

## **Bheemthach trek details**

### **itinerary**

- 1st. day- Deharadun to Barkot  
(drive 120km) altitude 1250mt
- 2nd.day- Barkot to Hanuman chatti (drive 30km ) and trek to Kandola via Nishni village ( trek 5-6 km) altitude 3000mt
- 3rd. day -kandola to gujar Hut (trek 8-10km)
- 4th. day - guajarhut to bheemthach (trek 8-10km)
- 5th. day - bheemthach to bheemthach meadows view point (trek- 10-12km )both side elevation 4200meter Itinerary
- 6th. day- bheemthach to kandola distance (16-18km)
- 7th. day- kandola to barkot
- 8th. Day - barkot to deharadun

### **Clothing**

#### **Basic essential**

- Day Bag(20-30 liter) with Rain Cover (If you hire mule or porter)
- Backpack(50-60 liter) with Rain Cover
- 2- water bottles
- Personal Medical kit (If you required)
- Hiking Shoes-water proof and ankle support
- Torch With extra batteries
- Original ID Card
- Glucose, Chocolates, biscuits, and nuts

#### **Clothing essential**

- Thermal Wear

- 2-jacket (1 Fleece, 1 Down feather)
- Warm Inner-wears
- 2-Gloves (1 Woollen, 1 Waterproof)
- 2-Trek Pants (which is a comfortable full day)
- 4-T-shirts (2 Full Sleeves, 2 Half Sleeves)
- 2-Sweater (1 Fleece, 1 Woollen)
- 5-Socks (3 Cotton, 2 Woollen)
- Rain Coat / Poncho
- Handkerchief/towels
- Protect Your Head
- 2- Caps (1 Sun Cap, 1 Woollen Cap)
  - UvSunglasses
  - Balaclava

#### *Personal utilise*

- *Cameras*
- *Sunscreen Cream*
- *Tooth Brush & Paste*
- *Lip Balm*
- *Quick Dry Towel*
- *Body Lotion*
- *Sanitiser*

#### **Inclusion**

- *Transportation (Dehradun to Dehradun)*
- *Food: Day-1 Dinner to Day-5 Breakfast.*
- *Accommodation: Four Nights Camping during the trek on Sharing Basis*
- *Tents, Mattresses, and Sleeping Bags*

- Toilet Tents – Dry Pit Style
- Kitchen Tent, Equipment & All Rations
- Trek Leader & Assistant Trek Leader / Local Guide
- Support team
- Cook
- Helpers
- Porters / Mules (for Equipment)
- Mountaineering Course Qualified Trek Leader
- Local Support Team for Geographical Intelligence
- Crampons / Micro-spikes to the Trekkers (if Require)

#### Exclusion

- Mules or porter to carry personal luggage.
- Any kind of emergency evacuation charges.
- If anyone left the trek against the schedule (means not able to complete or any reason of dropping)
- Any extra demand like personal guide person food, porter personal vehicle
- Anything not specifically mentioned under the head.
- Trek charge :- 13500

#### Booking from rental

- Winter Jacket (-5 degrees) - Rs. 500
- Trekking pole - Rs. 200
- Poncho - Rs. 200
- Gloves - Rs. 200
- Head torch - Rs. 150
- Trekking Shoe - Rs. 500
- Gopro - Rs. 2500

- Trek pant - Rs. 400

**Note:-**

- Normally hiking trail expect to carry your personal luggage on your own, if you wish to offload your backpack, you can give it to Mule.
- Charges of offloading backpack:-INR 1500/- if you make an online payment, 10 days in advance .
- INR 1800/- if you inform us after reaching barkot
- The backpack cannot weigh more than 11 kgs. Backpack should have waterproof cover. Suitcases/strolleys/ bags will not be allowed.
- Trek charge

**How to reach:-**

- Jolly Grant Airport is the airport serving Dehradun, located about 25 km from the city.

There is a daily flight from Delhi to Dehradun

**By train :-**

- Take the overnight train to Dehradun from Delhi
- Nandadevi Express - Train no: 12205 (Departure 11:50pm; Arrival - 5:40am)
- Dehradun Express - Train no: 12687 (Departure - 9:10pm; Arrival - 5:00am)

**By bus:-**

- There is regular bus service from Delhi to Dehradun, from Delhi's ISBT Kashmere Gate.
- We would suggest you to take only government buses from ISBT Kashmere Gate.

Private buses ply from outside ISBT and they are not trust worthiness.

- Usually buses drop you at Dehradun ISBT. From there you have to come to Dehradun

Railway Station

- Hiking trail vehicles will pick-up you from Dehradun Railway Station at 8:00am.
- Pick-up is included in the cost of the trek
- You will reach barkot at 4:00pm
- Food from dehradun to barkot is not included in the trek cost

