

Itinerary

TRIUND TREK

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Triund trek is one of the highly explored treks that add thrill to your weekends. Settled in the lap of the Dhauladhar range and 18 km from Dharamshala, it provides a mesmerizing view of Kangra valley and snow-capped Dhauladhar ranges. If you are a beginner and love trekking, then Triund trek is perfect for you as it is an easy mountain trek. This trek is famous for its short length and sloped paths.

Walking through the path and taking note of beautiful bird chirpings that come from the rhododendron and oak trees make Triund trek a pleasure for bird lovers.

One can visit for this trek on weekdays or weekends depending on their interest. For peace lovers weekend is the best option, and for people lovers, weekdays are the best. Being well connected from Dharamshala or Mcleodganj, this exaggerating trek attracts a large crowd every

year. Spectacular views of nature at different points of the day reflect the true beauty of the Triund trek.

Anyone can get lost in the aroma flows in the air and music of nature, but it is impossible to lose the way on the trek. Our complete guide will help in answering all your queries.

Triund Trek Highlights

Main Activity -Trek through the steep path

Other Activities– Camping and Sight seeing

Starting point– McLeodganj, Himachal Pradesh

Ending point– McLeodganj, Himachal Pradesh

No. of Days– 2

No. of Nights– 1

Difficulty level– Easy

Best time to visit– March to December except monsoon

Triund Elevation – 2825 Meters

Best Time for Triund Trek

Triund trek remains open to people across the year except for January and February. These months encounter heavy rainfall over the trail that makes it slippery and dangerous for trekkers. So, the best time to complete the Triund trek is March to June, when you can enjoy lovely weather and spectacular mountain ranges. You will find nice weather throughout the year except in freezing winters. In summers and springs temperature ranges from 5 degrees to 26 degrees. In winters, it goes down to -10 degrees. So, You need to pack heavy woolens for freezing winters, light woolens for normal weather, and a sleeping bag for all weather.

How To Reach for Triund Trek?

Trek Starting Point: Near Mcleodganj Bus Stand

How to reach by air: the nearest airport to visit the Triund trek is Gaggal Airport, located at approx 22 km from Mcleodganj.

How to reach by train: The nearest railway station to reach Mcleodganj is Pathankot railway station, located at approx 92 km from Mcleodganj.

How to reach by bus: the approx road distance between Delhi and Triund is 500 km. Travelers get Volvo buses from the capital city.

Why Should You Go For Triund Trek Once In Your Lifetime?

Triund hill is famous as the heart of Dharamshala or Mcleodganj, located at a distance of approx 10kms. This trek provides a spectacular landscape of snow-covered Dhauladhar ranges and Kangra Valley. A beautiful trek enclosed by forest and best for all age groups makes it a perfect reason to explore at least once in a lifetime.

Other Reasons To Explore

Time: you need 1 night and 2 days for this trek.

Triund Trek Distance: 10 km from Mcleodganj (7 km to Bhagsu village and 3 km to Triund).

Triund Trek Elevation: 2,850m over sea level

Time Takes: for an average person, it takes 4 to 5 hours (one side).

Beautiful Picture Points: you can take endless selfies and Snapshot at different points.

Watching Stars: views of stars from Triund generate an adrenaline rush inside you. It makes you spellbound.

Triund Trek Itinerary

Day 1: Trek to Triund Hill (4-5 hours of trekking)

- 10:00 AM - Meet us at Dharamkot, which is less than 2 km from McLeodganj. We will start our trek from here. Prepare yourself to watch the scenic views of nature.
 - For beginners, this trek will take around 4-5 hours. We will move at a comfortable pace, exploring the trail, peeking through the dense forest, drinking in the brilliant vista.
 - We will reach Triund before the sunset as that is the one thing that you cannot miss on this trek. Once you've witnessed the absolute beauty of the sunset, you can never forget it for life.
 - In the star-studded night time, we will start our story-swapping session around the campfire, and enjoy our scrumptious dinner.
 - Around 10:00 PM - You can retire to your tent for the night.
- Note: before going to sleep, one must look at the spectacular landscapes of Dharamshala.

Day 2: Sunrise at Triund Hill and back to McLeodganj (3-4 hours of trekking)

- Wake early to enjoy the sunrise. The other thing that you can't miss on this memorable trek along with the sunset, is the sunrise. The view of the sky rapidly changing colors with the rising sun is more than just beautiful - it takes your breath away.
- After enjoying the sunrise, you can relax for a while, have breakfast and prepare for the day's upcoming trek.
- This day, we'll have to start really early since we'll be retracing our steps that we covered in the past day. However, since the way is mostly a descent, it is easier even for first-timers, and faster.
- We'll keep the pace comfortable and enjoy the enthralling trek back.
- In the evening, we reach Dharamkot, where this journey ends.

Inclusions

- Dinner on day 1 and breakfast on day 2
- Accommodation on twin sharing basis at Triund hill.
- Sleeping bag

Exclusions

- Transfer allowance from your location to Mcleodganj
- Personal care items and soft drinks.
- Anything that does not form part of the inclusions list above.

What to Pack For Triund Trek?

- A Day pack to carry a water bottle, camera, packed lunch, and personal clothing.
- Trekking Shoes in which you can walk comfortably.
- Sunscreen to avoid sunburn
- Carry comfortable clothes like a loose T-Shirt and trousers.
- Easy to carry woolen jackets to bear cold over Triund hill.
- Flip Flops slippers.
- Sunglasses
- Strong backpack
- A torch
- 2pairs of socks
- Water bottles
- Photo ID proof
- Walking poles
- Medical certificate
- Personal care medications

Best Tips To Keep In Mind For Triund Trek

Take an Expert Guide

If you are a beginner for this trek, then find an expert guide or an experienced person. It will help you in safely completing the Triund-trek. Only an expert guide can explain the latest guidelines issued by the government. For example, the government banned night camping at Triund hill to maintain eco-balance. So the only option left is guest houses under the forest department.

Start Practice As Soon As Possible

Before planning for this trek, start working on your strength and eat healthy food. Check whether your body is flexible enough to accept the changes of this trek. Develop an environment of trekking at your home and practice daily. It will work as a prevention from possible injury.

Purchase Comfortable Trekking Shoe

Comfort comes first when it comes to trekking to Triund hill. Wearing comfortable shoes helps in completing the trek easily. Change your shoes immediately if you feel any discomfort that can not be avoidable. Avoid shoes that can cause blisters.

Keep at least Two-pair of Shocks.

Commonly, we forget to keep our favorite pair of shocks while backpacking. You are committing a mistake if you think comfortable shoes are enough to complete the Triund Trek. So once you finalize the trekking shoe, pair up the right shocks with them. Check the material like fabric and necessary properties such as sweatproof and waterproof etc.

Develop Will power and Leg Strength Through Exercise

It is obvious that for an exciting trek, willpower and leg strength play a major role. Add bench press, squats, and other strength-building exercises to your daily schedule. Apart from leg strength, start working on willpower. Once you develop these elements, the Triund trek will become an exaggerating experience for you.

Practice Walking on Daily Basis

Every doctor suggests that walking is beneficial for our health. It keeps us physically fit and prepares us to map paths on the trek. Once you are a pro at walking, start practicing walking harder for trek. Develop an environment like Triund trek and become an excellent trekker.

Start Training with Backpack

If you think walking, exercising, and determination are enough, then let me tell you it is not. You will not get a complete idea of how trekking feels like. Whenever you practice walking,

carry a backpack filled with the necessary trek items. Check how much weight you can lift comfortably on the Triund trek.

Also, choose a backpack whose straps you can easily adjust while walking. After training, you will get used to carrying a backpack.

Start Using Walking Poles

The use of lightweight walking poles while walking reduces pressure on your legs and thighs. It works as an additional leg that distributes the weight of the entire body. Apart from this, it has multiple uses, For example, keeping aside the vegetation and many others.

Prevent Dehydration While Trekking

Water is the basic need of the human body. We have always been taught by our elders that keep water with ourselves. Triund trek drains all your energy and demands the correct fluid level in the body. Climbing up the hill results in increased breath, loss of fluid, and increased heartbeat. So, drinking the right amount of fluid helps in balancing all of the above results. Due to lifestyle changes, we forget to take enough water throughout the day. So keep your body hydrated by sipping a small amount of water at different time intervals throughout the day.

Develop Healthy Eating Habits

Your eating habits determine how long you will go. Your body demands more food when it comes to trekking up the hill. Practice eating a small and healthy meal at different points of the day. The best options to take on the trek are fruits that help in increasing your energy level. Avoid eating fried snacks and other unhealthy food items.

Examine Your Fitness

Fitness is the key to win against challenges that we encounter throughout the trek. You have to invest your valuable time and energy to reach the trekking point, and fitness makes it easier for you. Fitness allows you to squeeze out every drop of happiness and joy.

All the above tips will help you in getting a lifetime Triund trekking experience.

Destinations to Travel Near Triund Trek

Dharamshala – one of the famous cities in Himachal Pradesh, Dharamshala encounters a large crowd of travelers every year. People come to visit this place from different parts of the world. Being enclosed by deciduous forest, it houses the headquarter of Kangra valley. This place reflects the perfect blend of Kangra and Tibetan culture. It takes a day to visit its attractions like Buddhist monasteries, tea gardens, Dalai lama's temple, and cricket stadium, etc.

Bhagsu Nag Adorable Temple and Mesmerizing Waterfall– If you are not short of time and want to explore more other than Triund trek, BhagsuNag waterfall and temple are the best choices for you. Completing a trek challenges your leg strength that causes pain. Sit beside the waterfall and rejuvenate your legs by getting them down the water. The waterfall is at approx 1 Km from Bhagsunag temple.

Naddi View Point – Naddi viewpoint offers an awe-inspiring look of the Dhauladhar range. It is a perfect location to visit after the Triund trek as it does not demand walking and pressure on the knees. Watching mountains covered in clouds with sipping tea and enjoying delicious meals, offers a glimpse of the magic of nature.

Bir billing- This is a beautiful village situated in the Joginder Nagar Valley in Himachal Pradesh. It is also known for its Tibetan refugee colony, Buddhist monasteries, and adventurous activities like Paragliding, camping, trekking, mountain biking, and many others. Must visit this place if you are on a journey in your vehicle.

Palampur- Palampur is a beautiful hill station nestled in the Kangra District of Himachal Pradesh. It is home to aromatic tea gardens, sparkling waterfalls, chirping birdlife and offers a perfect look of the Dhauladhar range.

