

A wide-angle landscape photograph of a mountain valley. In the foreground, a river with milky, white water flows through a narrow canyon. A paved road follows the river's edge. The valley walls are steep and rocky, with some patches of green vegetation. In the background, a range of mountains is visible, with the highest peaks covered in snow and partially obscured by a cloudy sky. The overall color palette is dominated by earthy tones of brown and tan, contrasted with the white of the snow and the blue of the sky.

# ADVENTURUSH



## INCLUSIONS

- **Accommodation** – Twin or triple sharing based on group size
- **Veg Meals** – Breakfast, lunch and dinner for trek days
- **Expert Instructor** – Trained and experienced trekking instructor and guide
- **All Camping equipment like** - Camping Tent, Sleeping bag/ Mattresses, Kitchen & dining tent, Utensils, Toilet tent
- **Stay**– Stay will be provided in camping tents
- **Safety Shoes** - Crampon/ Microspikes/ Gaitors as needed
- **All Permits & Fees** – as applicable
- **Medical Kits** - First aid kit, Oxygen cylinder, Stretcher
- **Cook/ Support staff** – for your delicious meals and other support

## EXCLUSIONS

- **Personal expenses** – such as Telephone, Laundry, Tips and Table Drinks etc.
- **Insurance** - Medical, Accidental, theft
- **Airfare / Rail fare**
- **Pickup and Drop** – from Airport, Railway station or Bus stop. Please contact vendor partners post booking, if pickup and drop facility can be provided on request, at additional cost.
- **Personal Porter**
- **Beverages**
- **Medical Emergencies** - any injury or medical emergencies sustained by the adventurers during the activity
- **Any additional cost** - including stay and food, that arises due to extension, change of itinerary due to natural calamities, road blocks, bad weather or any other unforeseen circumstances beyond our control
- **Anything not listed under “inclusions”**

## ITINERARY

### Day 1: Kasol - Garahan | Trek to Base campsite | 7 Kms | 4-5 hours | 7,700 ft

Start your trek from Kasol and head to Garahan. This trail is easy, and you will walk through the Pine forests. Once you reach the Garahan Nalah, the trail gets rocky and uphill. You will also witness Buras (Rhododendrons) grow in the forest.

The interesting thing about the Rhododendron is its petals can be eaten whole and the syrup can be mixed with water to make a refreshing drink. After a steep climb for about an hour, reach the village of Garahan, situated at the top. Overnight stay in tents at Garahan.

### Day 2 - Garahan - Mung Thach | 7 Kms | 4-5 hours | 11,150 ft

Wake up to the beautiful view of the snowy mountains. After breakfast, start climbing north of the camping ground of Garahan towards Mung Thach. Witness Mun Thach, Nagaru, and Sar Top.

Trek through the steeper path which leads into the woods. The slope then becomes steeper and the path gets difficult at some places. After this, you cross a forest and arrive at Mung Thach. Enjoy the Chandrakhani stretch and other ranges that are visible clearly from here.

Overnight stay at Mung Thach.

### Day 3 - Mung Thach - Nagaru | 6 Kms | 5-6 hours | 12,500 ft

Enjoy breakfast in Mung Thach and trek towards Nagaru. It is a difficult part of the trek where the slope falls steeply to the valley below and the snow may also get slippery. After crossing a steep slope that will be for a couple of hours, reach Nagaru campsite.

Enjoy the magnificent mountains across the Parvati valley. You can also see the town of Manikaran from here.

Overnight stay at Nagaru.

**Day 4 - Nagaru - Biskeri Thach via Sar Pass | 7 Kms | 6-8 hours | 13,800 ft**

Start early as the climb is steep through the snow. Upon reaching the top, you will see Sar Pass and the elevated peaks of the Tosh valley. Spend some time here and soak in the magnificence. After that, slide down to Biskeri. The slide takes you to the gentle slopes of the valley. Cross the streams to reach the valley and then to the campsite of Biskeri Thach.

Overnight stay in Biskeri Thach.

**Day 5: Biskeri Thach - Barshaini | 8 Kms | 4-5 hours | 10,950 ft**

Enjoy a lovely breakfast amidst the pine forests, the majestic mountains and lovely grasslands of Biskeri.

From Biskeri, hike down across a steep fenced plot of land. After crossing the dense forest, cross a stream, with a campsite across. You will reach the village Tulga. From Tulga, cross a bridge on the river Parvati, to reach the village of Barshaini where the trek concludes.

