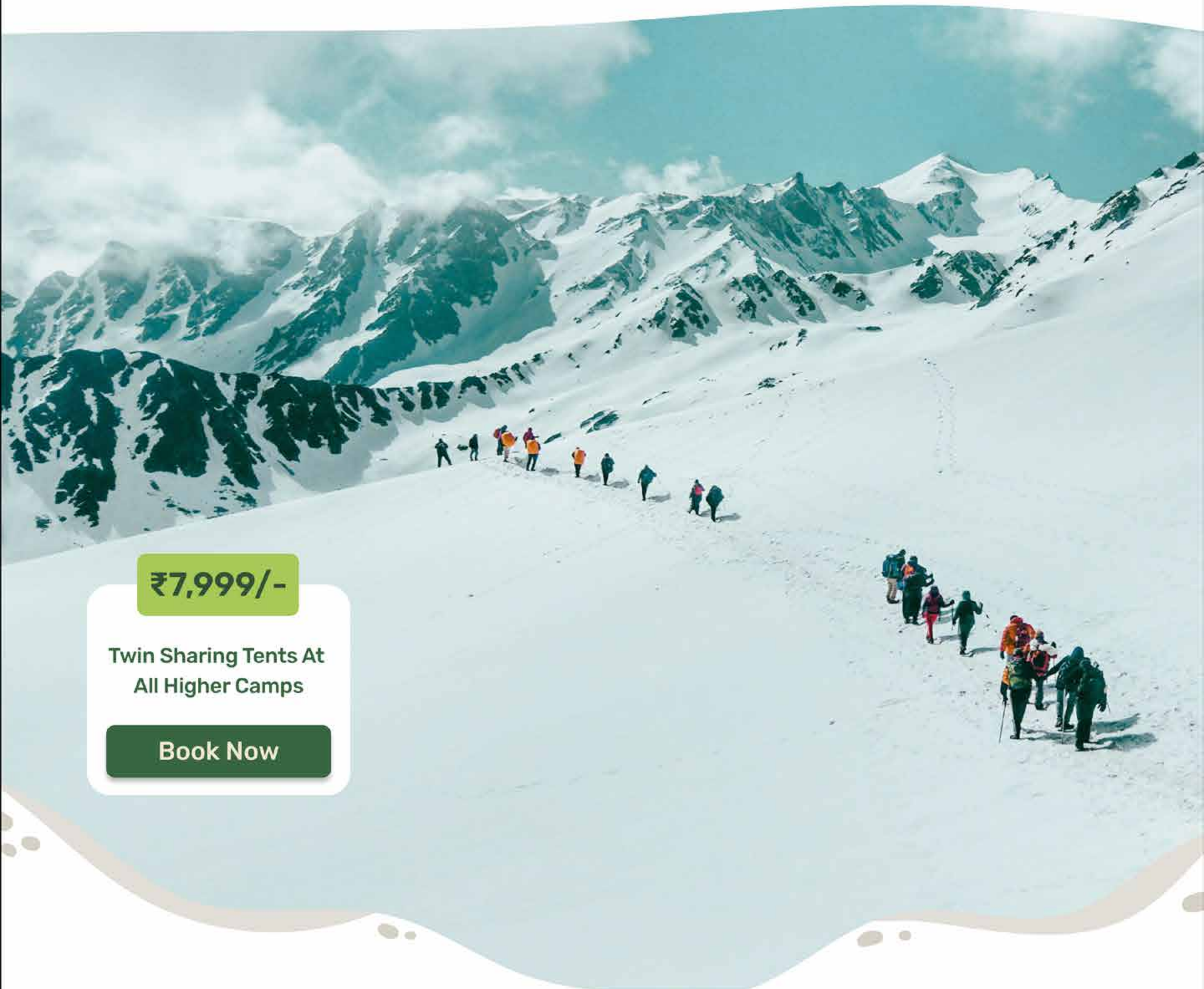




KAILASHRATH TREKS

Sar Pass Trek

A Journey Through the Heart of Parvati Valley



₹7,999/-

Twin Sharing Tents At
All Higher Camps

[Book Now](#)

RECOGNISED BY



INDIAN
MOUNTAINEERING
FOUNDATION
APEX NATIONAL BODY

Brief info



SEASON

April - June



DAYS

6 Days and 5 Nights



BASE CAMP

Kasol, Himachal Pradesh



DIFFICULTY LEVEL

Moderate

[CLICK HERE TO CHECK DATES AND CURRENT SEAT AVAILABILITY](#)

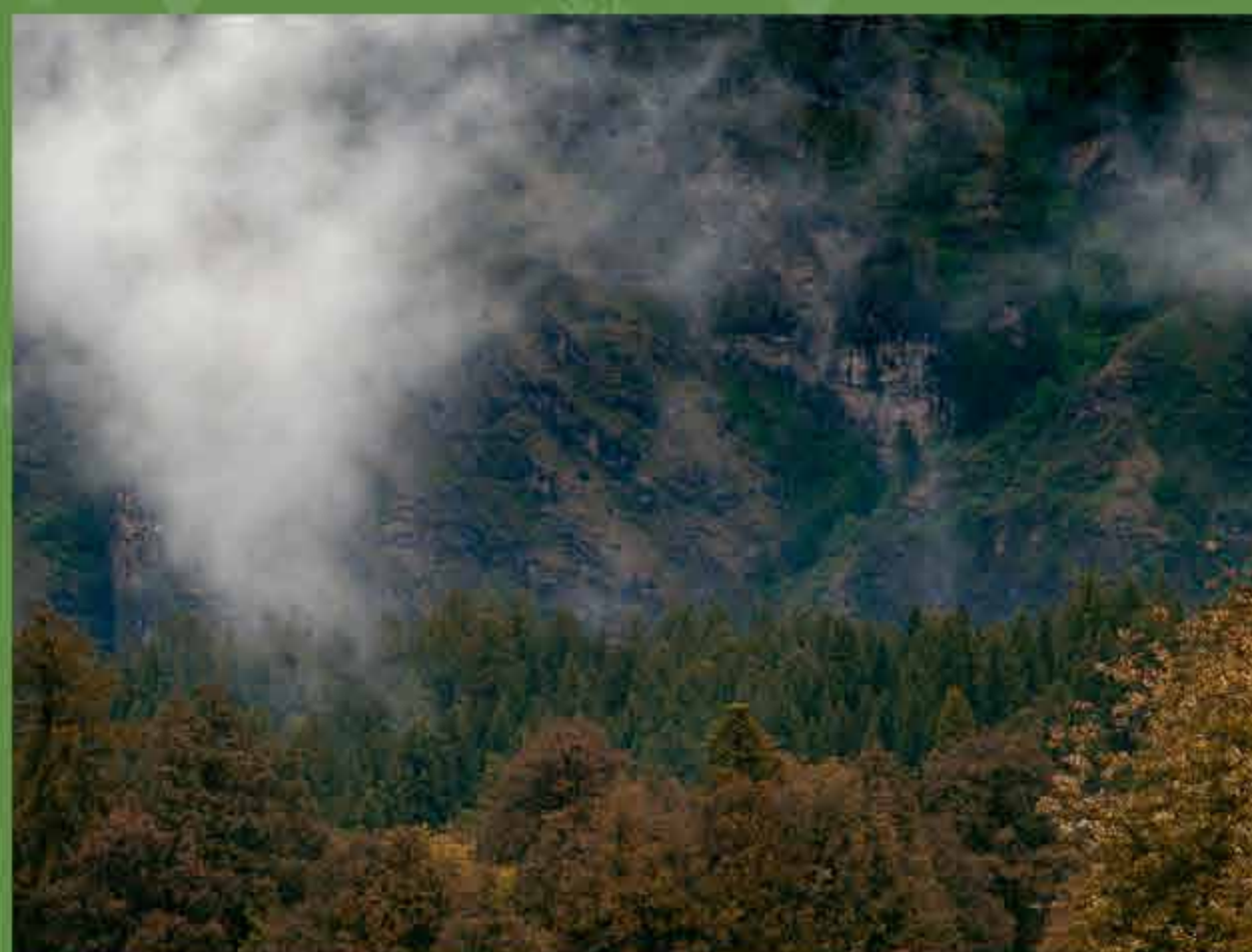
Highlights of this Trek



CHARMING VILLAGES OF KASOL AND GRAHAN



BREATHTAKING VIEWS



RICH BIODIVERSITY



SNOW PARADISE



SNOW SLIDE/GLISSADES



Watch it on Youtube

Sar Pass Trek | Kasol | Parvati valley |
April to June

11 : 21 min



You can participate, if

You are above 12 years of age with a good physical strength and stamina. You should not have any serious medical issue related to Hypertension, Asthma, Diabetes, breathing problems or any other medical conditions which create difficulties for you while trekking.

You should prepare yourself before participating in the trek. You should be able to jog/brisk walk 5 kms in 40 minutes. If you are with a BMI of 30 and above need to get it below 30 before joining the trek.

PREPARATION

Strong physical fitness is a must for any Himalayan Treks. Whenever one is undertaking activities like High Altitude Trekking, make sure that you are preparing yourself for the trek in terms of Aerobic fitness, muscle strength and breathing rhythm. Check our **Preparation Guide** video for more information.



Perks of trekking with Kailashrath



AFFILIATED BY IMF

We are affiliated with the IMF and hold a 12+ Years of Experience organising high altitude Himalayan treks.



PROFESSIONAL GUIDES AND SUPPORT TEAM

Our expert guides are trained in first aid and equipped with the latest safety gear.



HIGH GRADE EQUIPMENTS

Safety of the participants is our utmost priority so we provide High Quality Alpine Tents, Sleeping Bag, Gaiters and Microspikes. We also provide rest trekking gear on rental basis at base camp.



HASSLE FREE BOOKING PROCESS

We take the booking directly from the customers. No third party is involved before or after the booking process.



PIONEERED IN ORGANISING TREK

With consistent effort and professionalism, we have offered treks to more than 50,000 trekkers with almost 5000+ reviews on Social Media.



ACCLIMATISATION DAY

Kailashrath Treks ensures your safety with a dedicated acclimatization day—helping you adapt to altitude and enjoy a safer, smoother Himalayan adventure.

Detailed Itinerary



DAY 1 : REPORTING AT KASOL BASE CAMP AND ACCLIMATIZATION WALK.

↔ 3 Km ⌚ 2 Hr ↗ 5,400 Ft 📶 Full Network

- Arrive at the Kasol Base Camp surrounded by pine forests and mountain views.
- The day includes registration, document verification, gear check, and allotment of rental equipment.
- You'll also deposit any extra luggage not required on the trek.
- Post-lunch, head for a short acclimatization walk in the surrounding terrain to help your body adjust to the altitude.
- This is followed by a trek briefing by the Kailashrath Trek Leaders.
- Spend the evening interacting with fellow trekkers, enjoying the serene Parvati Valley, and preparing for the adventure ahead.
- Overnight stay at base camp with meals included.

Kasol Base Camp Highlights

- The base camp is conveniently located just **5 minutes from the Kasol bus** stand and **200 meters from the market**, making arrival smooth and easy.
- **All meals**, starting from breakfast on Day 1, are included to keep participants well-nourished.
- A **free Cloak Room Facility** is available for safely storing extra luggage.
- An on-site **rental shop** ensures members can pick up essential trekking gears without any hassle.
- Comfortable **Swiss cottage tents** with attached washrooms provide proper rest before the trek begins.

DAY 2 : TREK TO GRAHAN

↔ 9Km ⌚ 5-6 hr ↗ 7,800 Ft 📶 Partial network

- The trek starts after breakfast with a gradual ascent from Kasol, winding through dense pine forests, wooden bridges, and along the Parvati River.
- The well-defined trail leads to the quaint village of Grahan, known for its traditional Himachali architecture and welcoming locals.
- En route, enjoy scenic clearings and natural streams. The last stretch becomes steeper as you near the village.
- Upon arrival, settle into tents and explore the village surroundings.
- Enjoy the quiet mountain life and get some rest for the next day's climb.
- Dinner and overnight stay at Grahan campsite.



DAY 3 : GRAHAN TO MIN THACH

↔ 6 Km ⌚ 6 Hr ↗ 10,700 Ft 📶 No Network

- Today's trek takes you deep into alpine terrain as you leave the tree line behind.
- The trail becomes steeper and more rugged, passing through enchanting rhododendron forests and open meadows.
- Keep an eye out for Himalayan birds and wildflowers along the way. As you gain altitude, the air becomes crisper and the views more expansive.
- You'll reach Min Thach, a beautiful meadow surrounded by towering peaks—your campsite for the night.
- Rest well, as you're now at a higher altitude and need to acclimatize.
- Hot meals and stargazing await you at the campsite.





DAY 4 : MIN THACH TO NAGARU

↔ 4 Km ⌚ 5 Hr ↗ 12,450Ft 📶 Partial Network

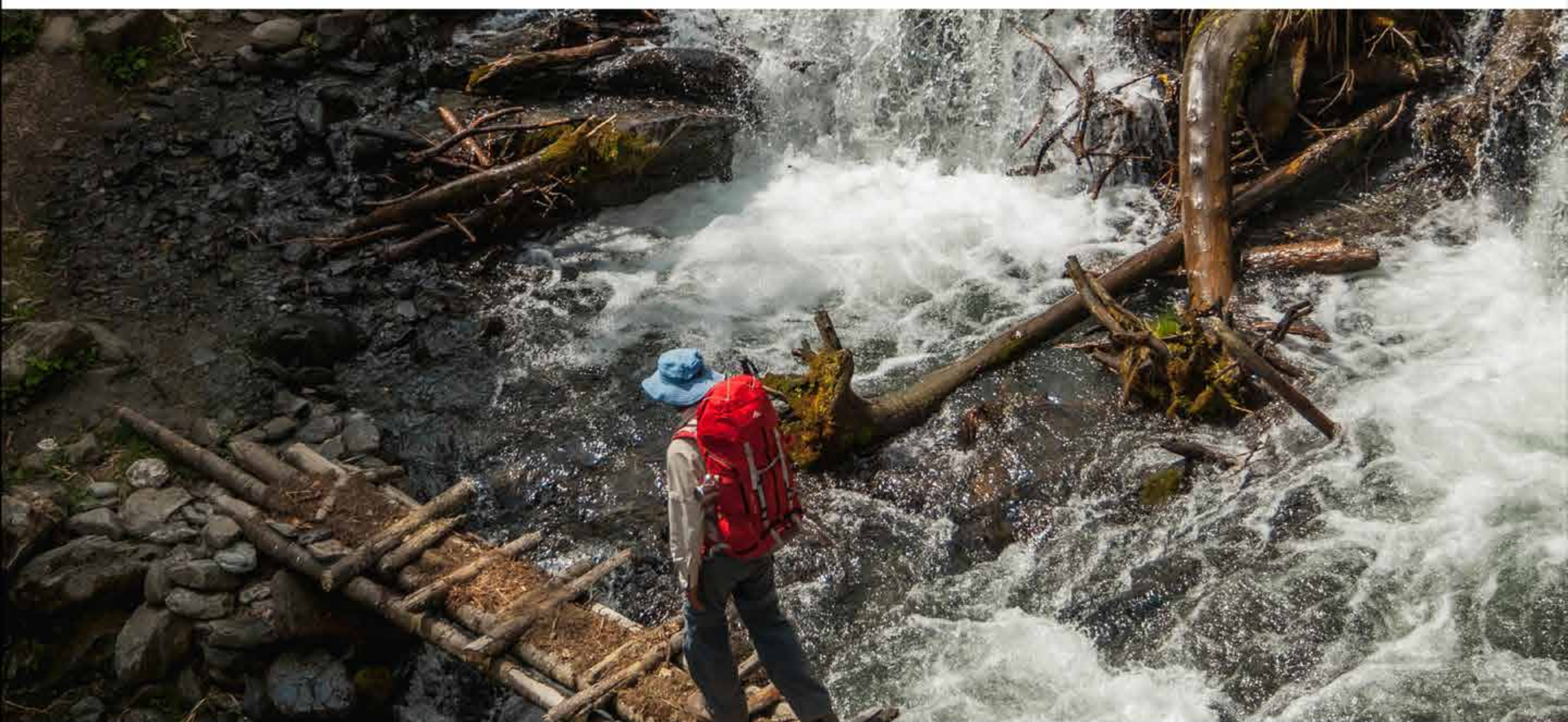
- The trek to Nagaru is shorter in distance but more challenging due to steep gradients and thinner air.
- You'll ascend above the treeline through rocky patches and snow-laden trails.
- This section demands slow, steady progress and proper hydration.
- Nagaru is the highest campsite on the trek, offering spectacular panoramic views of snow-covered Himalayan ranges. The weather here is often cold and windy, so warm layers are essential.
- Upon reaching the campsite, rest, hydrate, and mentally prepare for the most thrilling day of the trek—the Sar Pass summit.
- Overnight stay in tents at Nagaru.



DAY 5 : TREK TO SAR PASS AND DESCEND TO BISKERI THACH

↔ 9 Km ⌚ 9-10 Hr ↗ 12,140 Ft 📶 Full Network

- Start early for the most awaited day of the trek—the climb to Sar Pass.
- Begin with a steep ascent in the early hours, navigating through snowfields and icy trails.
- Upon reaching Sar Pass (13,800 ft), witness a stunning 360° view of the snow-capped Himalayas.
- After a short break at the summit, start your descent through long snow slopes—some sections may include glissading (sliding on snow), adding excitement to the journey.
- The trail leads to the lush, green meadows of Biskeri Thach, your final campsite.
- Relax, share stories, and celebrate your summit success. Overnight stay in tents at Biskeri Thach.

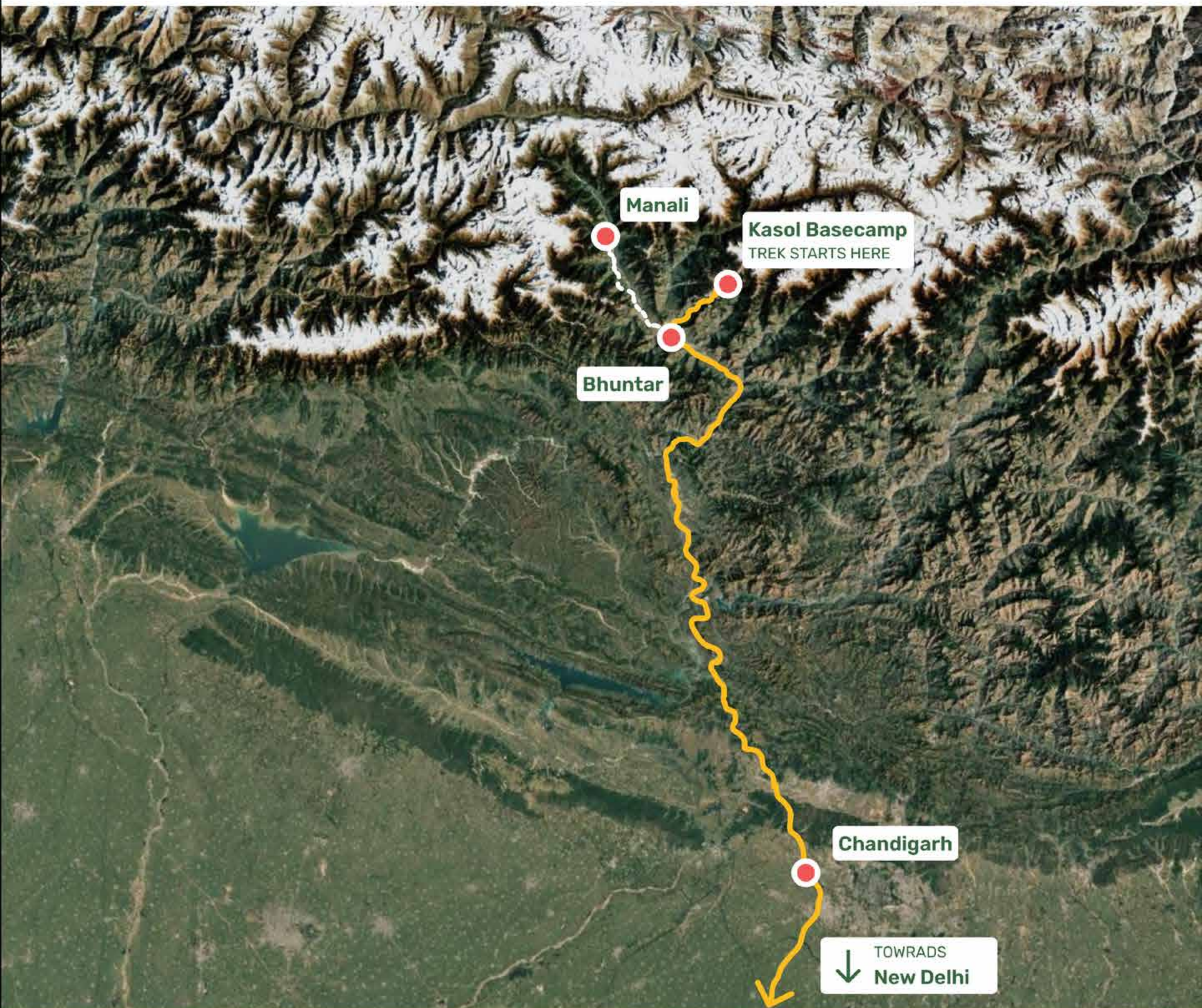


DAY 6 : BISKERI THACH TO BARSHAINI

↔ 9 Km ⌚ 5 Hr ↗ 7,400 Ft 📶 Full Network

- On the final day, descend through pine forests, scenic streams, and traditional Himachali villages.
- The route is filled with natural beauty—wildflowers, waterfalls, and wooden bridges—making it a soothing end to an adventurous trek.
- After 5 hours of downhill trekking, reach Barshaini, where transport options will be available for onward journeys. From here, you head back to Kasol, your base camp.
- The Sar Pass Trek concludes with cherished memories, new friendships, and the satisfaction of having conquered one of the most beautiful treks in the Indian Himalayas.
- Check out at 5 PM from Kasol Base camp.

How to reach Kasol Basecamp



TRANSIT INFORMATION

ROUTE 1

New Delhi - Bhuntar - Kasol

Bus/Taxi journey time : 10- 11 Hr | 486 Km

ROUTE 2

Chandigarh - Bhuntar - Kasol

Bus/Taxi journey time : 6- 7 Hr | 246 Km

Note : There are frequent Volvo Buses which connects New Delhi/ Chandigarh to Manali or directly to Kasol. Incase if you have opted for Manali bus you need to get down at Bhuntar and take a taxi to Kasol.

If you have already reached Manali prior to the trek, you can reach Kasol by direct cab or Local Bus. You can get the exact bus timing from Manali to Kasol from Manali bus stand.

Things to carry



ACCESSORIES

- Woollen Cap
- Sun Cap
- Gloves
- Sunglasses
- Head Torch
- Lunch Box
- Insulated Water Bottle
- Poncho



CLOTHING

- -5 Degree Jacket
- Fleece (Mid Layer)
- Thermal Base Layer
- 2 X Dry-Fit T-Shirts
- 2 X Quick Dry Trek Pants



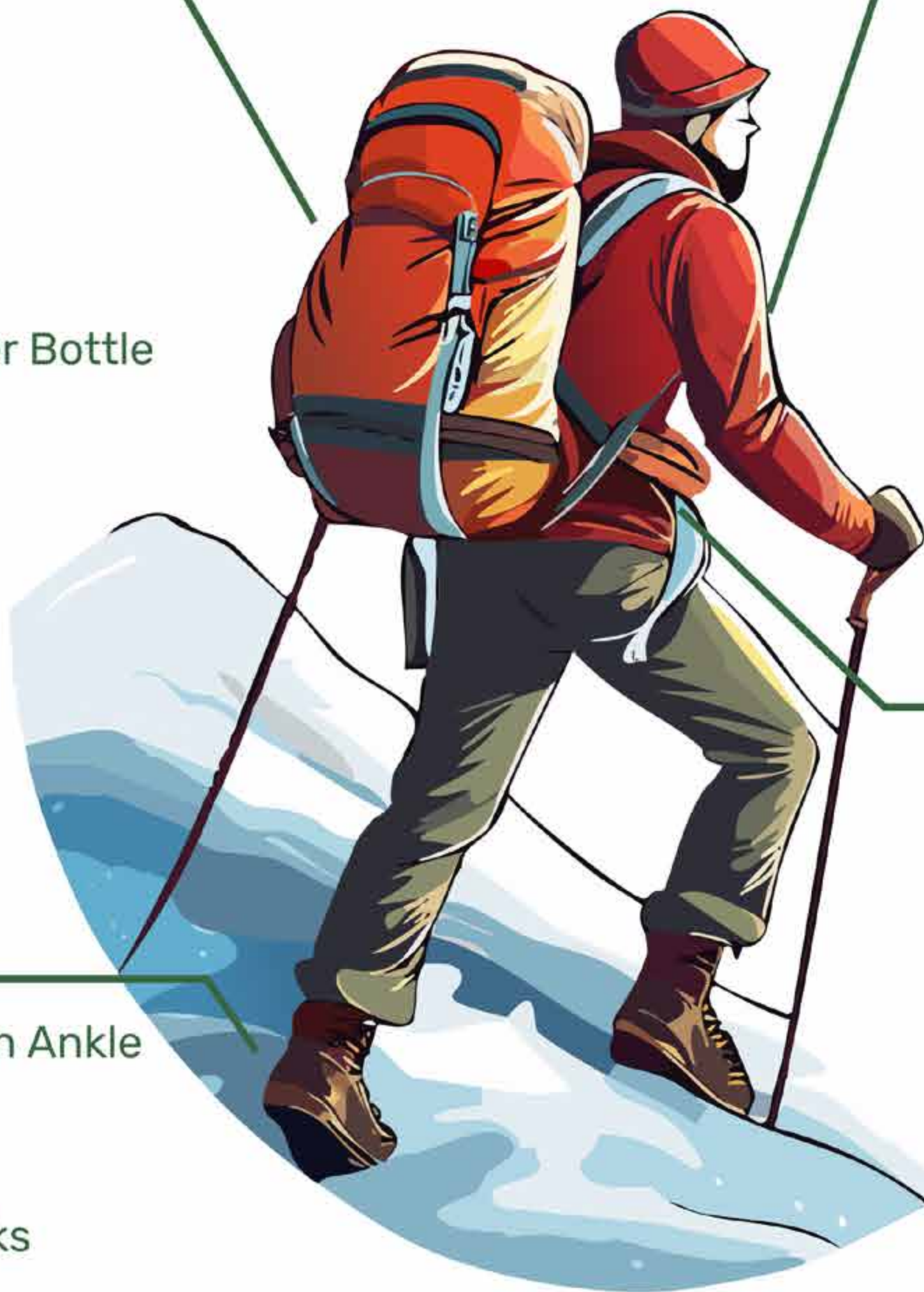
ESSENTIALS

- Power Bank
- Toiletries
- Crepe Bandage
- Pain Relief Spray
- Blister Tape
- Personal Medical Kit
- Personal Garbage Bag



FOOTWEAR

- Water Proof High Ankle Trek Shoes
- 3 X Socks
- 1 X Woollen Socks



Equipments on rent

At Kailashrath Treks, we provide you a few trek gears on rental basis, which can be booked prior to confirm. Below are the details and link.

A security deposit will have to be deposited [cash/online] on arrival at base camp to ensure the safekeeping of the gear which will be refundable once the gear is received back.

PRODUCT	RENT FOR ENTIRE TREK	DEPOSIT REFUNDABLE
1. High Ankle Trekking Shoes		
	₹900	₹2,000
2. Poncho		
	₹250	₹500
3. Trekking Bag		
	₹250	₹1,000
4. Snow Gloves		
	₹250	₹800
5. Headlamp		
	₹250	₹800
Note : AAA Batteries not included.		
6. Trek Pole		
	₹250	₹500

Documents Required

- 1. Medical Certificate** should be signed by a registered MBBS doctor and should have the seal of the doctor.
- 2. Original and photocopy of Aadhar card** required. In case of Foreign Nationals Passport and Visa would be required.
- 3. NOC form** with participant signature to be signed on arrival at base camp.
- 4. Passport sized photograph** - Two in number.

Download the [Medical certificate](#) and [NOC](#) here.

Inclusions

1. ACCOMODATIONS

Stay will be in tents on double sharing basis at higher camps while at base camp it will be triple/quad sharing in Swiss Cottage tents.

2. CLOAK ROOM

Members can keep their extra luggage at base camp which can be collected at the end after the completion.

3. MEALS

Breakfast, lunch, snacks and dinner are included. We provide simple, nutritious Veg/Jain food on all days of the trek.

4. CAMPING CHARGES

All trekking permits and forest camping charges are included.

5. GAITERS & MICROSPIKES

These are quite helpful to walk on snow. Gaiters help against snow entering from the side of the shoes while microspikes are useful to provide extra grip on snow.

6. TREKKING EQUIPMENT

High quality tents and sleeping bags will be available at all the camps. Tents & Sleeping bags can withstand temperatures as low as -10 °C.

7. SAFETY EQUIPMENT AND EMERGENCY

First Aid Kit, oxygen cylinders, oximeter etc. will be available with Trek Leader and at camp site as well to deal with emergencies.

8. EXPERT TREK LEADERS

All our trek leaders are at least qualified in Basic / Advanced mountaineering and First Aid course.

9. EXPERT TREK SUPPORT TEAM

The mountain staff on this trek consist of Certified guides, Cooks, Helpers.

Exclusions

- Transportation charges to reach base camp and back.
- Cost of Emergency.
- Any personal expense.
- 5% GST
- Personal Insurance

Fixed Departure

- The Fixed Departure for this trek is available in **April & June**
- The Fixed Departure will be executed irrespective of the batch size. **Maximum Batch size: 25 Person**
- The chosen date is the reporting date at **Kasol base camp**.

[CLICK HERE TO CHECK DATES AND CURRENT SEAT AVAILABILITY](#)



How To Book

BOOKING & CANCELLATION POLICY

Members can book the trek directly from www.kailashrath.com by paying an advance of ₹ 2,000 per person. Balance amount has to be paid 15 days prior to the event date.

- **Advance amount** of ₹2,000 is non refundable. However in case of cancellation before 15 days of the event date, members get a credit voucher, which will have a validity of six months and will be transferable too (only for new bookings). The voucher will not be adjusted to the balance amount in case of group booking.
- **Balance amount** has to be paid two weeks prior to the event date. Failure to pay the balance payment will lead to cancellation. Booking Ticket will be sent once the balance payment is received.
- **Cancellation requests** will be entertained only via email (kailashrathtreks@gmail.com). No refund of the entire amount when cancelling within 15 days of the trek.

Note : If a trek is called off at the last moment due to a natural calamity/unforeseen circumstances (like rains, earthquake, landslides, strike, bandh, pandemic etc) no amount will be refunded. According to the situation, we will be providing some alternatives.



Food Menu

We provide Hygienic, Freshly cooked food throughout this trek with dedicated and experienced cooking staff who will accompany with us throughout this trek.

We have carefully curated the complete menu for this trek which will provide sufficient nutrition and energy to complete this trek a ease.

[Click here](#) to view our menu curated for this trek.

BACKPACK OFFLOADING SERVICES

If you're unable to carry your backpack, don't worry! We at Kailashrath Treks offer porter services. Members who wish to offload their backpack can utilise the porter service for a fee of ₹5000/- for the entire trek. This charge covers the carriage of the backpack (up to 10 kg) by porters, as well as their accommodation and meals at all camps. Please note that if a member withdraws from the trek at any point, the porter fees will not be refunded.

Members have to prebook by making an advance payment one week before their event date to confirm this service.

It's recommended that those using this service, should carry a daypack (min. 10 Ltr) for essentials like a lunchbox, water bottle, poncho, toiletries, and a jacket.

FAQ

Didn't find what you're looking for in this Brochure?

Check out our [**Frequently Asked Questions**](#) on our website. Or feel free to get in touch with us with below contact details.

Get in touch

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