



TM

TREKKERS HEAVEN

EXPLORE THE UNKNOWN

**KUARI
PASS**

5D/4N

Region

Uttarakhand

Duration

**5 Days /
4 Nights**

Grade

Moderate

Altitude

**12,516
Ft.**

Trekking Km

22.5 Kms

Best Season

**December
- March**
Snow Trekking



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Short Itinerary Overview

Day 1:

Rishikesh →
Joshimath
(Base Village
Arrival)

Day 2:

Trek:
Joshimath →
Guling Camp
(First Trek Day)

Day 3:

Trek: Guling
→ Khullara
Camp
(Acclimatization
Day)

Day 4:

Summit:
Kuari Pass →
Joshimath
(Peak Day)

Day 5:

Joshimath → Rishikesh
(Return Journey)

Why Kuari Pass?

- **Panoramic Views:** 360-degree views of Nanda Devi, Trishul, Chaukhamba, and other Himalayan peaks
- **Perfect for All:** Moderate trek suitable for beginners and experienced trekkers
- **Alpine Beauty:** Pristine forest trails, open meadows, and camping under stars
- **Cultural Experience:** Remote villages and authentic Himalayan lifestyle

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Detailed Itinerary

DAY 1: RISHIKESH → JOSHIMATH (Base Village)

Overview

Destination: Joshimath

Distance: Approx 250 km (9-10 hours drive)

Route: Via Devprayag, Rudraprayag, Karnaprayag

Accommodation: Guesthouse/Homestay in Joshimath

Travel Schedule

- Start early morning from Rishikesh
- Scenic drive through Devprayag (Confluence of Alaknanda and Bhagirathi rivers)
- Pass through Rudraprayag and Karnaprayag
- Arrive in Joshimath by evening


 **Activities & Brief**

- Check-in and rest after long drive
- Trek briefing and gear check by trek leader
- Meet your trekking team and guides
- Acclimatization walk around Joshimath (optional)
- Early dinner and rest

 **Tips**

Start early to avoid traffic. Carry snacks for the journey. Stay hydrated and get good rest before the trek.

DAY 2: TREK DAY 1 - Joshimath → Dhak → Guling Camp

Trek Distance: 4.5 km

Duration: 4-5 hours

Altitude Gain: 6,700 ft → 9,000 ft
(2,300 ft gain)

Terrain: Forest trail with altitude
gain

MORNING (5:00 AM - 7:00 AM)

- Early breakfast at guesthouse
- Final gear check and briefing
- Meet guides and porters
- Begin trek from Joshimath

MID-DAY (7:00 AM - 12:00 PM)

- Trek through beautiful pine forests
- Gentle ascent with scenic views
- Reach Dhak (tea stop point)
- Rest and light snacks



AFTERNOON (12:00 PM - 5:00 PM)

- Continue trek to Guling Camp
- Trail becomes steeper as altitude increases
- Arrive at Guling Camp by evening
- Set up camp and rest



EVENING & NIGHT

- Dinner at camp
- Bonfire gathering (optional)
- Sleep in tents

DAY 3: TREK DAY 2 - Guling → Khullara Camp

Trek Distance: 4 km

Duration: 4 hours

Altitude: 9,000 ft → 10,500 ft

Terrain: Scenic mountain trail,
open meadows

MORNING & DAY

- Breakfast at Guling Camp
- Trek to Khullara Camp at steady pace
- Trail opens up to beautiful meadows
- Stunning views of Hathi Ghoda peaks emerge
- Arrive at Khullara Camp by afternoon



Hathi Ghoda Peaks

These distinctive twin peaks resemble an elephant's head and are one of the most photographed spots on the trek. On clear days, views extend to Nanda Devi and surrounding ranges.



AFTERNOON & EVENING

- Rest and acclimatization
- Optional evening acclimatization walk to nearby ridge
- Experience sunset from camp
- Dinner and bonfire
- Sleep in tents

 **Note:** Day 3 is an acclimatization day. We trek less distance to help your body adjust to higher altitude before summit day.

DAY 4: TREK DAY 3 - Summit Kuari Pass (12,516 ft) → Back to Joshimath

Trek Distance: 10-11 km (round trip)

Duration: 6-7 hours round trip from
camp

Peak Altitude: 12,516 feet (3,815
meters)

Difficulty: Moderate - Altitude & Pace

VERY EARLY MORNING (2:00 AM - 4:00 AM)

- Wake-up call and light breakfast
- Begin trek to summit in darkness with torches
- Start early to catch sunrise at the pass

MORNING (4:00 AM - 8:00 AM)

- Steep ascent through open meadows
- Trek under stars - magical experience
- Altitude effects may be felt - pace yourself
- Reach Kuari Pass as sunrise approaches

 **AT THE SUMMIT (8:00 AM - 11:00 AM)**

- **360-Degree Panoramic Views:**
- ✓ Nanda Devi (Highest in region - 25,643 ft)
- ✓ Trishul (7,120m)
- ✓ Chaukhamba (7,138m)
- ✓ Dronagiri, Hathi Ghoda, Neelkanth peaks
- ✓ Views extend to the Tibetan plateau on clear days
- Photography session and celebration
- Lunch at the summit

 **AFTERNOON (11:00 AM - 5:00 PM)**

- Descent back to Khullara Camp
 - Collect belongings and break camp
 - Trek down to Dhak
 - Drive from Joshimath base back to Joshimath guesthouse
 - Evening rest and celebration
-

DAY 5: JOSHIMATH → RISHIKESH (Return Journey)

Distance: Approx 250 km

Duration: 9-10 hours drive

Route: Via Karnaprayag, Rudraprayag, Devprayag

Schedule

- Early breakfast at Joshimath guesthouse
- Group photo and certificates presentation
- Thank you session with guides and staff
- Begin return drive at 8:00 AM
- Lunch break during journey
- Scenic drive through river valleys
- Arrive in Rishikesh by evening (6:00-7:00 PM)

✓ TRIP ENDS

Unforgettable memories of Kuari Pass and lifelong friendships with fellow trekkers!

Package Information

| Inclusions

- ✓ Professional trek guides & support staff
- ✓ Accommodation in tents/guesthouses (as per itinerary)
- ✓ Meals during trek (breakfast, lunch, dinner)
- ✓ Trek equipment (sleeping bag, mattress, kitchen tent, camping gear)
- ✓ All necessary permits and entry fees
- ✓ First aid medical kits, stretcher, and oxygen cylinder
- ✓ Staff insurance coverage
- ✓ Certificate of completion

Exclusions

- **X** Personal expenses (tips, souvenirs, extras)
- **X** Meals during transit to Joshimath
- **X** Personal travel insurance
- **X** Mules or porters for personal luggage
- **X** Bottled water, soft drinks, alcoholic beverages
- **X** Any items not specifically mentioned in inclusions

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What to Pack for Kuari Pass Trek

Essential Clothing

- Thermal innerwear (merino wool or synthetic)
- Quick-dry upper wear (2-3 t-shirts)
- Fleece jackets or wool sweaters
- Lightweight rain jacket (waterproof)
- Warm down jacket or puffer jacket
- Trekking pants (quick-dry)
- Warm pajamas for night
- Wool socks (5-6 pairs)
- Woolen caps and beanies
- Warm gloves/mittens
- Muffler or neck warmer

Footwear & Accessories

- Trekking boots (well-worn in)
- Camp shoes or flip-flops
- Backpack (50-60L) with rain cover
- Day pack for valuables
- Water bottle (2-3 liters capacity)
- Trekking poles (optional but recommended)
- Headlamp/LED torch with extra batteries

Toiletries & Medications

- Sunscreen (SPF 50+)
- Lip balm with SPF
- Sunglasses
- Toilet paper & biodegradable wipes
- Personal medications and vitamins
- Pain relief tablets (for muscle soreness)
- Altitude sickness medication (Diamox - if recommended by doctor)
- Blister treatment kit
- Mosquito repellent
- Dry shampoo & wipes
- Personal hygiene items

Documents & Valuables

- Government-issued ID (Aadhar/License)
- Emergency contact numbers
- Insurance documents
- Cash & cards (limited)
- Mobile phone & power bank
- Camera (optional)

Optional Items

- Binoculars for bird watching
- Notebook & pen for journal
- Playing cards or books for leisure
- Compression bags to save space

 **Important:** We provide sleeping bags and camping gear. Do NOT carry heavy items. Pack light but warm clothing. All gear must fit in your backpack.

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How to Reach Kuari Pass

By Air

- Fly to **Jolly Grant Airport, Dehradun** (Nearest airport - 240 km from Joshimath)
- Distance from airport: 29 km to Dehradun city center
- Hire a cab from airport to reach Rishikesh or Dehradun
- Connect to our Rishikesh pickup point

By Train

- **Haridwar Railway Station** (approx 50 km from trek base)
- **Rishikesh Railway Station** (approx 40 km from trek base)
- **Dehradun Railway Station** (approx 200 km from trek base)
- Well-connected to major cities: Delhi, Mumbai, Bengaluru, Chennai
- Hire taxi from station to Rishikesh

By Road

- Excellent road connectivity from major Indian cities
- **From Delhi:** 250 km via NH44 (5-6 hours drive)
- **From Gurgaon:** 270 km (6-7 hours drive)
- Well-maintained highways connecting to Haridwar → Rishikesh → Joshimath
- State-run and private buses available from major cities

Pickup Point: Trekkers Heaven arranges pickups from Rishikesh or Delhi at agreed time. Contact us for specific pickup details.

Best Time to Visit

December to March (Winter - Snow Trekking)

- Weather: Cold and crisp with snow coverage
- Snow-clad peaks and pristine white landscape
- Excellent visibility for mountain views
- Trail conditions: Snow-covered, adventurous terrain
- Temperature: 15 to 20°C during day, -5 to 0°C at night
- **Best season for snow trekking experience**

April to June (Spring - Early Summer)

- Weather: Pleasant, mild to warm
- Flowers blooming in meadows
- Clear mountain views
- Trail conditions: Excellent, mostly snow-free
- Temperature: 10-20°C during day, 0-5°C at night
- **Ideal for beginners**

September to November (Autumn)

- Weather: Crisp and clear
- Visibility: Excellent panoramic views
- Post-monsoon greenery
- Trail conditions: Dry and well-defined
- Temperature: 5-15°C during day, -5 to 0°C at night
- **Best season for summit views**

| **X Avoid**

- **July-August:** Heavy monsoons, landslides, low visibility

| **Things to Keep in Mind**

- **Fitness Level:** Moderate fitness required. Regular walking/exercise recommended before trek
- **Altitude:** Peak at 12,516 ft - Some trekkers may experience mild altitude effects
- **Weather:** Can get very cold at night, especially near the pass
- **Physical Condition:** Must be able to walk 4-5 hours daily
- **Acclimatization:** Important - follow guide instructions strictly
- **Water Intake:** Drink plenty of water to prevent altitude sickness

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Booking & Payment Details

Payment Policy

- **Advance Booking:** Pay ₹1,000 per person to reserve your seat
- **Remaining Amount:** Pay balance on day of trek departure (pickup point)
- **Flight Bookings:** 100% advance payment required
- **Rescheduling:** 25% rescheduling charges apply
- **Cancellation:** As per cancellation policy (inquire for details)

Documents Required

- Government-issued ID (Aadhar/Driving License/Passport)
- Personal contact number
- Guardian contact number (for emergency)
- Email address
- Signed consent letter & registration form

Payment Methods

UPI Payment:

UPI ID: 8445895169@upi

Razorpay: (Online payment gateway)

Paytm: Available upon request

Quick Booking Process

1. Drop a message on WhatsApp with trek dates and group size
2. Receive itinerary details and pricing
3. Pay ₹1,000 advance per person for confirmation
4. Provide required documents
5. Receive final details, pickup time, and location
6. Pay balance amount at pickup point
7. Begin your adventure!



Contact Us Now to Book:

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Call)

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**Ready for
Adventure?**

Experience the thrill of trekking to
Kuari Pass
Summit at 12,516 feet with 360°
panoramic Himalayan views
Create memories that last a lifetime

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 WhatsApp us now to book!

BOOK YOUR TREK NOW

"Every step in the mountains is a meditation"