

## Trek to Triund

**Duration:** 01Nights/02 Days

**Max Elevation:** 3200 Meters.

**Grade:** Easy

**Day 01:** Bhagsu Nag - Triund(2875m), 9 kms, 5 hours walk



### Camp at Triund

You will have to report at our location by 830 am after breakfast on your own. You start walking from Bhagsu Nag (Upper Dharamsala) It is steep ascent through mixed forest of oak, rhododendron and deodar trees to Triund. Triund is an alpine meadow on top of a plateau with superb close view of the snow covered peaks of Dhauladhar on one side and Kangra valley on the other. Camp here for overnight stay.

### Triund Mountain Lodge

**Day 02:** Triund-BhagsuNag 4 hours walk

After breakfast at Triund walk back to Bhagsu Nag Continue to your onward destination or stay overnight in Hotel on your own.

**Per Person Trekking Price Based on a group of 04 to 06 Persons**

**Rs. 3000 Inclusive of 5% GST Per Person**

### Trekking Price Includes:

- 01 night accommodation at Triund in trekking style tents on twin/tripple sharing with sleeping bags, soft matteress, kitchen facility, dry pit toilet tents.
- Trekking guide for 02 days and a cook at triund.
- Bottled water for drinking.
- All vegetarian meals starting with lunch on day 01 till breakfast on day 02. (Packed Lunch, light snacks and dinner on day 01 and breakfast and light packed refreshment on day 02)

### **Trekking Price Does Not Include:**

- Hotel accommodation and meals in Dharamsala before and after the trek.
- Transport to/from Dharamsala before and after the trek. We can arrange the same at extra cost.
- Items and services of personal nature like soft drinks, alcoholic drinks(not recommended),etc.
- Any other services that are not mentioned under the head "Price Includes"

### **Booking:**

- 50 % of the total payment at the time of booking. Full and final payment one week before the starting date of the trek.

### **Cancellation Policy:**

- 08 days before the trek starting date: 25% Charge
- Less than 08 Days: No Refund

### **Things to Bring on your own:**

- Day Sack to carry water bottle, camera, packed Lunch, personal clothing.
- Sports Shoes. Any running shoe that you are comfortable to walk with.
- Sun Protection: Sun Screen lotion, sun glasses, cap,
- T-Shirts, loose trouser while walking,
- Light Jacket (Light woolen) for Triund.
- Flip Flops.
- Small torch.
- Personal medicines if any.
- Rain Poncho in case of rain.

### **Sample Menu:**

Packed Lunch: Veg Biryani+Veg Cutlet+ Cheese Sandwich+Juice+Orange+Banana

Light Snacks: Veg Pakora with Tea

Dinner: Veg Soup with popcorn/Papad+ Dal+Mix+Veg+Rice+PalakPaneer+Chapaties

Breakfast: Bread with Butter/Jam/Honey+Eggs+Porridge+Tea/Coffee+Juice+Fruit.

### **Important:**

- You should not carry all your luggage to Triund. You can store your main luggage with us or at the hotel where you will be staying and carry only a small day sack with a change of clothes, your camera and water bottle.

**Important Note:** Camping at Triund is not allowed at the moment. So accomodation would be in Mountain Lodge.