

# Complete Darma Valley Trek Guide – Distance-wise

One of India's Most Remote and Stunning Himalayan Treks

## TREK OVERVIEW

Total Distance	90 km / 84.8 miles
Trek Duration	7–9 Days (Typical Route)
Difficulty Level	Moderate to Challenging
Best Season	June to October
Starting Point	Dharchula (915m)
Highest Point	Panchachuli Base Camp (~4200m)
Region	Kumaon, Uttarakhand

## HOW TO REACH DARMA VALLEY

**From Delhi:** 500 km via Haldwani → Almora → Dharchula. 12–14 hours by road.

**From Kathgodam (Rail):** 206 km to Dharchula. 8 hours.

**From Pantnagar (Air):** 240 km to Dharchula. 8–10 hours.

**Dharchula to Sobla:** 40 km, 2–3 hours by Jeep. 4WD essential.

## DETAILED TREK ITINERARY

Day	Route	Distance	Altitude	Notes
1	Dharchula → Sobla	40 km (by Jeep)	915m → 1670m	Jeep ride on mountain roads
2	Sobla → Dar Village	5 km	1670m → 2134m	Moderate trek, forest trail
3	Dar → Sela	12 km	2134m → 2438m	Deodar forests
4	Sela → Nagling	6–8 km	2438m → 2743m	Meadows, tributaries
5	Nagling → Duktu	11–12 km	2743m → ~3200m	Alpine meadows, glacier views
6	Duktu → Base Camp → Duktu	8 km (RT)	3200m → 4200m	Challenging glacier terrain
7	Duktu → Nagling	11 km	3200m → 2743m	Descent
8	Nagling → Sela	6–8 km	2743m → 2438m	Easy downhill
9	Sela → Dar Village	12 km	2438m → 2134m	Easy downhill
10	Dar → Sobla → Dharchula	5 km + 40 km	-	Return trek and jeep ride

## ■■ ALTERNATIVE ROUTE OPTIONS

### **Short Trek Option (5–6 Days):**

- Day 1: Sobla → Sela (17 km)
- Day 2: Sela → Duktu (14 km)
- Day 3: Duktu → Base Camp & Return (8 km)
- Day 4: Duktu → Dar (18 km)
- Day 5: Dar → Sobla (5 km)

### **Extended Trek Option (12–14 Days):**

- Includes exploration of side valleys
- Kali Temple trek, buffer days
- Extra days for photography and rest