Indrahar Pass Trek

Dharamkot- Triund - Snowline - Lahesh Cave - Indrahar - Laka Got - Triund - Dharamkot

TreksGroup Trek

Tour Basics •

Duration: 4 Days 3 Nights	**Route:** Dharamkot- Triund - Snowline - Lahesh Cave - Indrahar - Laka Got - Triund - Dharamkot

About This Trip •

The Indrahar Pass Trek is one of the most scenic and thrilling treks in the Indian Himalayas. Located in the Dhauladhar range of Himachal Pradesh, this high-altitude trek begins from McLeod Ganj, a charming town known for its Tibetan culture and spiritual heritage.

Overview

- Starting Point: McLeod Ganj (2,082 m)
  Highest Point: Indrahar Pass (4,342 m
- Trek Duration: 4–5 Days
  Trek Distance: ~35–38 km (round trip)
- Trek Difficulty: Moderate to Difficult
- Best Time to Visit: May to June & September to October

Why Choose the Indrahar Pass Trek?

- Scenic Landscapes: Alpine meadows, rugged ridges, dense forests, and panoramic Himalayan views.
- Wildlife Spotting: Himalayan langurs, musk deer, wild goats, and a variety of birds.
- Camping Experience: Sleep under a star-filled sky in serene mountain campsites.
- Cultural Blend: Start the journey in McLeod Ganj, the seat of the Tibetan government-in-exile and home to the Dalai Lama.

Trek Essentials

- Fitness: Requires a moderate level of physical fitness. The final ascent to the pass is a strenuous climb.
- Gear: Good trekking shoes, warm clothes, rain gear, a sleeping bag, and a first-aid kit are essential.
- Guide: A local guide is recommended, especially for the stretch beyond Triund to Indrahar Pass.
- Accommodation: Tents are set up at Triund and Laka Got; basic guesthouses may be available in Triund

Quick Tips

- Avoid the monsoon season (July–August) due to slippery trails.
- Carry enough drinking water or a portable purifier.

- Acclimatise well to prevent altitude sickness.
- Book with a reputable trekking company or local guide.

Itinerary •

Day 1: Dharamkot to Snowline | Dist: 9km | Time: 07 to 08hr | Altitude: 1898m to 3350m

- The trek begins in Dharamkot, a small village located in the Kangra district of Himachal Pradesh.
- The journey begins early in the morning with a challenging 9-kilometre ascent to Snow Line. This leg of the trek typically takes about 7 to 8 hours.
- Snowline, a picturesque meadow perched at an altitude of 3350 metres, offers breathtaking views.
- Trekkers often camp here overnight, soaking in the stunning sunset over the surrounding mountains.

Meals: Dinner

Night: Camping at the Snow line

Day 2: Snowline to Laka Got | Dist: 6km | Time: 04 to 06 hr | Altitude: 3350m to 3500m

- The trek begins in Dharamkot, a small village located in the Kangra district of Himachal Pradesh.

- The journey begins early in the morning with a challenging 9-kilometre ascent to Snow Line. This leg of the trek typically takes about 7 to 8 hours.
- Snowline, a picturesque meadow perched at an altitude of 3350 metres, offers breathtaking views.
- Trekkers often camp here overnight, soaking in the stunning sunset over the surrounding mountains.

Meals: Dinner

Night: Camping at the Snow line

Day 3: Indrahar Pass trek | Dist: 3km | Time: 04 to 06 hr | Altitude: 3350m to 3500m

- The third day marks the most challenging and exhilarating part of the trek.
- Trekkers begin early in the morning, setting out for Indrahar Pass, which stands at a lofty altitude of 4,342 metres.
- The trail is steep, rugged, and physically demanding, typically requiring 6 to 7 hours to reach the pass.
- Upon reaching the summit, trekkers are rewarded with awe-inspiring views and a profound sense of achievement.
- After spending some time at the pass, the descent back to Laka Got begins. The downward trail is just as demanding as the climb, requiring caution and focus.
- By evening, trekkers arrive back at Laka Got, where they set up camp and rest for the night beneath the stars.

Meal: Breakfast, Lunch and Dinner

Night: Camping at the Laka Kot

Day 4: Snowline to Dharamkot | Dist: 9km | Time: 04 to 06 hr | Altitude: 3350m to 1898m

- The fourth and final day of the trek involves a moderate 12-kilometre descent from Laka Got back to Dharamkot.
- Along the way, the trail passes through the quaint village of Chamba, renowned for its ancient temples and traditional handicrafts.
- Trekkers can take a short break here to explore the village and enjoy the local culture.
- The journey back takes approximately 5 to 6 hours, allowing trekkers to conclude their adventure by early afternoon.
- Overall, the trek demands a moderate level of fitness and is well-suited for both beginners and seasoned trekkers, offering a perfect blend of natural beauty, cultural richness, and mountain adventure.

Meal: Breakfast

Night: Nil

Inclusions •

3 Dinner (Rice or Roti & Daal or Sabzi)

3 Breakfast (Bread Omellete or Maggie)

2 Packed Lunch

Tea (Morning and Evening)

Tents (sharing basis)

Guide

Exclusions •

Water Bottles

GST 5%

Entry Fees by the Forest Department

Trek Gears

Medical Expenses

Any cost arising due to natural calamities

Meals not mentioned in the itinerary

Bonfire

Any travel expenses for reaching the starting point of the trek

FAQs •

Q: Where is Indrahar Pass located?

A:

Indrahar Pass, located in the Dhauladhar range of the Himalayas in Himachal Pradesh, India, is accessed via a trek that begins from McLeod Ganj, close to Dharamshala.

Q: What is the altitude of Indrahar Pass?

A:

Indrahar Pass stands at an elevation of 4,342 metres (14,245 feet) above sea level.

Q: How difficult is the trek?

A:

The trek is moderate to difficult, especially the final ascent to the pass. Beginners with decent fitness levels can complete it, but prior trekking experience is helpful.

Q: What is the best time to do the Indrahar Pass Trek?

A:

The best months are May to June and September to October. The pass is usually inaccessible in winter due to heavy snowfall.

Q: Do I need a guide for the trek?

A:

While the trail to Triund is well-marked, hiring a local guide is strongly recommended beyond Triund, especially for the Indrahar Pass section—for safety, navigation, and weather updates.

Q: What kind of accommodation is available on the trek?

A:

Trekkers usually stay in tents or campsites at Triund and Laka Got. Some basic guesthouses are also available at Triund.

Q: Are there any altitude-related risks?

A:

Yes, the high altitude can cause Acute Mountain Sickness (AMS), especially near the pass. Climb steadily, keep yourself well-hydrated, and watch for signs such as headache, nausea, or dizziness.

Q: Is the trek suitable for solo travellers?

A:

Yes, but solo trekkers should have prior experience and preferably go during peak season when the trail is more active. Hiring a guide is still advised.

Q: Are there any permits required?

A:

Currently, no special permits are needed for Indian citizens. Foreign nationals may need to register with local authorities in McLeod Ganj.

Q: What wildlife can be seen during the trek?

A:

The region is home to Himalayan langurs, musk deer, wild goats, and various birds. Always observe wildlife from a safe distance.

Q: What is the total distance of the Indrahar Pass Trek?

A:

The total trek distance is approximately 35–38 km (round trip), depending on the route and camping points chosen.

Q: How do I book the Indrahar Pass Trek?

A:

You can book with The wander Yak travel company.

Get in Touch •

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