

## KEDARKANTHA (A perfect winter trek)

Kedarkanhta is a mountain peak of the Garhwal Himalayas, situated inside the Govind Pashu wildlife sanctuary in Uttarkashi district having a towering altitude of 12,500 feet. This perfect winter trek suites for anyone who's trying their hand at Himalayan trekking for the first time. This trek is easy and comfortable for a novice climber and gives you every wanderer an opportunity to summit a snow-laden peak in the Garhwal Himalayas. A four days trek to Kedarkantha is a delight for all adventure enthusiasts. We at IMT assist you in exploring this fascinated trek of Himalayas!

## **Brief Itinerary**

- Day 1 Arrive Sankri (6400 ft.)
- Day 2 Sankri Juda Ka Talaab (9000 ft.) 5h hrs Trek
- Day 3 Juda Ka Talaab Kedarkantha Base (11250 ft.) 5 hrs. Trek
- Day 4 Climb to Kedarkantha Peak (12500 ft.) Hargaon Village (9100 ft.) 7hrs Trek
- Day 5 Hargaon Village Sankri (6400 ft.) 2 hrs Trek and drive to Dehradun (8 hrs)



#### Day 1 Dehradun – Sankri 6450 ft. (190 Km)

Morning trek team will meet you Dehradun pickup point, from where we proceeds to Sankri which is the trek starting point, Sankri is a small village situated 190 km away from Dehradun city in Uttarkashi district. On reaching at home-stay/guest-house check-in. Evening witness the mesmerizing sun set view. Stay in Sankri.

#### Day 2 Sankri – Juda Ka Talaab (9000 ft.) 5 hrs Trek

Morning post breakfast, trek begins to Juda ka Talaab. The trek is going through the pine forest until we reach at Juda ka Talaab. A perfect site for camping in the lap of Himalayas. Call for night!

### Day 3 Juda Ka Talaab – Kedarkantha Base (11250 ft.) 5 hrs. Trek

On day 3 we start our day and proceed to Kedarkantha Base. The enchanting trail takes us to upper elevation to witness the 360 degree view of Himalayas. From where you can capture the famous snow- capped mountains like Kala Nag, Swargarohini and Bandarpoonch. Night stay at Kedarkantha Base.

### Day 4 Climb to Kedarkantha Peak (12500 ft.) – Hargaon Village (9100 ft.) 7hrs Trek

We wake up early in the morning to witness the breathtaking sunrise. After hot cup of tea and breakfast we start our climb to Kedarkantha Peak, approx 4 hours takes to climb the summit from the base camp. On reaching the top you will find yourself in the heaven as it will give you a 360° view of the giant snowy mountains of Garhwal Himalayas. A few holy peaks you can witness like Gangotri, Yamnotri and Kinnaur Kailash from the top. After spending a quality time over the peak we will descend towards Hargaon village a charming village situated at an elevation of 9000 ft.

### Day 5 Hargaon – Sankri 4 hrs Trek then drive to Dehradun

How quickly these 4 days have passed of Kedarkantha trek, on day 5 we start early towards Sankri. As soon as reaching at Sankri, we board in the traveler/bus and drive back to Dehradun drop point.

#### \*\*We would like to thank you for giving us the opportunity to serve you, looking forward for more opportunities in future \*\*

What is included in the Cost	What is not included in the Cost
✓ Stay would in lodge/home-stay and	<ul> <li>Any air/train/Bus fare</li> </ul>
trekking camp during trek	✗ GST (5%)
✓ APAI Meal plan basis starts with dinner	Any type of health/private Insurance
from Sankri to Sankri	First & last day en Route lunch to/from Sankri
<ul> <li>Stargazing session with expert at any of the upper campsite</li> </ul>	<ul> <li>Protection gears, we recommend to carry your own gears</li> </ul>
Forest permit & camping charges	Personal toiletry Items and medicine kit
Camping Equipment - Kitchen tent, toilet	<ul> <li>Tips, telephone, laundry &amp; porterages</li> </ul>
tent, trekking style tents, sleeping bags, mattresses	<ul> <li>Any cost arising due to natural calamities like, landslides, road blockage, political disturbances</li> </ul>
<ul> <li>Technical and Safety Equipment</li> </ul>	(strikes), etc (to be borne by the traveler
<ul> <li>Experienced Outdoor Instructor &amp; Wilderness First Aid (WFA)</li> </ul>	directly).
<ul> <li>Medical Kit (BP apparatus &amp; Oximeter (for regular health check), Oxygen cylinder</li> </ul>	
<ul> <li>High altitude medicine</li> </ul>	

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## ABOUT THE TREK

- ▲ Trekkers are picked up from Dehradun and drop at Dehradun.
- ▲ The trek fee includes all costs of the trek from the start at Sankri to the end of the trek at Sankri.
- ▲ Backpack offloading charges will be Rs 600 per bag. The backpack cannot weigh more than 10 kg. No suitcases/trolleys/duffel bags will be allowed.
- ▲ You will be staying in tents on the trail (3 men tent) except Sankri.
- ▲ All meals, start from dinner at Sankri on day 1 to breakfast on day 5 is included. We provide simple, nutritious vegetarian food on all days of the trek.
- ▲ All trekking permits and forest camping charges are included.
- ▲ You will stay in high quality tents and sleeping bags in all the camp-site. Our high altitude sleeping bags can withstand temperatures as low as -10 °C.
- ▲ First aid and medical kit will be available at all campsites to deal with emergencies.
- ▲ Our trek leaders have the experience with different high altitudes treks in Himalayas.
- ▲ The mountain staff on this trek consists of well trained guides, cooks, helpers and porters (to carry tent and kitchen's things. (The guests will carry their rucksack itself)

## THINGS TO CARRY

- ▲ Trekking shoes
- ▲ Backpack (40-60 liters): Depend upon your things.
- ▲ Carry a poncho/rain suit as well since you might face rain while trekking
- ▲ On a trek, carry fewer warm clothes than you would normally need. Do not pack for 'what if situations'. That will only add to the weight of your backpack and not be used on the trek. Once your clothes get warmed up on a trek, you will not feel like changing. Just maintain personal hygiene.
- ▲ Two warm layers
- ▲ One / Two trek pants wear one pair and carry one extra pair. This should be enough. But your pants could get wet while sliding, so carry an extra pair. Denim/jeans and shorts are not suitable for trekking.
- ▲ Carry light, full sleeved t-shirts that prevent sun burns on the neck and arms. A common mistake that trekkers make is not changing their t-shirts often enough.
- ▲ Carry thermals to keep warm at night.

## ACCESSORIES

- Sunglasses: are to prevent snow blindness. They are mandatory on this trek since you will be traversing ice fields at the pass.
- ▲ Sun-cap: The sun is harsher on your skin at high altitude and will zap your energy quickly.
- ▲ Synthetic hand gloves: One pair of water proof/resistant gloves.
- ▲ Balaclava: You may use woolen scarves instead as well.
- ▲ Socks (2 pairs): Apart from two sports socks, you can take a pair of woolen socks for the night.
- ▲ Plastic covers: While packing, use plastic bags to compartmentalize things and carry few extra plastic bags for wet clothes
- **Two water bottles:** 1 liter each

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### **OTHERS**

- ▲ **Toiletries:** Sunscreen, moisturizer, light towel, lip balm, toilet paper, toothbrush, toothpaste, hand sanitizer.
- ▲ Do not carry wet wipes since these are not biodegradable. If you do happen to use wet wipes to clean up after a trek, make sure you bring them back with you. The same holds for used sanitary napkins.
- ▲ Carry a zip lock bag to put used wet tissues and napkins. Bring this zip-lock bag back with you to the city and do not dispose wet tissues and sanitary napkins in the mountains #keephimalayaclean.

## **OPERATIONAL/CANCELLATION/RISK TERMS**

- ▲ We reserve the right to cancel any tour however, this would only become necessary in exceptional circumstances. In such an event, we would hope to offer you an alternative. India Motorbike Tour will not be held responsible or offer a refund/compensation in any of the following situations: war/natural disaster or any unforeseen cancellations due to industrial/administrative disputes and/or weather.
- ▲ We require a 8 participant's minimum to run this trek; if we will not meet the given strength then we reserve the rights to cancel the particular trip.
- ▲ Incase booked person would still like to travel, arrangements for same can be made and any extra costs/ supplements applicable would have to be paid directly over the group tour cost already paid. Also a person booked would be provided with an opportunity or date to join other group departure date and incase he/ she is willing or interested to join another group of same tour program on a different date, he/she would be accommodated.
- ▲ Itinerary can be changed en route, depending on health and weather conditions.
- ▲ There is no personal/travel insurance of any kind included in the tour price. Travel insurance should be obtained from your place of residence, before commencement of trek. India Motorbike Tour will not be held liable for any illness, injury or death sustained during a tour.
- ▲ In a trek a medical emergency or any other emergency may arise. If for any reason you are sent down from the trek then we will make arrangements for your return to the base camp or nearest road head. A staff will accompany you. He may not be trained personnel. The extra cost will involve on it.
- ▲ A high altitude trek in the Himalayas requires considerable fitness. Your body needs to train itself to process more work with lower levels of oxygen.
- ▲ We do not accept responsibility in respect of death, bodily injury or illness by causes other than our Tour team and their actions.

# DEPARTURE CALENDER/PRICE RS. 10800 PER PERSON

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# **Book now & sit back relax**

# a) ACCOUNT TRANSFER

Beneficiary Name: Account No: Account Type: Name of Bank: IFSC Code: Swift Code:

India Motorbike Tours 50200055439434 Current HDFC Bank HDFC0002936 HDFCINBB

# b) By QR CODE

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