TREKKARO.COM
World's Only Free Trekking Gear Company

TREK BROCHURE · 29 NOV 2026



UTTARAKHAND · TEHRI GARHWAL · HIMALAYA

Panwali Kantha Trek

5 days · 4 nights · Moderate · summit at 3,700 m

₹13,050

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

DURATION	GRADE	HIGHEST POINT	TREK DISTANCE
5 days	**Moderate**	**3,700 m** 12,140 ft	**32 km**

Ask OMI anything

ABOUT THE TREK

Panwali Kantha at a glance

Trek fee per person	+ 5% GST ₹653	EMI available at checkout
₹13,050	**₹13,703 all-in**	**Book at trekkaro.com/trek/panwali-kantha-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

Some meadows announce themselves from the road. Panwali Kantha hides behind a long day of forest, and that is half its charm. Climb out of the oaks above Ghuttu, cross the high shoulder of Dyuili Top, and a rolling sea of grass opens in front of you, with the Gangotri peaks, Thalay Sagar, Meru and the Kedarnath range lined up along its far edge. Few groups walk here, and on most evenings the meadow belongs to you, the shepherds and their flocks.

The Panwali Kantha trek is a 5-day trek in Tehri Garhwal, Uttarakhand, in the upper Bhilangana valley. Panwali Kantha (also called Panwali Bugyal) is one of the largest high meadows of Garhwal, a broad grassy ridge that runs between the Bhilangana valley and the Kedarnath side. For centuries it lay on the old pilgrim path that linked Gangotri with Kedarnath, and shepherds from the villages below…

TEMPERATURE IN THE SEASONS THIS TREK RUNS

Spring/Summer (Apr-Jun)	Day 10°C to 18°C, Night 0°C to 5°C
Autumn (Sep-Oct)	Day 8°C to 15°C, Night -3°C to 3°C

Ask OMI anything

DAY BY DAY

The itinerary

1 DAY 1

Drive Dehradun (640 m / 2,100 ft) to Ghuttu (1,500 m / 4,920 ft)

about 200 km, 7-8 hrs

The trek begins with a long and scenic drive. The shared cab leaves Dehradun Railway Station at 06:30 AM, so arrive a little early with your bags packed and some cash in hand.

2 DAY 2

Ghuttu (1,500 m / 4,920 ft) to Gwanmanda (2,600 m / 8,530 ft)

8 km, 6-7 hrs

After breakfast you shoulder your daypack and walk out of Ghuttu on a village trail.

3 DAY 3

Gwanmanda (2,600 m / 8,530 ft) over Dyuili Top (3,700 m / 12,140 ft) to Panwali camp (3,280 m / 10,760 ft)

10 km, 8-10 hrs

This is the big day of the Panwali Kantha trek, and it starts early. After a hot breakfast you fill your water bottles to the brim, because there is no water source on the way to Panwali camp.

4 DAY 4

Panwali camp (3,280 m / 10,760 ft) to Gwanmanda (2,600 m / 8,530 ft)

10 km, 7-8 hrs

If the sky is clear, wake before dawn and walk a short way up the meadow with a hot drink. The first light reaches the Kedarnath peaks and Chaukhamba before it touches the grass, and for a few minutes the whole range glows.

5 DAY 5

Gwanmanda (2,600 m / 8,530 ft) to Kailbhagi (2,025 m / 6,640 ft)

4 km, 2-3 hrs; drive to Dehradun, 7-8 hrs

The last morning starts early, as a long drive follows the walk. After breakfast the group leaves Gwanmanda on a short, steep downhill path through the forest towards Kailbhagi.

Ask OMI anything

PICK YOUR DATES

Upcoming departures

APR 2027
2 – 6
Fri to Tue · 5 days

APR 2027
9 – 13
Fri to Tue · 5 days

APR 2027
16 – 20
Fri to Tue · 5 days

APR 2027
23 – 27
Fri to Tue · 5 days

APR 2027
30 – 4 May
Fri to Tue · 5 days

MAY 2027
7 – 11
Fri to Tue · 5 days

MAY 2027
14 – 18
Fri to Tue · 5 days

MAY 2027
21 – 25
Fri to Tue · 5 days

MAY 2027
28 – 1 Jun
Fri to Tue · 5 days

JUN 2027
4 – 8
Fri to Tue · 5 days

JUN 2027
11 – 15
Fri to Tue · 5 days

JUN 2027
18 – 22
Fri to Tue · 5 days

JUN 2027
25 – 29
Fri to Tue · 5 days

SEP 2027
3 – 7
Fri to Tue · 5 days

SEP 2027
10 – 14
Fri to Tue · 5 days

SEP 2027
17 – 21
Fri to Tue · 5 days

SEP 2027
24 – 28
Fri to Tue · 5 days

live seats and booking: trekkaro.com/trek/panwali-kantha-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: guesthouse in Ghuttu, twin or triple sharing. Day 2 to Day 4: camping in 3-person tents at Gwanmanda, Panwali meadow and Gwanmanda.
✓ **Meals**	All meals from Day 1 dinner at Ghuttu to Day 5 breakfast at Gwanmanda. 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: Dehradun to Ghuttu and Kailbhagi to Dehradun. 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 Dehradun, arranged by you.
× **Food During Transit**	Meals on the drive between Dehradun and Ghuttu.
× **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.

Ask OMI anything

PACKING LIST

Things to carry

Basic Gears

Panwali Kantha has one long day over Dyuili Top (10 km, 8-10 hrs) with no water on the route, and cold nights on the open meadow, so pack two full water bottles and enough warm layers.

- **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

Pack for the month: April-June nights at Panwali camp are 0°C to 5°C and four warm layers are enough, while September-October nights drop to -3°C to 3°C and you need five (thermal top and bottom, 2 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.

Ask OMI anything

- **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 (DED), about 25 km / 45–60 min from Dehradun city, with direct flights from Delhi and other metros. The cab leaves Dehradun Railway Station at 06:30 AM, so fly in the day before and stay near the station.

From Dehradun to Ghuttu: about 200 km, 7–8 hrs by road via Chamba, New Tehri and Ghansali. Transport is not included in the trek fee: we help the group book shared cabs from Dehradun Railway Station at 06:30 AM, paid directly to the driver and split among trekkers. Your trek coordinator will confirm the cab fare.

Return: On Day 5 the group walks down to Kailbhagi and the cab (not included in the trek fee) takes 7–8 hrs to Dehradun Railway Station, arriving in the evening. Book your flight home for the next day.

BY TRAIN

Nearest railway station: Dehradun (DDN), which is also the pickup point, with direct trains from Delhi.

Nanda Devi Express – overnight from Delhi, arriving early in the morning before the 06:30 AM pickup.

Dehradun Shatabdi, Jan Shatabdi and Vande Bharat – day trains; take them the day before the trek.

Check current timings before you book.

From Dehradun to Ghuttu: about 200 km, 7–8 hrs by road via Chamba, New Tehri and Ghansali. Transport is not included in the trek fee: we help the group book shared cabs from Dehradun Railway Station at 06:30 AM, paid directly to the driver and split among trekkers. Your trek coordinator will confirm the cab fare.

Return: On Day 5 the group walks down to Kailbhagi and the cab (not included in the trek fee) takes 7–8 hrs to Dehradun Railway Station, arriving in the evening. Plan your train home for late night on Day 5 or the next day.

BY BUS OR ROAD

By bus: Ordinary and Volvo buses run through the night from Delhi ISBT Kashmere Gate to Dehradun ISBT, about 6–7 hrs. Prefer Uttarakhand Roadways (government) buses from inside the ISBT, and from Dehradun ISBT take an auto or cab to the railway station for the 06:30 AM pickup.

From Dehradun to Ghuttu: about 200 km, 7–8 hrs by road via Chamba, New Tehri and Ghansali. Transport is not included in the trek fee: we help the group book shared cabs from Dehradun Railway Station at 06:30 AM, paid directly to the driver and split among trekkers. Your trek coordinator will confirm the cab fare.

Return: On Day 5 the group walks down to Kailbhagi and the cab (not included in the trek fee) takes 7–8 hrs to Dehradun Railway Station, arriving in the evening. Plan your bus home for late night on Day 5 or 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/panwali-kantha-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/panwali-kantha-trek

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