



Gaumukh Tapovan

Trek



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LOCATION

UTTARAKHAND, INDIA



BEST TIME

APRIL TO JUNE



DESTINATION

GAUMUKH TAPOVAN,
UTTARAKHAND



TAKE A PHOTO

SUNRISE, SUNSET,
SNOW CAPED MOUNTAINS



DIFFICULTY

MODERATE TO DIFFICULT



HIGHEST ALTITUDE

14,600 FT



NEAREST RAILWAY

AIRPORT : JOLLY GRANT AIRPORT
RAILWAY : KALKA, HIMACHAL



BASE CAMP

GANGOTRI



DURATION

7 DAYS



LAST ATM

UTTARKASHI



TREK DISTANCE

46 KM





OVERVIEW

THE GAUMUKH TAPOVAN TREK IS A SCENIC AND MODERATELY CHALLENGING TREK LOCATED IN UTTARAKHAND, INDIA. STARTING FROM THE SACRED TOWN OF GANGOTRI, THE TREK LEADS TO GAUMUKH, THE SOURCE OF THE GANGES RIVER, AND CONTINUES TO TAPOVAN, A STUNNING HIGH-ALTITUDE MEADOW WITH PANORAMIC VIEWS OF THE SURROUNDING PEAKS, INCLUDING SHIVLING. THE TREK TYPICALLY TAKES AROUND 6 TO 7 DAYS TO COMPLETE AND IS BEST UNDERTAKEN DURING THE SUMMER MONTHS FROM MAY TO JUNE

SHORT ITINERARY



DAY 1

DRIVE FROM DEHRADUN TO GANGOTRI. (240 KM)



DAY 2

TREK FROM GANGOTRI TO CHIRBASA.
(9 KM / 12,470 FT)



DAY 3

TREK FROM CHIRBASA TO BHOJBASA.
(5 KM / 12,470 FT)



DAY 4

TREK FROM BHOJBASA TO TAPOVAN.
(5 KM / 14,640 FT)



DAY 5

TREK FROM TAPOVAN TO CHIRBASA.
(11 KM / 12,470 FT)



DAY 6

TREK FROM CHIRBASA TO GANGOTRI.
(9 KM / 10,200 FT)



DAY 7

DRIVE FROM GANGOTRI TO DEHRADUN.
(240 KM)

DETAILED ITINERARY

DAY 1

RISHIKESH TO GANGOTRI

It spans about 250 kilometers and takes around 8 to 10 hours. Travelers journey through winding mountain roads, passing by the scenic beauty of the Ganges River, lush valleys, and towering Himalayan peaks. Along the way, they can stop at various viewpoints and local eateries to soak in the natural surroundings and savor the local cuisine. The drive is a pilgrimage journey for many, offering glimpses of spirituality and serenity amidst the majestic landscapes of Uttarakhand.



DETAILED ITINERARY

DAY 2

GANGOTRI TO CHIRBASA

It spans about 9 kilometers and takes roughly 3 to 4 hours. Trekkers follow a well-defined trail alongside the Bhagirathi River, passing through dense pine and deodar forests. Along the way, they are treated to stunning views of the snow-capped peaks of the Bhagirathi massif. Chirbasa serves as the first stop on the renowned Gaumukh Tapovan trek, offering trekkers a glimpse of the majestic landscapes of the Garhwal Himalayas



DETAILED ITINERARY

DAY 3

CHIRBASA TO BHOJBASA

It spans about 5 kilometers and takes approximately 2 to 3 hours. Trekkers continue along the well-defined trail beside the Bhagirathi River, ascending through alpine meadows and rocky terrain. The route offers stunning views of Himalayan peaks like Shivling and Meru, as well as vibrant alpine flora. Bhojbasa serves as a picturesque campsite for trekkers, nestled amidst the breathtaking landscapes of the Garhwal Himalayas.



DETAILED ITINERARY

DAY 4

BHOJBASA TO TAPOVAN

It spans approximately 6 kilometers and takes around 3 to 4 hours. Trekkers ascend steeply through rocky terrain and glacial moraines, enjoying panoramic views of the towering peaks of Shivling, Bhagirathi, and Meru along the way. Tapovan, situated at an altitude of around 4,463 meters, offers stunning vistas of snow-capped mountains and pristine glaciers, making it a rewarding destination for trekkers.



DETAILED ITINERARY

DAY 5

TAPOVAN TO CHIRBASA

It spans approximately 11 kilometers and takes around 5 to 6 hours. Trekkers descend through rocky terrain and alpine meadows, enjoying views of the surrounding peaks. Chirbasa, situated at a lower altitude, serves as a stopover before continuing the descent towards Gangotri.



DETAILED ITINERARY

DAY 6

CHIRBASA TO GANGOTRI

It spans about 9 kilometers and takes approximately 3 to 4 hours. Trekkers descend through alpine meadows and dense forests, following the trail alongside the Bhagirathi River. The route offers serene views and marks the conclusion of the Gaumukh Tapovan trek as trekkers return to the sacred town of Gangotri.



DETAILED ITINERARY

DAY 7

GANGOTRI TO DEHRADUN

It spans about 250 kilometers and takes approximately 8 to 10 hours. Travelers journey through winding mountain roads, passing by picturesque landscapes of the Ganges River, lush valleys, and towering Himalayan peaks. Along the way, there are opportunities to stop at scenic viewpoints, riverside cafes, and local eateries to savor the natural beauty and cuisine of Uttarakhand.



**“IF WE WERE MEANT TO STAY IN ONE PLACE,
WE’D HAVE ROOTS INSTEAD OF FEET.”**

— RACHEL WOLCHIN



INCLUSIONS

- 1. Accommodation – Stay at a guest house/ homestay/ swiss tents/ dome tents during the trek as per the sharing pattern/occupancy opted.**
- 2. Meals – All meals from your arrival to departure from the base camp are included (Morning Tea, Breakfast, Lunch, Hi-Tea with Snacks, and Dinner). We provide simple, nutritious yet tasty vegetarian meals on all days of the trek.**
- 3. Permit/Charges – Cost of all trekking permits, forest & camping charges are included. Charges of the porters, helpers, mules, trekking leaders, and guides are included.**
- 4. Trekking equipment – High-quality tents, sleeping bags, ice axes, ropes, microspikes, gaiters, etc. as required are provided.**
- 5. Safety equipment – First aid medical kits, oxygen cylinders, etc. will be available at all campsites to deal with emergencies.**

6. Porters, Mules, and helpers shall accompany us during the trek to carry the common load such as gas cylinders, tents, sleeping bags, toilet tents, etc.

EXCLUSIONS

- 1. Anything not specified in the Inclusions section**
- 2. Additional Meals unless specified**
- 3. Transport unless specified**
- 4. Air Fare / Train/ Bus Tickets**
- 5. Travel Insurance**
- 6. Additional expenditure and Extra Services if taken**
- 7. Any expense incurred or loss caused by reasons beyond our control such as bad weather, natural calamities(landslides, floods), flight delays /rescheduling/cancellations, any accidents/ medical evacuations, riots/strikes/war/pandemic, etc.**
- 8. GST(Goods & Service Tax) at the rate of 5%.**

FITNESS/ DIFFICULTY

A high altitude trek in the Himalayas requires substantial fitness. Your body needs to train itself to tolerate more work with lower levels of oxygen. Therefore, on treks, cardiovascular training is essential.

As a measure of your fitness, we require you to be able to run at least 5 km in 40 minutes by the time your trek starts. If you are 45 years or above, try to cover 5 km in 50 minutes. This is a minimum requirement.

If you prefer cycling over running, then try to cover 20 km in 60 minutes.

Unable to perform the same can make your trek difficult. Trekkers who have not adequately prepared might be asked not to continue the trek at any point.

The team of Himalayan Daredevils has the right to reject trekkers who do not meet our eligibility requirements at the base camp

Cancellation Policy

Life is unpredictable and we understand that sometimes you have to cancel or change your trip dates and it is our endeavor to make it as easy as possible for you. However, please understand that we plan everything including guide fees, permits, accommodation and ration in advance. Therefore, any cancellation means inconvenience and certain losses to the people involved in various stages of the programme. Keeping that in mind, our cancellation charges are as below -

Cancellations prior to 30 days from the start of the event

Get a monetary refund with 15% of cancellation charges.

Cancellations between 30 days and 15 days to the start of the event: 50% refund as cash.

Cancellations less than 15 days to the start of the event: No refund.

Cancellations will be accepted only by email.

Booking amount is not refundable

Note: The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arising due to natural calamities, strikes, wars or any other circumstances that make the event inadvisable. In this case, we will refund 50% of the event fees.

Itinerary Changes & Trip delays:

We plan itineraries based on the information available at the time of planning and in rare circumstances, they are subject to change. In the event that the itinerary is changed or delayed due to unforeseen circumstances such as bad weather, transportation delays, government intervention, landslides etc., we will always aim to give you the best experience possible. However, The Himalayan Daredevils not be held responsible for the cost of delay or changes.

CONTACT US



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