

## **Sahastra Tal Trek**

The Sahastra Tal Trek is a scenic trek in the Indian Himalayas that takes you through dense forests, rolling meadows, and serene high-altitude lakes. Here's a comprehensive itinerary for the trek:

**Duration: 5-6 days**

**Maximum Altitude: 4,100 meters (13,450 feet)**

**Grade: Moderate to Challenging**

**Best Season to go: May to June and September to October**

**Region: Uttarakhand, India**

**Group Size: 1-12 trekkers**

**Cost:** The cost of the Sahastra Tal Trek varies, but typically ranges from INR 8,000 to INR 20,000 per person, depending on the level of comfort and services provided.

### **Short-Itinerary:**

**Day 1: Arrival in Uttarakhand and drive to Sari Village**

**Day 2: Trek from Sari Village to Tali**

**Day 3: Trek from Tali to Sahastra Tal**

**Day 4: Explore Sahastra Tal and surrounding areas**

**Day 5: Trek from Sahastra Tal to Sari Village**

**Day 6: Drive from Sari Village to Uttarakhand**

### **Detailed-Itinerary:**

**Day 1:** Arrival in Uttarakhand and drive to Sari Village

Arrive in Uttarakhand and drive to Sari Village, which is the starting point of the trek

Check into a guesthouse and spend the night in preparation for the journey ahead

**Day 2: Trek from Sari Village to Tali**

Start the trek from Sari Village and head towards Tali, which is approximately 12 km away

The trail takes you through forests and along streams

Spend the night in a trekker's hut in Tali

**Day 3: Trek from Tali to Sahastra Tal**

Depart from Tali and head towards Sahastra Tal, which is approximately 8 km away

The trail takes you through meadows and forests and offers panoramic views of the surrounding peaks

Spend the night near Sahastra Tal lake

**Day 4: Explore Sahastra Tal and surrounding areas**

Spend the day exploring Sahastra Tal and the surrounding areas, taking in the stunning scenery and serene atmosphere

Spend the night near Sahastra Tal lake

**Day 5: Trek from Sahastra Tal to Sari Village**

Depart from Sahastra Tal and retrace your steps back to Sari Village, which is approximately 20 km away

Spend the night in a guesthouse in Sari Village

**Day 6: Drive from Sari Village to Uttarakhand**

Depart from Sari Village and drive back to Uttarakhand, ending the Sahastra Tal Trek.

**Inclusions:**

Accommodation in trekkers' huts or tents  
Meals (breakfast, lunch, and dinner) during the trek  
Trekking guide and support staff  
Permits and fees  
First-aid kit and medical assistance  
Porter services (for carrying equipment and supplies)  
Return transportation to the starting point of the trek

**Exclusions:**

Personal expenses such as snacks, drinks, and souvenirs  
Travel Insurance evacuation expenses  
Tips for guiding and supporting staff  
Any other expenses not mentioned in the inclusions list

**Note:** This itinerary is a general guide and can be adjusted to suit the needs and preferences of your group. It is important to keep in mind that trekking in the mountains can be unpredictable and weather conditions, trail conditions, and other factors can affect the actual duration and route of the trek. It is essential to be prepared and flexible and to always follow the guidance of your trekking guide.