

## Shivling Trek in Garhwal Himalaya 2013



**Area:** Garhwal Himalayas

**Duration:** 13 Days

**Altitude:** 5263 mts/17263 ft

**Grade:** Moderate - Challenging

**Season:** May - June & Aug end - early Oct

**Day 01: Delhi - Haridwar** (By AC Train) - **Rishikesh** (25 kms/45 mins approx)

In the morning take AC Train from Delhi to Haridwar at 06:50 hrs. Arrival at Haridwar by 11:25 hrs, meet our guide and transfer to Rishikesh by road. On arrival check in to hotel. Evening free to explore the area. Dinner and overnight stay at the hotel.

**Day 02: Rishikesh - Uttarkashi** (1150 mts/3772 ft)

In the morning after breakfast drive to Uttarkashi via Chamba. One can see a panoramic view of the high mountain peaks of Garhwal. Upon arrival at Uttarkashi check in to hotel. Evening free to explore the surroundings. Dinner and overnight stay at the hotel.

**Day 03: Uttarkashi - Gangotri** (3048 mts/9998 ft)

In the morning drive to Gangotri via a beautiful Harsil valley. Enroute take a holy dip in hot sulphur springs at Gangnani. Upon arrival at Gangotri check in to hotel. Evening free to explore the beautiful surroundings. Dinner and overnight stay in hotel/TRH.

**Harsil:** Harsil is a beautiful spot to see the colors of the nature. The walks, picnics and trek lead one to undiscovered stretches of green, grassy land. Harsil



is a perfect place to relax and enjoy the surroundings. Sighting here includes the Wilson Cottage, built in 1864 and Sat Tal (seven Lakes). The adventurous tourists have the choice to set off on various treks that introduces them to beautiful meadows, waterfalls and valleys. Situated amidst the incredible beauty of mountain peaks, Harsil is counted amongst some of the most beautiful places in the Garhwal region.

**Gangotri:** The shrine of Gangotri is situated at an elevation of 3200 m surrounded by deodars and pines. The original temple was constructed by the Gorkha General Amar Singh Thapa. Every year people from all around the world visit this shrine. A number of ashrams and dharamshalas are located on the other side of the river. It is believed that Raja Bhagirath used to worship Shiva on a slab of rock "Bhagirath Shila" situated near the temple. Submerged in the river there is a natural Shivling where, according to mythology, Lord Shiva sat when he received the Goddess Ganga in his matted locks. A days trek takes one to Gaumukh, the source of the mighty Ganges

#### **Day 04: Gangotri**

The day is for relax, acclimatization and explore the place for pilgrimage. Dinner and overnight stay at hotel/TRH.

#### **Day 05: Gangotri - Bhojwassa (3350 mts/10988 ft)**

The walk begins with gradual ascent through pine trees, alongside the roaring Bhagirathi River with towering cliffs on your left hand side. Soon after you leave Gangotri, you pass a check post for the Gangotri Conservation Project.

The money they collect from your guide trees and an awareness campaign for trekkers on eco-sensitive tourism. Today's walk is quite short to help with



acclimatisation. Chirbasa means pine trees. Here you have superb views of Hanuman Tibba (17,186 ft/5366m), Bhricu Parbat (19,217 ft/6000m), Bhagirathi I, II and III (21,958 ft/6856m, 20,857 ft/6512m, and 20,671 ft/6454m respectively). You could well spot herds of Bharal roaming the hillside above Chirbasa. Dinner and overnight stay in tents at Bhojbassa.

**Day 06: Bhojwassa - Gomukh (3890 mts/12760 ft) - Tapovan (4463 mts / 14640 ft)**

Early in the Morning enjoy the panoramic view of Bhagirathi group of peaks. After breakfast trek to Gomukh (3890mt), the source of the Ganges. Gomukh is where the water of Ganga trickles down from the glaciers. The sages called it 'Gomukh', because in the distant past, it probably appeared like a cow's mouth. Explore the area and trek to Tapovan, one of the finest high altitude alpine meadows in the area. The trek from Gomukh to Tapovan is ascent steep, and as we climb, the view of the surrounding peaks becomes clearer. They appear to be just a stone's throw away. Tapovan known for its beautiful meadows that encircle the base camp of the Shivling peak, Tapovan is a very pleasant surprised spot with a large meadow complete with bubbling streams, wildflowers and campsites. Herds of Bharal (blue mountain goats) is a common sight from here on mountain ridges. On the far side of the glacier the Bhagarithi I, II, III (6454mt), provide an equally impressive backdrop. It is also the little wonder where Sadhus and saints choose this spot for extended meditation during the long summer month. Arrive Tapovan and camp. Dinner and overnight stay in camp.

**Gomukh:** The Gomukh glacier is the source of Bhagirathi (Ganges) and is held in high esteem by the devout that do not miss the opportunity to have a holy dip in the bone chilling icy water.



**Tapovan:** Tapovan is an ideal location for the tourists looking for peace and adventure. Tapovan is located on an altitude of 4463m / 14640ft above sea level. Tapovan is base camp for Shivlinga peak in Utrakhand hills. One can also have a nice view of Bhagirathi peaks from Tapvan Meadow. Every year this place has been visited by thousands of tourist including foreigners for adventure activity like mountaineering & trekking.

**Day 07: Tapovan - Kirti Bamak - Tapovan (7 kms/6 hrs)**

Early in the morning full days excursion to Kirti Bamak glacier and from here you can see the Kedardome peak (6850 mts/22468 ft), Kirti Bamak (6500 mts/21320 ft) and a magnificent view of Shivling from the east. After exploring the area return to Tapovan for dinner and overnight stay.

**Day 08: Tapovan - Meru Glacier - Tapovan (5 hrs/6 kms)**

The day is also thrilling to see the Mt. Meru peak (6400 m). In the morning trek to the base of Mt. Meru crossing the meadows of Tapovan the trail climbs into another ablation valley. It's mythical name is "The mountain of Gold". After exploring the area return back to Tapovan for dinner and overnight stay.

**Day 09: Tapovan - Nandanvan (4570 mts/14990 ft/ Trek 4-5 hrs)**

We trace back to Nandanvan via Gomukh glacier. The route from Tapovan leads from the upper section of the meadow till down and onto the glacier. From Gomukh turn towards Nandanvan (4340m) and steering on right one will be on top of the Gangotri glacier. The glacier runs between two ranges and the

landslides make a layer of rocky moraine on the ice which makes the walking easier. The glacier walk is very slippery and a slight lack of concentration would



be dangerous. Huge crevasses gaped here and there. After a walking for about a kilometer there is a vertical ascent. Big rocks enroute offer grips and foot - holds but many of them are deceptive too. Overnight stay in tents.

**Day 10: Nandanvan - Vasuki Tal (4800 mts/15744 ft) - Nandanvan (7 kms/6 hrs)**

Morning trek along with Chaturangi Glacier to reach Vasukital, a beautiful base for Mt Satopanth and Mt Vasuki Parbat with a small lake. The trek is steady upward. After exploring the area trek back to Nandanvan for dinner and overnight stay.

**Day 11: Nandanvan - Bhojwassa (Trek 4-5 hrs)**

Early morning enjoy the sunrise on high peaks. After breakfast trek down to Bhojbasa. Dinner and overnight stay at the camp.

**Day 12: Bhojwassa - Gangotri (Trek 4-5 hrs) - Uttarkashi**

Morning after breakfast trek down to Gangotri, where our car will be waiting for us. Then drive to Uttarkashi. Dinner and overnight stay at Hotel.

**Day 13: Uttarkashi - Haridwar - Delhi (275 kms/8-9 hrs)**

Morning after breakfast drive 170 kms to reach Haridwar. Arrival at Haridwar by afternoon. Explore the surrounding and evening transfer to railway station to catch train for Delhi at 18:05 hrs. Arrival at Delhi by 22:45 hrs.

**Trip and services ends.**

## **Cost of the Trip**

**USD 1115/- per person** (for a minimum of 2-4 people)\*

**INR 43800/- per person** (for a minimum of 2-4 people)\*

\*4.9 % service tax extra

## **Cost Includes**

- **Train:** AC Train from Delhi to Haridwar & back
- **Transport:** Mahindra Max Car from Haridwar to Gangotri & back.
- **Accommodation:** **Hotel in Rishikesh, Uttarkashi and Guest House in Gangotri** on breakfast basis. While on trek we will provide you **Dome/Alpine trekking tents** on twin sharing basis. Camping mattresses, mess tent, dining tent, camping stool, table, toilet tent etc would be provided.
- **Meals:** Breakfast at **Rishikesh, Uttarkashi and Gangotri** while on trek all meal will be provided. All meals will be freshly prepared and will be a mix of Indian, Chinese & Continental.
- **Porters:** For carrying camping equipment, rations, vegetables and some amount of personal gear of the clients (one bag not weighing more than 15 kgs).
- **Professional local trekking guide and kitchen staff** would accompany the group
- **Entry fee for the park**
- Trekking permit fees

## **Cost does not Include**

- Any charges for carrying still/video cameras etc.
- Alcohol, soft drinks, bottled water, beverages, etc.
- Personal expenses like tips, telephone calls, laundry, etc.
- Any meals/services not mentioned above
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, etc.
- Travel insurance

## **Trekking Equipments List**

1. Trekking boots - well broken in and waterproofed
2. Down jacket or equivalent with hood
3. One heavy wool shirt or sweater
4. Two cotton shirts
5. One pair cotton trousers or shorts
6. One pair woolen trousers
7. One pair shorts or calf-length skirt for women
8. Three pairs of regular underwear
9. Long underwear - thermal or wool
10. Wind- and rain-gear with hood
11. Sun hat with brim
12. Woolen hat or balaclava
13. Woolen gloves
14. Woolen socks to wear with boots
15. Cotton socks
16. Personal first-aid kit including medication for common ailments
17. Flashlight with extra batteries

18. Sunglasses or snow goggles (an extra pair is recommended)
19. Water bottle, preferably wide mouthed, with at least one liter capacity
20. Pocket knife
21. Note book with pens and pencils
22. Plastic bags - small size for books, film etc., larger bags for clothes, sleeping bags
23. Well fitting strong shoes with a couple of woolen socks. The shoes should be used before treks to avoid blisters.
24. First aid set for minor accidents and sickness.
25. A raincoat is necessary to meet uncertainties of weather.
26. Chocolates, lozenges, candies, glucose and dry fruits provide extra pep and energy.
27. It is advisable not to exhaust energy by walking fast, as otherwise the trek will be not enjoyable.