

Char Dham Yatra 2025: Guidelines, Registration, Health Rules & Travel Tips

Overview

The Char Dham Yatra encompasses pilgrimages to four sacred shrines in Uttarakhand: Yamunotri, Gangotri, Kedarnath, and Badrinath. The 2025 Yatra is scheduled to commence from April 30, 2025.

Registration Process

Mandatory Registration: All pilgrims must register to undertake the Yatra.

Modes of Registration:

1. Online Registration:

- Visit the official portal: registrationandtouristcare.uk.gov.in
- Download the 'Tourist Care Uttarakhand' app

2. WhatsApp Registration:

- Send "Yatra" to +91-8394833833

3. Offline Registration:

- Available at centers in Rishikesh, Haridwar, etc.

Required Documents:

- Valid ID proof (Aadhaar, Voter ID)
- Passport-sized photo
- Medical certificate for those above 50 or with health conditions

Note: Registration is free.

Health and Safety Guidelines

Medical Facilities:

- 154 ambulances, 17 advanced life support units
- 20 Medical Relief Posts and 31 health centers
- Helicopter and boat ambulances
- Health ATMs for free check-ups

Pre-Yatra Advice:

- Medical check-up recommended

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- Exercise and breathing practice before Yatra
- Carry essential medicines

During Yatra:

- Rest regularly
- Stay hydrated and eat light food
- Avoid alcohol and smoking
- Watch for altitude sickness symptoms

Travel Tips and Essentials

Packing List:

- Warm clothing and rain gear
- Sun protection (sunscreen, sunglasses)
- Good trekking shoes
- Hygiene and first aid kit
- Dry fruits and energy bars
- Flashlight, charger, and cash

Other Tips:

- Plan a 10-day itinerary
- Avoid overexertion
- Respect local customs
- Stay updated with weather and advisories

Emergency Contacts

- Tourist Helpline: 0135-1364
- Medical Emergency: 108
- Inquiries: 0135-2552627 / 2559898 / 3520100