

UTTARAKHAND · CHAMOLI · HIMALAYA

Satopanth Lake Trek

8 days · 7 nights · Moderate – Difficult · summit at 4,600 m

₹0

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

DURATION

8 days

GRADE

Moderate – Difficult

HIGHEST POINT

4,600 m 15,100 ft

TREK DISTANCE

40 km

ABOUT THE TREK

Satopanth Lake at a glance

Trek fee per person

₹0

+ 5% GST ₹0

₹0 all-in

EMI available at checkout

Book at

trekkaro.com/trek/satopanth-lake-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

Beyond Badrinath, beyond Mana, the last village on the road, the Alaknanda valley keeps going: past a waterfall that falls from the sky, over moraine and boulder fields, to a three-cornered lake at 4,600 m (15,100 ft) with Chaukhamba, Neelkanth, Swargarohini and Balakun standing around it. The Satopanth Lake trek is the walk to that lake, a sacred, remote and demanding corner of Garhwal that very few trekkers ever see.

The Satopanth Lake trek lies in Chamoli district of Uttarakhand, in the upper Alaknanda valley above Badrinath, in the Garhwal Himalaya. We meet at Tapovan in Rishikesh at 6:00 AM and drive up the Alaknanda through Devprayag, Rudraprayag, Karnaprayag and Joshimath to Badrinath at 3,300 m (10,830 ft), a long day of about 300 km. After a full acclimatisation day at Badrinath, the trek starts on foot from Mana at 3,200 m...

TEMPERATURE IN THE SEASONS THIS TREK RUNS

Summer (May-Jun)

Day 5°C to 20°C, Night -5°C to 8°C

Autumn (Sep-Oct)

Day 0°C to 15°C, Night -10°C to 5°C

The itinerary

1 DAY 1

Drive Rishikesh (340 m / 1,120 ft) to Badrinath (3,300 m / 10,830 ft)

about 300 km, 10–12 hrs; no trek

We meet at Tapovan in Rishikesh 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

Rest and short walks around Badrinath (3,300 m / 10,830 ft)

Charan Paduka, the riverside and Mana village; 2–3 hrs

Today is for your body, not for distance.

3 DAY 3

Drive Badrinath to Mana (3,200 m / 10,500 ft), trek to Laxmi Van (3,630 m / 11,900 ft)

9 km, 5–6 hrs

The trek starts today.

4 DAY 4

Laxmi Van (3,630 m / 11,900 ft) via Sahastradhara to Chakratirtha (4,150 m / 13,615 ft)

7 km, 5–6 hrs

Today the trek climbs into the high country.

5 DAY 5

Chakratirtha (4,150 m / 13,615 ft) to Satopanth Tal (4,600 m / 15,100 ft) and back

8 km, 6–8 hrs

This is the big day.

6 DAY 6

Chakratirtha (4,150 m / 13,615 ft) to Laxmi Van (3,630 m / 11,900 ft)

7 km, 3–4 hrs

The descent begins.

7 DAY 7

Laxmi Van (3,630 m / 11,900 ft) to Mana (3,200 m / 10,500 ft)

9 km, 3–4 hrs; drive to Joshimath (2,040 m / 6,700 ft)

The last day on foot is an easy walk back down the valley.

8 DAY 8

Drive Joshimath (2,040 m / 6,700 ft) to Rishikesh (340 m / 1,120 ft)

about 255 km, 9–10 hrs; no trek

The last day is the long drive home.

PICK YOUR DATES

Upcoming **departures**

New dates are being scheduled — see trekkaro.com/trek/satopanth-lake-trek or WhatsApp us.

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 Badrinath, on a sharing basis. Day 3 and Day 6: camping in 3-person tents at Laxmi Van. Day 4 and Day 5: camping in 3-person tents at Chakratirtha. Day 7: guesthouse at Joshimath, on a sharing basis. Sleeping bags and mats provided at each camp.
✓ Meals	All meals from Day 1 dinner at Badrinath to Day 8 breakfast at Joshimath. 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 8-day trek. Cook, helpers and support staff.

OPTIONAL ADD-ONS

Backpack Offloading	₹2,500 + 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 Badrinath, Badrinath to Mana, and Mana to Joshimath and 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 Badrinath.
✗ Backpack Offloading (optional)	₹2,500 + 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

Satopanth means four nights above 3,600 m, two of them at a windy camp at 4,150 m, long hours on boulders and moraine, and a lake day to 4,600 m with snow patches early in the season, so pack for serious cold, strong sun and rough ground.

- **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

Nights on the Satopanth Lake trek range from 8°C to -5°C in May–June and from 5°C to -10°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 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, Dehradun (DED), about 21 km from Rishikesh, with regular flights from Delhi, Mumbai and Bengaluru. A taxi from the airport reaches Tapovan in 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 Badrinath: about 300 km, 10–12 hrs by shared cab up the Alaknanda valley. The meeting point is Tapovan, Rishikesh, at 6:00 AM on Day 1.

Return: The trek ends at Mana on Day 7, with a night at Joshimath and the drive to Rishikesh on Day 8, arriving between 6:30 and 7:30 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), about 6 km from Tapovan, 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 Tapovan 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 Badrinath: about 300 km, 10–12 hrs by shared cab. Be at Tapovan, Rishikesh, by 6:00 AM on Day 1; we recommend reaching Rishikesh the day before.

Return: The group reaches Rishikesh between 6:30 and 7:30 PM on Day 8 by shared cab from Joshimath (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; Tapovan is a short auto ride across the river. Arrive in Rishikesh the day before, as the pickup is at 6:00 AM.

From Rishikesh to Badrinath: about 300 km, 10–12 hrs. The meeting point is Tapovan, Rishikesh, at 6:00 AM on Day 1, and the group travels together to Badrinath by shared cab. Government buses also run from Rishikesh to Badrinath in the yatra season, but the shared cab keeps the group together and saves time.

Return: The shared cab from Joshimath (not included in the trek fee; your trek coordinator will confirm the cab fare) reaches Rishikesh between 6:30 and 7:30 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.

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/satopanth-lake-trek#omi, and the chat opens on the trek page.

BOOK OR ASK US ANYTHING

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