Laka Glacier Trek

Dharamkot - Triund - Snowline - Laka Got - Triund - Dharamkot

TreksGroup Trek

Tour Basics •

Duration: 3 Days 2 Nights	**Route:** Dharamkot - Triund - Snowline - Laka Got - Triund - Dharamkot

About This Trip •

The Laka Glacier Trek is one of the most scenic and accessible high-altitude treks in the Indian Himalayas, offering a perfect blend of natural beauty, alpine landscapes, and cultural encounters. Nestled in the Dhauladhar range of Himachal Pradesh, this trek is a popular extension of the famous Triund Trek, taking adventurers beyond the well-trodden paths to the majestic Laka Glacier.

Overview

- Starting Point: Dharamkot (near McLeod Ganj, Himachal Pradesh)
- Altitude: Up to 3,500 metres (11,500 feet)
- Duration: 3 to 4 days
- Trek Distance: ~30–35 kilometres round trip
- Difficulty Level: Moderate
- Best Time to Visit: March to June and September to November

Why Trek to Laka Glacier?

- Stunning Mountain Views: Uninterrupted vistas of snow-capped peaks and dramatic ridgelines.
- Accessible High-Altitude Trek: Ideal for beginners looking to experience Himalayan trekking without extreme altitude.
- Wildlife & Nature: Spot Himalayan langurs, wild goats, and colourful bird species along the route.
- Camping Experience: Spend nights under star-strewn skies in high-altitude meadows.
- Cultural Touchpoints: A Blend of Tibetan and Himachali cultures in the nearby villages.

Weather & Temperature

- Spring/Summer (Mar–June): 10–18°C during the day, 0–5°C at night
- Autumn (Sept–Nov): 5–15°C during the day, -2–5°C at night
- Monsoon (July–Aug): Not recommended due to landslide risks
- Winter (Dec–Feb): Heavy snow, glacier access restricted

Trek Essentials

- Good trekking shoes
- Warm layered clothing
- Rain protection
- Flashlight or headlamp

- Water bottle & snacks
- Basic first-aid kit
- Sunscreen & sunglasses

Tips for Trekkers

- Acclimatise: Spend a day in McLeod Ganj or Dharamkot before starting.
- Hydrate well: Stay hydrated, especially as you gain altitude.
- Go with a guide: While the trail is marked, a local guide adds safety and insight.
- Leave no trace: Carry back all waste and respect the mountain environment.

Itinerary •

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

- The trek begins in Dharamkot, a small and quiet village tucked in Dharamshala.
- Setting out early in the morning, trekkers face a demanding 9-kilometre climb to reach Snow Line, a journey that usually takes 7 to 8 hours.
- Snow Line, a scenic meadow situated at 3,350 metres above sea level, rewards the effort with sweeping mountain views.
- Most trekkers choose to camp here overnight, enjoying the spectacular sunset that paints the surrounding peaks in warm hues.

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

- On the second day, the trek continues with a 6-kilometre climb from Snowline to Laka Go.t.
- The trail goes through vibrant meadows and dense forests, unveiling expansive views of towering mountain ranges.
- Trekkers might encounter native wildlife along the way, including Himalayan langurs, wild goats, and elusive musk deer.
- Located at an elevation of 3,500 metres, Laka Got is a rugged yet picturesque campsite that draws adventurers with its untamed alpine beauty.
- Here, the surrounding peaks create a dramatic backdrop, and the night sky offers a stunning display of stars that will not soon be forgotten.

Meal: Breakfast, Lunch and Dinner

Night: Camping at the Laka Kot

Day 3: Snowline to Dharamkot | Dist: 12km | Time: 07 to 08 hr | Altitude: 3350m to 1898m

- The fourth and final day of the trek features a moderate 12-kilometre descent from Laka Got back to Dharamkot.
- Trekkers can halt at Triund Top for refreshment.
- The return journey typically takes 7 to 8 hours, allowing most to wrap up their adventure by early afternoon.
- Overall, the trek requires a moderate level of fitness and is ideal for both novice and experienced trekkers, offering a balanced mix of natural beauty, cultural depth, and mountain exploration.

Meal: Breakfast

Night: Nil

Inclusions •

2 Dinner (Rice or Roti & Daal or Sabzi).

2 Breakfast (Bread Omellete or Maggie)

1 Packed Lunch.

Tea (Morning and Evening).

Tents (sharing basis).

Sleeping Bags or Blankets.

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 the Laka Glacier Trek located?

A:

The Laka Glacier Trek is situated in the Dhauladhar range of Himachal Pradesh, India. It typically

begins from Dharamkot, near McLeod Ganj in the Kangra district.

Q: How long is the trek, and what is the itinerary?

A:

The trek is usually 4 days and 3 nights, covering key spots like Triund, Snow Line, Laka Got, and back to Dharamkot. Total trekking distance is around 30–35 kilometres.

Q: What is the best time to do the Laka Glacier Trek?

A:

The ideal trekking season is from March to June and September to November. Snow is usually present near the glacier until late spring, offering stunning views.

Q: Is the trek suitable for beginners?

A:

Yes, the Laka Glacier Trek is considered moderate in difficulty and is suitable for beginners with a reasonable level of fitness.

Q: What is the maximum altitude reached?

A:

The highest point on the trek is Laka Got, located at an altitude of around 3,500 metres (11,500 feet).

Q: Do I need a guide, or can I trek independently?

A:

While it’s possible to trek independently, hiring a local guide or joining a trekking group is recommended for safety, especially near the glacier.

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

A:

Trekkers typically camp overnight at Triund, Snow Line, or Laka Got. Tents and sleeping bags are usually provided by trekking operators.

Q: Are there mobile signals or internet connectivity?

A:

Mobile network is generally available till Triund, but beyond that, signals are unreliable or non-existent.

Q: Is acclimatisation necessary?

A:

Acclimatisation is usually not a major concern, but it's advisable to spend a day in McLeod Ganj or Dharamkot before starting to adjust to the altitude

Q: What is the total distance of the Laka Glacier Trek?

A:

The total distance of the Laka Glacier Trek is approximately 30–35 kilometres, depending on the specific route. The trek usually spans over 4 days.

Q: What is the best time to do the Laka Glacier Trek?

A:

The ideal time is between March and June (spring/summer) and September and November (autumn).
Avoid the monsoon months (July–August) due to slippery trails and landslide risks.

Q: What is the height of the Laka Glacier?

A:

Laka Glacier is located at an altitude of around 3,500 metres (11,500 feet) above sea level.

Q: How difficult is the Laka Glacier Trek?

A:

The trek is rated as moderate. It involves uphill and downhill sections, but is manageable for

beginners with good fitness. No technical climbing is involved.

Q: What is the distance from Triund to Laka Glacier?

A:

The distance from Triund to Laka Glacier (via Snowline and Laka Got) is approximately 6 kilometres (one way).

Get in Touch •

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