



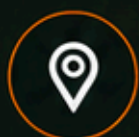
BAGINI GLACIER *Trek*

A raw high-altitude Himalayan trek through ancient villages, alpine meadows and glacier landscapes.



REGION

Chamoli, Garhwal Himalayas



BASE VILLAGE

Auli / Joshimath



DURATION

8-9 Days



MAX ALTITUDE

Approx. 4,500 – 4,900 m



DIFFICULTY

Moderate to Difficult



BEST TIME

May – June & September – October



TOTAL TREK DISTANCE

Approx. 40 – 65 km
(Depending on Route)



Price

₹24K par pax



9560586532



BAGINI GLACIER *Trek*

QUICK DETAILS



BASE VILLAGE

Auli / Joshimath



TOTAL TREK DISTANCE

Approx. 40 – 65 km
(Depending on Route)



DIFFICULTY

Moderate to Difficult



DURATION

8 – 9 Days



MAX ALTITUDE

Approx. 4,500 – 4,900 m



BEST TIME

May – June
& September – October



REGION

Chamoli, Garhwal Himalayas



DETAILED ITINERARY

PART 1 (DAYS 1-3)

The journey begins.
Roads, rivers and remote
Himalayan villages welcome you in.



DAY 1

DEHRADUN - JOSHIMATH - AULI

 Drive: Approx. 230 km | 8-9 hrs



Scenic drive along Alaknanda valley.
Arrive at Jumma,
a beautiful mountain village.



DAY 2

AULI - RUING VILLAGE

 Trek: Approx. 5-6 km | 3-4 hrs



Easy trek through pine forests
and streams.
Explore the remote village of Ruing.



DAY 3

RUING - DRONAGIRI VILLAGE
(EXPLORATION)

 Trek: Approx. 4-5 km | 3-4 hrs



Explore Dronagiri village and
surrounding trails.
Stunning views of peaks
and deep valleys.



AULI TO BAGINI GLACIER

DETAILED ITINERARY

PART 2 (DAYS 4–5)

THE MAIN EXPEDITION

The journey deepens into high alpine terrain, glacial valleys and dramatic Himalayan landscapes. This is the heart of the Bagini Glacier Trek.

DAY 4

LONGATULLI – BAGINI BASE CAMP – BAGINI GLACIER



Trek: Approx. 10–12 km | 6–7 hrs



Trek through alpine meadows and moraines. Reach Bagini Base Camp with stunning views of the glacier.



Explore the Bagini Glacier and its massive ice formations.



DAY 5

BAGINI GLACIER – CHANGBANG BASE CAMP



Trek: Approx. 6–8 km | 4–5 hrs



Cross the glacier and move towards Changbang Base Camp.



Camp beneath towering glacier walls and snow-clad peaks.



Expedition atmosphere with raw Himalayan wilderness all around.



DETAILED ITINERARY



PART 3 (DAYS 6-8)

RETURN & HIGHLIGHTS

As we return, every step brings new memories. From remote villages to majestic peaks, this journey stays with you forever.

| DAY 6

CHANGBANG BASE CAMP -
AULI - RUING

 **Trek:** Approx. 10-12 km | 5-6 hrs

 Retrace your steps through the glacier trail and alpine terrain back to Ruing.



| DAY 7

RUING - AULI -
JOSHIMATH

 **Trek:** Approx. 12-14 km | 6-7 hrs

 Descend through forests and picturesque villages. Drive to Joshimath.



| DAY 8

JOSHIMATH - DEHRADUN

 **Drive:** Approx. 250 km | 9-10 hrs

 End of an unforgettable journey filled with adventure, beauty and memories to last a lifetime.



MAJOR ATTRACTIONS



CHANGBANG



KALANKA



DUNAGIRI



TRISHUL



HATHI-GHORI

ALPINE MEADOWS

Vast green carpets and blooming wildflowers.



DENSE FORESTS

Walk through ancient forests rich in wildlife and serenity.



REMOTE VILLAGES

Experience the warmth of local culture and simple mountain life.





BEST TIME TO VISIT

BAGINI GLACIER TREK

The Bagini Glacier Trek is a high-altitude adventure and the right time to visit plays a crucial role in your safety and experience.

BEST SEASON

MAY – JUNE

PRE-MONSOON



- Clear skies and stable weather
- Best visibility of peaks and glacier
- Day temperature: 10°C to 15°C
- Night temperature: -2°C to -8°C
- Moderate crowds

Ideal for:

Best overall experience

JULY – AUGUST

MONSOON



- Heavy rainfall, landslide risks
- Clouded views, slippery trails
- Glacier conditions unpredictable
- Day temperature: 8°C to 12°C
- Night temperature: -3°C to -9°C
- Trek not recommended

Ideal for:

Not recommended

SEPTEMBER – OCTOBER

POST-MONSOON



- Clear visibility, crisp air
- Fewer crowds, serene trails
- Day temperature: 8°C to 12°C
- Night temperature: -3°C to -9°C
- Best time for photography

Ideal for:

Best weather & peaceful trek



TIP: Avoid July–August due to heavy rain and high risk of landslides.



FITNESS LEVEL *Required*

Kagbhusandi Tal is a difficult high-altitude trek reaching around **5,230 meters (17,150 ft)**.

Good stamina and strong leg strength are very important.



MINIMUM FITNESS REQUIREMENTS



Run 5 km in
30–35 minutes



Walk continuously for
8–10 km with backpack



Climb stairs for
30–40 minutes
without major difficulty



STRENGTH TRAINING

Focus on these exercises:

- Squats – 3 sets × 20 reps
- Lunges – 3 sets × 15 reps
- Plank – 1–2 minutes
- Push-ups – 15–20 reps
- Step-ups on stairs
- Calf raises



Train at least 4–5 days
per week before the trek.



ENDURANCE PRACTICE

Before the trek:



Do small hikes or
long walks regularly



Carry a 5–7 kg
backpack during practice



Practice walking
on uneven trails



ACCLIMATIZATION & BREATHING

At high altitude:



Walk slowly and
maintain rhythm



Drink plenty
of water



Avoid smoking
and alcohol



Take proper rest
during ascent



RECOMMENDED PREPARATION TIME



Beginners:
6–8 weeks
training



Regular trekkers:
3–4 weeks
training



IMPORTANT HEALTH ADVICE

This trek is not recommended for people with:



Severe
asthma



Heart
problems



High blood
pressure issues



Serious knee
injuries



A basic medical check-up before the trek is recommended.

