

MY VERY FIRST TREK TO TRIUND



Situated in the midst of the Dhauladhar mountains, Triund hills are also known as the crown jewel of Dharamshala.

Triund is one of the shortest and easiest Himalayan treks with spectacular scenery, which attracts a lot of tourists.

Travellers need to reach McleodGanj, which is considered to be the base camp of the trek. Located at an approximate distance of 240.6 kilometres from Chandigarh,

McleodGanj can be reached by bus, car, or train. The best time to visit Triund is from March to May and September to December. Triund trek isn't dangerous unless it is the monsoon or winter season. It is a moderate level trip which can be done by beginners.

During your trek, you'll see beautiful forests of pine, oak and deodar, with rhododendron lining the way. If you are lucky enough, you might spot black bear, cheetah, langoor and mountain goats. Make sure

to carry a jacket, sweater, medical kit, warm socks and trekking shoes. You'll also need energy drinks, snacks and water bottle to refuel your energy.

Above Triund, is the Laka Glacier trek (4 kms), which offers a lovely view of the area. Once you are there, you can also visit Bhagsu waterfall, St John in the Wilderness church, Dalai Lama temple, Norbulingka Institute & Gyuto monastery.

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**TRAVEL
DIARY**

