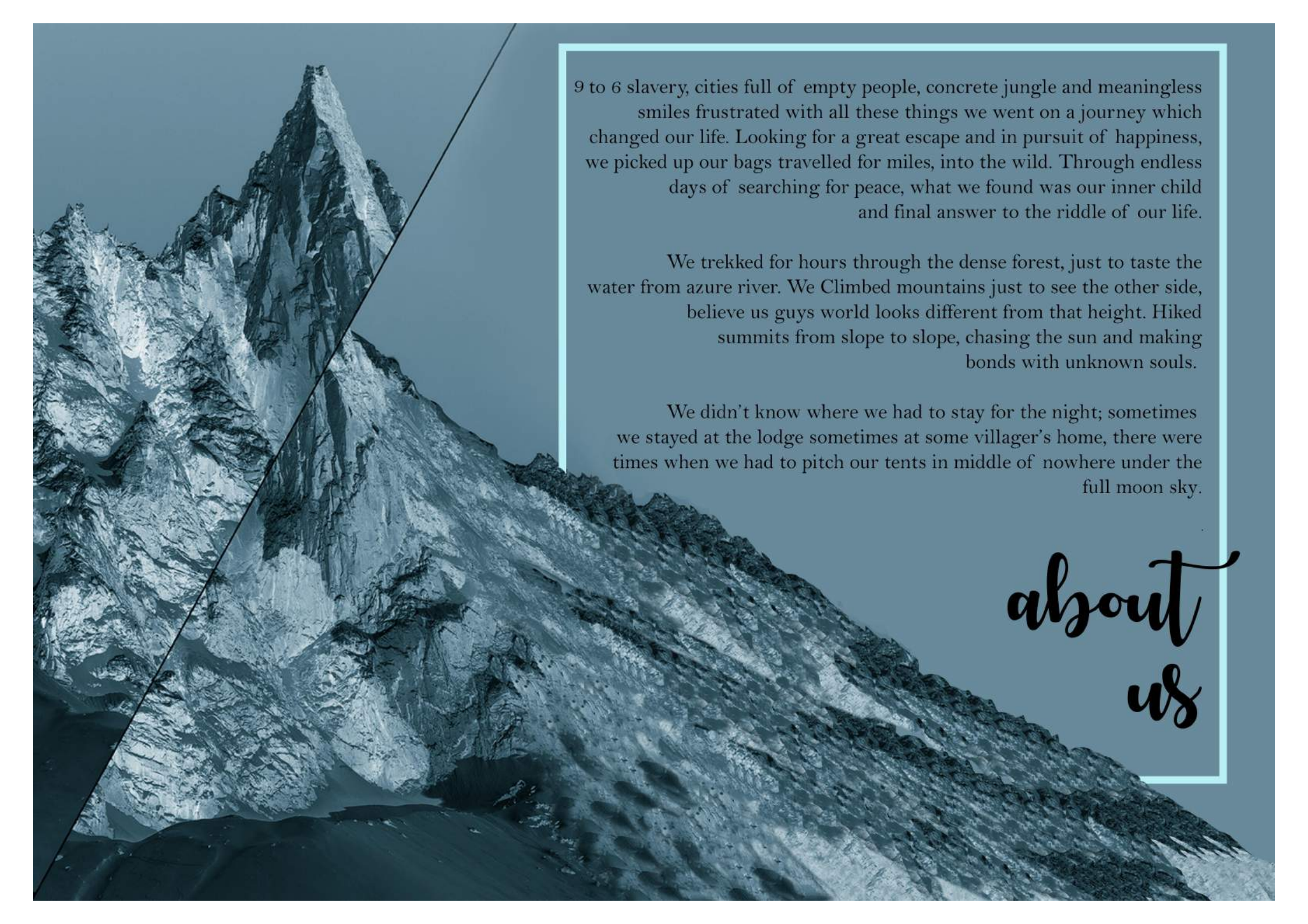


TREKMUNK



Leave the roads, take the trails.



9 to 6 slavery, cities full of empty people, concrete jungle and meaningless smiles frustrated with all these things we went on a journey which changed our life. Looking for a great escape and in pursuit of happiness, we picked up our bags travelled for miles, into the wild. Through endless days of searching for peace, what we found was our inner child and final answer to the riddle of our life.

We trekked for hours through the dense forest, just to taste the water from azure river. We Climbed mountains just to see the other side, believe us guys world looks different from that height. Hiked summits from slope to slope, chasing the sun and making bonds with unknown souls.

We didn't know where we had to stay for the night; sometimes we stayed at the lodge sometimes at some villager's home, there were times when we had to pitch our tents in middle of nowhere under the full moon sky.

about
us

Trekmunk organises treks in the Himalayas across India, Nepal and Bhutan covering all the major trails.

We make sure that you not only see the place you trek to, but also feel it inside and out. We make sure that that you understand the reason we say, "HIMALAYAS ARE GOD."

destinations



LADAKH



HIMACHAL

NAGALAND

WEST
BENGAL

BHUTAN

SPITI

SIKKIM



NEPAL

ARUNACHAL
PRADESH

UTTRAKHAND



JAMMU
&
KASHMIR

MEGHALAYA

Choosing the difficulty level for your trek is the most important part of trek planing.

The treks are graded carefully, taking into account things like the nature of the terrain, degree of physical and mental challenge and the maximum altitude attained.

One should always start with the rookie level and slowly go up the ladder to the advance trek.

Trek ladder



rookie

Someone in fair hiking conditions

Trails are in good conditions

Very little elevation gain

Short trekking durations per day

intermediate

Someone in good hiking conditions

Moderate elevation gain

Moderate duration

Trails are generally in good conditions

advanced

Someone in excellent hiking conditions

Significant elevation gain

Long durations

Trails are not always good

Technical aspect of hike

Out of all the fishes big and small in the sea, Why would you choose us?

Well for starters, mountain fog is our drug of choice.

why us

Your safety is our number one priority. Our trek leaders will conduct routine health checkups which will analyse your oxygen level and pulse rate atleast once a day. The trek leaders will be on their feet 24*7 to make you feel safe.



SAFETY

The true meaning of trekking got lost somewhere in transition from an art of feel alive to an adventure sport. We at TrekMunk strongly suggest people to experience real alpine trekking and hence came out with the alpinist range. From carrying your stuff (backpack, tents, sleeping bags and even groceries) to pitching tents, cooking food, even creating a trail at times; you will learn what being in the wild feels like. Bring back the adventurer in you and satisfy your crazy streak. Go Alpine or Go Home.



ALPINIST



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TrekMunk brings to you customized trekking, a venture out in the wilderness just how you want it to be. With a group, without one; fun filled activities; special teenage oriented treks; a romantic isolated candle-lit dinner in the mountains for that perfect proposal; ask for anything and it will be served. As they say, "Your Wish, will be Our Command."

TREK LEADERS



TrekMunk enlists among few travel and tour operators that have been founded by the team of experts. Unlike many other travel tour operators, our trek leaders have personally traveled to every popular trekking destinations of India and thus are well familiar with the things that should be considered while trekking to each specific region. Certified by NOLS, Our experienced wilderness first responders are well trained in first aid and have got leading potentiality. They can devise the best alternative itinerary package for you in case the trekking does not go on schedule due to bad weather and other unforeseen circumstances.

EQUIPMENT



The equipment used by trekMunk meets high quality standards. Every equipment used by us is handpicked by our founders keeping in mind all the diverse and extreme trekking conditions. Deuter sleeping bags to suit temperature as low as -5 degree celsius, Coleman' Aravis 3 tents tested for high wind, water and UV rays resistance; Just the right equipment to keep you protected from the wrath of nature



VOLUNTEERING FOR:

WOMEN EMPOWERMENT

EDUCATIONAL REFORMS

WASTE MANAGEMENT

MISCHIEF MANAGED

MEDICAL CAMPS

BE
THE
CHANGE
YOU WANT
TO SEE.

Trek for a cause

There was a hospital study done on more than 100 elderly people facing death close to their last breath. They were asked to reflect about their lives biggest regret. Nearly all of them said they regretted not the things they did, but the things they did not do.

The risks they never took, the dreams they never pursued;

The people they did not help,

The lives they did not save,

and we asked ourselves, would our last words be 'only if I had?'

The dream team

We are travellers from different parts of India who all made the same decision of following dreams and overcoming fears. We pack our bags, jump on a plane or hitch-hikes to far off places, and we STAY. We understand that there is a difference between living and merely existing but there isn't much difference between merely existing and dying. So for that purpose, we choose to LIVE. We LIVE because we EXIST, We TRAVEL, therefore, WE ARE.

Oshank

TRAVERSED 4 COUNTRIES

[I] INSANE TRAVELLER



THAILAND



BHUTAN



INDIA



NEPAL

3rd highest peak in the world

1800 kms of hitch-hiking

chasing the sun is my full time job

backpacked across 26 indian states

rode for 6000 kms of Indian coastline with 4stiches and a badly injured knee

TREKED 18 KMS IN 11 HOURS
6000ft ascend

survived in -35 degree celcius

800 trekking kms



may'17

harshit



1400 trekking kms

[I] INSANE TRAVELLER

may'17

heartbeat sounds more like dhuk-dhuk than dhak-dhak

over 75,000 kms covered on bike

pro at beats

skier

stok kangri IN 15 HOURS
9,328ft ascend!

survived in -35 degree celcius

jumped in the frozen zaskar river



mohit

may'17

[I] INSANE TRAVELLER

jumped in the frozen zaskar river

the further I go the more I find myself



cycled from ahmedabad to rann of kutch

done > 35 high altitude treks
lead > 700 trekkers
1500 kms of trekking

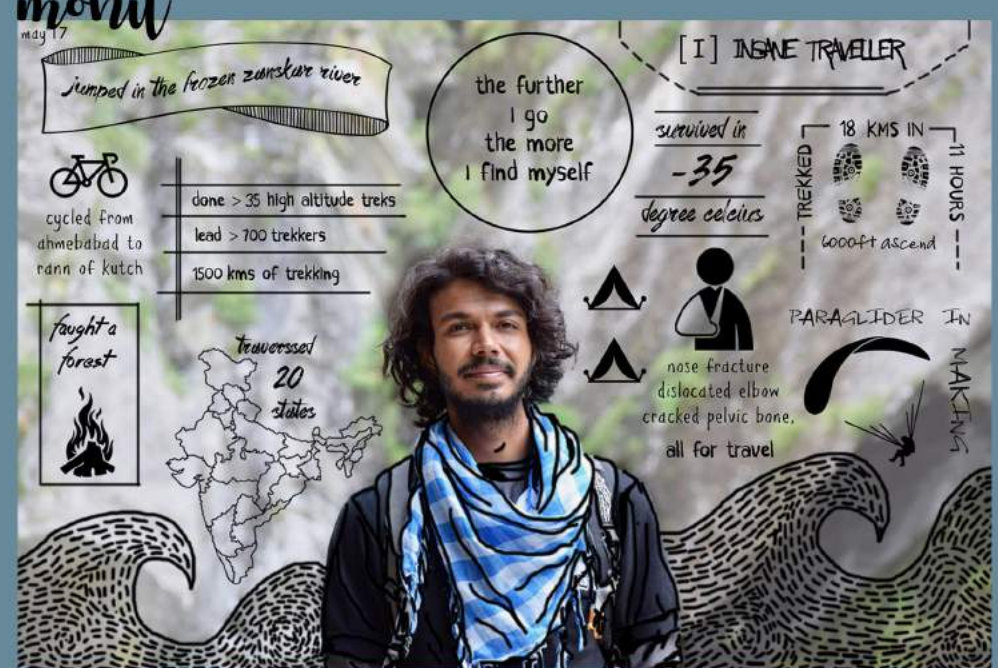
faught a forest

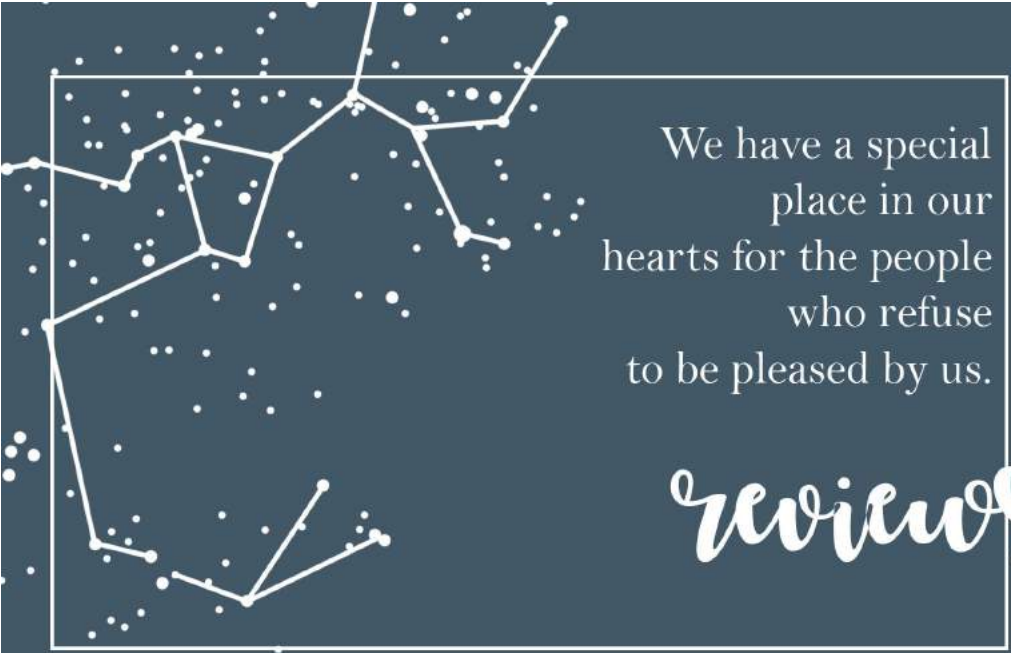
traversed 20 states

survived in -35 degree celcius

TREKED 18 KMS IN 11 HOURS
6000ft ascend

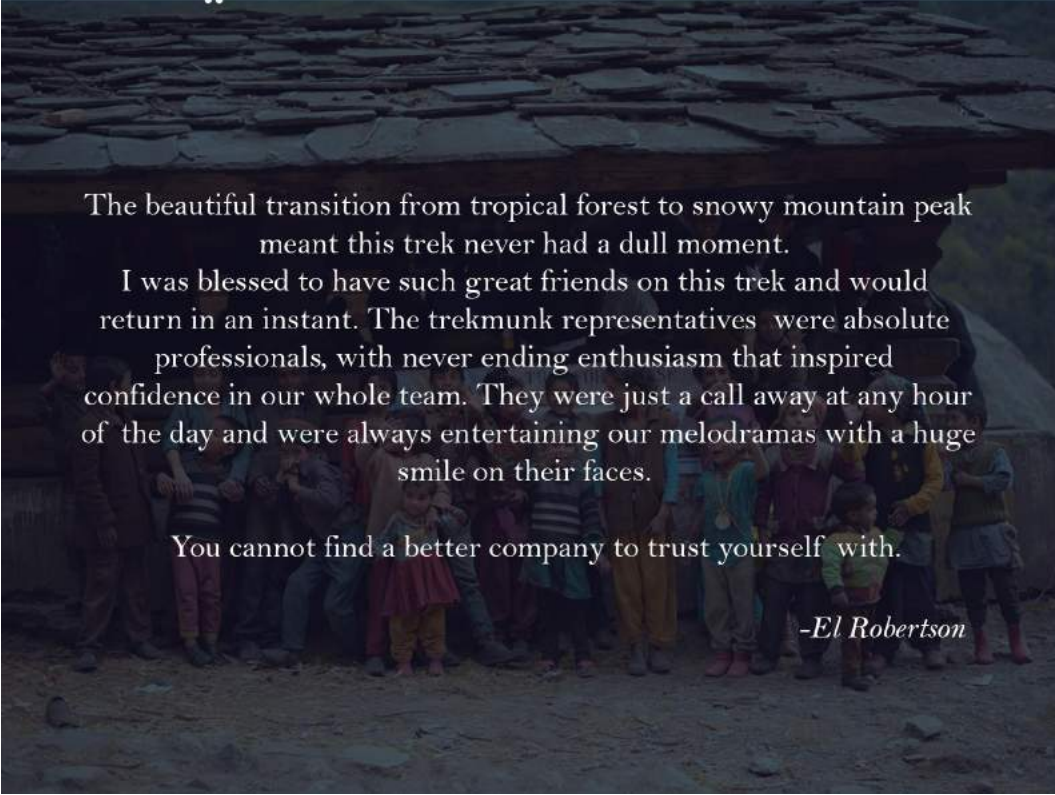
PARA GLIDER IN NAKING
nose fracture
dislocated elbow
cracked pelvic bone.
all for travel





We have a special
place in our
hearts for the people
who refuse
to be pleased by us.

reviews

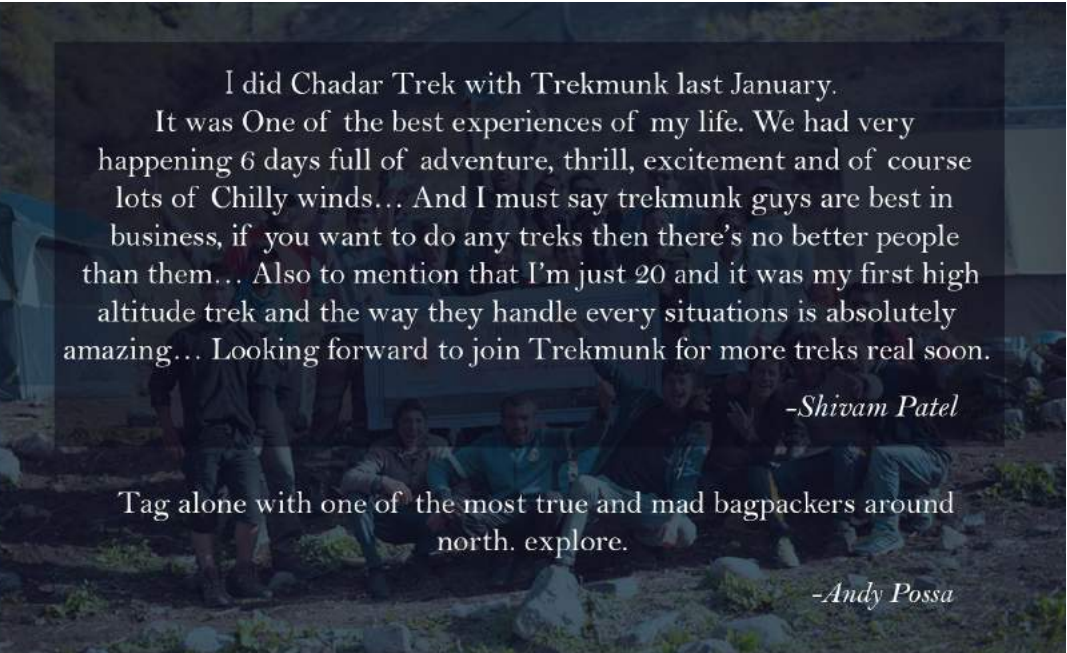


The beautiful transition from tropical forest to snowy mountain peak
meant this trek never had a dull moment.

I was blessed to have such great friends on this trek and would
return in an instant. The trekmunk representatives were absolute
professionals, with never ending enthusiasm that inspired
confidence in our whole team. They were just a call away at any hour
of the day and were always entertaining our melodramas with a huge
smile on their faces.

You cannot find a better company to trust yourself with.

-El Robertson

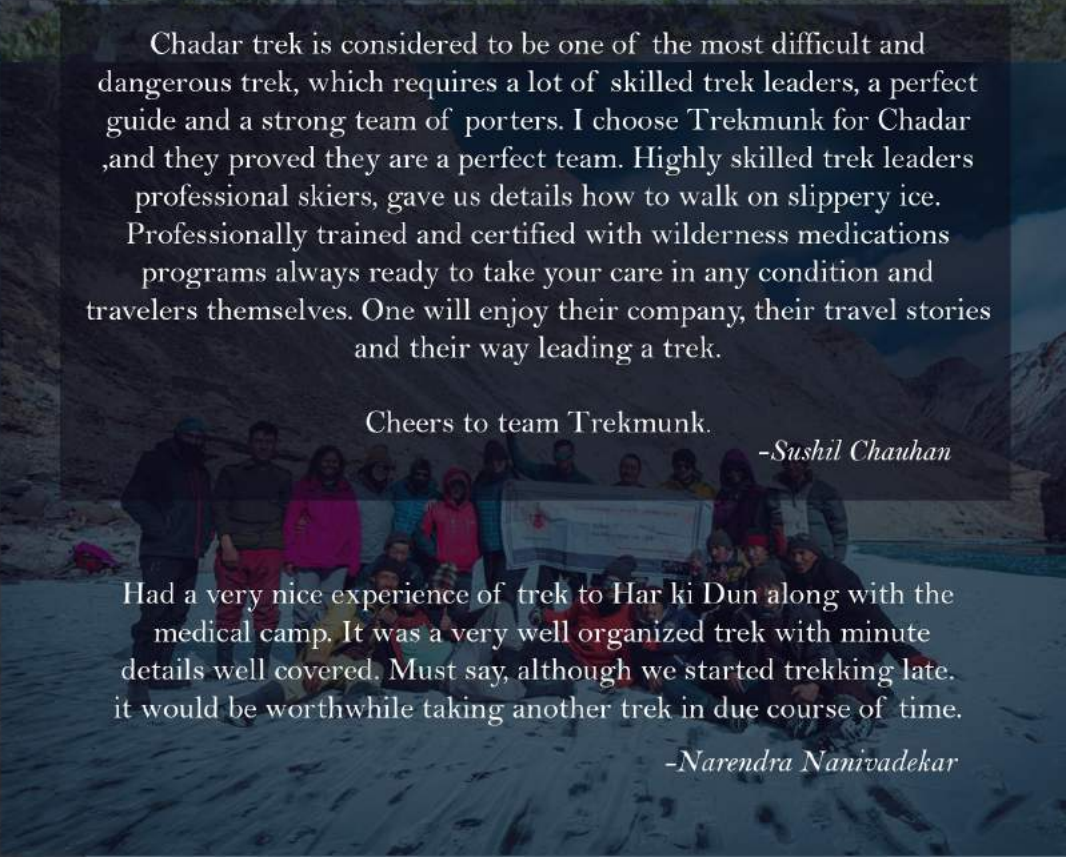


I did Chadar Trek with Trekmunk last January.
It was One of the best experiences of my life. We had very
happening 6 days full of adventure, thrill, excitement and of course
lots of Chilly winds... And I must say trekmunk guys are best in
business, if you want to do any treks then there's no better people
than them... Also to mention that I'm just 20 and it was my first high
altitude trek and the way they handle every situations is absolutely
amazing... Looking forward to join Trekmunk for more treks real soon.

-Shivam Patel

Tag along with one of the most true and mad backpackers around
north. explore.

-Andy Possa



Chadar trek is considered to be one of the most difficult and
dangerous trek, which requires a lot of skilled trek leaders, a perfect
guide and a strong team of porters. I choose Trekmunk for Chadar
,and they proved they are a perfect team. Highly skilled trek leaders
professional skiers, gave us details how to walk on slippery ice.
Professionally trained and certified with wilderness medications
programs always ready to take your care in any condition and
travelers themselves. One will enjoy their company, their travel stories
and their way leading a trek.

Cheers to team Trekmunk.

-Sushil Chauhan

Had a very nice experience of trek to Har ki Dun along with the
medical camp. It was a very well organized trek with minute
details well covered. Must say, although we started trekking late,
it would be worthwhile taking another trek in due course of time.

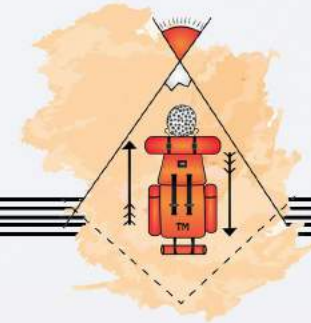
-Narendra Nanivadekar



www.trekmunk.com



contact@trekmunk.com



TREKMUNK

