

Saptkund Lake Trek

Seven high lakes above the Urgam valley

DURATION	5D / 4N	DIFFICULTY	Moderate-Difficult
MAX ALTITUDE	14,100 ft	DISTANCE	30 km
BASE CAMP	Urgam valley, near Joshimath	REGION	Garhwal
PRICE	₹18,500 per person · Transportation included.		

About this trek

Saptkund is one of the quiet treks of our area — no fixed camps, no crowds, a trail our leaders know from taking village pilgrims up for the summer fair. The route climbs from the Urgam valley through forest and the bugyals above Bansi Narayan to a chain of small lakes at around 14,000 ft. It is a proper high trek with long days; it suits people who have done a moderate Himalayan trek before.

Day by day

Day	Route / activity	Distance · time · stay
1	Rishikesh to Joshimath Rishikesh → Joshimath Road day to Joshimath.	250 km · 9–10 hrs drive · Joshimath (guesthouse)
2	Joshimath to Urgam, trek to the forest camp Joshimath → Helang → Urgam → forest camp Drive to the Urgam valley and climb through village fields into the forest.	6 km · 1.5 hrs drive + 4 hrs trek · Forest camp · 9,800 ft

Day	Route / activity	Distance · time · stay
3	Forest camp to the bugyal camp Forest camp → Bansi Narayan → bugyal camp Past the Bansi Narayan temple and up onto the open meadows.	8 km · 6 hrs trek · Bugyal camp · 12,300 ft
4	Bugyal camp to Saptkund and back Bugyal camp → Saptkund → bugyal camp The lake day across boulder and snow patches to the seven kunds.	10 km · 7 hrs round trip · Bugyal camp · 14,100 ft
5	Descend to Urgam, drive to Joshimath and Rishikesh Bugyal camp → Urgam → Joshimath → Rishikesh Down in one long day and the drive out. An overnight at Joshimath can be added.	14 km · 6 hrs trek + drive · —

What is and is not included

Included

- Qualified trek leader and support staff
- Forest and camping permits
- Twin/triple sharing tents or guesthouse as noted
- All meals on the trek
- Safety equipment and first-aid support

Not included

- Personal trekking gear and rentals
- Personal expenses and travel insurance
- Anything not listed under inclusions

Things to carry

- Trekking shoes with ankle support
- Backpack (40–60 L) with a rain cover
- Three warm layers and a padded jacket

- Poncho or rain jacket
- Sun cap, sunglasses and sunscreen
- Personal medication and toiletries
- Two one-litre water bottles

Upcoming departures

06 Oct – 10 Oct 2026	18 seats left
20 Oct – 24 Oct 2026	9 seats left
06 Jun – 10 Jun 2027	20 seats left
20 Jun – 24 Jun 2027	16 seats left
06 Sep – 10 Sep 2027	6 seats left
20 Sep – 24 Sep 2027	Sold out

Seat counts are live on the website; this sheet shows them as of 03 Sep 2026.

Himalayan Trails · Karchon, Post Tapovan, Block Joshimath, Joshimath 246443, Uttarakhand, India
 Call +91 72529 10566 · WhatsApp +917252910566 · mahavirbisht885@gmail.com
<https://trekwayindia.com/treks/saptkund-lake-trek>