

## HAR KI DUN - RUINSARA TAL TREK

### INTRODUCTION

#### Har-ki-Dun Valley (3500 m)

You have seen the Lord of the Rings and appreciated the Landscape; you need not go all the way to New Zealand. The trek to Har-ki-Dun will provide you with all the sights that you are looking for. Lush greenery, scraggy mountains, towering snow capped peaks, glaciers and gushing streams that seem to spring from nowhere.

Har-ki-Dun is situated in the Western Garhwal Himalayas, at the base of Fateh Parvat. This cradle shaped valley, South-east of Jaundar glacier is surrounded by dense forests of pine, deodar and other coniferous trees. It is totally covered by a blanket of blue and purple flowers. The surrounding forest is rich in wild life and exotic birds and forms part of the Govind Wildlife Sanctuary & National Park.

The main snow clad peaks visible from here are Swarga-Rohini, Bandarpunch and Kala Nag.



### TREK DETAILS

**Season:** May-July and September-November

**Maximum Altitude:** 3566 m ( Har Ki Dun)

**Grade:** Moderate

**Duration:** 9 days

**Roadhead for trek:** Train/drive from Delhi to Dehradun. A day drive from Dehradun to Taluka (220 kms/7-8 hrs).

## DAY-BY-DAY ITINERARY

### **Day 1: Taluka – Osla (2560 m / 8400 ft) (13 kms/6-7 hrs)**

The day starts with the gentle trail towards Osla. Today's trek is through beautiful forests of Chestnut, Walnut and Willows. A gradual ascent brings us to the picturesque Osla village along the swift rivulet. On arrival set campsite for overnight stay.

### **Day 2: Osla – Har-Ki-Dun (3566 m / 11700 ft) (12 kms/6-7 hrs)**

Today we will trek 12 kms to reach Har-Ki-Dun, this will take about 6-7 hrs moving at a leisurely pace so as to enjoy the beauty of the valley. Trek will be through terraced mountain fields, lush green grassy lands and conifer forest. Overnight in tents.

### **Day 3: Har-Ki-Dun**

The day is for rest/ acclimatization /exploration. On this day everyone does his own thing. One can go on an exploratory trek in the valley, capture some magnificent views on the camera, or just chill at the campsite. Overnight in tents.

### **Day 4: Har- Ki-Dun - Debshu Bughyal (14 kms/4 -5 hrs)**

Today we will trek 14 kms to reach Debshu Bughyal. It will take 4-5 hrs at leisure pace as the trail is generally downhill. Overnight in tents

### **Day 5: Debshu- Bughyal - Ruinsaratal (3500 m/ 11480 ft) ( 16 kms/5-6 hrs)**

Today we start trekking early towards Ruinsara Tal. The Trek from Debshu Bughyal to Ruinsara Tal is through, terraced mountain fields, lush green grassy lands and conifer forests through extremely scenic landscape. The gradient of the trek is moderate and one will be able to complete the trek in 5 – 6 hrs On arrival at the lake set campsite. Overnight in tents.

### **Day 6: Ruinsaratal - Kyarkoti Bughyal (10 kms/4 -5 hrs)**

Start trekking towards Kyarkoti bughyal. This is the base to enjoy the magnificent and panoramic views of several peaks i.e. Bandarpunch, Black peak and Swarga Rohini. On arrival set campsite for overnight stay.

### **Day 7: Kyarkoti Bughyal - Ruinsaratal (10 kms/ 3-4 hrs)**

After exploring and enjoying the Kyarkoti meadow and the peaks in the morning hours now we start retracing our steps towards Ruinsara Tal. On arrival set campsite by the lake. Overnight in tents.

### **Day 8: Ruinsaratal – Skoolkoti (20 kms/ 5- 6 hrs)**

After breakfast start trekking towards Skoolkoti via seema .This will take about 4-5 hours. Set up a camp by the Supin river. Overnight in tents.

### **Day 9: Skoolkoti–Taluka (11 kms/3-4 hrs)**

Trek for about 3-4 hours to reach Taluka. From Taluka proceed towards onward destination.