS TREK RUNS

| | |
|---|---|
| **Spring/Summer (Apr-Jun)** | Day 12°C to 22°C, Night 2°C to 10°C |
| **Autumn (Sep-Nov)** | Day 8°C to 18°C, Night -3°C to 6°C |



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DAY BY DAY

# The itinerary

1 DAY 1

### Drive Rishikesh (340 m / 1,115 ft) via Srinagar and Thalisain to Peethsain (2,260 m / 7,414 ft)

about 213 km, 7-8 hrs

We meet at Yog Nagari Rishikesh Railway Station at 6:00 AM, where your trek leader checks your documents, hands over your Free Trekking Gear and takes your first health readings.

2 DAY 2

### Peethsain (2,260 m / 7,414 ft) to Binsar Mahadev (2,514 m / 8,248 ft)

11 km, 5-6 hrs

The longest climb of the trek begins after an early breakfast.

3 DAY 3

### Binsar Mahadev (2,514 m / 8,248 ft) to Udayaramun Kharak (2,684 m / 8,805 ft)

5 km, 3-4 hrs

Today is short on purpose, about 5 km and 3–4 hours, so there is time for a slow morning at the temple before the group packs up.

4 DAY 4

### Udayaramun Kharak (2,684 m / 8,805 ft) to Dudhatoli (3,042 m / 9,982 ft)

5 km, 3-4 hrs

The walk to the top of the range is another short day, about 5 km and 3–4 hours, with a height gain of about 360 m.

5 DAY 5

### Dudhatoli (3,042 m / 9,982 ft) to Bhararisain (2,270 m / 7,450 ft)

12 km, 6 hrs; drive to Rishikesh

The longest walking day is the walk out, about 12 km and 6 hours from the top of the range down to the road at Bhararisain, on the Chamoli side.


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PICK YOUR DATES

# Upcoming departures

APR 2027
**3 – 7**
Sat to Wed · 5 days

APR 2027
**10 – 14**
Sat to Wed · 5 days
Ambedkar Jayanti

APR 2027
**17 – 21**
Sat to Wed · 5 days

APR 2027
**24 – 28**
Sat to Wed · 5 days

MAY 2027
**1 – 5**
Sat to Wed · 5 days

MAY 2027
**8 – 12**
Sat to Wed · 5 days

MAY 2027
**15 – 19**
Sat to Wed · 5 days

MAY 2027
**22 – 26**
Sat to Wed · 5 days

MAY 2027
**29 – 2 Jun**
Sat to Wed · 5 days

JUN 2027
**5 – 9**
Sat to Wed · 5 days

JUN 2027
**12 – 16**
Sat to Wed · 5 days

JUN 2027
**19 – 23**
Sat to Wed · 5 days

JUN 2027
**26 – 30**
Sat to Wed · 5 days

SEP 2027
**4 – 8**
Sat to Wed · 5 days

SEP 2027
**11 – 15**
Sat to Wed · 5 days

SEP 2027
**18 – 22**
Sat to Wed · 5 days

SEP 2027
**25 – 29**
Sat to Wed · 5 days

OCT 2027
**2 – 6**
Sat to Wed · 5 days

OCT 2027
**9 – 13**
Sat to Wed · 5 days

OCT 2027
**16 – 20**
Sat to Wed · 5 days

OCT 2027
**23 – 27**
Sat to Wed · 5 days

OCT 2027
**30 – 3 Nov**
Sat to Wed · 5 days

NOV 2027
**6 – 10**
Sat to Wed · 5 days

NOV 2027
**13 – 17**
Sat to Wed · 5 days

1 more dates, live seats and booking: trekkaro.com/trek/dudhatoli-trek · booking closes at 5 PM the day before departure · groups capped at 20 with one leader or guide for every 8 trekkers.


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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: guesthouse at Peethsain, on a sharing basis. Day 2: camping in 3-person tents near Binsar Mahadev. Day 3: camping in 3-person tents at Udayaramun Kharak. Day 4: camping in 3-person tents at Dudhatoli meadow. Sleeping bags and mats provided at each camp. |
| ✓ **Meals** | All meals from Day 1 dinner at Peethsain to Day 5 packed lunch on the trail. 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** | Trek leader and local guide throughout the 5-day trek. Cook, helpers and support staff. |

OPTIONAL ADD-ONS

| | |
|---|---|
| **Backpack Offloading** | **₹1,400** + 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: Rishikesh to Peethsain, and Bhararisain back to Rishikesh. 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 Rishikesh, arranged by you. |
| × **Food During Transit** | Meals on the drive between Rishikesh and Peethsain. |
| × **Backpack Offloading (optional)** | ₹1,400 + 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 Under Inclusions** | Personal expenses and tips. |


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PACKING LIST

# Things to carry

## Basic Gears

Dudhatoli means long hours under dense forest, three nights in a tent with the coldest on an open ridge at 3,042 m, snow patches early and late in the season and a 12 km descent, so pack for damp shade, chilly evenings and tired knees.

- **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 Dudhatoli trek range from 10°C to 2°C between April and June and from 6°C to -3°C between September and November; pack three warm layers for spring and summer and four for autumn (thermal top and bottom, one or 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.


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- **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; mandatory for every trekker. The form is in My Bookings.
- **Signed disclaimer form** – from your booking.


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GETTING THERE

# How to reach

## BY AIR

Nearest airport: Jolly Grant Airport, Dehradun (DED), about 20–25 km from Rishikesh, with regular flights from Delhi, Mumbai and Bengaluru. A taxi from the airport reaches Rishikesh in about 45 minutes to 1 hr. Fly in the day before the trek and stay the night in Rishikesh, as the pickup is at 6:00 AM.

From Rishikesh to Peethsain: about 213 km, 7–8 hrs by shared cab via Devprayag, Srinagar and Thalisain. The meeting point is Yog Nagari Rishikesh Railway Station at 6:00 AM on Day 1.

Return: The trek ends at Bhararisain in the early afternoon of Day 5, and the drive to Rishikesh arrives between 8:00 and 9:00 PM.

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. Book your flight home from Dehradun for the day after Day 5.

## BY TRAIN

Nearest railway station: Yog Nagari Rishikesh (YNRK), the meeting point for this trek, with Haridwar (HW) about 25 km away as the better-connected junction and Dehradun (DDN) about 45 km away. Kotdwar (KTW) is the closest railhead to Thalisain by road, but the group meets at Rishikesh, which has far more trains.

Overnight trains from Delhi to Haridwar – several services arrive early in the morning, and a taxi reaches Rishikesh in about 1 hr; the Yoga Express and a few others run on to Rishikesh.

Daytime trains – the Shatabdi and Vande Bharat to Haridwar and Dehradun take 4–5 hrs; take one the day before and stay the night in Rishikesh.

Check current timings before you book.

From Rishikesh to Peethsain: about 213 km, 7–8 hrs by shared cab. Be at Yog Nagari Rishikesh Railway Station by 6:00 AM on Day 1; we recommend reaching Rishikesh the day before.

Return: The group reaches Rishikesh between 8:00 and 9:00 PM on Day 5 by shared cab from Bhararisain (not included; paid directly to the driver and split among trekkers). Plan your train home from Haridwar or Rishikesh for after 10 PM, or for the next day.

## BY BUS OR ROAD

By bus: Uttarakhand Roadways and private buses run from Delhi (ISBT Kashmere Gate and Anand Vihar) to Rishikesh, about 240 km and 6–7 hrs, through the day and overnight. Get down at Rishikesh ISBT or Natraj Chowk; the railway station is a short auto ride away. Arrive in Rishikesh the day before, as the pickup is at 6:00 AM.

From Rishikesh to Peethsain: about 213 km, 7–8 hrs. The meeting point is Yog Nagari Rishikesh Railway Station at 6:00 AM on Day 1, and the group travels together to Peethsain by shared cab. Government buses run from Rishikesh and Kotdwar to Thalisain, but they are slow and do not go on to Peethsain, so the shared cab keeps the group together and saves hours.

Return: The shared cab from Bhararisain (not included in the trek fee; your trek coordinator will confirm the cab fare) reaches Rishikesh between 8:00 and 9:00 PM on Day 5. Night buses to Delhi leave Rishikesh and Haridwar through the evening; book a departure after 10 PM, or stay the night and travel the next day.



Ask OMI anything

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

**If Trekkaro cancels a batch** (low group size, trek leader unavailable, route closed, weather or government orders) you are told by e-mail and WhatsApp with the reason and get **100% of everything you paid**, however close to departure — as a TrekCash voucher valid 12 months, or a full refund if you prefer, or a free move to another batch.

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/dudhatoli-trek#omi**, and the chat opens on the trek page.

ON THE TRAIL







BOOK OR ASK US ANYTHING

**+91 80576 54321** call

**+91 75056 26675** WhatsApp · OMI answers 24×7

WhatsApp or call · 10 AM to 7 PM, Sunday off · info@trekkaro.com

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