



NAMIK GLACIER TREK

Discover Yourself on the Trail!



www.himalayandaredevils.com



+91 6398989097



himalayandaredevils@gmail.com



TREK OVERVIEW



LOCATION

Uttarakhand, India



DISTANCE

80 kms



MAX ALTITUDE

11800 ft



LAST ATM

Kathgodam



BEST SEASON

April, May and Sep, Oct



BASE CAMP

Gogina



DIFFICULTY

Difficult



DURATION

8 Days & 7 Nights



SERVICE FROM

Kathgodam to Kathgodam
Dehradun to Dehradun



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SHORT ITINERARY



DAY 1

Drive from Kathgodam to Bageshwar

DAY 2

Drive from Bageshwar to Gogina

DAY 3

Trek from Gogina to Thaltop.

DAY 4

Trek from Thaltop to Nandkund

DAY 5

Trek from Nandkund - Namik Glacier - Nandkund

DAY 6

Trek from Nandkund to Thaltop



SHORT ITINERARY



DAY 7

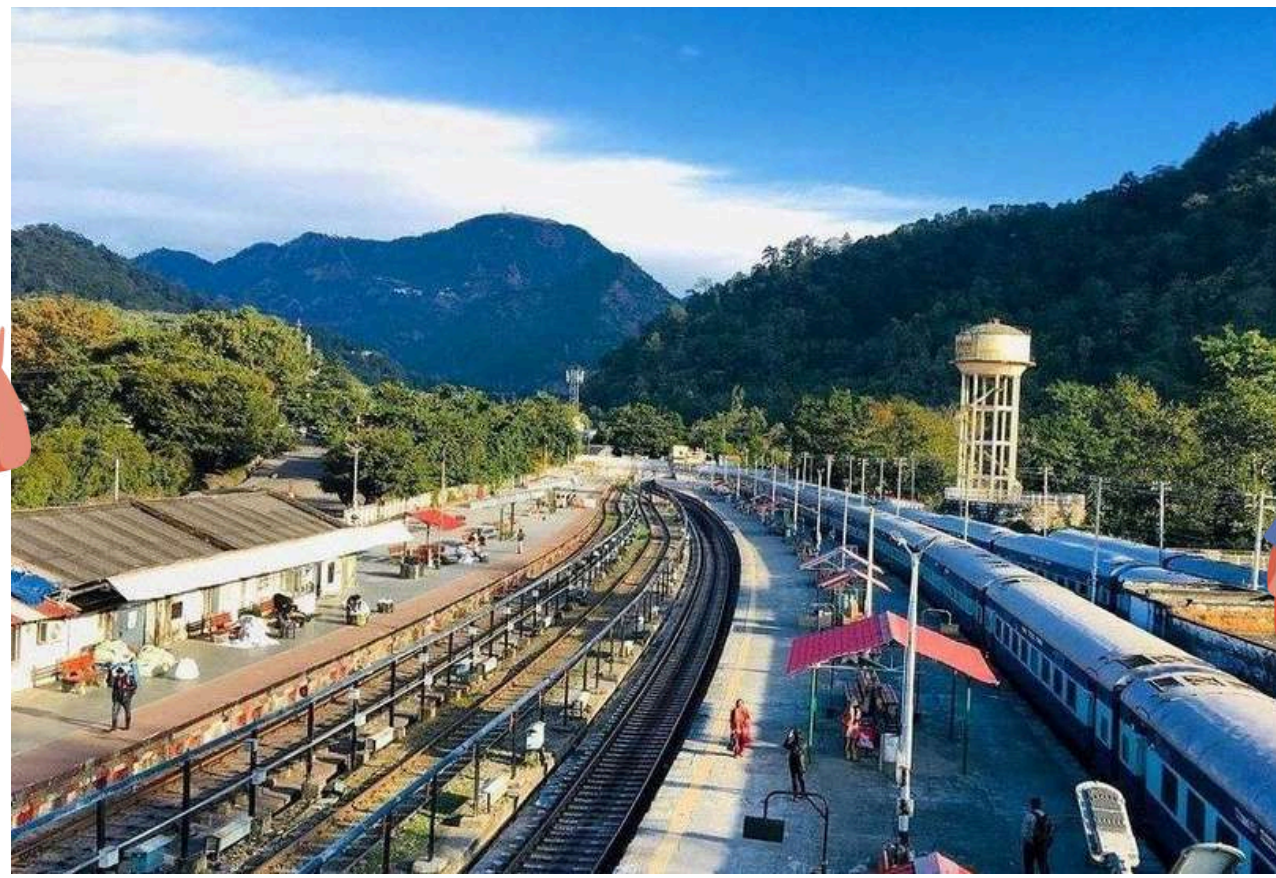
Trek from Thaltop to Gogina.

DAY 8

Drive from Gogina to Kathgodam. (225 km)



ITINERARY



DAY 1

Drive from Kathgodam to Bageshwar

Depart from Kathgodam and start your road trip to Bageshwar. The journey will take approximately 5-6 hours, covering a distance of around 155 kilometers. Enjoy the scenic route as you pass through charming towns, lush forests, and winding mountain roads.





DAY 2

Drive from Bageshwar to Gogina

Depart from Bageshwar and start your road trip to Gogina. The journey will take approximately 3-4 hours, covering a distance of around 76 kilometers. Enjoy the scenic route as you ascend higher into the mountains. Arrive in Gogina in the afternoon. Check into your accommodation and freshen up.



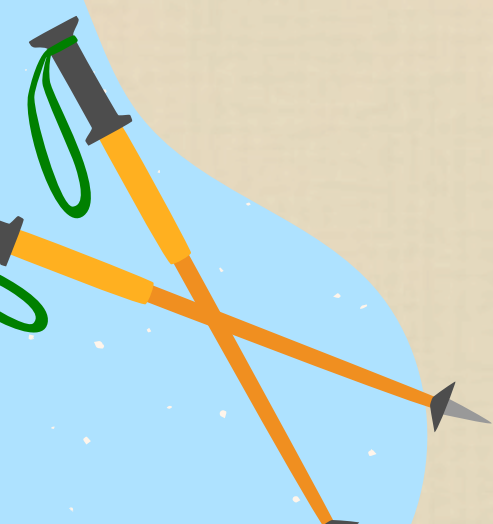


DAY 3

Trek from Gogina to Thaltop.

Begin your trek from Gogina to Thaltop. Enjoy the picturesque trail as you ascend through forests, meadows, and possibly encounter small streams or rivers. Continue your trek towards Thaltop.

Reach Thaltop in the afternoon.



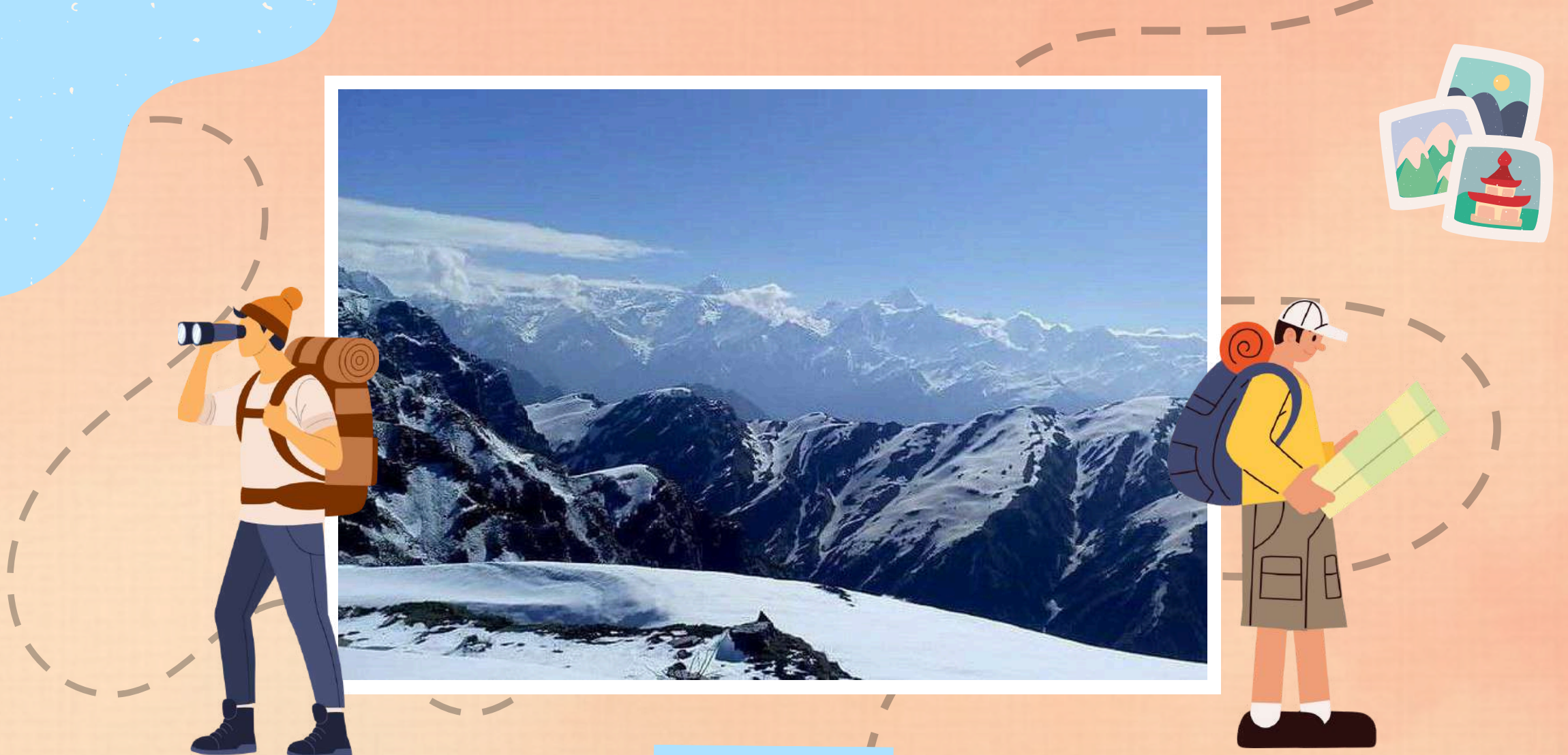


DAY 4

Trek from Thaltop to Nandkund

Begin your trek from Thaltop to Nandkund. Immerse yourself in the natural beauty as you continue your journey through the mountains. Take breaks as needed to rest, hydrate, and appreciate the surroundings. Reach Nandkund in the afternoon.





DAY 5

Trek from Nandkund-Namik Glacier-Nandkund

We start walking, and after about 5 kilometers, we reach Namik Glacier. The glacier is about 3 kilometers long. You can see the Nanda Kot peak so close that it feels like you can touch it!

Take some time to enjoy the stunning views and have your packed lunch. After soaking in the beauty, we start our journey back to Nandkund.

Arrive back at Nandkund and settle in for the night. We'll be staying in camps for the night.





DAY 6

Trek from Nandkund to Thaltop

We begin our journey back and head towards Thaltop. Arrive back at Thaltop in the evening. We'll be staying overnight in camps, surrounded by the peaceful mountains.

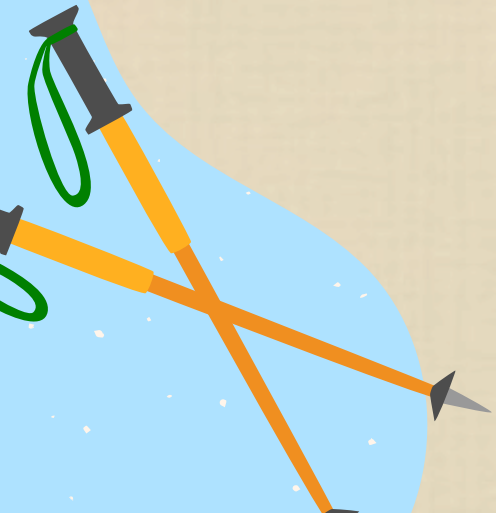




DAY 7

Trek from Thaltop to Gogina.

We begin our trek, heading towards Gogina, passing through Namik village and Kimu village along the way. The path to Bhotia village is relatively easy. After a bit of trekking, we'll reach Namik village, a charming hamlet. From Namik village, we continue our trek towards Gogina, enjoying the beauty of the Kimu village on the way. Gogina is nestled in the heart of the Ramganga valley, right at the base of the magnificent Nanda Kot mountain. Arrive in Gogina in the evening and settle in for the night.





DAY 8

Drive from Gogina to Kathgodam. (225 km)

We embark on a scenic drive back to Kathgodam. The journey will take approximately 9 hours, so we anticipate arriving at the Kathgodam railway station late in the afternoon. This concludes our wonderful adventure in the mountains!



TREK MAP

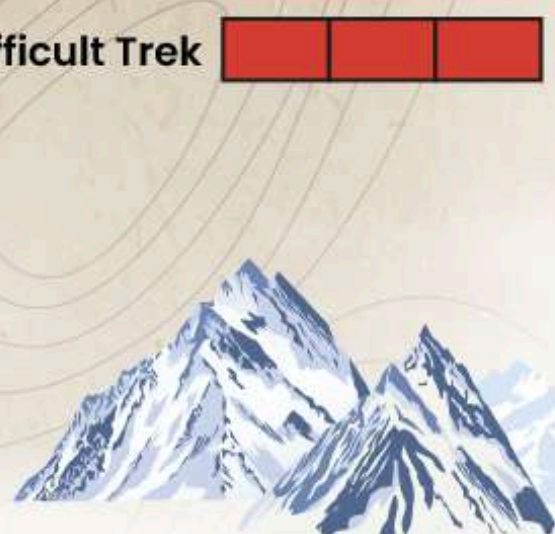
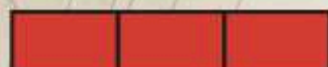


Namik Glacier Trek Map



Difficulty Level

Difficult Trek



Namik Glacier

Nandkund

Thaltop

Gogina

Bageshwar

Kathgodam

MAP LEGEND

	Cafe/Dhaba
	Base Camp
	Road
	Trek Route
	Campsite
	Summit

*Map is not scaled



INCLUSIONS



- All accommodations on twin sharing tents as per the itinerary.
- All meals during the trek (vegetarian with occasional serving of eggs) including breakfast, hot/packed lunch, and dinner with morning and evening tea Mayali Pass Trek
- Certified Trek Leader, Cook and Support Staff
- Medical Kit
- Forest Permits
- Camping Equipment including tents, kitchen & dining tents, toilet tents etc
- Gaiters, Microspikes, when needed

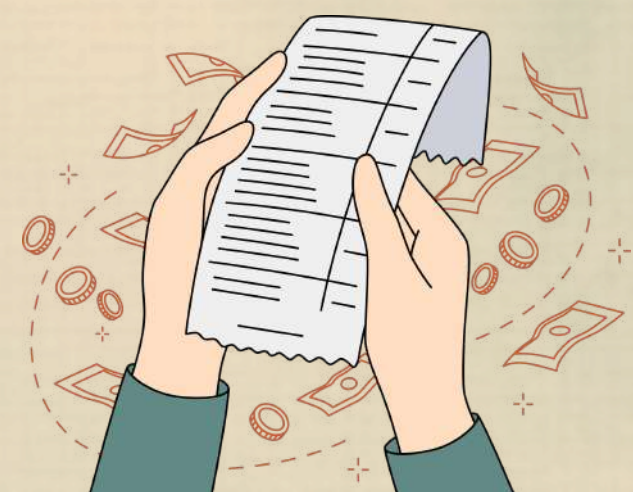




EXCLUSIONS



- Any kind of personal expenses.
- Food during transit.
- Mules or porters to carry personal luggage.
- Insurance.
- Transport (Non Ac)
- Any kind of emergency evacuation charges
- 5% GST
- Any expense incurred or loss cost by reasons beyond our control such as bad weather, natural calamities (landslides, floods), flight delays/rescheduling/cancellations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.
- Anything not specifically mentioned under the head.



WHAT TO CARRY



TREKKING SHOES



BACKPACK



HAND GLOVES



HEAD LAMP



LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

Kathgodam station is among the major stations within the district, existed for a long time. It is connected to a variety of places, which are Lucknow, Delhi, and Howrah. Train tickets from Delhi to Kathgodam via train will cost you around the price of Rs. 150 for a sleeper second class ticket, and the price is Rs. 400 for the third sleeper ticket. It is crucial to reserve the tickets at minimum one month ahead because this type of ticket is always highly sought-after.

By Train :-

From Delhi go to The Ranikhet Express (5014) Dep. Delhi at 10:40pm and arrive Kathgodam at 5:55am (Overnight journey) and it's the Uttar sampark kranti (5035) Dep. Delhi at 4:45pm. Arrival Kathgodam at 10:40 pm (6 hrs.40min.Journey)

From Dehardun Take from Dehardun the Doon Express (4120) Dep. Dehardun by 10:30 pm, arriving Kathgodam at 7:10 midnight (8hrs.journey)



HOW TO REACH

By Bus :-

Regular buses operate departing from ISBT Delhi Anand Vihar station to Kathgodam. Buses heading to Nainital stop in Haldwani, which happens to be a twin city of Kathgodam (8 hours. Journey).

The majority of buses drop you off at Haldwani bus stop. From there, you must travel close to Kathgodam Railway Station which is only 4 km away.

Its Tata Sumo or similar vehicles will take you to Kathgodam Railway Station at 6:00am.

We suggest that you use only government buses to ISBT Anand Vihar. Private buses depart from outside ISBT , and they're not trustworthy.



FITNESS REQUIRED

We recommend jogging as the best routine to get fit for a trek. It works on the same muscles that you use while trekking – your calves, glutes and hamstrings. It helps increase your stamina day by day. It is also an easy routine that does not require any equipment or tools.

Fitness target:

To do this trek comfortably, you must be able to cover 5 km in under 35 minutes. This is the minimum fitness required for this trek.

How to achieve this fitness?

- Start jogging at least 4 days a week
- If you cannot run 5 km immediately, start with 2 km and increase to 5 km over 2-3 weeks.
- Once you're able to run 5 km, increase your pace day by day.
- Gradually increase your pace and bring it down to 5 km in less than 35 mins.
- You must be able to run 5 km in 35 mins consistently for at least 2 weeks before the trek.

This trek requires at least 6-8 weeks of preparation. The longer, the better. So plan your trek soon and start preparing.



CANCELLATION POLICY

Life is unpredictable and we understand sometimes you have to cancel or change your trip dates and it is our endeavour to make it as easy possible for you. However, please understand 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 programme. Keeping that in mind, our cancellation charges are as below-

Cancellation prior to 30 days from start of the event: Get monetary refund with 15% of cancellation charges on trek fee.

Cancellation between 30 days and 15 days to the start of event: 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

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

**Please note cancellation will be only accepted by email.
Booking amount is non refundable.**



CANCELLATION POLICY

Note: The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arriving due to natural calamities, strikes, wars or any other circumstances that makes the event inadvisable. In this case, 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Itinerary changes & trip delays:

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

CONTACT US



www.himalayandaredevils.com



himalayandaredevils@gmail.com



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