

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

5 days

GRADE

Moderate

HIGHEST POINT

3,700 m 12,140 ft

TREK DISTANCE

32 km

ABOUT THE TREK

Panwali Kantha at a glance

Trek fee per person

₹13,050

+ 5% GST ₹653

₹13,703 all-in

EMI available at checkout

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 Dyuli 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

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 Gwanmunda (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

Gwanmunda (2,600 m / 8,530 ft) over Dyuli 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 Gwanmunda (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

Gwanmunda (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 Gwanmunda on a short, steep downhill path through the forest towards Kailbhagi.

PICK YOUR DATES

Upcoming departures

OCT 2026 23 – 27 Fri to Tue · 5 days	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.

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 Gwanmunda, Panwali meadow and Gwanmunda.
✓ Meals	All meals from Day 1 dinner at Ghuttu to Day 5 breakfast at Gwanmunda. 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 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 Kailbhangi 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.

Things to carry

Basic Gears

Panwali Kantha has one long day over Dyuli 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.

- **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: 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.

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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.

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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/panwali-kantha-trek#omi, and the chat opens on the trek page.

BOOK OR ASK US ANYTHING

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