



JAPAM Yoga Treks & Tours



Harkidun

Area: Uttarkashi, Gharwal Himalaya, Uttarakhand

Duration: 6 days / 5 nights

Grade: Moderate

Best time: mid-March to mid-June, September to October

Total trekking distance: 54 km

Total driving distance: 240km

Altitude: 3500 m

Principal interests: Valley, Local villages, Local routes.

Activities: Yoga, and/or meditation.

**Rishikesh – Sankri,
Sankri – Taluka – Osla,
Osla – Harkidun,
Harkidun – Osla,
Osla – Taluka – Sankri,
Sankri – Rishikesh**

Harkidun is a stunning trek for its amazing views of envionring mountains and the remote villages along the way. It brings us through isolated and untouched villages where shepherds come to graze their animals. In Harkidun valley, we are surrounded by impressive Himalayan peaks like the Swargarohini peaks, Kala Nag, and Bandarpoonch. There is a possibility to go a bit further to explore Jaundhar Glacier or Maninda Tal. We can also combine the trek with Kedarkhanta Peak.



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Itinerary

Day 1 : Rishikesh – Sankri

On our first day, we will meet in Rishikesh in the early morning and embark on our journey to [Sankri](#) village, the base camp of the Harkidun trek. This is a route of 240km, about 8 hours drive. On the way, we'll be able to see the beautiful typical landscapes of Uttarakhand, with local villages along rivers and surrounded by mountains.

On arrival in Sankri, we'll register in our guesthouse for the night and have a good meal. The evening will be free for you to rest and get ready for the trek.

Day 2 : Sankri – Taluka – Osla

Our second day will start with a nutritive breakfast in our guesthouse. We will then pack our things and take our car to [Taluka](#), a small traditional village with warm-hearted people.

On arrival in Taluka, we will meet our porters for the trek and start our walk to the beautiful and remote Osla village.

Osla is the last village before the Harkidun valley and is only accessible by foot. It is a truly beautiful place, with generous and smiling people. The houses are mainly made of wood, and the life there is simple. You will have the chance to observe the village life in the mountains and to exchange a bit with the locals.

The route to the village is impressive by the snow-peaked mountains and the beautiful flora around us. The last bit before reaching Osla is pretty steep, but you will soon be rewarded by the welcoming faces of the locals.

On arrival in the village, we will set up our camp and take some time to relax and enjoy the scenery. We will enjoy a meal together and have a yoga or meditation session. We will then have a good night's sleep to prepare for the next day.





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Day 3 : Osla – Harkidun

On our third day, we will pack the camp and bags after breakfast and leave the people from Osla to head toward the beautiful and impressive landscapes of the [Harkidun](#) valley.

The way to the final point of our trek is following a river. We will cross a bridge and then go up a steep route in a green valley. Once we reach the top of that climb, the route becomes less demanding, and the view opens up on the peaks in front of us. We will have the chance to observe the [Hata peak](#), on the base of which the Harkidun valley is located.

You will be impressed by the view surrounding us on arrival in Harkidun. The campground is next to a calm stream, completely surrounded by snow-peaked mountains.

We will install our camp, enjoy a meal together and take some rest to appreciate our efforts and their rewards. There will be time for a yoga or meditation session for interested people.



Day 4 : Harkidun – Osla

On the morning of the fourth day, we will take some time to enjoy the scenery's beauty before returning to Osla. With some groups, there will be the possibility to go a bit further and hike to the [Jaunhdar Glacier](#) or the [Maninda Tal](#).

We will enjoy a good breakfast and then head back to civilization. That day will be a relaxing day to appreciate the beauty of the landscapes as we see them from another perspective.

On reaching Osla, you will be again welcomed by the warm smiles of locals. We will spend another night in the village after a good meal together and a yoga or meditation session.



Day 5 : Osla – Taluka – Sankri

On the fifth day, we will return to the village of Taluka, and then drive back to Sankri. We will be nostalgic about leaving the beautiful remoteness of Osla, but happy to go back slowly to our known environment.

On arrival in Sankri, we will register in our guesthouse and take some time for a warm shower and rest. We will enjoy a good meal together and then have a good night of sleep in a comfortable bed.



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Day 7 : Sankri – Rishikesh

After breakfast, we will pack the car and return to Rishikesh through the beautiful landscapes of Uttarakhand. we will reach Rishikesh by the evening.

End of service

Inclusions

- Transport from Rishikesh.
- Trekking and camping gear (trekking poles, tent, mattress, sleeping bags).
- Trekking permits.
- Food.
- Porters.
- Guide.
- 2 nights in a hotel in Sankri.

Not included: tips for the guide, porters, and driver, travel insurance, and additional food or drinks bought on the way.

Trekking material checklist

Jacket, Woolen shirts and thick sweaters, Waterproof jacket with hood or poncho, Trousers, Thermal underwear, 2-4 pair of socks, Long sleeved shirt, T-Shirt.
Gloves, Hat, Sunscreen, Sunglasses, Trekking shoes, Small day bag, Water bottle, Toilet articles, Torch or headlamp.

There is a possibility of bringing your own camping material if you have some with which you are comfortable.

There is also the possibility of renting materials.



Contact us

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