

Curzon's Trail and the Kuari Pass

Trip Code: KUA

Version: KUA Trekking Curzon's Trail and the Kuari Pass



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Trek in the footsteps of early adventurers on the famous Curzon's Trail
- Cross the Kuari Pass (3650m) and experience breathtaking views of Nanda Devi
- Enjoy spectacular camping places and incredible ridge walking
- Explore Rishikesh and witness the 'ceremony of lights' on the River Ganges at Haridwar
- Extensions available to the Taj Mahal and Agra

AT A GLANCE

- 9 days trekking
- 5 days cultural experience and sightseeing
- Max altitude - 3650 metres
- Join at Delhi

ACCOMMODATIONS & MEALS

- All meals included
- 9 nights Camping
- 6 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

After a night in Delhi we travel north to Rishikesh and Rudraprayag in the Himalayan state of Uttarakhand. Then, following a route trekked by Lord Curzon in 1905 and by Shipton and Tilman 30 years later, this excellent adventure trekking holiday traverses the western edge of the Nanda Devi Sanctuary. After our first day of trekking, we reach the spectacular meadow of Bedni Bugyal, a famously scenic location with a skyline dominated to the north-west by the peaks of Trisul (7120m) and Nanda Ghunti. A further week of superb foothills trekking takes us through forest and farmland and by way of a series of ridges, the last of which we cross at the Kuari Pass (3650m). Changabang, Kamet and Nanda Devi (7816m) are just 3 of the India Himalayan giants visible from this sublime viewpoint. En route back to Delhi, we have time to experience the magic of Haridwar and to attend the 'arti' (floating lamp) ceremony on the Ganges. This is a great trek and an unforgettable journey into the mystical Hindu territory of Garhwal.

Is this holiday for you?

This is a very scenic 9-day trekking holiday, in an area of the India Himalaya seldom visited by other trekkers. Generally the trek route follows ancient trade routes and pilgrimage trails that offer very good walking conditions. The usual day's walk will be around 5 to 6 hours. Whilst there are several ridges and passes to cross during the trek, and some steep ascent and descent this not a tough trekking trip and should be within the capabilities of any regular hill walker or back-country hiker. Note that the highest campsite is actually close to the start of the trip. The altitude attained on the holiday is relatively modest and should cause few problems. Overall this is an excellent walking holiday, both for experienced trekkers seeking a relatively untouched corner of the Himalaya and for novices looking for an introduction to Himalayan trekking.

Itinerary

Version: KUA Trekking Curzon's Trail and the Kuari Pass

DAY 1

Meet at the group hotel in Delhi. Transfers from Delhi Airport are provided.

Your holiday starts at the hotel in Delhi. Delhi Airport transfers are provided. After lunch at the centrally-located hotel there will be a city tour to include the busy bazaars of Chandni Chowk, and the Moghul Red Fort. We will also see New Delhi's imposing avenues and the Lutyen's designed Government Houses. Returning to the hotel, your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **L D**



Accommodation
Hotel

DAY 2

Take the morning Shatabdi Express train to Haridwar and drive to Rishikesh.

After an early breakfast, we go to the railway station and board the train for the 4 hour journey to Haridwar. It is said that the journey is half the experience and certainly this is true here. Any journey on Indian Railways is a fascinating affair from the crowds and chaos of Delhi station platforms to the rustic scenes of life in the countryside as we pass through. Arriving in Haridwar at lunchtime, we continue our journey by road (1 hour) to Rishikesh, where we check in at our comfortable hotel. We have the afternoon to enjoy the atmosphere at this very special place. The most holy of Indian rivers, the Ganges flows through the town and it is at Rishikesh where its nature changes from tumbling waters to a more sedate and mighty flow as it leaves the Himalaya and heads across the Indian Plain. The town has many temples, shrines and ashrams and is a major place of pilgrimage and starting point for pilgrimages to Badrinath and Gangotri. Rishikesh became a well-known name outside of India when the Beatles came here in 1968 to visit their guru's ashram.

Meals: **B L D**



Accommodation
Hotel

DAY 3**Drive to Rudraprayag. Afternoon walk to the meeting of the sacred Alaknanda and Mandakini rivers.**

Today we have a reasonably long drive, but a spectacular one as we head up through the foothills of the Himalaya towards Nanda Devi. The roads are winding and we will stop off for lunch en route, possibly at Srinagar. It will take us 6 or 7 hours to cover the 163 kilometres to our destination at Rudrapayag, a small pilgrimage town at the confluence of the holy rivers Alaknanda and Mandakini which is venerated as one of the five sacred confluences or the 'Panch Prayag'. The town is named for a particular incarnation of Shiva appeared here as 'Rudra'. We will have time to look around the town and to walk down to the confluence of the two rivers.

Meals: **B L D**



Accommodation
Hotel

DAY 4**Drive through Himalayan foothills to Wan (2510m) where we meet our trek crew.**

Another exciting day of driving today, as we head northwards through the foothills of the Indian Himalaya. Once again, the drive (approx. 6 hours) is compensated by the stunning scenery. En route, we have some great views of Nanda Devi and surrounding peaks. The final stretch of our journey is on a rough jeep track which leads to our camping place close to Wan (2510m). Here, we meet our trek crew who will already have the camp set up.

Meals: **B L D**



Accommodation
Camping

DAY 5**Trek through oak and rhododendron forest and farmland to Geruli Patal camp (3209m).**

Starting from our camp at Wan, we contour the hillside briefly and start climbing gradually through farmland and scattered houses. After climbing for about an hour, we arrive at a ridge top (Ran Ka Dhar, 2752m) marked by the last cluster of houses. From here, we first descend gently and then zigzag down to the Neel Ganga (a small river, 2607m), which we cross via a bridge. We start climbing and continue through the forested area all the way to camp at Geruli Patal (3209m), in a small secluded clearing.

Meals: **B L D**

	Accommodation Camping		Ascent 1260M		Descent 210M		Time 4 - 5 hrs trekking		Distance 6KM
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DAY 6

Trek back towards Wan, then divert into another valley and cross a ridge to the village of Kanol.

From Geruli Patal, we continue our climb towards Bedni Bugyal. Crossing the tree line, we first reach a small top, Daulia Dhar, at 3448m. From here, the trail levels out to Bedni Bugyal (3509m). Reaching the scenic Bedni Bugyal, we climb a little further to join the ridge trail that follows the Ghora Lathunia Dhar and descend through the forest towards Wan.

We descend to the temple near our previous campsite at Wan and then climb through the Upper Wan Village to a low pass (Kukina Dhar, 3124m). Over the pass, we walk down to camp above the Kanol Village at Gwaltoli.

Meals: **B L D**


	Accommodation Camping		Time 6 - 7 hrs trekking		Distance 13KM
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DAY 7

Follow forest trails down to the Nandakini River and follow this to the village of Sital (1750m).

Setting out from the stone and slate buildings of Kanol we pass through terraced fields of wheat and amaranthus (whose flour is used for flat breads such as chapattis) and then follow a lovely path through dense forest of oak and rhododendron, with lots of wild flower species; orchids, primulas and poinsettias. After a long descent to the Nandakini River, we follow a cliff-side path to a bridge which takes us across to our camp on the outskirts of the village of Sital where we camp on the riverbank (1750m).

Meals: **B L D**

	Accommodation Camping		Ascent 190M		Descent 1210M		Time 4 - 5 hrs trekking		Distance 11KM
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DAY 8

Trek through farmland to Ghunni (2470m), then steep ascent to a grazing area below the Ramni Pass.

Today, we ascend the hillside on the north of the Nandakini River, traversing the forested slopes and farmland to reach the small village of Jokhna. The steep trail begins to ease and we follow a balcony style path with views of distant settlements and the foothills. We pass through several villages and climb gradually to the larger settlement of Ghunni (2350m), followed by a steep ascent on a rocky path to camp in grazing areas on the hilltop below the Ramni Pass, with great views to the south.

Meals: **B L D**

	Accommodation Camping		Ascent 1240M		Descent 270M		Time 5 - 6 hrs trekking		Distance 11KM
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DAY 9

Cross the Ramni Pass (3080m) into the valley of the Birehi Ganga. Overnight above Jhenjipani.

We begin today with a gentle climb to a crossing point at the Ramni Pass (3080m), from where we look north to the Kuari Pass, our objective in 2 days time. We may see shepherds and their flocks of sheep and goats, and Langur monkeys in the forest lower down. Making a long descent into the headwaters of the Birehi Ganga River, we pass through more dense forest, with occasional clearings, in one of which above the village of Jhenjipani (2075m) we make our camp and have the afternoon to rest.

Meals: **B L D**




	Accommodation Camping		Ascent 600M		Descent 1240M		Time 5 - 6 hrs trekking		Distance 10KM
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DAY 10

Descend to cross the river. Ascend and then contour around above the village of Pana (2700m).

It is a steep descent from our camp to the picturesque village of Jhenjipani and then down to the suspension bridge across the Birehi Ganga. A steep, zig-zagging ascent takes us up and out of this narrow valley to a ridge at around (2300m). Here, the path levels out and we break for lunch. In the afternoon we contour around to our camp above the village of Pana. Today's walk leaves us with the afternoon free at camp to enjoy the views of the valley below. Altitude at camp above the village is 2700 metres.

Meals: **B L D**






	Accommodation Camping		Ascent 1080M		Descent 440M		Time 5 - 6 hrs trekking		Distance 10KM
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DAY 11

Trek through forest to a high grazing area at Siyartoli. Overnight above the tree-line at Dhakwani.

Climbing further on a gradual trail we follow the ridge through the forests for about an hour and half we then get down into another valley from where we can once again get a glimpse of the Kuari pass. The trail opens to the Siyartoli meadow where we descend to a stream before climbing steeply up through the forest on a good zig zag path and set up camp before the pass at Dhakwani just above the treeline.

Meals: **B L D**

	Accommodation Camping		Ascent 1270M		Descent 730M		Time 4 - 5 hrs trekking		Distance 9KM
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DAY 12

Trek to cross the Kuari Pass (3650m) for views of Nanda Devi. Overnight on the meadows at Chitrakanta.

An early start today to take advantage of the clear morning weather for our ascent to the Kuari Pass (3650m). Following a steep zigzag path it takes one to one and a half hours to reach the first col (3520m) where the mountain panorama north of the pass opens up dramatically to show views from the Nanda Devi Sanctuary in the east to the Badrinath and Kedarnath peaks in the west. The view from the col is stunning, but it's another 30 to 40 minute traverse to the top of the Kuari Pass proper from where you will see, in the words of Eric Shipton, one of the grandest mountain views in the world. The line up of peaks on view includes Dunagiri, Hathi Parbat, Ghor Parbat, Chaukamba, Nilkanth, Kedarnath, Berthatoli, Kamet and Trisul. Nanda Devi stays hidden for a little longer, but the outer peaks on the west of the sanctuary are all in view. After spending some time soaking up the views, we descend a few hundred metres from the pass and gain our first views of Nanda Devi. We descend just below the treeline to camp in the meadows at Chitrakanta at 3200 metres.

Meals: **B L D**

	Accommodation Camping		Ascent 740M		Descent 560M		Time 3 - 4 hrs trekking		Distance 6KM
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DAY 13**Trek out to the roadhead at Auli and from there drive via Joshimath to Pipalkoti.**

The breathtaking views are still with us, as we descend. After we leave the forest, we follow a narrow balcony path that traverses the hillside, and affords us with super views of Nanda Devi. The path soon opens up to wide meadows carpeted with flowers as we reach the Gorson ski slopes. We descend through forests to finally arrive at Auli (2755m). Here, we meet our transport and begin the journey out of the mountains. This starts with a steep, switchback descent to the bustling town of Joshimath, a resting place for pilgrims heading to and from nearby Badrinath, one of the most sacred places in India. Beyond Joshimath, we continue our drive for a little more than hour to the village of Pipalkoti, where we overnight at a basic, but comfortable hotel.


Meals: **B L D**

	Accommodation Hotel		Ascent 400M		Descent 1740M		Time 6 hrs trekking		Distance 13KM
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DAY 14**Long and spectacular drive to Haridwar on the sacred River Ganges.**

We will make an early start this morning ahead of a long drive on the main road which passes through the deep valley of the Alaknanda River to a junction with the Bhagirathi River near Devprayag. Beyond this confluence, the river becomes the Ganges. Passing Rishikesh, we reach our hotel in Haridwar after a journey (including lunch and other rest stops) of around 8 hours. We will be aiming to arrive in good time to witness the Ganga Aarti, a 'puja' or religious ceremony which has been practiced here for centuries. In fact the Ganga Aarti in Haridwar's Har-ki-Pauri is one of the most famous rituals in India. Shortly after sunset, the puja is performed in all of the temples lining the river at the same time with a cacophony of musical instruments and voices. Afterwards, offerings of lamps and flowers are made to the Ganges and it is a moving sight to watch hundreds of miniature lamps float along the river.

Meals: **B L D**

	Accommodation Hotel
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DAY 15**Train to Delhi and transfer to the hotel. Lunch and afternoon at leisure.**

We have an early start to catch the morning train back to Delhi. Arriving in the city, we drive to our airport accessible hotel in time for lunch. Afternoon at leisure.

Meals: **B L D**



Accommodation
Hotel

DAY 16

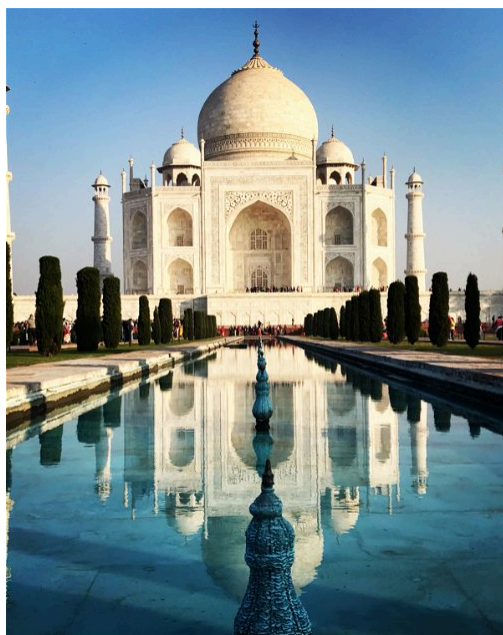
Your holiday ends after breakfast. Transfers to Delhi Airport are provided.

Your holiday ends after breakfast. Transfers to Delhi Airport are provided. To extend your holiday in India, why not pre-book a visit to Dharamsala (home of the Dalai Lama), to the Taj Mahal or a longer excursion taking in the whole of India's classic Golden Triangle. Contact our office for details.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



One day tour of Agra and the Taj Mahal

The Taj Mahal needs little introduction. Built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz, it is widely considered to be the most beautiful building in the world. Nearby is the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts. Traveling from Delhi on the express train and returning by private vehicle, our one-day extension to Agra is perfect for those with limited time who wish to complete their India experience with exploring one of the most admired and loved buildings on the planet.

1 day from
US\$290 per person



Agra and Jaipur four day extension

The Golden Triangle needs little introduction and is rightly considered a classic trip in its own right. Easily accessible from Delhi, this excursion takes in the wonders of the majestic Agra Fort, the incomparable Taj Mahal, the abandoned ghost-city of Fatehpur Sikri and the architectural jewels of Jaipur and Amber. This four day trip ensures you get the most out of these stunning attractions at a relaxed and unhurried pace.

4 days from
US\$735 per person



Agra & the Taj Mahal two day tour

Our two-day extension is for those who wish to explore Agra and the surrounding area at a relaxed pace. We start by exploring the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts, before waking before the next day to see the sunrise break over the Taj Mahal. Needing little introduction, the Taj Mahal was built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz. It is widely considered to be the most beautiful building in the world. This tour also gives us an opportunity to explore the fascinating abandoned ghost city of Fatehpur Sikri.

2 days from
US\$470 per person



Dharamsala and the Dalai Lama

Dharamsala is a former British Raj hill-station in the Dhaula Dhar mountain range and currently home to the Dalai Lama and the Tibetan Government in exile. On this four day extension, you will be able to sample a flavour of life in Tibet and enjoy visits to the Dalai Lama's temple complex; the Norbulingka Institute; the Tibetan children's village and visit a local Gaddi Tribal village to experience the life of the people who traditionally inhabit the lower reaches of the Dhaula Dhar.

4 days from

₹9,223,372,036,854,776,000 per person

Holiday Information

What's Included

- A professional English-speaking local leader
- Delhi Airport transfers on group arrival and departure days
- All land transport involved in the itinerary
- All accommodation as described
- All meals throughout the trip
- Full trekking service including food and all equipment (excluding personal equipment)

What's not Included

- Travel insurance
- Indian Visa
- Tips for trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Delhi.

Transfers are provided from/to Delhi Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price from lunch on Day 1 to breakfast on Day 16 of the Land Only itinerary.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The food served during the trek is a mixture of local and Western, mostly purchased locally and cooked for us by highly trained trek cooks. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. In Delhi, we take our meals in the group hotel or in nearby restaurants. All meals while on trek and while staying in hotels are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

There are 2 nights in Delhi hotels - the first night at a central hotel and the last night at a hotel near the airport. There is also a single night in a good standard of hotel in each of Rishikesh, Rudraprayag and Haridwar, as well as 1 night in more basic hotel accommodation in Pipalkoti. On trek there will be a total of 9 nights camping. All accommodation is allocated on a twin-sharing basis. If you are travelling by yourself, you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. Depending upon availability it may be possible to arrange single rooms for the hotel nights. For hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website.

Group Leader & Support Staff

The group will be accompanied throughout the holiday by an experienced English-speaking tour leader. during the trek the tour leader will be assisted by a crew of local guides, cooks and camp staff, plus baggage animals and their handlers.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £150 (or equivalent in Euros, US dollars etc.) changed into local currency, should be allowed for miscellaneous expenses, including porter and trek crew tips and soft drinks, etc. There are several opportunities to buy souvenirs on this trip. It is not necessary to purchase local currency (Indian Rupees) before you travel. Sterling, US dollars and Euros are readily exchanged in Delhi. Since you will be changing the majority of your spending money into local currency on the day of arrival, we recommend taking this in cash. Credit and debit cards can be used to purchase many goods in Delhi and are particularly useful for more expensive souvenirs. It is possible to withdraw cash (rupees only) from cash machines in Delhi using credit and debit cards.

Guidance on Tipping

Tipping is an accepted and expected part of Indian culture, although you should only tip for services which are well done. The total amount that you can expect to pay in tips for your local guide, trek crew and drivers is approximately £60 (in rupee equivalent). It is usually best to do this as a group rather than individually with the group deciding collectively on the level of tipping. At the end of a trek many people also like to donate various items of their equipment to the ponymen and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the local guides and camp crews. If you wish to pass on any of your equipment or clothing at the end of the trek, your local leader will organise a fair distribution among the crew.

Baggage Allowance

For this holiday you should take on piece of luggage, which should be a soft and sturdy duffel bag and a daypack. Your baggage on trek will be carried by pack animals. The packed weight of your trek bag whilst trekking should be no more than 15 kgs. It is possible to leave clothes or other items not required on trek at the group hotel.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa India

Most nationalities, including travellers from the UK, the USA and many European countries can apply for their Indian Visa online through the **E-Visa Application** process. You must make your application at least four days prior to departure. Please download the detailed information document for details of how to apply for your visa: [Visa India PDF](#)

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Currency

The currency of India is the Indian Rupee.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be comfortable with walking for up to 6 hours each day and for several days continuously. We would suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but any regular exercise is good for developing cardio vascular fitness and stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The best time to visit this part of the Indian Himalaya is either before or after the monsoon (which occurs from mid-June to late September). The weather conditions should be broadly similar in the pre and post monsoon seasons, with daytime maximum temperatures around 25°C to 30°C at the start of the trek, becoming progressively cooler as we gain height. Night-time temperatures will generally be above freezing throughout the trip except possibly for the high camps at Bedni Bugial and just below the Kuari Pass where night time temperatures can dip as low as minus 5°C. There is the possibility of encountering winter snow on the Kuari Pass. In this part of the world, most of the rainfall occurs during the monsoon months but this is a mountainous area and short-lived storms cannot be ruled out at any time of the year.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.travelaware.gov.uk)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Garhwal & Kumaon – A Trekker's and Visitor's Guide K P Sharma (Cicerone)
- Trekking in the Indian Himalaya. Lonely Planet
- India. A Travel Survival Kit. Lonely Planet

Maps

Leomann Indian Himalaya Maps. Scale. 1:200,000

Kumaon and Garhwal - Sheet 8.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

The packed weight of your trek bag whilst trekking should be no more than 15 kgs.

You must bring the following items:

- Hiking boots
- Trainers or sandals for river crossings and camp use
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers
- Waterproof overtrousers
- Thermal baselayer - leggings
- Thermal baselayer shirts (2 short sleeve, 2 long sleeve)
- Shirts or T-shirts
- Fleece jacket or warm jumper

- Waterproof jacket
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Warm gloves or mittens
- Sleeping bag (comfort rated -10°C)*
- Daypack 30 to 40 litres
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Antibacterial handwash
- Basic First Aid Kit including:- antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).
- Washbag and toiletries

The following items are optional

- Thermarest (note that foam mattresses are provided)
- Trekking poles (recommended)

- Insect repellent
- Scarf or buff
- Small towel
- Sleeping bag liner
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Equipment hire / rental

Items marked * can be hired / rented through KE Adventure Travel. Please make requests at least 6 weeks prior to the trip departure.

Note all hire / rental equipment will be issued in Delhi.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[-> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Delhi. Transfers are provided from/to Delhi Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Delhi. Outbound flights will usually depart from the UK in the evening, arriving in the morning on the following day (Day 1 of the Land Only itinerary). Return flights will depart Delhi on the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

Another trek unique to KE! This holiday takes us across a landscape of stunning, superlative views, through ancient oak and rhododendron forests and stays at campsites especially selected for their incredible locations. All transfers, all accommodation and all meals are included in the cost of this classic trekking holiday.

Please Note This document was downloaded on 18/05/2024 and the trip is subject to change