



Har Ki Dun Ruinsara Tal Trek

Location	Garhwal Himalaya, Uttarakhand
Area	Nagtibba range
Grade of trek	Easy to moderate
Co-ordinates	31°9'28"N 78°26'1"E
Max. Altitude	3500 m
Season	Year round
Duration	10 days



Har ki Dun is among the most prominent Himalayan treks considered to be part of the Jack Gibson, JAK Martyn and RL Holdsworth folklore- masters of the Doon School, Dehradun in the mid 1900's credited with discovery of a majority of the Himalayas.

Gibson's previous accounts of Har ki Dun describe how post his first encounter with the place; he made a trip there almost every year owing to the beauty and expanse of its meadows.

Trek Itinerary

Day 01 : Dehradun - Taluka (1900 m/6232 ft) (215 kms/ 7-8 hrs)

After breakfast drive to Taluka by Jeeps, a small hamlet nestled in the laps of nature, this is starting point of our trek. Overnight in tents/ tourist rest house.

Day 02 : Taluka - Osla (2560 m / 8400 ft) (13 kms/6-7 hrs)

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 03 : Osla - Har - Ki Dun (3566 m / 11700 ft) (12 kms/6-7 hrs)

After breakfast trek to Har Ki Dun. The trail steadily ascends the side of the ridge across the river and then veers left to the Har Ki Dun valley. Dinner and o Overnight stay in tents.

Day 04 : 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 07 : Har Ki Dun - Debshu Bugyal (14 kms/4-5 hrs)

Morning after breakfast trek down to Ruinsara Tal (3500mtr.) is hidden between a small ridge and the left wall of the valley. Lunch enroute, dinner and overnight at camp.

Day 08 : Debshu Bugyal - Ruinsara Tal (3500 m/ 11480 ft) (16 kms/5-6 hrs)

The Trek from Debsu Bugyal to Ruinsara Tal is through, terraced mountain fields, lush green grassy lands and conifer forests through extremely scenic landscape. Overnight in tents.

Day 09 : Ruinsara Tal- Osla (18 kms/4-5 hrs)

The day is for rest / acclimatization / exploration. One can explore the surroundings around the lake. After lunch we trek back to Osla. Dinner and overnight in stay in tents near Supin River.

Day 10: Osla - Taluka (13 kms/3-4 hrs) - Dehradun (215 Kms, 7-8 hrs)

After early trek for about 3-4 hours to reach Taluka and from here drive back to Dehradun. Upon arrival at Dehradun transfer to hotel for overnight stay.



Program Highlights

- Camp & Jungle craft
- Navigation skills
- Expedition planning
- Team building
- Eco-sensitivity
- Community Service
- Mountain Eco-System