



BrahmatalTrek.com

BRAHMATAL TREK

Snow- Filled Adventure Uttarakhand

**"Orgnised by Local, Experienced & Certified orgnisers from
Lohajung Basecamp"**



UTTARAKHAND



5N /6D



TREKKING

 info@brahmataltrek.com



Overview

- **Max Altitude: 12,250 FT**
- **Grade: Easy To Moderate**
- **Duration: 6 Days**
- **Trekking : 24 KM**
- **Trail Type – Round trail. The trek starts and ends at Lohajung**
- **Rail Head – Rishikesh is the nearest rail head to the base camp**
- **Airport- Jolly grant airport Dehradun**
- **Base Camp – Lohajung**
- **Best Season**
- **Winter Trek (Mid Nov – Mid Feb)**
- **Spring Trek (Mid Feb – Mid Apr)**
- **Snow – Mid December to Mid March.**
- **Services – from Lohajung to Lohajung**
- **Meals – Meals while on trek & at Hotel/Guesthouse (Veg & Eggs)**
- **Stay – Guest house, Camping on multiple sharing basis**
- **Pickup Time Day 1: 6 AM**
- **Pickup Location: Zostel Rishikesh, NatRaj Chowk Rishikesh**
- **Drop Time Day 6 : 6 -7 PM**
- **Drop Location: Zostel Rishikesh, NatRaj Chowk Rishikesh**





BrahmatalTrek.com

The Brahmatal Trek, nestled in the Garhwal region of Uttarakhand, India, is one of the most scenic and rewarding trekking experiences in the Indian Himalayas. This trek perfectly blends stunning landscapes, tranquil alpine lakes, dense forests, and breathtaking views of towering snow-clad peaks. Whether you are an adventure enthusiast, a nature lover, or someone seeking peace amidst the mountains, the Brahmatal Trek has something to offer for everyone.



Day 1 :-

RISHIKESH TO LOHAJUNG (BASE CAMP)

- Pickup Time: 6:00 AM
- Drive Distance: 250–290 km | Duration: 10–11 hours
- Altitude Gain: 1,200 ft → 7,600 ft
- Route: Rishikesh → Devprayag → Karnaprayag → Tharali → Lohajung
- Stay: Guesthouse at Lohajung
- Meals: Dinner
- ☒ Scenic drive through confluences and Himalayan roads
- ☒ Mobile Network: Jio & BSNL reliable; Airtel/Vi patchy



BrahmatalTrek.com



Day 2 :-

LOHAJUNG TO BEKALTAL

- Trek Distance: ~6 km | Duration: 4–5 hours
- Altitude: 7,600 ft → 9,700 ft
- Trail: Forest walk via Mandoli and Begum
- Stay: Sharing tents at Bekaltal campsite
- Meals: Breakfast, Packed Lunch, Tea + Snacks, Soup, Dinner

- ✓ Dense oak & rhododendron forests
- ✓ First clear views of Nanda Ghunti
- ✓ Mobile Network: Not available at campsite



BrahmatalTrek.com



Day 3 :-

BEKALTAL TO BRAHMATAL

- Trek Distance: ~7 km | Duration: 5–6 hours
- Altitude: 9,700 ft → 10,400 ft
- Trail: Gentle ridges and high-altitude meadows
- Stay: Sharing tents at Brahmatal campsite
- Meals: Breakfast, Packed Lunch, Tea + Snacks, Soup, Dinner

- ✓ Walk through snowy woods (seasonal)
- ✓ Beautiful Brahmatal Lake near campsite
- ✓ Mobile Network: Jio/BSNL available around ridge areas



Day 4 :-

BRAHMATAL SUMMIT (12,250 FT) & RETURN TO CAMP

- Trek Distance: ~6–7 km round trip | Duration: 6–7 hours
- Altitude: 10,400 ft → 12,250 ft (Summit Point)
- Stay: Same camp at Brahmatal
- Meals: Breakfast, Hot/Packed Lunch, Tea + Snacks, Soup, Dinner

- ✓ Grand views of Trishul, Nanda Ghunti & Chaukhamba peaks
- ✓ Ideal day for sunrise summit (weather permitting)
- ✓ Mobile Network: May be available near summit zones



Day 5 :-

BRAHMATAL TO LOHAJUNG

- Trek Distance: ~10–11 km | Duration: 6–7 hours
- Altitude: 10,400 ft → 7,600 ft
- Trail: Descent via Tilandi or Daldum
- Stay: Guesthouse at Lohajung
- Meals: Breakfast, Packed Lunch, Tea + Snacks, Dinner

- ✓ Forest descent with open mountain views
- ✓ Evening rest and debrief at base
- ✓ Mobile Network: Strong signal (Jio/BSNL)



Day 6 :-

LOHAJUNG TO RISHIKESH

- Drive Distance: 250–290 km | Duration: 10–11 hours
- Drop Location: Tapovan / Nataraj Chowk, Rishikesh (by evening)
- Meals: None

✓ Beautiful return journey via Karnaprayag & Devprayag

✓ Estimated arrival: 6:00–7:00 PM

Please book your onward travel only after 8:00 PM

Note:-

This is a scheduled itinerary. However, changes may occur without prior notice due to weather, road conditions, natural hazards, or medical emergencies.



INCLUSIONS

- **Transport:-** Rishikesh ↔ Lohajung (to & fro)
- **Stay(multiple sharing):-** Guesthouse (Day 1 & 5), Tents (Day 2–4)
- **Meals:-** Nutritious pure veg meals (Day 1 dinner to Day 5 dinner)
- **Trek Gear:** Sleeping bag, mat, tent, kitchen/dining/toilet tents, ropes
- **Permits:-** All entry & forest fees included
- **Safety:-** Oxygen, first-aid
- **Team:-** Certified trek leader, cook, guides & support staff
- **Luggage:-** Cloakroom at base; mules/porters for central luggage
- **Certificate:-** Issued by BrahmatalTrek.com



EXCLUSION

- Personal expenses
- Meals during transit
- Personal luggage porter/mule
- Emergency evacuation & medical expenses
- Anything not mentioned in “Inclusions



TREK ESSENTIALS - PACKING LIST

CLOTHING

- 1 BASE LAYER SET (TOP & BOTTOM) – MOISTURE-WICKING
- 2 DRY-FIT T-SHIRTS
- 2 FLEECE MID-LAYERS
- 1 DOWN JACKET
- 2 TREK PANTS
- 2 UNDERGARMENTS
- 1 WATERPROOF OUTER SHELL (JACKET & PANTS)
- 1 WOOLEN CAP, 1 SUN CAP
- 1 BALACLAVA OR NECKBAND
- 1 PAIR WATERPROOF & WOOLEN GLOVES
- 3 EXTRA PAIRS OF SOCKS
- 1 QUICK-DRY TOWEL (BASE USE), 1 HAND TOWEL (TREK)
- PONCHO OR RAINWEAR

FOOTWEAR

- 1 PAIR TREKKING SHOES (ANKLE-HIGH, WATERPROOF)
- 1 PAIR CAMP SANDALS/SHOES
- BACKPACK RAIN COVER



HYDRATION & CUTLERY

- 2 BOTTLES (1L EACH) OR HYDRATION BLADDER
- WATER PURIFIER TABS/FILTER
- 1 THERMOS
- 1 LEAKPROOF LUNCH BOX, PLATE, MUG, SPOON

FOOD & SNACKS

- ENERGY BARS, DRY FRUITS, TRAIL MIX
- ORS, ENERGY DRINKS

NAVIGATION & SAFETY

- HEADLAMP/TORCH + EXTRA BATTERIES
- WHISTLE
- MULTI-TOOL/KNIFE

BASIC FIRST-AID

- DIAMOX (1 STRIP), DOLO 650 (5)
- AVOMINE (4), COMBIFLAM (5), DIGENE (4)
- ORS (6), KNEE BRACE (IF NEEDED)
- PERSONAL MEDS (IF ANY)



☀️ COLD & SUN PROTECTION

- SUNSCREEN (SPF 30+), LIP BALM (SPF)
- MOISTURIZER, SUNGLASSES (UV PROTECTED)
- HAT OR WIDE-BRIM CAP

🧼 HYGIENE

- BIODEGRADABLE SOAP/HAND WASH
- TOOTHBRUSH & TOOTHPASTE
- TOILET PAPER, HAND SANITIZER
- SANITARY PRODUCTS (FOR WOMEN)

📄 DOCUMENTS & OTHERS

- 3 PHOTOCOPIES OF ID (AADHAAR/PASSPORT)
- MEDICAL & REGISTRATION FORMS
- CASH / CARDS
- POWER BANK, PHONE, CAMERA
- TRASH BAGS, ZIP LOCKS (FOR DRY PACKING)

+ OPTIONAL ITEMS

- TREKKING POLES (RECOMMENDED)
- BINOCULARS



BrahmatalTrek.com

NOTE

Most items are available for purchase/rent at basecamp.

👉 Please confirm with your trek coordinator in advance.

WHO CAN PARTICIPATE

Age; 7 years.

First timer can apply; previous trekking experience is more appreciated.

The trekker must be fit and have sufficient stamina to cover 4 km of distance in 35 minutes without a stress.

Maximum age depends on your fitness level

The climber should be able to carry a 10-12 kg backpack.



GALLERY





BrahmatalTrek.com

Reach us at



info@brahmataltrek.com



thebrahmataltrek



+91-8630301252



+91-8630301252



www.brahmataltrek.com



**Brahmatal Trek Basecamp, Lohajung
Chamoli, Uttarakhand**