

UTTARAKHAND · UTTARKASHI · HIMALAYA

Har Ki Dun Trek

7 days · 6 nights · Easy – Moderate · summit at 3,536 m

₹10,500

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

DURATION

7 days

GRADE

Easy – Moderate

HIGHEST POINT

3,536 m 11,600 ft

TREK DISTANCE

52 km

ABOUT THE TREK

Har Ki Dun at a glance

Trek fee per person

₹10,500

+ 5% GST ₹525

₹11,025 all-in

EMI available at checkout

Book at

trekkaro.com/trek/har-ki-dun-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

Har Ki Dun Trek: The Valley Of Gods

There are valleys in the Garhwal Himalayas that are beautiful. And then there is Har Ki Dun – the Valley of the Gods, a glacially carved cradle at 3,536 metres enclosed by peaks that touch 6,000 metres, inhabited by communities who have lived here for generations, and surrounded by forests and meadows that remain among the most ecologically intact landscapes in the Indian Himalayan range.

Har Ki Dun is not a summit trek and not a pass crossing. It is something rarer and, in its own way, more demanding: a journey into one of the few genuinely pristine high-altitude valleys remaining in Uttarakhand, through the Supin River gorge, across dense forests of oak, rhododendron, and pine, into a landscape that becomes more open and more extraordinary with every day of walking. The valley floor at 3,536 m is...

TEMPERATURE IN THE SEASONS THIS TREK RUNS

Apr-Jun

Taluka 10°C to 22°C, Har Ki Dun 0°C to 12°C

Sep-Nov

Taluka 5°C to 18°C, Har Ki Dun -3°C to 8°C

The itinerary

1 DAY 1

Arrival at Sankri (1,950 m / 6,400 ft)

200 km drive from Dehradun, 8–9 hrs

The drive from Dehradun to Sankri is one of the longer approach journeys in the Trekkaro portfolio, approximately 200 km and 8 to 9 hours, through some of the most...

2 DAY 2

Drive Sankri to Taluka (2,107 m / 6,913 ft), trek to Puani Garaat (2,440 m / 8,010 ft)

12 km drive, 45 min; 10 km trek, 6–7 hrs

Day 2 begins with the short morning drive from Sankri to Taluka, the last motorable point on the Har Ki Dun approach road.

3 DAY 3

Puani Garaat (2,440 m / 8,010 ft) to Kalkatiyadhaar (2,740 m / 8,990 ft)

10 km, 5–6 hrs

Day 3 is the route's richest in cultural and ecological variety.

4 DAY 4

Kalkatiyadhaar (2,740 m / 8,990 ft) to Har Ki Dun Valley (3,536 m / 11,600 ft) and back

14 km, 8–9 hrs

Day 4 is the centrepiece of the Har Ki Dun trek, the day the entire route has been building toward.

5 DAY 5

Kalkatiyadhaar (2,740 m / 8,990 ft) to Puani Garaat (2,440 m / 8,010 ft)

10 km, 4–5 hrs

Day 5 reverses the Day 3 ascent: from Kalkatiyadhaar back through the Supin Valley forest to Puani Garaat, passing through Osla and along the riverside trail that carried you upward two days ago.

6 DAY 6

Puani Garaat (2,440 m / 8,010 ft) to Taluka (2,107 m / 6,913 ft), drive to Sankri (1,950 m / 6,400 ft)

8 km trek, 3–4 hrs; 12 km drive, 45 min

The final morning on the trail begins in the Puani Garaat forest camp.

7 DAY 7

Sankri (1,950 m / 6,400 ft) to Dehradun

200 km drive, 8–9 hrs

The morning in Sankri before the return drive has a different quality from the morning six days ago when the village was the assembly point for a trek that had not yet begun.

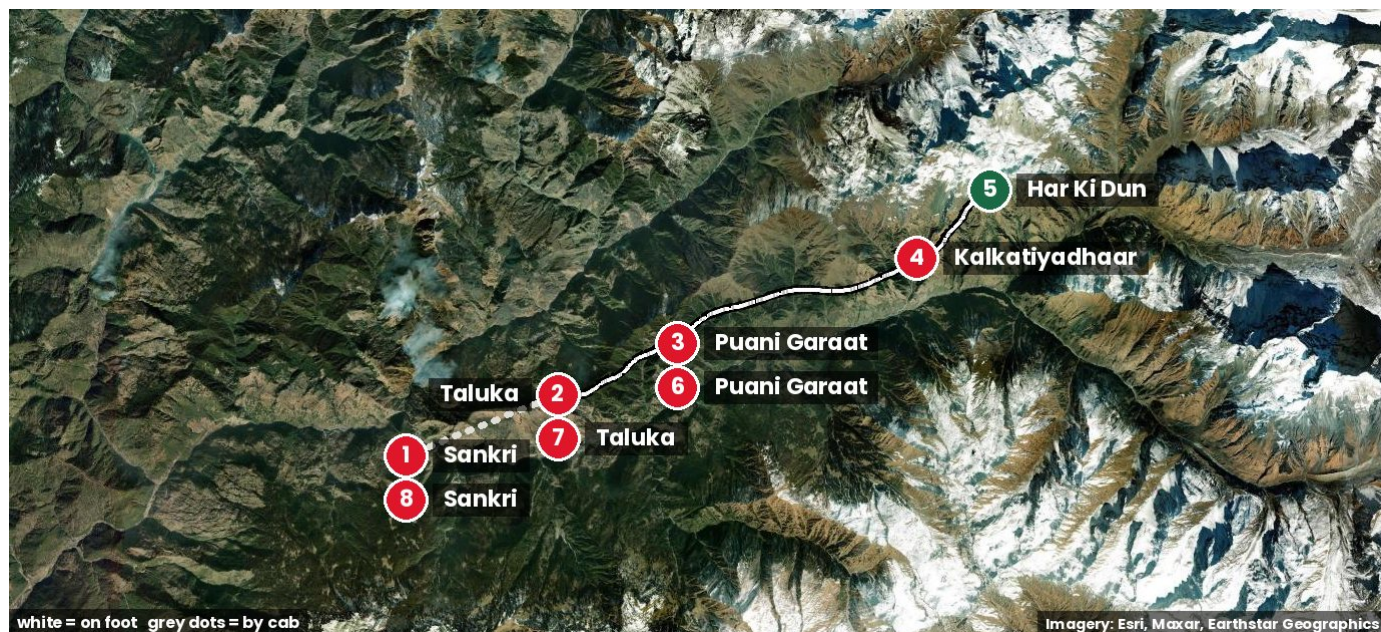
PICK YOUR DATES

Upcoming departures

OCT 2026 17 – 23 Sat to Fri · 7 days Dussehra	OCT 2026 18 – 24 Sun to Sat · 7 days Dussehra	OCT 2026 24 – 30 Sat to Fri · 7 days	OCT 2026 25 – 31 Sun to Sat · 7 days
OCT 2026 31 – 6 Nov Sat to Fri · 7 days	NOV 2026 1 – 7 Sun to Sat · 7 days	NOV 2026 7 – 13 Sat to Fri · 7 days Diwali	NOV 2026 8 – 14 Sun to Sat · 7 days Diwali
NOV 2026 14 – 20 Sat to Fri · 7 days	NOV 2026 15 – 21 Sun to Sat · 7 days	NOV 2026 21 – 27 Sat to Fri · 7 days Guru Nanak Jayanti	NOV 2026 22 – 28 Sun to Sat · 7 days Guru Nanak Jayanti
NOV 2026 28 – 4 Dec Sat to Fri · 7 days	NOV 2026 29 – 5 Dec Sun to Sat · 7 days	MAR 2027 13 – 19 Sat to Fri · 7 days	MAR 2027 14 – 20 Sun to Sat · 7 days
MAR 2027 20 – 26 Sat to Fri · 7 days Holi, Good Friday	MAR 2027 21 – 27 Sun to Sat · 7 days Holi, Good Friday	MAR 2027 27 – 2 Apr Sat to Fri · 7 days	MAR 2027 28 – 3 Apr Sun to Sat · 7 days
APR 2027 3 – 9 Sat to Fri · 7 days	APR 2027 4 – 10 Sun to Sat · 7 days	APR 2027 10 – 16 Sat to Fri · 7 days Ambedkar Jayanti, Ram Navami	APR 2027 11 – 17 Sun to Sat · 7 days Ambedkar Jayanti, Ram Navami

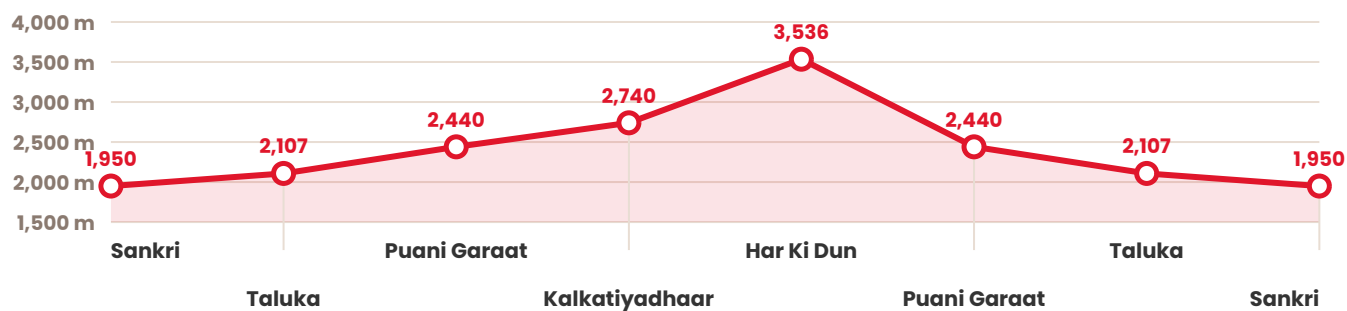
22 more dates, live seats and booking: trekkaro.com/trek/har-ki-dun-trek · booking closes at 5 PM the day before departure · groups capped at 20 with one leader or guide for every 8 trekkers.

The route



Satellite view with the camps and the summit marked; the trek page has the same map with the trail walked day by day.

ALTITUDE PROFILE



ROUTE, STOP BY STOP

- | | |
|---|--|
| <p>1 Sankri 1,950 m
Day 1 · Base · Base village</p> <p>2 Taluka 2,107 m
Day 2 · Camp · reached by cab · Road head; trek starts</p> <p>3 Puani Garaat 2,440 m
Day 2 · Camp · Riverside camp</p> <p>4 Kalkatiyadhaar 2,740 m
Day 3 · Camp · Camp above Osla</p> | <p>5 Har Ki Dun 3,536 m
Day 4 · Summit</p> <p>6 Puani Garaat (return) 2,440 m
Day 5 · Camp · Descent camp</p> <p>7 Taluka (trek end) 2,107 m
Day 6 · Base · Drive to Sankri</p> <p>8 Sankri (trek end) 1,950 m
Day 6 · Base · reached by cab · Drive from Taluka</p> |
|---|--|

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 and Day 6: guesthouse in Sankri (2 nights), on a triple-sharing basis. Day 2 to Day 5: camping at the designated campsites (4 nights), on a triple-sharing basis.
✓ Meals	All meals from Day 1 dinner to Day 6 dinner: breakfast, lunch, evening snacks and dinner.
✓ Permits & Camping Fees	Govind Pashu Vihar National Park entry permits and forest checkpoint fees, arranged by Trekkaro.
✓ Camping & Safety Equipment	Double-wall, rain-rated tents and -20°C sleeping bags at every campsite. Trekking mattresses or sleeping pads at every campsite. SpO2, pulse and blood-pressure checks twice a day at every campsite. Portable oxygen cylinder and emergency stretcher on every batch. HF radio communication across the trek team.
✓ Trek Team	Certified trek leader and guide for all 7 days. Mountain kitchen staff, camp helpers, and mules or porters for the group equipment. Trek completion certificate on successful completion of the trek.

OPTIONAL ADD-ONS

Backpack Offloading	₹1,800 + 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: Dehradun to Sankri and back. We help the group book shared cabs at ₹1,000 per person each way (₹2,000 return), paid directly to the driver. Travel to and from Dehradun (flights, trains or buses), arranged by you.
✗ Food During Transit	Meals on the drive between Dehradun and Sankri.
✗ Backpack Offloading (optional)	₹1,800 + 5% GST for the entire trek. Maximum weight: 9 kg; no suitcases, trolleys or duffel bags. Charges may be higher for last-minute requests made at Sankri.
✗ Single Tent Occupancy (optional)	₹2,000 + 5% GST per tent for the entire trek.
✗ Personal Equipment	Your clothing, backpack, sunglasses and other personal gear (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 helicopter evacuation.
✗ Anything Not Mentioned Under Inclusions	Accommodation in Dehradun before or after the trek. Personal expenses such as tips, calls, laundry and extra snacks. Costs from an early exit, evacuation, or an itinerary change due to weather or medical reasons.

Things to carry

Basic Gears

Har Ki Dun is a 7-day walk through forest and river valley up to 3,536 m, with cold nights and snow possible on the upper trail early in the season, so pack light but sturdy.

- **Backpack** – 50–60 L with a rain cover and a padded hip belt.
- **Day pack** – 20–30 L for water, snacks and a layer on day walks; needed if you offload your main backpack.
- **Trekking shoes** – Provided free with Trekkaro's Free Trekking Gear (one refundable deposit of ₹3,000 + ₹200 washing charge covers the whole kit); waterproof with ankle support.
- **Trekking pole** – Provided free with Trekkaro's Free Trekking Gear; saves your knees on the long descents.
- **Microspikes and gaiters** – Provided free with Trekkaro's Free Trekking Gear, for snow on the trail.
- **Headlamp** – with spare batteries, for early starts and camp.
- **Water bottles** – two 1 L bottles; an insulated one helps on cold mornings.

Clothes

Plan on 3–4 warm layers, and take 4 in March–April and November, when nights are coldest.

- **Padded jacket (–10°C)** – Provided free with Trekkaro's Free Trekking Gear; your outer warm layer at camp.
- **Thermal innerwear** – 1–2 sets, top and bottom, in wool or a moisture-wicking fabric.
- **Fleece or woollen layers** – 1–2, for camp and rest stops.
- **Trek pants** – 2, quick-dry (one to wear, one spare); a warm fleece pair is useful at camp. Avoid jeans.
- **Collared T-shirts** – 3, quick-dry, full-sleeved to protect against the sun.
- **Rain jacket or poncho** – for spring and autumn rain on the lower forest trail.
- **Spare warm set** – one set of warm clothes sealed in a dry bag, kept dry for emergencies.

Accessories

Mornings and evenings in the upper valley are cold and the sun is strong at altitude, so protect your eyes, skin, head and hands.

- **Sunglasses** – UV-protected (category 3 or 4); essential if there is snow, to prevent snow blindness.
- **Sun cap** – wide-brimmed or with a neck flap.
- **Woollen cap** – covering the ears, for mornings and nights.
- **Balaclava or buff** – for cold, windy mornings; a balaclava matters most in March–April and November.
- **Gloves** – 1 fleece or woollen pair plus 1 waterproof outer pair.
- **Socks** – 4 pairs: 2 cotton or sports pairs for walking and 2 woollen pairs for nights.

- **Sunscreen** – SPF 50+; reapply through the day.
- **Lip balm** – with SPF, to prevent chapped lips.

Others

ATMs are few in the hills and there is no charging on the trail, so carry cash and a charged power bank from Dehradun.

- **Lunch box** – reusable, for packed lunches on the trail.
- **Toiletries** – toothbrush, toothpaste, biodegradable soap, hand sanitiser and toilet paper; no wet wipes, as they are not biodegradable.
- **Quick-dry towel** – small and light.
- **Plastic or ziploc bags** – to keep electronics, documents and clothes dry, and to carry your waste back down; Trekkaro follows a zero-waste policy on the trail.
- **Personal medical kit** – your regular medicines, blister plasters and ORS; ask your doctor about altitude medicine before the trek.
- **Snacks and electrolytes** – trail mix, energy bars, dates and electrolyte or ORS sachets.
- **Power bank** – cold drains batteries fast; keep spares close to your body.
- **Camp slippers** – light sandals for the tent and camp.
- **Cash** – withdraw enough in Dehradun, in small notes, for the shared cab fare (₹1,000 per person each way, paid to the driver) and small expenses; cards are not accepted in the mountains.

Mandatory Documents

- **Original government photo ID** – Aadhaar card, passport, voter ID or driving licence.
- **Photocopy of the same ID** – keep it with the original in a waterproof pouch.
- **Passport** – for international trekkers; needed for forest entry permits and in case of medical evacuation.
- **Trekkaro booking confirmation** – your e-ticket or tax invoice.
- **Medical fitness certificate** – signed by a doctor.
- **Travel insurance policy** – mandatory, with emergency evacuation cover.
- **Disclaimer form** – with your emergency contact details filled in.

How to reach

BY AIR

Nearest airport: Jolly Grant Airport (DED), about 25 km and 45–60 min from Dehradun city, with direct flights from Delhi and other metros. The cab to Sankri leaves Dehradun Railway Station at 06:30 AM, so book a flight that lands by the evening before.

From Dehradun to Sankri: The 200 km drive takes 8–9 hrs. A shared cab leaves Dehradun Railway Station at 06:30 AM. It is not included in the trek fee and costs ₹1,000 per person each way, paid directly to the driver.

Return: On the last day the cab leaves Sankri at around 06:30 AM and reaches Dehradun Railway Station by about 05:00 PM (₹1,000 per person, paid directly to the driver). Mountain roads can run late, so book your flight for the next day.

BY TRAIN

Nearest railway station: Dehradun Railway Station (DDN) – the pickup point itself, with direct trains from Delhi. For the 06:30 AM cab, take the overnight train or, safer, reach Dehradun a day early; book ahead in peak season and check current timings.

Nanda Devi Express – overnight from Delhi, arriving early in the morning.

Dehradun Shatabdi, Jan Shatabdi or Vande Bharat – good choices if you travel the day before and stay the night in Dehradun.

From Dehradun to Sankri: The 200 km drive takes 8–9 hrs. A shared cab leaves Dehradun Railway Station at 06:30 AM. It is not included in the trek fee and costs ₹1,000 per person each way, paid directly to the driver.

Return: On the last day the shared cab (₹1,000 per person, paid directly to the driver) leaves Sankri at around 06:30 AM and reaches Dehradun Railway Station by about 05:00 PM. Book an evening or overnight train with a few hours of margin, or travel the next day – check current timings.

BY BUS OR ROAD

Bus route: Delhi ISBT Kashmere Gate to Dehradun ISBT takes about 6–7 hrs. Uttarakhand Roadways (government) Volvo and ordinary buses run through the night, but with a 06:30 AM pickup, arriving the evening before is safer.

Take a government bus – board from inside ISBT Kashmere Gate; avoid private buses that leave from outside the ISBT premises, as they are less reliable.

Dehradun ISBT to the pickup – take an app cab, an auto rickshaw or a shared three-wheeler to Dehradun Railway Station.

From Haridwar or Rishikesh – local buses and shared cabs reach Dehradun in about 1.5–2 hrs.

From Dehradun to Sankri: The 200 km drive takes 8–9 hrs. A shared cab leaves Dehradun Railway Station at 06:30 AM. It is not included in the trek fee and costs ₹1,000 per person each way, paid directly to the driver.

Return: On the last day the shared cab (₹1,000 per person, paid directly to the driver) leaves Sankri at around 06:30 AM and reaches Dehradun Railway Station by about 05:00 PM. Book a night bus to Delhi from Dehradun ISBT, leaving time for the transfer and road delays – check current timings.

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/har-ki-dun-trek#omi, and the chat opens on the trek page.

ON THE TRAIL



BOOK OR ASK US ANYTHING

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