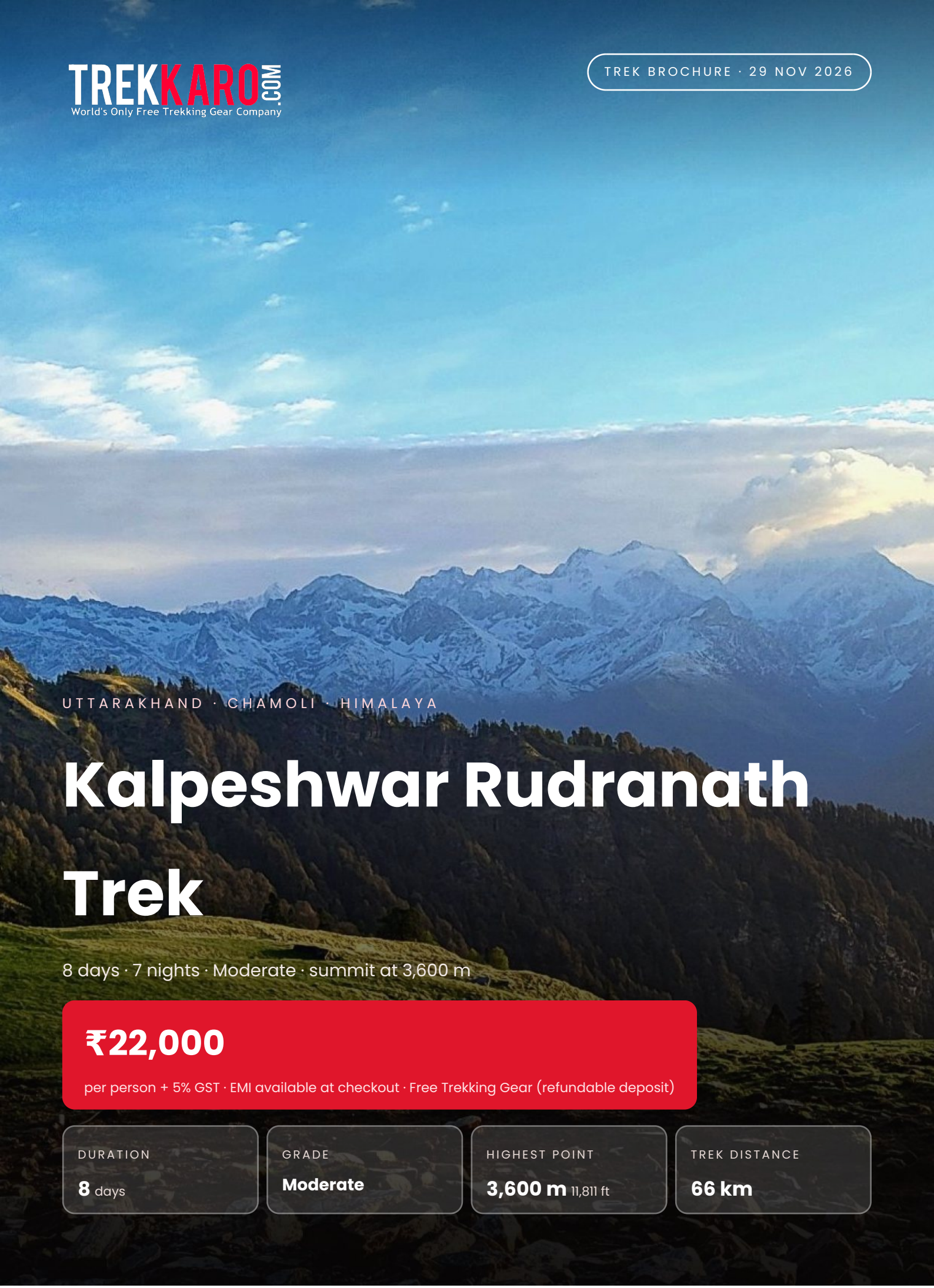
TREKKARO.COM
World's Only Free Trekking Gear Company

TREK BROCHURE · 29 NOV 2026



UTTARAKHAND · CHAMOLI · HIMALAYA

Kalpeshwar Rudranath Trek

8 days · 7 nights · Moderate · summit at 3,600 m

₹22,000

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

DURATION	GRADE	HIGHEST POINT	TREK DISTANCE
8 days	**Moderate**	**3,600 m** 11,811 ft	**66 km**

Ask OMI anything

ABOUT THE TREK

Kalpeshwar Rudranath at a glance

Trek fee per person	+ 5% GST ₹1,100	EMI available at checkout
₹22,000	**₹23,100 all-in**	**Book at trekkaro.com/trek/kalpeshwar-rudranath-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

Two of the five Panch Kedar temples, joined by a trail that almost nobody walks. The Kalpeshwar Rudranath trek starts in the quiet Urgam valley, where Shiva is worshipped as matted hair in a small cave shrine, and ends a week later at the rock face of Rudranath, the highest and most remote of the Kedars. In between lie a Vishnu temple that opens only one day a year, two Garhwali villages with no road, and the great meadows of Toli and Panar with Nanda Devi and Trishul across the sky.

The Kalpeshwar Rudranath trek lies in Chamoli district of Uttarakhand, in the hills between the Alaknanda valley and the Kedarnath Wildlife Sanctuary. We meet at Yog Nagari Rishikesh Railway Station at 6:00 AM and drive up the Alaknanda through Devprayag, Rudraprayag and Chamoli to Helang, then up the Urgam valley road to the village of Devgram at 2,020 m…

TEMPERATURE IN THE SEASONS THIS TREK RUNS

Summer (mid-May to Jun)	Day 12°C to 22°C, Night -2°C to 10°C
Autumn (Sep-Oct)	Day 10°C to 18°C, Night -5°C to 5°C

Ask OMI anything

DAY BY DAY

The itinerary

1 DAY 1

Drive Rishikesh (340 m / 1,115 ft) to the Urgam valley road head via Helang, walk to Devgram (2,020 m / 6,627 ft)

2 km, 30 min

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

Devgram (2,020 m / 6,627 ft) to Kalpeshwar (2,200 m / 7,217 ft) and back

4 km, 2-3 hrs

Today is an acclimatisation day, and a gentle one on purpose: tomorrow's climb to Bansi Narayan is the hardest day of the trek, and a short...

3 DAY 3

Devgram (2,020 m / 6,627 ft) to Bansi Narayan (3,500 m / 11,482 ft) via Bansa

12 km, 8-10 hrs

This is the hardest day of the trek: about 12 km and 8–10 hours, gaining about 1,480 m to the high meadow of Bansi Narayan.

4 DAY 4

Bansi Narayan (3,500 m / 11,482 ft) to Dumak (2,400 m / 7,874 ft) via Kalgoat

10 km, 5-6 hrs

The morning at Bansi Narayan is one to be up early for.

5 DAY 5

Dumak (2,400 m / 7,874 ft) to Panar Bugyal (3,400 m / 11,155 ft) via Toli (2,800 m / 9,186 ft)

12 km, 6-8 hrs

After breakfast in the village the group climbs out of Dumak and back into the forest, on the second long day of climbing, about 12 km and...

6 DAY 6

Panar (3,400 m / 11,155 ft) over Pitradhar to Rudranath (3,600 m / 11,811 ft) and back

14 km, 7-9 hrs

This is the temple day.

7 DAY 7

Panar (3,400 m / 11,155 ft) to Sagar (2,000 m / 6,561 ft) via Lyuti Bugyal

12 km, 4-5 hrs

The last walking day is all downhill, about 12 km and 4–5 hours from Panar to Sagar village, losing about 1,400 m.

Ask OMI anything

8

DAY 8

Drive Sagar (2,000 m / 6,561 ft) via Gopeshwar and Chamoli to Rishikesh (340 m / 1,115 ft)

about 230 km, 8-9 hrs

The last day is the drive home.

Ask OMI anything

PICK YOUR DATES

Upcoming departures

MAY 2027

15 – 22

Sat to Sat · 8 days

Buddha Purnima

MAY 2027

22 – 29

Sat to Sat · 8 days

MAY 2027

29 – 5 Jun

Sat to Sat · 8 days

JUN 2027

5 – 12

Sat to Sat · 8 days

JUN 2027

12 – 19

Sat to Sat · 8 days

JUN 2027

19 – 26

Sat to Sat · 8 days

SEP 2027

4 – 11

Sat to Sat · 8 days

SEP 2027

11 – 18

Sat to Sat · 8 days

SEP 2027

18 – 25

Sat to Sat · 8 days

SEP 2027

25 – 2 Oct

Sat to Sat · 8 days

OCT 2027

2 – 9

Sat to Sat · 8 days

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

Ask OMI anything

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 2: guesthouse at Devgram, on a sharing basis. Day 3: camping in 3-person tents at Bansi Narayan. Day 4: homestay at Dumak village, on a sharing basis. Day 5 and Day 6: camping in 3-person tents at Panar Bugyal. Day 7: guesthouse at Sagar, on a sharing basis. Sleeping bags and mats provided at each camp.
✓ **Meals**	All meals from Day 1 dinner at Devgram to Day 8 breakfast at Sagar. 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 8-day trek. Cook, helpers and support staff.

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: Rishikesh to the Urgam valley road head via Helang, and Sagar 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 Devgram.
× **Backpack Offloading (optional)**	₹1,800 + 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.

Ask OMI anything

PACKING LIST

Things to carry

Basic Gears

The Kalpeshwar Rudranath trek means a 1,480 m climb in one day, a 14 km temple day with no water on the way up, snow patches in May and three nights at or above 3,400 m, so pack for stamina, strong sun on open meadows and frosty evenings.

- **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 (50–60 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 Kalpeshwar Rudranath trek range from 10°C to -2°C from mid-May to June and from 5°C to -5°C in September and October; pack three warm layers for 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.

Ask OMI anything

- **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.

Ask OMI anything

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 Devgram: about 250 km, 9–10 hrs by shared cab up the Alaknanda valley to Helang and then up the Urgam valley road, with a 2 km walk at the end. The meeting point is Yog Nagari Rishikesh Railway Station at 6:00 AM on Day 1.

Return: The trek ends at Sagar on Day 7, with the drive to Rishikesh on Day 8, arriving between 5:30 and 7:00 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 8.

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.

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 Devgram: about 250 km, 9–10 hrs by shared cab via Helang. 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 5:30 and 7:00 PM on Day 8 by shared cab from Sagar (not included; paid directly to the driver and split among trekkers). Plan your train home from Haridwar or Rishikesh for after 9 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 Devgram: about 250 km, 9–10 hrs. The meeting point is Yog Nagari Rishikesh Railway Station at 6:00 AM on Day 1, and the group travels together to Helang and the Urgam valley by shared cab. Government buses run from Rishikesh to Joshimath via Helang, but there is no bus up the Urgam valley road, so the shared cab keeps the group together and saves a day.

Return: The shared cab from Sagar (not included in the trek fee; your trek coordinator will confirm the cab fare) reaches Rishikesh between 5:30 and 7:00 PM on Day 8. Night buses to Delhi leave Rishikesh and Haridwar through the evening; book a departure after 9 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/kalpeshwar-rudranath-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

TREKKARO.COM
World's Only Free Trekking Gear Company

trekkaro.com/trek/kalpeshwar-rudranath-trek

Trekkaro Adventures Pvt. Ltd. · 8+ years on the trail