



KAGBHHUSANDI TAL *Trek*

The trek to Kagbhusandi Tal is one of the most offbeat and challenging high-altitude lake treks in Uttarakhand. The lake is located in the Garhwal Himalayas near the Valley of Flowers region and is famous for its mythological connection with Kakbhushundi from the Ramayana.

TREK QUICK FACTS

	Location	Chamoli district, Uttarakhand
	Trek Duration	7–9 Days
	Trek Distance	60–65 km approx
	Maximum Altitude	5,230 m
	Difficulty	Moderate to Difficult
	Best Time	June–July & September–October
	Base Point	Joshimath auli
	Stay	Camping
	Mobile Network	Limited / Mostly unavailable
	Suitable For	Experienced trekkers

 **9560586532**

Price
₹35k par pax





DAY-WISE *Itinerary*

Days 1–3



01

Day 1: Drive from Dehradun/
Rishikesh to Joshimath Auli
(9–10 hours).



02

Day 2: Trek auli to Bhyundar
Village/Roop Dhungi
(12 km, 6–7 hours).



03

Day 3: Trek to Raj Kharak
(14 km, 8 hours) through
alpine meadows.



DAY-WISE

Itinerary

Days 4–7



04

Day 4: Cross the Kankul Pass (~4,960m) to reach Kagbhusandi Lake (8–11 km, 6–8 hours)



06

Day 6: Trek to Painka Village and drive to Joshimath Auli



05

Day 5: Descend to Gouncha Udiyar (8 km, 5 hours).



07

Day 7: Drive back to Dehradun/Rishikesh.



DIFFICULTY

Level



THE TREK IS CONSIDERED DIFFICULT BECAUSE OF:



High altitude above 5,000m



Steep ascents



Rocky terrain and glaciers



Long trekking hours



Remote route with minimal facilities



TREKKERS SHOULD HAVE:



Good stamina



Prior high-altitude trek experience



Proper acclimatization



Strong mental fitness



BEST TIME *to Visit*



June – July



Green meadows



Flowers bloom



Snow patches remain



September – October



Clear mountain views



Stable weather



Best photography conditions



Avoid:



Peak monsoon due to landslides



Winter because of heavy snowfall





KAGBHUSANDI TAL *Trek*

REMOTE LAKE. ANCIENT LEGEND. PURE HIMALAYAS.



THIS TREK OFFERS:



- REMOTE WILDERNESS



- ALPINE MEADOWS



- DENSE FORESTS



- GLACIER SECTIONS



- VIEWS OF PEAKS LIKE CHAUKHAMBA, NEELKANTH, HATHI PARVAT, AND THALAY SAGAR



SUITABLE FOR
EXPERIENCED TREKKERS



STAY
CAMPING



MOBILE NETWORK
LIMITED /
MOSTLY UNAVAILABLE

PRICE
₹35k
PAR PAX

THANK YOU!
See you in the Himalayas!





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

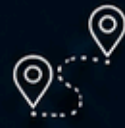
Before the trek:



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.

