

# Tarab Ling

## Facilitating trekking and outings

In the following you can see some suggestions for trekking in the higher mountains.

There are also very nice walks all year round out of Tarab Ling for half a day or a full day to nearby hills, villages and waterfalls. Or you may take walks out from the nearby hill station, Mussoorie, and spend a night or two there.

There are many options around Dehradun and if you like to arrange in advance please contact:

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### HIGHER HIMLAYAN TREKKINGS (May to October)

#### 1. CAMP BUGYAL SARAI

Nestled between the foothills of the Himalayas and the lively village of Barsu, Camp Bugyal Sarai is a Himalayan paradise like no other. Whether it is a trek, a hike, a scenic vista or a relaxing afternoon in the wilderness that you seek, Barsu has it all. A day at Bugyal Sarai has endless possibilities, leaving the traveler toiling over how best to spend their day. Flora and fauna abound, making any hike a snail's pace effort to soak in the Himalayan scenery.



- The camp is a perfect jumping off point for a Himalayan trek for the adventurer or a simple, rustic getaway for the traveler seeking solace and relaxation. With a helpful and accommodating staff, full and eco-friendly facilities and a lovely touch of the local Himalayan culture, Bugyal Sarai is as versatile as its visitors—artists, yogis, climbers, hikers, writers, thinkers, and people of the world alike.

- For those seeking to live the Himalayas, not simply see them, Bugyal Sarai provides countless opportunities to interact with the local village of Barsu. Whether it is to have a chat, share a meal, or simply take a stroll through the quaint alleyways of Barsu, unique opportunities for cultural exchange are the pride and joy of Bugyal Sarai.



- Perched just above the camp (just a day’s hike away) is Dayara bugyal--alpine meadows rich with vibrant wildflowers and wildlife of all shapes and sizes. For a simpler hike, take an afternoon stroll to the Gira waterfall; but don’t move too quickly or you will miss the magnificent wildlife along the way. Tucked away deep within the Himalayan foothills is the breathtaking falls, leaving the hiker in awe of its powerful flow that leads directly to a confluence with the holy Ganges.
- Other activities from the camp include rock climbing, rappelling, bird watching, river crossing, team building exercise, village walk, and interaction with locals.
- Every evening we set bone fire and serve popcorn and soup around it.

## 2. DEHRADUN-SARI-CHOPTA-POTHIBASA-UKHIMATH- RUDRAPRAYAG



**Duration** – Four nights and Five days.

**Location** – Devriyatal (2356 Meter), Chopta (2850 Meter) &Tugnath (3538 Meter)

**Get-together in Lachmoli, Dev Bhoomi Nature Camp, Time - 1:00 PM**

Day 1

Base	Time	Destination	Program	Km
Dehradun	8:30-14:00	Lachmoli	IP center visit and Lunch	135
Lachmoli	14:00- 15:30	Rudraprayag	Sangam Visit	44
Rudraprayag	16:00-18:30	Sari	Night halt	59

Day 2

Base	Time	Destination	Program	Km
Sari	8:30-10:00	Devriyatal	Lake in the higher Himalayas	3.5 Trek
Devriyatal	11:30- 12:30	Sari	Lunch	
Sari	14:00-16:00	Sari	To see flying Fox	200 Mtrs

Sari	16:30-18:00	Chopta	Night Halt	22
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Day 3

Base	Time	Destination	Program	Km
Chopta	8:30-11:00	Tungnath	The highest temple in Panchkedar covered in snow.	3.5 Trek
Tungnath	11:30-13:00	Chopta	Lunch	
Pothibasa	15:00-18:00		Rock climbing, Rafting	
Pothibasa	19:30-21:00		Camp fire & Dinner	

Day 4

Base	Time	Destination	Program	Km
Pothibasa	8:30-12:00	Pothibasa	Rock climbing and rap ling	
Pothibasa	13:00-14:00	Lunch	Lunch	
Pothibasa	14:00-16:00	Pingla Pani	River crossing	2
Pingla Pani	16:00-17:00	Ukhimath	Tea & Snacks	
Ukhimath	18:00-19:00	Ukhimath	Visit to a famed ancient Hindu temple	1
Ukhimath	17:30-21:00	Ukhimath	Dinner and Night stay	

Day 5

Place	Time	Destination	Program	Km
Ukhimath	8:30-10:30	Kaliya saur	Dhari devi Hindu temple	63
Kaliyasaur	12: 00-13:00	Lunch	Lunch	



Lachmoli	14:00-18:30	Dehradun		136
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### 3. DAYARA BUGYAL

Day 1

Starting from Deharadun to camp Bugyal Sarai (2250 mtrs) approx an 8 hrs drive and have lunch at Uttarkashi. The camp overlooks the Himalayan peaks of Gangotri I, II and III, Jaunli, Draupdi ka danda and Sri kanth. Camping at the site

Day 02

Have an early breakfast and get ready for a trek to Barnala lake (2700 mtrs) about 4 hours taking pack lunch. Reach Barnala by afternoon couple of hours to Dayara is a steep climb done at a relaxed pace. The bugyal (meadow) is a common grazing land of the shepards which is spread roughly over 28 sq kms. The bugyals have a breath taking 360 degree view of the Himalayas. Reach campsite by evening.



Day 03

Take a walk little higher for a nice view of Bandarpoonch (6500 mtrs). After breakfast prepare to return to camp Bugyalsarai, approx 7 hr walk. Reach camp by early evening.

Day 04

After breakfast get ready for the drive back to Dehradun

#### 4. HARKIDUN TREK



Day 01

Drive from Dehradun to Sankri (Taluka), about 7 hours. Overnight halt at Sankri

Day 02

After breakfast, starting at 0800 hrs about 6 hours trek to Seema. In the afternoon visit a close by traditional Osla village with wooden houses and a beautiful temple. Night halt

Day 03

Trek to Harkidun which is about 6 hours. Night halt..

Day 04

Walk in to Barasu valley or a less strenuous walk to the Swargarohini glacier. Night halt.

Day 05

Six hours trek back to Seema. Overnight halt

Day 06

Five hrs trek back to Taluka and drive to Sankri. Overnight in hotel.

Day 07

After breakfast start drive to Dehradun

Please bring with following items for mountain trip.

Woollen sweater, gloves, socks, warm hats, mufflers, rain coat, trekking shoes, torch, Basic Medicines, cold cream etc.

## ROUND DAY TRIP FOR LOCAL SIGHTSEEING (10-12 HOURS)

### Surkhanda Devi Temple-Mussoorie

**Surkhanda Devi** is a [Hindu temple](#) situated close to the small resort hamlet of [Dhanaulti](#) in the village Uniyalgoan of [Tehri District](#). It is at an altitude of about 2,757 metres, close to nearby hill stations of [Dhanaulti](#) .

It is surrounded by dense forests and affords a scenic view of the surrounding region including the [Himalayas](#) to the north, and certain cities to the south

- It is always advisable to leave early on a clear sky day
- It will take 3 hours to reach the base of Surkahnda Devi temple
- The temple is on the top of the hill and climb of 1 km
- There are pony services available
- After visiting the temple another one hour drive to Mussoorie, which is popular hill station
- Take lunch in a restaurant, and move independently in the mall
- Assemble around 5 pm at the taxi stand and come down to Tarab Ling
- Individuals can also decide to come down earlier if the shared taxi persons mutually agrees



### Sakya Retreat Center, Drikung Monastery and Clement Town

- After having breakfast at Tarab Ling car will (Aprox 30 mintures) leave for Sakya Retreat center. A hiking of 20 minutes from the main road. (Spend 30 minutes to enjoy the panoramic view) and leave for Drikung monastery
- Trip to Clement town to visit the of Buddha's descent from heaven stupa (*Lhabab Chorten*)



## **Glasshouse for lunch & Rishikesh for Arti (Fire) Puja**

- After the breakfast leave for Glasshouse via Rishikesh which will take around 2 hours.
- Glass house is situated on the banks of river Ganges in the hills
- Taking a walk and spending time along the banks is refreshing and rejuvenating
- After taking lunch leave for Rishikesh and spend time on the banks of river Ganges.
- Rishikesh is the first place where the holy river touches the great plains of India
- Visit Parmath Niketan Ashram around the evening to witness Arti puja

*View of the Ganges from Glass house*

