



Event Itinerary

- **Event Name:** Ruinsara Lake Trek 8D/7N
- **Location:** Kumaon, Uttarakhand
- **Duration:** 8 Days 7 Night

Day 0: Depart from Bangalore

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Day 1: Dehradun to Sankri | Scenic Himalayan Drive & Trek Preparation

Drive from Dehradun to Sankri – 200 km | 8–9 hours

- **Early Morning Start:** Begin your journey from Dehradun towards Sankri, the gateway to the upcoming Himalayan trekking adventure.
- **Reporting at Dehradun:** Reach Dehradun Railway Station by **6:30 AM**. Travellers coming from Delhi are advised to plan an overnight bus or train journey to Dehradun ISBT for a timely arrival.
- **Mountain Drive:** Enjoy the scenic drive through winding Himalayan roads, passing through beautiful valleys, forests and traditional mountain settlements.
- **Arrival at Sankri:** Reach Sankri after the 200 km journey and check into the guest house.

- **Freshen Up & Relax:** Take some time to freshen up and rest after the long drive.
- **Explore the Local Market:** Spend your free time exploring Sankri and getting familiar with the lively mountain village.
- **Last-Minute Shopping:** If required, pick up essential trekking equipment, warm clothing, garments or other supplies from the local market.
- **Trek Briefing & Preparation:** Organise your backpack and prepare all necessary gear for the trekking days ahead.
- **Overnight Stay:** Stay overnight at the guest house in Sankri and get ready for the adventure into the Ruinsara Valley.

Day 2: Sankri to Taluka to Seema | Forest Trails Along the Supin River

Drive from Sankri to Taluka – 12 km

Trek from Taluka to Seema – 14 km

- **Morning Drive to Taluka:** Begin the day with a 12 km scenic drive from Sankri to Taluka, the starting point of the trek.
- **Trail Begins:** From Taluka, start the 14 km trek towards Seema, following the beautiful mountain trail alongside the Supin River.
- **Dense Himalayan Forests:** Walk through lush forests filled with chestnut, walnut and chinar trees, creating a peaceful and shaded trekking environment.
- **River-Side Trail:** The route largely follows the right bank of the Supin River, with the sound of flowing water accompanying you along the trail.
- **Wooden Bridge Crossings:** Cross traditional wooden bridges over mountain streams and negotiate occasional climbs as the trail gradually progresses deeper into the valley.

- **Scenic Surroundings:** Enjoy views of forested slopes, flowing streams and remote Himalayan landscapes throughout the trek.
- **Arrival at Seema:** Reach Seema after completing the day's trek and settle in for a well-earned rest.
- **Overnight Stay:** Unwind at the campsite or accommodation and prepare for the next stage of the Ruinsara Lake adventure.

Day 3: Seema to Waterfall Camp | Into the Upper Ruinsara Valley

Day 3 – Seema to Waterfall Camp | Into the Upper Ruinsara Valley Trek

from Seema to Waterfall Camp Morning Departure: After breakfast, leave Seema and continue deeper into the remote Himalayan valley. Along the Valley: Follow the trail on the true right side of the valley, keeping the Tons River as a natural companion along the route. Gradual Ascent: The trail climbs steadily through mountain fields, gaining height above the confluence of the Tons River and Ruinsara Gad. Forest Trail: Enter beautiful forested sections where the peaceful surroundings and changing landscapes make the walk especially rewarding. Kalanag Views: As the valley opens up, enjoy striking views of Kalanag (6,387 m) rising prominently ahead in the distance. Mountain Scenery: Take in the surrounding ridges, dense forests and deep Himalayan valley as you progress towards the campsite. Arrival at Waterfall Camp: Reach Waterfall Camp and settle beside the flowing stream, with a waterfall nearby creating a tranquil setting. Evening at Camp: Relax, enjoy the peaceful surroundings and recover from the day's trek. Overnight Stay: Spend the night camping at Waterfall Camp, surrounded by the quiet beauty of the Himalayan wilderness.

Day 4: Waterfall Camp to Ruinsara Lake | Into the Sacred Alpine Valley

Trek from Waterfall Camp to Ruinsara Lake

- **Morning Trek:** Begin the day's journey after breakfast and continue ascending deeper into the remote Ruinsara Valley.
- **Changing Landscapes:** As you gain altitude, notice the transformation in vegetation, with pine and fir forests gradually giving way to birch and rhododendron-covered slopes.
- **High-Altitude Trail:** Follow the mountain path through open sections and alpine surroundings as the landscape becomes quieter and more rugged.
- **First View of the Lake:** Continue towards Ruinsara Lake, where the expansive alpine setting begins to unfold around you.
- **Arrival at Ruinsara Lake:** Reach the beautiful Ruinsara Lake, nestled amid open meadows and colourful rhododendron bushes.
- **Sacred Surroundings:** Spend some peaceful time beside the lake, which holds spiritual significance for the local communities.
- **Explore the Landscape:** Take in the surrounding mountains, meadows and pristine alpine environment while enjoying the tranquillity of this remote destination.
- **Camp Near the Lake:** Set up camp in the vicinity of Ruinsara Lake and unwind after the day's ascent.
- **Overnight Stay:** Spend the night near the lake, surrounded by the serene beauty of the high-altitude Himalayan landscape.

Day 5: Ruinsara Lake | Rest, Exploration & Himalayan Landscapes

Rest and Exploration Day at Ruinsara Lake

- **Relaxed Morning:** Wake up to the peaceful alpine surroundings and enjoy a relaxed start to the day near Ruinsara Lake.

- **Rest & Acclimatization:** Use the day to rest, recover from the previous trekking days and allow your body to adjust to the altitude.
- **Explore Thanga Camp:** For those interested in exploring, cross the river and visit **Thanga Camp** on the opposite bank, where the trail towards Bali Pass turns southwards.
- **Wildlife Encounters:** The surrounding wilderness offers opportunities to spot Himalayan wildlife. Keep a safe distance and remain alert for signs of **Himalayan Brown Bears**.
- **Swargarohini & Black Peak Trail:** Alternatively, take the eastward trail along the left bank of the river towards the base-camp areas of **Swargarohini (6,252 m)** and **Black Peak (6,387 m)**.
- **Dhumdhar Kandi Route:** For experienced trekkers and depending on route conditions, the trail continues towards **Dhumdhar Kandi Pass (5,490 m)**, connecting towards the Gangotri Valley.
- **Glacial Landscapes:** Spend time appreciating the surrounding glaciers, rugged mountain walls, alpine meadows and expansive Himalayan valleys.
- **Evening at Camp:** Return to camp, relax and enjoy the calm atmosphere around Ruinsara Lake.
- **Overnight Stay:** Spend another night camping near the lake, preparing for the onward journey.

Day 6: Ruinsara Lake to Seema | Descending Through the Forests

Trek from Ruinsara Lake to Seema – 17 km | 6–7 hours

- **Morning Departure:** After breakfast, bid farewell to the serene surroundings of Ruinsara Lake and begin the return trek towards Seema.
- **Long Descent:** Cover approximately 17 km as you retrace the familiar trail, with most of the route following a gradual downhill

gradient.

- **Retracing the Valley:** Walk back through the beautiful Ruinsara Valley, revisiting the forests, streams and mountain landscapes experienced earlier in the trek.
- **Forest Section:** The route includes a short but steep ascent through the forest, similar to the section encountered on the third day.
- **Changing Scenery:** As you lose altitude, notice the gradual change in vegetation and the return of denser forest landscapes.
- **Steady Pace:** Maintain a comfortable pace during the long descent and take suitable breaks along the way.
- **Arrival at Seema:** Reach Seema towards the end of the day after completing the 17 km trek.
- **Rest & Recovery:** Settle into the campsite or accommodation, relax your legs and recover after the demanding day's walk.
- **Overnight Stay:** Spend the night at Seema and prepare for the final stage of the Ruinsara Lake journey.

Day 7: Seema to Taluka to Sankri | Completing the Valley Trail

Trek from Seema to Taluka – 14 km

Drive from Taluka to Sankri – 12 km

- **Early Morning Start:** Begin the final trekking day early from Seema and follow the familiar trail towards Taluka.
- **Return Trek:** Cover approximately 14 km through the beautiful forested landscapes and mountain trails as you gradually make your way back to the roadhead.
- **Scenic Descent:** Enjoy the changing views of the valley, forests and surrounding mountains while retracing the route towards Taluka.

- **Arrival at Taluka:** Reach Taluka after completing the day's trek and take some time to freshen up and relax.
- **Drive to Sankri:** Board the waiting vehicle at Taluka for the 12 km drive back to Sankri.
- **Arrival in Sankri:** Reach Sankri and settle into your camp or guest house after completing the trekking section.
- **Rest & Recovery:** Relax, freshen up and enjoy a well-deserved evening after several days in the Himalayan wilderness.
- **Overnight Stay:** Spend the night at Sankri and prepare for the return journey the following day.

Day 8: Sankri to Dehradun | Journey Back Home

Return Journey from Sankri to Dehradun

- **Early Morning Departure:** Wake up early and prepare for the return journey from Sankri to Dehradun.
- **Travel Options:** Board an early morning bus or cab from Sankri towards Dehradun as per your onward travel plans.
- **Mountain Drive:** Enjoy the final views of the Himalayan valleys, forests and mountain villages as you leave Sankri behind.
- **Journey Reflection:** Look back on the memorable experiences of the Ruinsara Lake Trek, from remote forests and alpine meadows to the serene lake and surrounding peaks.
- **Arrival in Dehradun:** Continue your journey towards Dehradun, where the trek officially comes to an end.
- **Trip Conclusion:** Bid farewell to the mountains with unforgettable memories from your Ruinsara Lake adventure.

Pickup Location

- RR Nagar Gopalan Arcade - 12:00 PM

Contact Information

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