



**KARNATAKA CLIMBERS AND EXPLORERS  
LAUNCHES 'HIGH ALTITUDE TREKKING AND TRAINING PROGRAMME'  
TO SAHASTRATAL IN UTTARAKHAND**

*In collaboration with and under the aegis, guidance and expertise of  
THE KARNATAKA MOUNTAINEERING ASSOCIATION (R)*



HIGH ALTITUDE TREKKING AND TRAINING EXPEDITION TO

# SAHASTRATAL - UTTARAKHAND

**MAY / JUNE 2024**

**Programme co-ordinator - S.SUDHAKAR : 94486 77683**

## ABOUT THE TREK:

Sahastra Tal at an altitude of 4560 Mts. is situated between Bhagirathi valley to the West and Bhilangana valley in the East in Uttarakhand. 'Sahasra' in Sanskrit means 'a thousand'. According to legend, a king performed a ritual on the shores of the lake with a thousand Brahma Kamal flowers for Lord Vishnu. In local Garhwali 'Sahasyu' means 'seven' – perhaps due to the location of 7 lakes – of all sizes along both sides of the final ridge that leads to the main Sahatratal, located near the ridge head. This ridgeline is the N-NE extension of the Gangotri range and separates the Bhagirathi valley from its main tributary of Bhilangana river and also acts as a boundary between the Uttarkashi and the Tehri districts of Garhwal. The trail is easy to moderate with breathtaking alpine meadows and forests of juniper, pine, walnut and oak. It is a lesser known but pristine and fascinating trail. The famous travel writer Bill Aitken describes this area as the lake district of Garhwal. The planned trail is from a quaint little village Sila, 33 kms from the district headquarters of Uttarkashi. The trail then passes through Gairu, Kushkalyan, Kyarki Bugyal and Lambtal, before we reach the lake. The return is via Kyarki Bhugyal, Dani Bughyal, Huretha and Bayana village. The trek through rolling meadows, ridges and un disturbed rugged terrain is an experience to cherish. As one hikes along the ridge, snow capped mountain peaks like, Jaonli, Bandharpunch, Kalanag, Srikanth, Draupadi ka dhanda and the Gangotri region can be seen. On a clear day one can see Mt.Nanda Devi and Chaukhamba at the far East. In summer, the area abounds with Brahmkamal flowers.



*The group strength is restricted to a max of 15 and registration would be on first come first basis. So, why wait, enroll, participate and explore the beauty and the mystery of the Himalayas – while taking a break from the hustle and bustle of city life.*

SAHASTRATAL

## PROGRAMMME DETAILS:

<b>Period</b>	<b>29-05-2024 to 08-06-2024</b>
<b>Duration</b>	11 days (Bengaluru to Bengaluru) if journey to Dehradun and back is performed by air.
<b>Nature of Program</b>	Trekking, camping
<b>Group Strength</b>	<b>Min:12 / Max: 15</b>
<b>Age Group</b>	18 to 45 years (exception for experienced trekkers)
<b>Trek Distance/Altitude</b>	75 Kms approx.
<b>Grade</b>	Moderate
<b>Cost</b>	<b>Rs.31,500/- (DEHRADUN TO DEHRADUN)* (Rs.30,000+ 5% GST : TOTAL: 31,500/-)</b> In terms of transportation (Ex. Dehradun), food, accommodation, administrative expenses; complete camping facilities, technical gear, experienced instructors, guides, camp helpers, etc. <b>(SEE INCLUSIONS AND EXCLUSIONS)</b> * Up to Dehradun and back, the participants will have to make own transport arrangements as per their convenience.
<b>Registration</b>	<b>By 10/02/2024</b> by payment of <b>Rs.20,000/-</b> fee and the balance on or before <b>25/03/2024</b> . <i>For ease of accounting and tracking we would encourage payment in a single installment.</i>
<b>Mode of Payment</b>	Cheque or DD drawn in favour of 'KARNATAKA CLIMBERS AND EXPLORERES' / NEFT (Contact coordinator for details)
<b>Cancellation Charges</b>	20 days before the date of departure : - 20% of fee 10 - 20 days before the date of departure: - 30% of fee 05 - 10 days before the date of departure: - 50% of fee Less than 05 days : - 70% of fee <b>(PLUS GST ELEMENT OF RS.1,550/-)</b>
<b>Briefing</b>	All details pertinent to the expedition like items to carry, bus timings, reporting point, contact numbers etc., will be given on the day of briefing which will be held at least 10 days prior to the date of departure.

**Please note that registration will close once the target number is reached irrespective of the last dates mentioned. So, do not delay.**

*Every mountain top is within reach if you just keep climbing – Barry Finlay*

## ITINERARY:

DAY	DATE	PROGRAMME
1	29/5/24	Report at Dehradun at the designated point at 9.30 AM sharp ( <b>Programme commences</b> ) Drive: Dehradun to Maneri – 160 kms – 7 hrs
2	30/5/24	Drive Maneri to Sila and trek to Gairu – 20 km drive (1.5 hrs) and trek 3.5 kms (3 hrs)-2980 mts
3	31/6/24	Trek: Gairu to Kushkalyan – 10 kms (6 hrs) – 3445 mts
4	01/6/24	Trek: Kushkalyan to Kyarki Bugyal – 11 kms (6 hrs) – 3890 mts
5	02/6/24	Trek: Kyarki Bugyal to Lambtal – 11 kms (6 hrs) – 4445 mts
6	03/6/24	Trek: Lambtal to Shahastratal and back – 6 kms (4 hrs) – 4610 mts
7	04/6/24	Trek: Lambtal to Kyarki Bhugyal – 11 kms (5 hrs) 3890 mts
8	05/6/24	Trek: Kyarki Bhugyal to Dani Bugyal – 14 kms (6 hrs) – 3310 mts
9	06/6/24	Trek: Dani Bugyal to Huretha via Juara Bhugyal – 11 kms (5 hrs) – 2250 mts
10	07/6/24	Trek: Huretha to Bayana village and drive to Dehradun – 8 kms (4 hrs) – 1710 mts and drive back to Dehradun ( <b>Programme concludes</b> )
11	08/6/24	Dehradun to Bangalore

**Programme co-ordinator - S.SUDHAKAR : 94486 77683**

## OTHER INFORMATION:

### ***COSTING INCLUDES:***

- All transport (Dehradun to Maneri & Bayana village to Dehradun)
- Trekking guide, cook and support staff
- Luggage offloading upto 9 kgs.
- Trek permits & camping fee
- Left luggage facility in Maneri
- Standard hotel accommodation in Dehradun on return (1 night)

### ***COSTING DOES NOT INCLUDE:***

- Bangalore to Dehradun and back - Journey
- Insurance
- Food during travel (Dehradun to Maneri & Bayana village to Dehradun) and at Dehradun
- Any exclusive Room services
- Tips to guides/porters
- Cost incurred in change of route/plan due to natural calamities etc.
- Emergency evacuation costs (assistance in arrangements will however be provided)

**OTHER INFO:**

- Wholesome vegetarian food
- Submission of declaration and medical fitness certificate compulsory
- Attending briefing (as and when scheduled) and a couple of preparatory day hikes is mandatory
- Prospective participants should be physically and medically fit. should have no health issues related to BP, asthma, sight, hearing, cardio, pulmonary etc
- The registration form / Google form (as forwarded by the group lead) duly and legibly completed in all respects should be submitted simultaneously along with fee payment. Transfer of fee without submission of registration form or submission of registration form without payment of fee will not be entertained. Payment details like transaction Id / cheque number etc should be mentioned in the google form in the relevant box before submission

**Prospective participant should be physically and medically fit with a love for the outdoors. Outdoors demands leaving your comfort zone. Should not be suffering from any ailments related to lungs, heart, asthma, hypertension etc.**

*Mountains are places of great purity where man becomes more than a man*

