

Treks in Himalaya – Trek Guide



Table of Contents

GNU LICENSE.....	2
Dain Kund Trek.....	3
Valley of Flowers Trek.....	4
Day 1: Gobindghat.....	4
Day 2: Ghangaria.....	5
Day 3: VOF.....	5
Day 4: Hemkund Sahib.....	5
Day 5: Gobindghat & further.....	6
Triund Trek.....	7
Nag Tibba Trek.....	9
Day 1: Devalsari.....	9
Day 2: Nag Tibba Trek.....	9

GNU LICENSE

Copyright (c) 2016 SIDHARTH RAI

Permission is granted to copy, distribute and/or modify this document under the terms of the GNU Free Documentation License, Version 1.3 or any later version published by the Free Software Foundation; with no Invariant Sections, no Front-Cover Texts, and no Back-Cover Texts. A copy of the license can be found at

http://www.daad.de/de/GNU_Free_Documentation_License.doc

This document has been written on the basis of personnel experience with the intent to helping fellow terkkets/travellers, please make further queries as required before you head to The Himalaya.

Dain Kund Trek

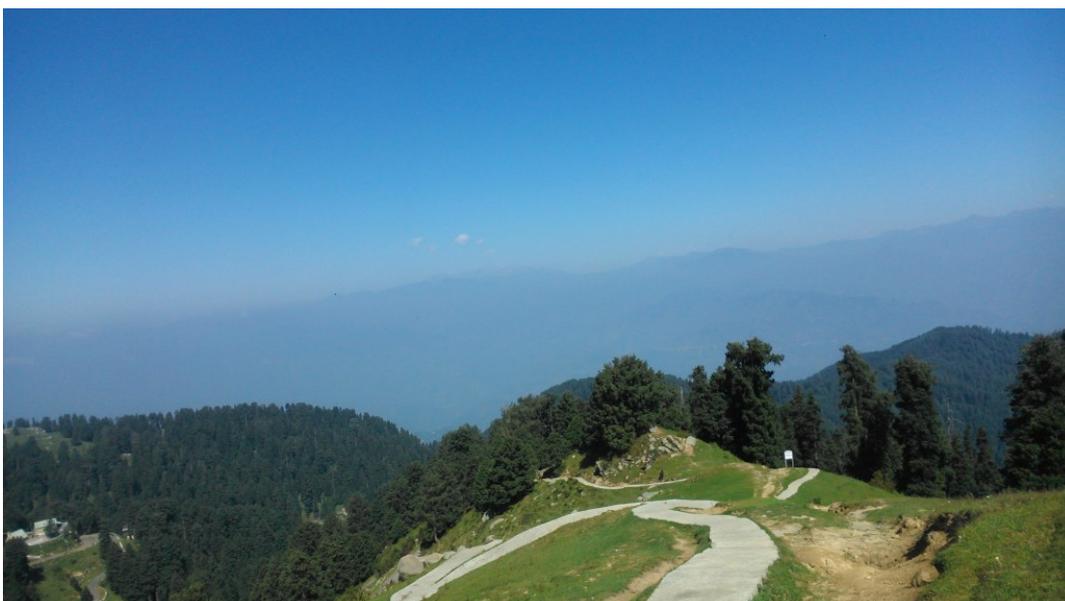
Dain kund trek is off route from Dalhousie – Khajjiar Road band offer some beautiful views of Himalaya. Trek is relatively easy and can be completed in 2-3 hours if you are in hurry and your fitness permits.

On Dalhousie-Khajjiar Road there is diversion which goes towards Air Force Station, Civilians are not allowed to go inside the gate and you will have to stop your car/vehicle there itself. There is slope/stairs going upwards through the gate, it takes you to MATA POHLANI TEMPLE.



Route is well defined trail and there are sign boards as well on the way. At top you can see the temple and scenic view of Himalaya.

Caution – There are no buses/public transport and you will have to hire your own taxi/cab



Valley of Flowers Trek



Valley of flower is a beautiful ground where variety of flowers blooms in the summers and it is also famous for multiple species of animals/birds and has been declared as World Heritage Site in 2005. I have been to VOF in 2009 along with my friends from college and have documented the information below.

Day 1: Gobindghat

Early mornings buses are available from Rishikesh to 'Gobindghat', First bus leaves around 5 AM and reaches Gobindghat at 5 PM.

Bus traces The Ganges throughout the journey and you can see beautiful scenery created from Water rushing down to plains and then to Bay of Bengal. Bus stops for breakfast at 'Dev-Prayag' where 'Sangam' of Alaknanda and Bhagirathi is visible from the road itself.

Gobindghat is the last stop for vehicles and is also the starting point to trek for VOF/HemKund Sahib. There is beautiful Gurudwara where you can eat Langar and stay for night otherwise there are multiple hotels/lodges available to suit your budget.

Note: Rain Coat and Stick can be bought here which are really helpful for trekking.

Day 2: Ghangaria

Trek of 13 Km to Ghangaria starts by crossing the bridge over Alaknanda from Gobindghat, Trek is little steep and good fitness level is required if you are carrying your own sack otherwise porters/mules are available. On the route trek comes near Alaknanda and you can capture some memories. Trek is a well laid path and takes about 5-6 hours to complete with breaks in between.

To stay, number of options are available for all budgers. To eat you can get everything (Dosa, Paranthas etc) at nominal price. Price of eatables keep rising along with height.

Day 3: VOF

We started at 8:00 AM for VOF trek and took permission for entrance. It is 3 Km trek and takes about 3 hours to reach valley entry point.

Natural flowers make picturesque scenery with mountain and multiple tributaries of 'Alaknanda'. Further 4 KM inside the valley you can see river bed and flowers making beautiful painting on nature's canvas. The valley looks like 'Heaven on earth' and you can trek further to Tapda Glacier.



Day 4: Hemkund Sahib

This is a very steep trek and took almost 3 hours for us to cover first 4 km. After that there is shortcut of around 1000 steps which will directly take you to the Top.

Hemkund Sahib is very cold however the Hot Food (Langar) is available free of cost from 'Gurdwara'. We took tea/'Khichdi' and dried our wet clothes by sitting in front of kitchen fire. There are total 3 'Ardaas' done daily at 10:00 AM, 12:00 Noon and 1:30 PM.

Day 5: Gobindghat & further

It was an easy part now since most of the slope is downward and can be covered in 3-4 hours. You can head to Badrinath from here if you reach Gobindghat before afternoon.

Inside VoF



River Bed Inside VoF



Triund Trek

Triund is a beautiful ground situated amidst Dhauladhar ranges of Western Himalaya and provides unparalleled view to Hanuman Tibba which is the highest peak of this range.

View from Triund



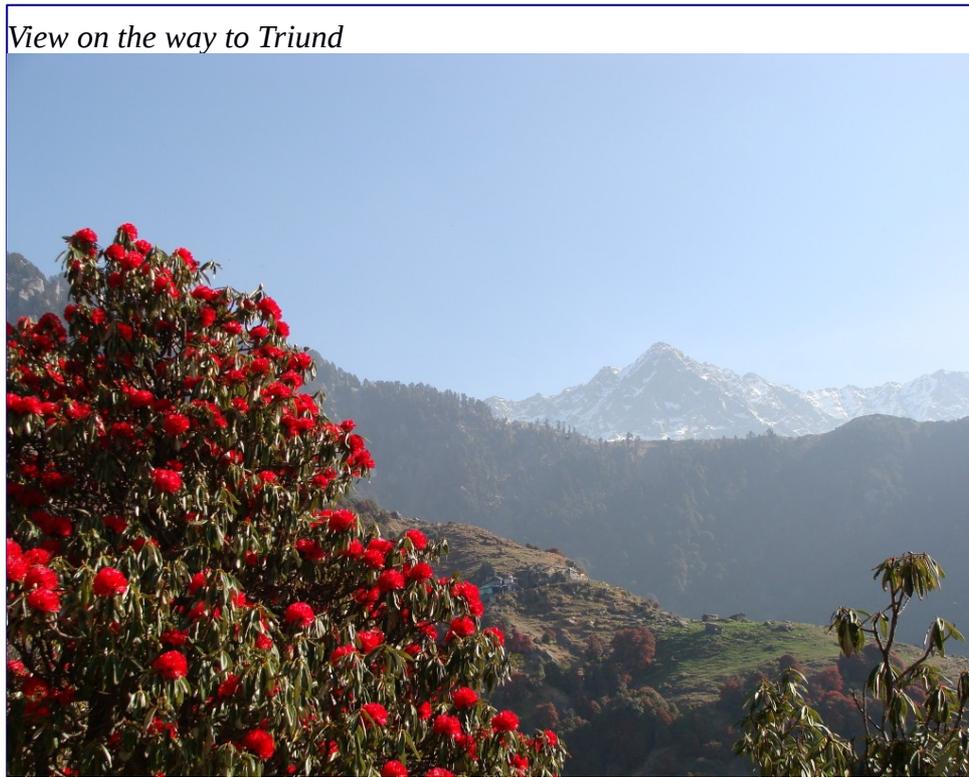
Triund Trek Trail



Trek starts from Dharmkot in upper Dharamshala (McLeodganj) and is easily accessible by two/four wheeler. It is advisable to start early in the day if you plan to come back on the same day. Total distance for one way trek is about 9Km and takes about 4-5 hour for normal fitness level.

On the route there are multiple scenic view of the mountains and enough places/cafes where you can just sit and admire the Mother Nature or have quick tea/maggi to make it memorable.

Himachal Tourism Lodge is there on the top which can be booked in advance or there are tents available on the top if you have a plan for camping. There are lots of Tibetan Flags on the the Top as it is believed that prayers will go with to the GOD with the help of air. If planned in advances, this trek can be extended upto Snowline.



Nag Tibba Trek

Nag Tibba ('Serpent's Peak'), 3,022 metres (9,915 ft), is the highest peak in the lesser himalayan region of Uttarakhand state (Garhwal Division), and lends its name to the 'Nag Tibba Range', itself the next-northerly of the five folds of the Himalaya. It is situated 16 km (9.9 mi) away from Landour cantonment, and around 57 km from Mussoorie in Tehri Garhwal region of Uttarakhand. The 'Nag Tibba Range' is amongst three principal ranges of the Lesser Himalayas, which includes the Dhauladhar, and the Pir Panjal, which branched off from the Great Himalayas.

Day 1: Devalsari

Reach devalsari from Mussoorie via Thatyur, There are regular Jeeps from old bus stand. Don't forget to take permission of Devalsari forest rest house if you plan to stay there, otherwise you can also stay in devalsari village.

Devalsari Forest Rest House



Day 2: Nag Tibba Trek

Start early in the day to reach back Devalsari same day. Since the trek goes through the jungle and there is no defined path, I will recommend to hire a guide. You can ask people in Oothad village to accompany you and they shall be charging nominal rates for the service.

If you are planning to stay on the top, then carry tents, food in good quantity since there are no shops/cafe on the way. However there is 'Nag Devta' temple on the top where devotees will come on festivals.