

# Triund Trek

Bhagsu-Triund-Bhagsu

TreksGroup Trek

## Tour Basics •

**Duration:** 02 Days, 01 Night

**Route:** Bhagsu-Triund-Bhagsu

McLeodganj Bhagsu — 2D 1N

## About This Trip •

Triund is a serene and scenic ridge nestled in the Dhauladhar Range of the Himalayas, standing at an altitude of approximately 2,850 meters. Located in Himachal Pradesh's Kangra Valley, it has become one of the most popular trekking destinations in North India for both novice and seasoned trekkers.

The trail is known for its panoramic views of the Dhauladhar mountains and Kangra Valley, passing through lush green meadows, dense oak, deodar, and rhododendron forests, and offering rich flora and fauna. Along the way, trekkers can rest and refresh at the famous Maggie Café, which provides scenic views and light refreshments before the final ascent.

Thanks to its relatively easy difficulty level, the Triund Trek is suitable for beginners and can be completed as a day hike, though many choose to camp overnight to enjoy stunning sunsets and sunrises.

**Starting Point:** Bhagsu Nag

Bhagsu Nag, commonly referred to as Bhagsu, is a quaint village near McLeod Ganj, known for its mythological significance and natural beauty. It is named after the Bhagsu Nag Temple, dedicated to Lord Shiva.

Local Legend: According to folklore, King Bhagsu from Rajasthan stole sacred water from the Nag Dal Lake. A battle with the serpent god Nag ensued, after which the king built the temple as an act of penance.

A short hike from the temple leads to the Bhagsu Waterfall, which cascades from about 20 meters (66 feet) and is surrounded by lush greenery, an ideal spot for relaxing before beginning the trek to Triund.

## How to Reach Triund Trek

Reaching Triund involves travelling to McLeod Ganj or Bhagsu, the base points for the trek. Here's how you can get there:

### By Road

- Delhi to Dharamshala: 480 km. Buses (private and HRTC) are available from Kashmiri Gate or Majnu ka Tilla, mostly departing after 6 PM.
- Chandigarh to Dharamshala: 250 km. Buses run from ISBT Sector 43, or take a private Volvo (note: Volvo boarding in Chandigarh is typically after midnight).
- By Car/Taxi: You can self-drive or hire a taxi from Delhi or Chandigarh via Ambala – Una – Kangra. From Dharamshala to Bhagsu, take a local taxi or auto-rickshaw (approx. 5 km).

### By Air

- Nearest Airport: Gaggal Airport (Dharamshala/Kangra Airport) – ~18 km from McLeod Ganj.
- Flights: Regular connections from Delhi and Chandigarh via airlines like Air India and SpiceJet.
- Airport to Bhagsu: Approximately 40–50 minutes by taxi.

### By Train

- Nearest Station: Pathankot Railway Station – 90 km from Dharamshala, Well-connected to Delhi, Mumbai, Amritsar, and other major cities.
- Pathankot to Dharamshala: 3–4 hours by taxi or local bus. Continue from Dharamshala to Bhagsu via local transport.

## Reaching Triund from Bhagsu

The trek to Triund begins from Bhagsu or Dharamkot, and it typically takes 4–6 hours, depending on pace and weather conditions. Most trekkers return the same day, but staying overnight at Triund is highly recommended for the full experience.

## Tips for a Safe and Enjoyable Triund Trek

Carry only essentials:

- Warm layers
- Headlamp
- Rain jacket
- Water bottles
- Energy snacks
- Basic first aid

## Check Weather Conditions

- Always check forecasts, especially during the monsoon or winter, when conditions can change rapidly.

## Hydration & Nutrition

- Carry at least 2 litres of water per person.
- Drink regularly, even if you don't feel thirsty.
- Snack on energy bars, nuts, chocolates, or dried fruits to maintain energy levels.

## Pace & Altitude Awareness

- Start early to utilise daylight and cooler temperatures.
- Walk at a steady, comfortable pace.
- Watch for signs of altitude sickness: dizziness, nausea, headaches, or fatigue. If needed, rest or descend.

## Respect the Environment

- Stay on the marked trail.
- Do not litter; carry your trash back to the source.

- Avoid disturbing wildlife and refrain from plucking flowers or plants.
- "Leave No Trace" helps preserve the pristine beauty of the Himalayas.

## Stay Categories & Options •

<b>Twin Sharing</b>	Persons: 2	INR 999.00	<del>INR 1,199.00</del>	Save INR 200.00
<b>Triple Sharing</b>	Persons: 3	INR 999.00	<del>INR 1,199.00</del>	Save INR 200.00

## Itinerary •

Day 1: Bhagsu to Triund | Dist: 6km | Time: 4 to 6 hr | Altitude: 1898m to 2898m

- Your adventure begins in Bhagsu, where you'll meet your guide and set off on the trek. The trail takes you past the scenic Bhagsu Waterfall, gradually ascending through pine forests and rocky paths.
- After a few kilometres, you'll arrive at the iconic Magic Viewpoint, offering panoramic vistas of the Dhauladhar range.
- By evening, you'll reach your campsite at Karthani, near Triund, where you can unwind amidst the breathtaking mountain landscape.

Meals: Dinner

Night: Camping at Karthani, Triund

Day 2: Triund to Bhagsu | Dist: 6km | Time: 3 to 4 hr | Altitude: 2898m to 1898m

- The next morning, enjoy a hearty breakfast with a warm cup of tea before beginning your descent.
- Soak in the peaceful surroundings as you make your way back down to Bhagsu, arriving by afternoon, completing an unforgettable Himalayan trekking experience.

Meal: Breakfast

Night: Nil

## Inclusions •

1 Dinner (Rice or Roti & Daal or Sabzi)

1 Breakfast (Bread Omellete or Maggie)

Tea (Morning and Evening)

Tents (sharing basis)

Sleeping Bags or Blankets

## 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:** How difficult is the Triund Trek?

**A:**

The Triund Trek is considered moderately easy. The trail is marked and generally easy to follow,

featuring a gradual incline for most of the route. However, some steep sections, particularly towards the latter part of the trek, may require extra effort.

**Q:** How long does it take to complete the Triund Trek?

**A:**

The ascent to Triund typically ranges from 3 to 6 hours, depending on your speed and fitness level. Descending usually requires about 2 hours. However, these durations can fluctuate based on personal fitness, weather conditions, and the frequency of breaks taken.

**Q:** Do I need to be physically fit to do the Triund Trek?

**A:**

While the Triund Trek is moderately challenging, it requires a reasonable fitness level. Walking for several hours continuously and handling uphill terrain is essential. To prepare your body, it is advisable to do basic cardiovascular and leg-strengthening exercises before the trek.

**Q:** Are there any age restrictions for the Triund Trek?

**A:**

No formal age restrictions are in place for the Triund Trek.. However, individual fitness levels and health conditions, especially for elderly or young trekkers, must be considered.

**Q:** Is it safe to do the Triund Trek alone?

**A:**

While trekking solo is possible, it's generally safer to trek with a companion or group, especially if you're unfamiliar with the trail or the area. Having someone with you can provide support in emergencies and enhance the overall experience.

**Q:** Are there any facilities available along the trekking route?

**A:**

Facilities along the Triund trekking route are limited. A few tea stalls and small shops offering snacks and refreshments can be found at intervals along the trail. At the Triund summit, basic

camping options such as tents, guesthouses, and meals are available for purchase.

**Q:** What should I do if I encounter altitude sickness during the Triund Trek?

**A:**

Altitude sickness can occur if you ascend to greater heights too swiftly. If you notice signs such as headache, nausea, dizziness, or fatigue, it is vital to immediately descend to a lower elevation. The primary treatments for altitude sickness include rest, staying well-hydrated, and descending to a lower altitude.

**Q:** Can I trek to Triund during the winter months?

**A:**

Yes, trekking to Triund is possible in winter, but it becomes significantly more challenging between December and February due to heavy snowfall and icy trails. During this period, the path may be partially inaccessible or even dangerous. If you plan to attempt the trek in winter, it's strongly recommended to check updated weather conditions and seek guidance from local experts before setting out.

**Q:** Do I need to book permits in advance for the Triund Trek?

**A:**

Permits are optional for the Triund Trek. No official permits are needed to access the trail; it is open to everyone. However, it's essential to register at the base before starting the trek, primarily for safety purposes and to provide information in case of emergencies.

**Q:** What should I pack for the Triund Trek?

**A:**

Essential items for the Triund Trek include sturdy trekking shoes, layered warm clothing, water, snacks, a first aid kit, sunscreen, sunglasses, a hat, a flashlight or headlamp, and any necessary personal medications. For overnight camping, additional gear such as a tent, sleeping bag, and sleeping mat is required.

**Q:** Is it possible to do the Triund Trek with children?

**A:**

It's possible to trek to Triund with children, but it's essential to consider their age, fitness level, and hiking experience. Since the trek can be demanding for younger children, it's best to assess their fitness and stamina before starting the journey. Ensure they are adequately prepared with appropriate clothing, footwear, and snacks, and supervise them closely throughout the trek.

**Q:** Are there toilet facilities available along the trekking route?

**A:**

Limited sanitation facilities are available on the way to Triund. Some basic pit toilets are at some points along the trail, but they may only sometimes be well-maintained. Use these facilities sparingly and carry your toilet paper and hand sanitiser for hygiene. Additionally, practice Leave No Trace principles and avoid littering or polluting the environment.

**Q:** How difficult is the Triund Trek?

**A:**

The Triund Trek is generally rated as an easy to moderate trek. It's suitable for beginners with basic fitness, though the final stretch includes some steeper sections.

**Q:** How long does the Triund Trek take?

**A:**

The trek typically takes 4–6 hours to ascend, depending on pace and weather. The descent can take around 3–4 hours.

**Q:** Is camping allowed on the Triund Trek?

**A:**

Camping at Triund Summit is currently restricted due to forest regulations. However, nearby areas like Mana Village or Snowline may offer camping options. It's best to check with local authorities or tour operators for the most up-to-date information.

## Get in Touch •

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