TREKKARO.COM
World's Only Free Trekking Gear Company

TREK BROCHURE · 29 NOV 2026



HIMACHAL PRADESH · KULLU · HIMALAYA

Sar Pass Trek

5 days · 4 nights · Easy - Moderate · summit at 4,200 m

₹10,150

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

DURATION	GRADE	HIGHEST POINT	TREK DISTANCE
5 days	**Easy - Moderate**	**4,200 m** 13,780 ft	**49 km**

Ask OMI anything

ABOUT THE TREK

Sar Pass at a glance

Trek fee per person	+ 5% GST ₹508	EMI available at checkout
₹10,150	**₹10,658 all-in**	**Book at trekkaro.com/trek/sar-pass-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

Five days, one high snow pass and a slide down the other side that grown adults still talk about years later. The Sar Pass trek climbs out of Kasol through pine and rhododendron forest, past a village of old wooden houses, onto open ridges above the tree line and finally across a snowfield at 4,200 m (13,780 ft). Then, instead of walking down, you sit in the snow and let the mountain carry you.

The Sar Pass trek lies in the Parvati valley of Kullu district, Himachal Pradesh, in the side valley of the Grahan nala above Kasol. It starts on foot from Kasol at 1,700 m (5,577 ft), spends its first night at Grahan village at 2,350 m (7,710 ft) and then climbs to two high camps, Min Thach at 3,400 m (11,155 ft) and Nagaru at 3,800 m (12,467 ft). From Nagaru you cross the pass at 4,200 m (13,780 ft) and descend to the meadow of Biskeri Thach at...

TEMPERATURE IN THE SEASONS THIS TREK RUNS

Summer (May-Jun)	Day 5°C to 20°C, Night -5°C to 5°C
Autumn (Sep-Oct)	Day 5°C to 15°C, Night -8°C to 2°C

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DAY BY DAY

The itinerary

1 DAY 1

Kasol (1,700 m / 5,577 ft) to Grahan (2,350 m / 7,710 ft)

10 km, 4-5 hrs

We meet at Kasol bus stand at 10:00 AM, where your trek leader checks your documents, your Free Trekking Gear and your health readings before the group sets off.

2 DAY 2

Grahan (2,350 m / 7,710 ft) to Min Thach (3,400 m / 11,155 ft)

7 km, 4-5 hrs

Today is short in distance but steep in height: you gain about 1,050 m in 7 km. After breakfast the trail leaves Grahan and climbs straight into the forest, and there are few flat stretches until you reach the camp.

3 DAY 3

Min Thach (3,400 m / 11,155 ft) to Nagaru (3,800 m / 12,467 ft)

8 km, 4-6 hrs

Above Min Thach the forest ends and the trek changes character. The trail climbs on open slopes above the tree line, and in May and June much of it is on snow.

4 DAY 4

Nagaru (3,800 m) to Sar Pass (4,200 m / 13,780 ft), down to Biskeri Thach (3,350 m / 10,991 ft)

14 km, 6-8 hrs

This is the big day. The wake-up call comes around 3:30 AM, and after a hot drink and a light breakfast the group leaves Nagaru by 4 to 5 AM with headlamps on.

5 DAY 5

Biskeri Thach (3,350 m / 10,991 ft) to Barshaini (2,400 m / 7,874 ft)

10 km, 4-5 hrs; drive to Kasol

The last day is all downhill. After breakfast at Biskeri Thach the trail drops off the meadow and into the forest, passing the open grazing ground of Bhandak Thach on the way.

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PICK YOUR DATES

Upcoming departures

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/sar-pass-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 to Day 4: camping in 3-person tents at Grahan, Min Thach, Nagaru and Biskeri Thach. Sleeping bags and mats provided at each camp.
✓ **Meals**	All meals from Day 1 lunch to Day 5 lunch. 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: Bhuntar to Kasol, and Barshaini back to Kasol or Bhuntar. 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 Kasol, arranged by you.
× **Food During Transit**	Meals on the drive from Barshaini to Kasol.
× **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

Sar Pass means a pre-dawn start on snow, a long 14 km pass day and a cold, windy night at Nagaru, so pack for both bright snow glare and freezing 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 Sar Pass trek range from 5°C to -5°C in May–June and from 2°C to -8°C in September–October; pack four warm layers for summer and five for autumn (thermal top and bottom, 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.
- **Balaclava or buff** – a balaclava in the cold months, a buff or scarf in the warmer months.

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- **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: Bhuntar Airport (Kullu–Manali, KUU), about 31 km from Kasol, with limited flights from Delhi that can be cancelled in bad weather. Chandigarh Airport (IXC) has many more flights and is about 8–9 hrs from Kasol by road. Fly in the day before the trek and stay in Kasol.

From Bhuntar to Kasol: 31 km, about 1.5 hrs by local bus or taxi up the Parvati valley. The meeting point is Kasol bus stand at 10:00 AM on Day 1, and the trek starts on foot from there.

Return: The trek ends at Barshaini after lunch on Day 5. Transport is not included in the trek fee: we help the group book shared cabs, paid directly to the driver and split among trekkers, to Kasol (about 18 km, 1–1.5 hrs) or on to Bhuntar; your trek coordinator will confirm the cab fare. Book your flight home for the next day.

BY TRAIN

Nearest railway station: Chandigarh (CDG) is the most practical major station, with fast trains from Delhi; Kasol is about 8–9 hrs from Chandigarh by road.

Shatabdi and Vande Bharat trains – Delhi to Chandigarh in about 3–4 hrs.

Onward by bus – HRTC and private buses run from Chandigarh ISBT (Sector 43) towards Manali; get off at Bhuntar.

Overnight buses to Bhuntar and Kasol are the easiest way to arrive in the morning.

Check current timings before you book.

From Bhuntar to Kasol: 31 km, about 1.5 hrs by local bus or taxi. Be at Kasol bus stand by 10:00 AM on Day 1; we recommend reaching Kasol the day before.

Return: From Barshaini on Day 5, a shared cab (not included; paid directly to the driver and split among trekkers) takes about 1–1.5 hrs to Kasol. Plan your train home from Chandigarh for the next day.

BY BUS OR ROAD

By bus: Overnight Volvo and ordinary buses run from Delhi ISBT Kashmere Gate towards Manali; get off at Bhuntar, about 520 km and 12–13 hrs away. Some private buses run direct to Kasol. Prefer HRTC (government) buses, and arrive in Kasol the day before, or by early morning on Day 1 at the latest.

From Bhuntar to Kasol: 31 km, about 1.5 hrs by local bus or taxi. The meeting point is Kasol bus stand at 10:00 AM on Day 1.

Return: The trek ends at Barshaini after lunch on Day 5. A shared cab to Kasol takes about 1–1.5 hrs (not included in the trek fee; your trek coordinator will confirm the cab fare), and overnight buses leave from Bhuntar and Kasol for Delhi in the evening. We recommend booking your bus for the next day in case the descent or the road runs late.

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

ON THE TRAIL







BOOK OR ASK US ANYTHING

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