



## Nanda Devi sanctuary trek

[ 4250 M ]

Trek in the Gharwal Himalaya of northern India



### The second highest summit of India

The beautiful peak of Nanda Devi with its twin peaks, totally surrounded by a ridge wall of nearly 6 000m. The only breach in this wall is the Rishi Ganga, a wild and seemingly impenetrable gorge. The Nanda Devi basin must surely be one of the most legendary regions in the entire Himalayan chain.

### Unforgettable sceneries

This classic trek takes us across the picturesque meadows and valleys that border the western edge of the Nanda Devi Sanctuary. The route we follow was used by Shipton and Tilman on their amazing journey to the Nanda Devi basin. During the trek there are many views of the surrounding peaks and the Kuari Pass (3 658m) itself has an unrivalled panorama of the Great Himalayan peaks including Nanda Devi (7 816m), Changabang (6 864m), Doonagiri (7 066m) and Kamet (7 756m).

**DAILY PROGRAM SCHEDULE****Day 1 : Flight to Delhi**

Late arrival at Delhi airport. Meet and greet by our representative and transfer to hotel for overnight stay.

**Day 2 : Delhi – Haridwar – Rishikesh (6h)**

In the morning after breakfast drive to Rishikesh via Haridwar. On arrival check in to hotel. Evening free to explore the near by area by your own. Overnight stay at hotel.

**Day 3 : Rishikesh – Joshimath (8-9h)**

Today after breakfast we will take a hill drive to Joshimath via Devprayag, Rudraprayag. Lunch enroute. Upon Arrival at Joshimath check into hotel. Evening explore Joshimath. Overnight stay in hotel.

**Day 4 : Joshimath - Lata Village (2 317m - 1h)**

An hour's drive takes you to the Lata Village road head. Then trek to the village. Visit the Nanda Devi Temple and get a first hand experience of the distinctive culture of the region. Overnight in the village.

**Day 5 : Lata Village - Lata Kharak (3 689m - 6h)**

Today's trek is a steep incline. The going is arduous but very satisfying as the trail unfolds before ones eyes. Lata Kharak is a high plateau with high peaks surrounding it. Trekking time could vary from 5 - 7h! Overnight in Camp.

**Day 6 : Lata Kharak - Col de Bagfyana — Col de Dharansi (4 250m - 5h)**

A good nights sleep and what a morning! Towering snow clad peaks all around. Dronagiri, Nanda Gunthi and many more. The trail today takes a steep climb to Jhandi Dhar and Bagfyana Pass. From here on it ascends and descends through the narrow gorge of Satkul to Dharansi Pass. Over night in Camp.

**Day 7 : Sanctuaire du Nanda Devi - Debrugheta (3 500m) - Col de Dharansi**

On today's trail the Malthuni - Bithartoli Ridges of the inner and outer sanctuary form a magnificent pass up to Rani Kholi and Donidar. The trail is a steep descent of about a kilometer to Debrugheta. Return to Dharansi Pass by late afternoon. Overnight at Camp.

**Day 8 : Dharansi pass - Hitoli Camp Site ( 2900m - 5h)**

Today we go through Jhandi Dhar a steep descent of 4.5 km to the Hitoli camp site through thick forests of Rhododendron, Birch and Fir. Overnight at Camp.

**Day 9 : Hitoli Campsite - Joshimath (1 890m - 4h)**

The trek goes through the village of Tolma to the road head from where it is a 30 km drive to Joshimath. We will trek through thick forests of Rhododendron, birch and many others. Upon arrival at Joshimath check into hotel for dinner and overnight stay.

**Day 10 : Joshimath – Rishikesh**

After an early breakfast drive to Rishikesh via Nandprayag, Karnprayag, Rudraprayag and Devprayag. Upon arrival at Rishikesh check into hotel. Overnight stay at the hotel.

**Day 11 : Rishikesh – Haridwar - Delhi**

In the morning after breakfast drive to Delhi via Haridwar. On arrival transfer to hotel for relaxes. Overnight stay at hotel.



### Day 12 : Delhi

In the morning after breakfast take a guided sight seeing tour of Old & New Delhi covering Red Fort, Raj Ghat, India Gate, President House, Humaan Tomb, Lotus Temple etc. dinner & overnight stay at the hotel.

### Day 13 : Return flight

Transfer to airport for return flight

### Day 14 : Arrival



### TECHNICAL LEVEL 3

MODERATE

Trek for all people who want to discover a country in authentic and sporty conditions: walks of 3 to 6 hours per day, night in tents, moderate altitude difference, low altitude. Those trips are intended to people with a good physical condition and which practice sport regularly sport without having a competition level ... A good physical endurance with a sporty spirit!

### Dates and Prices

For dates and prices, please go online at [www.trekonline.com](http://www.trekonline.com) or contact our customer service department

☎ by phone : +33 (0)1 43 25 27 74 ☎ by fax : +33 (0)1 46 33 24 77

✉ or by mail : [contact@trekonline.com](mailto:contact@trekonline.com)

### SERVICES INCLUDED

<b>Accommodation</b>	On double room basis, taxes and breakfast included. Standard category hotels in cities and during excursions. Tents, lodges (tea houses), during treks and expeditions. If you wish a single room, please advise upon booking (extra charge).
<b>Air transport</b>	Price includes international flight and domestic flights.
<b>Camping equipment</b>	All camping equipment such as; tents, mess tents, shower tents, wc tents, cutlery, cooking utensils and fuel are included.
<b>Excursions</b>	Entrance fees to museums and tourist sites
<b>Guides</b>	Local English speaking guides.
<b>Meals India</b>	Breakfast in towns and cities and during excursions. Full board during the treks and expeditions.
<b>National parks &amp; climbing permit</b>	All fees included.
<b>Service team India</b>	Cook, porters and/or mules or yaks. On the basis of a weight of 13kgs per person.
<b>Transfers</b>	Our staff will pick you up at the airport and drive you to your hotel. After the program, we will ensure your transfer back to the airport.

## SERVICES NOT INCLUDED

<b>Beverages &amp; other personal expenses</b>	Alcoholic drinks, soft drinks and all other personal expenses are not included.
<b>Insurance</b>	Insurance coverage is not included. Make sure you are properly covered when booking your program.
<b>Mini group India</b>	Guaranteed departure starting from two participants. Extra charge of 150€ per person for groups under 4 participants

<b>Sleeping bag &amp; personal equipment</b>	Nor the technical equipment, nor the sleeping bag or high mountain gear are included. You may rent some of the equipment locally.
<b>Tax India, Bhutan, Sikkim</b>	No departure tax required. But could be subject to change anytime.
<b>Visa India, Bhutan, Sikkim</b>	Your passport must have a 6 months validity after your return date. Contact your local Indian consular authorities to obtain your visa, mention the special (ILP) permit for Sikkim. For Bhutan, please request from our agency the special form to fill in for the Bhutanese visa. We will initiate the visa process and you will pay the visa fees locally.

**CHECKLIST PHARMACY**

- Anti-inflammatory cream
- Antibiotics
- Antiseptic - Mercurochrome, dry spray, antibiotic powder
- Aspirin or Panadol - for pain or fever
- Augmentin - in case of intestinal infection with a high temperature
- Bandages and plasters - for minor injuries and wounds as well as special plasters for blisters.
- Disinfectant Spray - (e.g. Dettol)
- Eyedrops and antibiotic cream for eyes
- Hydroclonazone, Micropur - water purifier
- Imodium or Lomotil - for diarrhea, stomach aches, dehydration
- Moisturizing lotion
- Mosquito repellent
- Rehydration mixture - for treatment of severe diarrhea and dehydration
- Your usual medicine

**CHECKLIST GEARS**

## Clothes

- Bottle neck jumper
- Down jacket (warm duveted jacket)
- Goretex waterproof jacket
- Goretex waterproof trousers
- Polar jacket
- Rain gear
- Spare clothing
- Synthetic underclothes
- Trekking wear
- Wind stopper

## Head

- Hat / Cap
- Scarf / balaclava
- Sunglasses with UV protection

## Hands

- Goretex gloves (2 pairs)

## Foot

- Loop-pile socks (one thick one thin to reduce blisters)
- Sandals - tennis shoes
- Synthetic socks
- Trekking boots

## At camp

- Cutlery & swiss knife
- Sleeping bag (-20°C comfort zone)

## Travelling

- Camera & binoculars
- Headlamp with spare batteries
- Rucksack 30L
- Rucksack 60L
- Sponge bag

- Sunscreen / lip balm
- Water bottle



### Geographic Information

India  
India has a variety of climates, and therefore, places that you can visit all year round. You will be amazed by the diversity of its cultures, religions, landscapes, and animal and plant life.

Capital city: New Delhi

Highest peak: Mt Kangchenjunga (8598m)

Location: Considered as a subcontinent by itself, India is separated from the rest of Asia by the Himalayan chain.

Population: Approx. 1.103 billion inhabitants.

Geography :

India is the seventh largest country in the world, with a surface area of 3,287,732 km<sup>2</sup> divided into three main regions:

The Himalayan chain in the north, separating India from China, Bhutan and Nepal, and where the highest peak is located.

The southern plains, lying from the sea of Oman to the gulf of Bengal.

The Deccan plateau in the center.

### Administrative Requirements

You must have a valid passport, with an expiration date of at least 6 months after your return. When applying for your visa, send your documents to the Indian Embassy or high commission (or consular section at embassy or high commission). There are also Indian Visa Application Centres in London, Birmingham and Edinburgh.

### Travelling hints

In order to avoid food poisoning, you are advised to drink bottled mineral water, eat only fully-cooked food, and to avoid fresh fruits and salads.

Recommended vaccinations: DTP (diphtheria, tetanus, polio), meningitis A/C, typhoid, hepatitis A/B,

tuberculosis. However, we still advise you to refer back to your doctor and local health authorities before your trip.

### Useful Information

#### Natural Reserves:

India has 93 natural parks and 480 natural reserves, each providing a habitat for different species of plants, animals and birds.

In the north for example, Corbett National Park is a paradise for crocodiles.

In the south is the Natural Reserve of Periyar, mainly an elephant and tiger reserve with a variety of bird species.

In India, it is possible to spot rare animals, including the Bengal Tiger and the Asian Lion.

#### The Ganges:

The Ganges is one of the seven sacred rivers of India. Hindus believe that immersion in the Ganges absolves all sins and that scattering ashes in the river will change your future for the better.

#### An ancient heritage:

You will find a very rich cultural heritage:

Temples are numerous in India. Each one holds its own importance in Indian society and an influence over the local people. Temples play a social, cultural and economical role. The main Hindu temples in India are: the Khajuraho temples, Lotus (Bahai Temple), Sun– Konark temple and Meenakshi.

Buddhist Monasteries: in the 6th century B.C. Buddhism was introduced in India. You must always visit a Buddhist monastery in a clockwise direction and it is forbidden to smoke or drink alcohol. Ask for permission before taking pictures. The main monasteries are: the Tabo monastery (one of the oldest), the Kye monastery, and Dhankar monastery.

Mosques: one of the largest mosques in India is the 17th century mosque of Jama Masjid with two 40m minarets, located in the heart of old Delhi. Visits are held on specific hours and you must respect the dress code (no shorts are allowed, wear long sleeves). Take off your shoes before entering a mosque.

British Monuments: in India's major cities you will still see many buildings dating back to the British colonial rule, with typical British colonial architecture like the Mumbai train station and the Victoria Memorial in Calcutta with its art collection.

The Taj Mahal: located in Agra (north India, 200km from New Delhi), this monument was built in 17 years by Emperor Shah Jahan, in memory of his wife that died in 1631. It is a jewel of Indian Muslim art and is a universally admired masterpiece, classified by the UNESCO as World Heritage in 1983. Built in pure white marble, its' colour changes depending on the time of the day.

#### Tourist Spots:

Sikkim: An ancient Kingdom that became a part of India in 1975. The Tibetan name is "Bras mo ljongs" meaning "Rice Valley". The capital is Gangtok. You will be impressed by the beautiful scenery and wide panoramic views of the Himalayan chain and of the 3rd highest peak in the world, Mt Kangchenjunga.

Darjeeling: both the region and the city! This region is the growing ground of the world famous "Darjeeling tea" and also has beautiful views of the snowy Himalayas.

**Rajasthan:** Western state of India, its capital is Jaipur. Rajasthan attracts visitors for the beauty of its cities and its rich historical and cultural heritage of ancient India. It is the second ranking Indian state regarding tourism.

**Kashmir:** A region divided between India, Pakistan and China with Srinagar as the capital. Compared to Tibet, it attracts visitors for its mountainous landscapes and monasteries.

**Kolkatta:** Capital of western Bengal, second city after Mumbai. It is the cultural capital of India.

#### Food and Drink:

The diversity between regions and communities in India has led to a very rich cuisine, with a wide variety of dishes. Indian cuisine is always associated with curry and spices.

In the north, you will find lamb or chicken tandoori, marinated in a spicy yogurt sauce, combined with various breads such as naan, chapatti, and roti.

Along the coast, the traditional dish is tiger prawns or a grilled Bekti (fish from the gulf of Bengal) with coconut sauce.

In the south you can taste a wide variety of sautéed vegetables served with rice and spicy sauces.

#### Traditional Products:

You will find wool and silk fabrics, carpets, jewellery, and precious stones available to purchase.

#### Language:

Hindi is the official language and is the mother tongue for 20% of the population. However, in total there are over 1600 different languages spoken in India, 40 of which are spoken by 85% of the population. English is the most spoken foreign language.

#### Currency:

The Indian Rupee is the national currency (1 euro = 63,43332 INR - 2008). Travellers Cheques can be cashed in most hotels but we suggest you also carry USDollars in small notes.

Do not accept torn bank notes, they could be refused when purchasing.

#### Use of Credit Cards:

All main credit cards (Visa, Mastercard and American Express) are accepted by most reputable hotels, boutiques, restaurants and department stores. ATM machines are available in all big cities.

#### Climate:

Indian climate is heavily affected by monsoons. In the north, there are very high temperatures in April and May, and there are warm temperatures all year around in the south. The hot season lasts from December to February.

#### Altitude Sickness:

During your visit to India, you may be exposed to high altitudes. Breathing and sleeping difficulties, headaches, loss of appetite, and sometimes nausea are all symptoms of altitude sickness.

We suggest that you acclimatise progressively, refraining from physical activity and resting during your first

day in altitude.

Time Difference:

There is a time difference of + 4h30 (summer) & + 5h30 (winter).

Electricity:

Voltage in India is 220 volts, 50 Hz. We suggest that you bring an adaptor for standard European sockets.

Clothing:

This will depend on the area in which you will be travelling. In order to find out the specific requirements, refer back to our detailed list in each program.

Telephone :

Dialling code for India from the UK : 00 + 91 + contact's phone no

Dialling code for the UK from India : 00 + 44 + contact's phone number (without the first 0)

Opening and Closing Times:

Banks are open from Monday to Friday from 10am to 2pm and on Saturdays from 10am to 12pm.

Shops are open from Monday to Friday from 10am to 6.30pm, closing for a break between noon and 2pm.

Civil Services are open Monday to Friday from 10am to 4.30pm.

Insurance:

It is vital that you have insurance for your trip. Please ensure that your insurance covers assistance, search and repatriation if you are participating in a trek or expedition.

Some useful words:

Yes = ha

No = nahi

Thank you = dhanyavaad

Hello = Namaste

The Post Office = Daakkhaanaa

Bank = banku

Goodbye = alavidha (namaste)

### Key addresses

For High Commission of India, London County Jurisdiction:

India Visa Application Center

1-3, Canalside, Uxbridge road Hayes, Middlesex, UB4 0JN

For Consulate General of India, Birmingham County Jurisdiction:

India Visa Application Center

20-21 Pemberton St, Birmingham B-18 6NY

For Consulate General of India, Edinburgh County Jurisdiction:

India Visa Application Center

66 Handover Buildings Rose Street, Edinburgh EH2 2NN

Call center: 0905 757 0060

<http://in.vfsglobal.co.uk>

High Commission of India

India House Aldwych

London WC2B 4NA

Tel.: Information (0906) 844 4544

Enquiries: (020) 7240 1012

Application form fax-back: (0906) 844 4543

British High Commission

Shantipath Chanakyapuri

New Delhi - 110021

Office hours: 0900-1700 hrs

Phone: (91-11) 26872161

Fax: (91-11) 26870065

Out-of-hours: (91-11) 26872161

Email: [web.newdelhi@fco.gov.uk](mailto:web.newdelhi@fco.gov.uk)

Center for disease control and prevention :

[www.cdc.gov/travel/destinationList.aspx](http://www.cdc.gov/travel/destinationList.aspx)