



NANDANVAN TREK

Discover Yourself on the Trail!



www.himalayandaredevils.com



+91 6398989097
95557055210



himalayandaredevils@gmail.com



TREK OVERVIEW



LOCATION

Uttarakhand, India



DISTANCE

57 Km



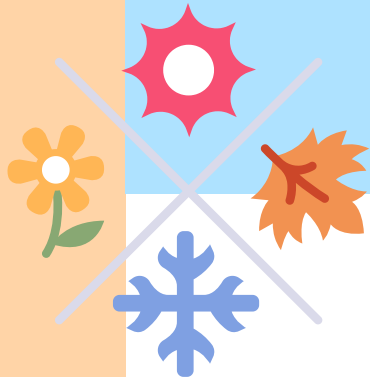
MAX ALTITUDE

15780 ft



LAST ATM

Gangotri



BEST SEASON

May, June, Sep, Oct



BASE CAMP

Gangotri



DIFFICULTY

Difficult



DURATION

9 Days & 8 Nights



SERVICE FROM

Gangotri to Gangotri
Dehradun to Dehradun



+91 7983285412



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SHORT ITINERARY



DAY 1

Pickup from Dehradun Railway Station and Drive to Gangotri | Total distance – 258 km – 10/11 Hours journey

DAY 2

Trek from Gangotri to Chirbasa camp | Total distance – 09 km – 5/6 Hours

DAY 3

Trek from Chirbasa camp to Bhojbasa | Trek Distance – 05 km – 3/4 Hours

DAY 4

Trek from Bhojbasa camp to via Gomukh to Tapovan camp | Trek Distance – 09 km – 3/4 Hours

DAY 5

Exploration Day Nil Tal and Shivling base camp (4619 Meter) back to camp (4/5 Hours)



SHORT ITINERARY



DAY 6

Trek from Tapovan to Nandanvan Camp | Total distance – 06 km – 3/4 Hours

DAY 7

Trek from Nandanvan to Bhojbasa camp | Trek Distance –14 km – 5/6 Hours

DAY 8

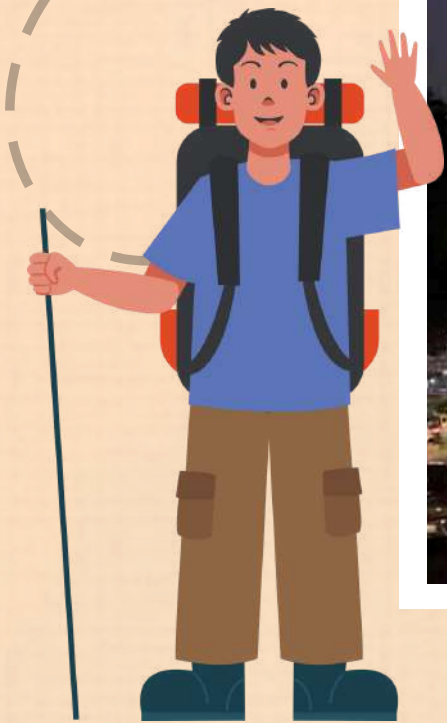
Trek from Bhojbasa camp to Gangotri | Distance – 14 km – 6/7 Hours

DAY 9

Return – Drive from Gangotri to Dehradun by taxi | Distance – 258 km – 10/11 Hours journey



ITINERARY



DAY 1

Pickup from Dehradun Railway Station and Drive to Gangotri | Total distance – 258 km – 10/11 Hours journey

Himalayan Daredevils organizes transport from Dehradun Railway Station to Gangotri, departing between 6:00–7:00 AM. Enjoy a scenic drive along the Bhagirathi River, passing through Mussoorie, Suwakholi, and Uttarkashi, with stops for breakfast and lunch. The journey offers stunning Himalayan views and takes you through picturesque mountain roads via Harsil, finally reaching Gangotri, the base camp for the Tapovan trek.





DAY 2

Trek from Gangotri to Chirbasa camp | Total distance – 09 km – 5/6 Hours

After breakfast, trek to Chirbasa, named after its abundant pine trees. The trail is mostly leveled, passing through forests with stunning snow-capped peaks in view. Cross a stream and ascend a ridge, entering a valley filled with tall pines. Navigate a boulder zone carefully before reaching Chirbasa near the Bhagirathi River. Enjoy breathtaking views of the Bhagirathi peaks and Gomukh Glacier as you settle in for the day.

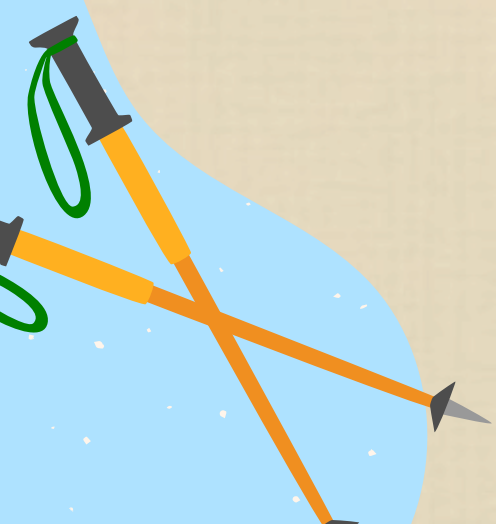


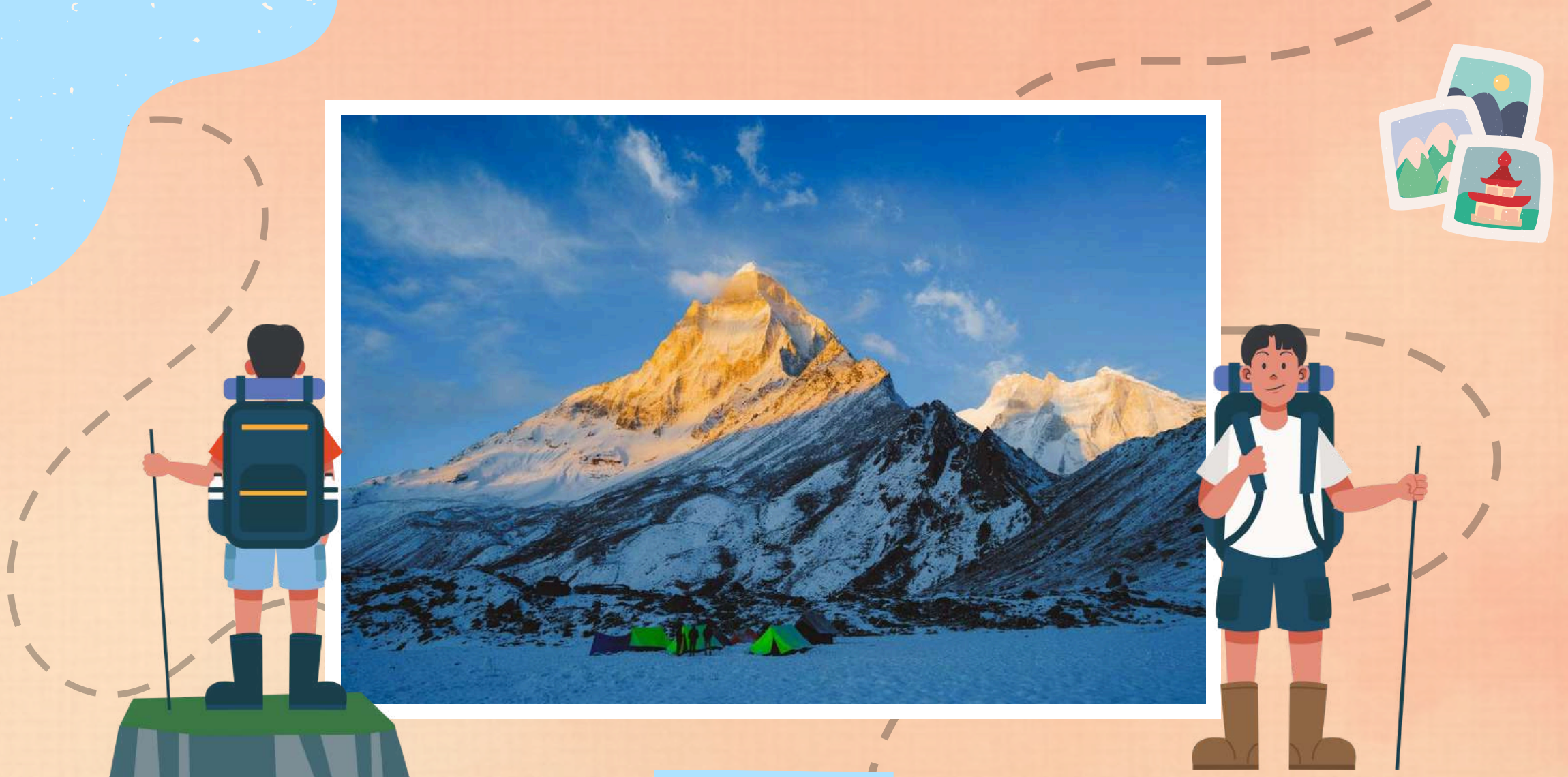


DAY 3

Trek from Chirbasa camp to Bhojbasa | Trek Distance – 05 km – 3/4 Hours

Wake up to a mesmerizing sunrise over the Bhagirathi peaks. The trail to Bhojbasa is easy but passes through landslide-prone areas. Ascend for breathtaking views of Mt. Shivling and Bhagirathi peaks, spotting meditating sages and small tea shops along the way. Cross ridges into a barren, rocky landscape before reaching Bhojbasa, the widest part of the valley. Explore the temple, enjoy the stunning sunset behind the Bhagirathi peaks, and rest by the Bhagirathi River for the night.



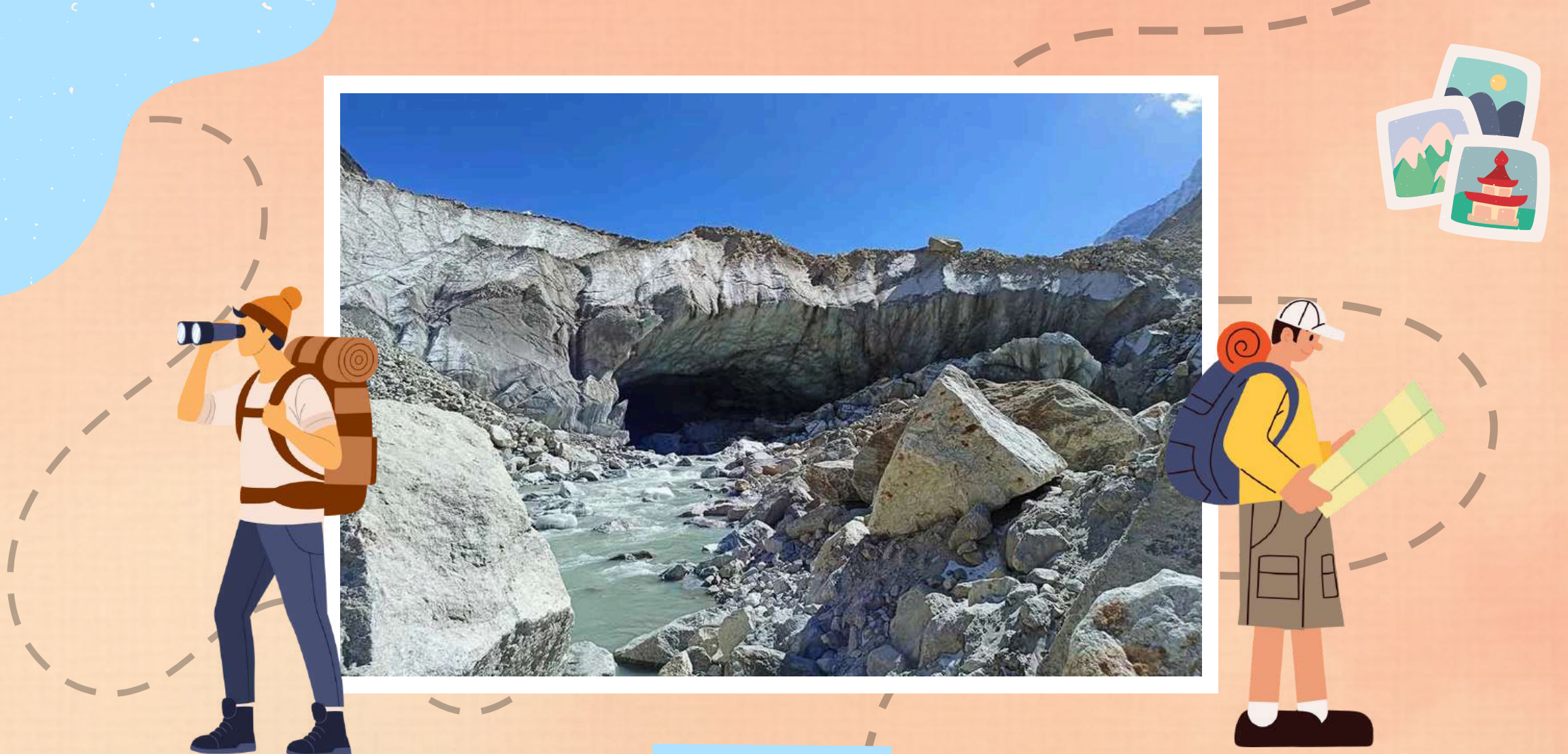


DAY 4

Trek from Bhojbasa camp to via Gomukh to Tapovan camp | Trek Distance – 09 km – 3/4 Hours

Today's trek to Tapovan passes through Gomukh, the sacred source of the Ganges. The climb from Bhojbasa to Gomukh is easy, but the steep, snow-covered trail beyond is challenging. Traverse glacial moraines and slippery boulder zones before reaching Tapovan by afternoon. Encounter meditating saints and experience the chilling temperatures. Settle into camp and enjoy breathtaking views of the peaks surrounding Nandanvan.





DAY 5

Exploration Day Nil Tal and Shivling base camp (4619 Meter) back to camp (4/5 Hours)

Today's aim is acclimatization and relaxation. Post breakfast, move upwards to the Himalayan Tapovan at an altitude of 4500 m. Tapovan lies below Mt. Shivling peaks and has beautiful lakes, explore the area and head to Neel Tal to get clear views of Mt. Meru. Reach there in two hours and return before lunch. Relax and retire for the night.



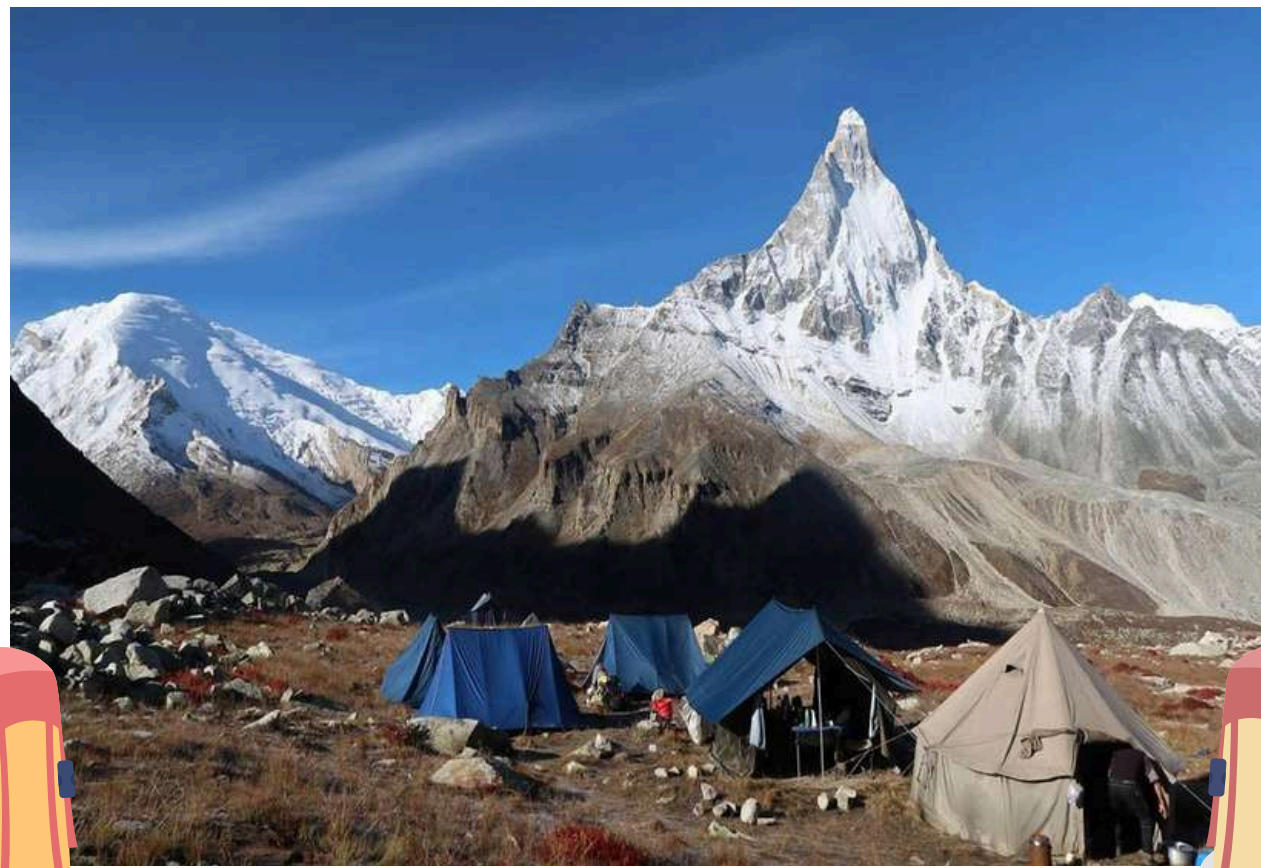


DAY 6

Trek from Tapovan to Nandanvan Camp | Total distance – 06 km – 3/4 Hours

Start the day early for an exciting traverse of the Gangotri Glacier. Cross the Akashi Ganga stream, then navigate slippery ice, debris, and boulders with caution. After two hours, descend and climb a steep 100m stretch through a landslide-prone area to reach Nandanvan. This stunning meadow at the base of Bhagirathi offers breathtaking views of Mt. Shivling, Mt. Kedardome, and Mt. Meru. Set up camp, soak in the majestic sights, and rest for the day.



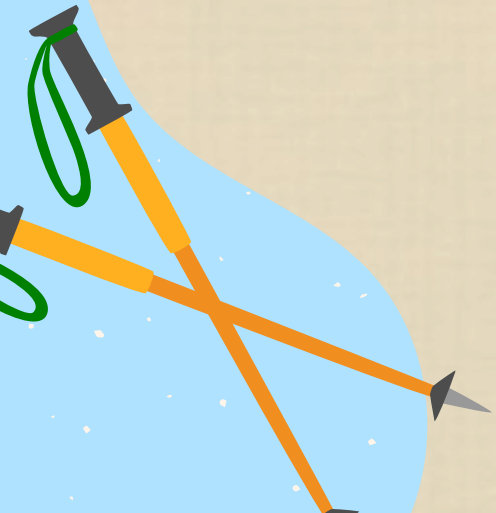


DAY 7

Trek from Nandanvan to Bhojbasa camp | Trek Distance –14 km – 5/6 Hours

Post breakfast, get down to Bhojbasa via Gomukh. Witness the picturesque lofty peaks and admirable surroundings in the morning and bid adieu to them.

Retrace your steps, halt at Gomukh and reach Bhojbasa.





DAY 8

Trek from Bhojbasa camp to Gangotri | Distance – 14 km – 6/7 Hours

Wake up early From Bhojbasa get down to Gangotri. Relish the last glimpses of Mt Shivling and descend through the steep terrain. When you reach Gangotri hotel visit Gangotri temple and witness Ganga Aarti there.

The arrangements will be made in a hotel at Gangotri.





DAY 9

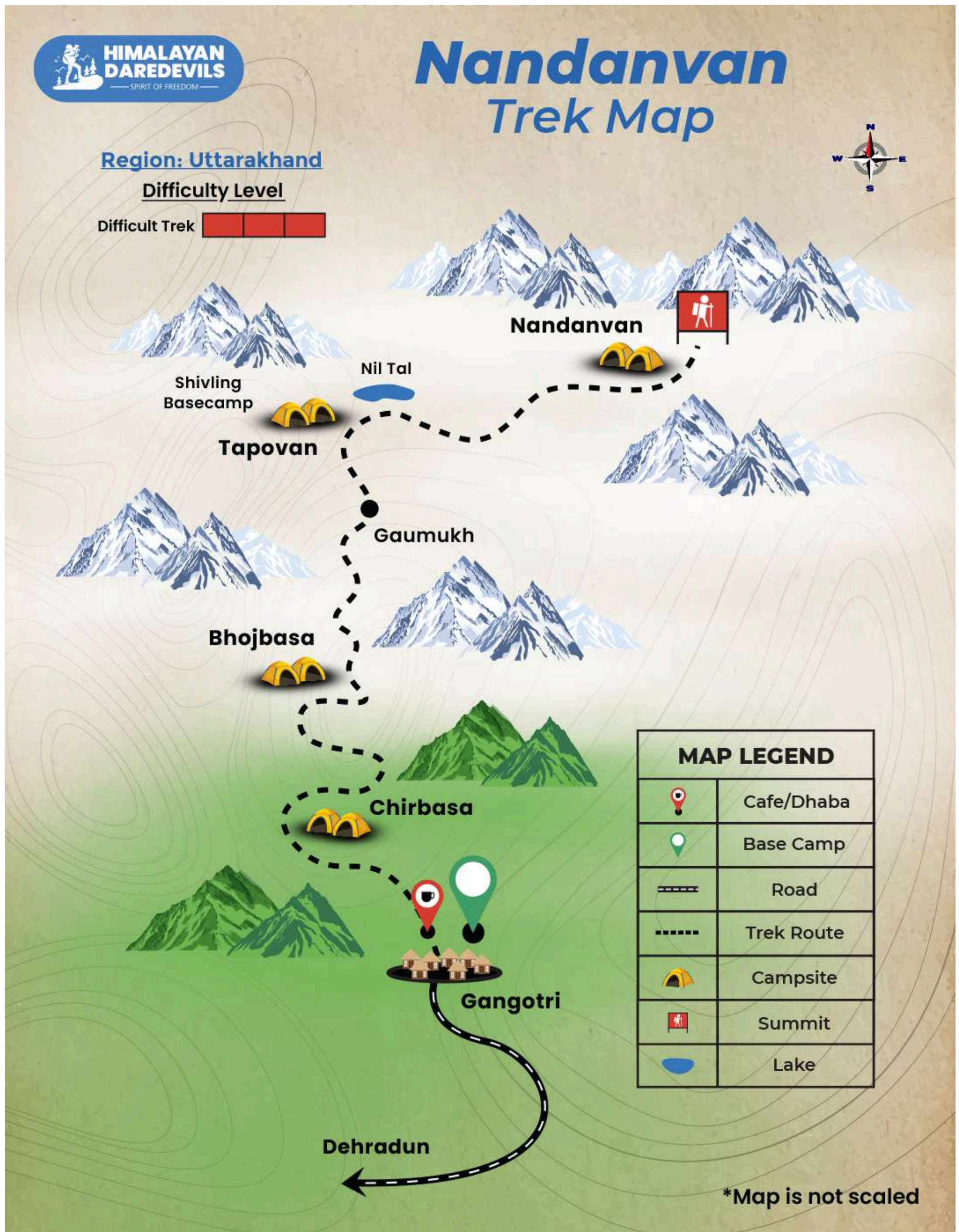
**Return – Drive from Gangotri to Dehradun by taxi |
Distance – 258 km – 10/11 Hours journey**

Today – It is your last breakfast on this trek with Himalayan Hikers team. The certificates will be given and after some beautiful photos we will bid you all a goodbye from Gangotri and Tapovan trek.

Scenic drive from Gangotri to Dehradun you are reach Dehradun 6 pm to 7 pm evening



TREK MAP





INCLUSIONS



- Meals while on trek (Veg.).
- All necessary entry fees and permits.
- Accommodation:- Guest house / Camping during Trek.
- Mountaineering qualified & professional trek Leader, guide, cook, and Support staff.
- First aid medical kits, stretcher, and oxygen cylinder.
- Trek equipment: Sleeping bag, mattress, tent, kitchen & dining tent, toilet tent, utensils, and crampon (if required)
- Staff Insurance.
- Porters/mules to carry central equipment.





EXCLUSIONS



- Any kind of personal expenses.
- Food during the transit.
- Mules or porter to carry personal luggage.
- Insurance.
- Any kind of emergency evacuation charges
- Anything not specifically mentioned under the head.
- 5% GST
- Transport (Non Ac)
- 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.
- Note- We can provide you with a cab or tempo traveller for an additional cost from Dehradun.



WHAT TO CARRY



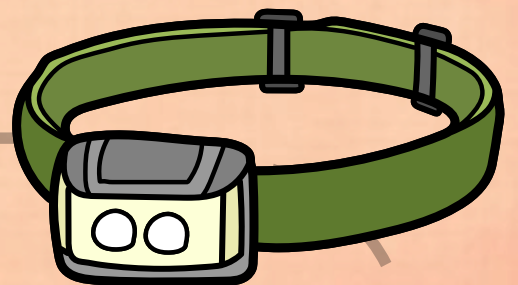
TREKKING SHOES



BACKPACK



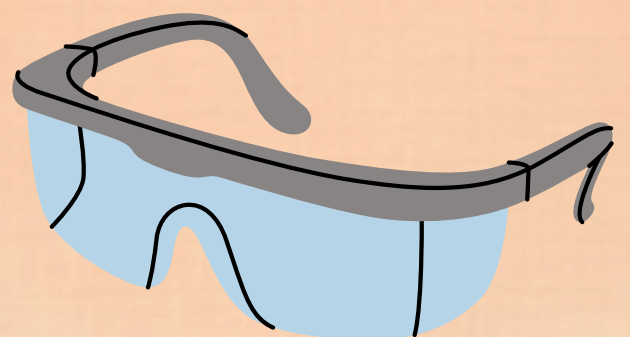
HAND GLOVES



HEAD LAMP



LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

By Air:

Jolly Grant Airport is the nearest airport to Dehradun by flight, almost 25km from the city. You can find regular flights from Delhi to Dehradun.

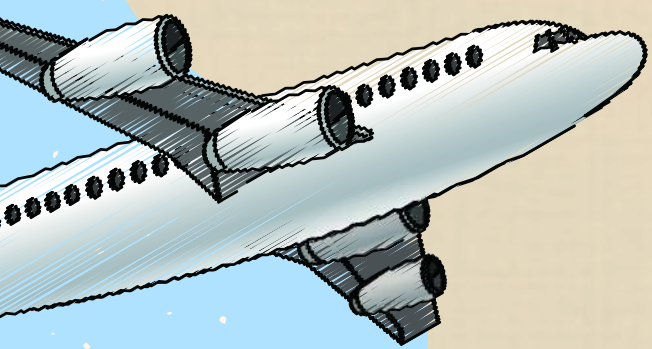
However, if you plan to reach Dehradun by flight, it is better to come one day in advance.

By Train:

Two express trains are convenient if you want to reach Dehradun from Delhi by train. With the train, it is an overnight journey. The two trains are mentioned below:

Nandadevi Express – Train no: 12205 (Departure 11:50pm; Arrival – 5:40am)

Dehradun Express – Train no: 12687 (Departure – 9:10pm; Arrival – 5:00am)



HOW TO REACH

By Bus:

From Delhi, you can find a regular bus service to Dehradun. ISBT Kashmere Gate is the central bus station in Delhi, from where you will find both AC and non-AC buses for Dehradun.

Drive from Dehradun to Gangotri. It is a 10-12 hour drive from Dehradun. Gangotri is the base camp for your trek.



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



+91 6398989097, 95557055210

