



JUNE

CONNECT WITH HIMALAYA

TREK ALONG THE RIVER UHL

Suggested Itinerary

- Fly into Dharamshala or Amritsar. Drive to Bir and stay for two nights to acclimatize.
- Trek starts from Rajgundha and goes along the river Uhl, on to Base of Thamsar pass. Total days 5-6. Can also go upto Panyhartu and back (easier) in 3-4 days.
- Do Paragliding on the way back from the trek. Stay in Bir or Palampur. Or even Dharamshala if you want to.
- Fly back.

Other details

Best time to visit – June or Oct, for the trek. March-April for Paragliding.

Ideal number of days – 8 for the full trip, 6 for the trek (4 days for easier version)

Difficulty level – If you are going up to the base camp, it is medium to difficult. Better for those who have trekked before. Up to Panyhartu is relatively easier.

Local contacts

Bir and Dharamshala have a lot of options to stay.

In Palampur I have stayed in the Lodge at Waah.

Local trekking team – Flying pahari based in Billing (Ajay +91 8988330675). They are paragliding experts too.