



## Gaumukh Tapovan Trek

<b>Location</b>	<b>Garhwal Himalaya, Uttarakhand</b>
<b>Area</b>	<b>Gangotri</b>
<b>Grade of trek</b>	<b>Moderate-Hard</b>
<b>Co-ordinates</b>	<b>30°53'36"N 79°4'53"E</b>
<b>Max. Altitude</b>	<b>4463 m</b>
<b>Season</b>	<b>mid May – mid October</b>
<b>Duration</b>	<b>9 days</b>



The Holy River Ganges is the most sacred river in the Hindu religion and its source at Gaumukh at the Gangotri glacier. The glacier measures about 30 kilometers long. The Gangotri glacier is surrounded by peaks belonging to the Gangotri Group of mountains, including some that pose a challenge to mountaineers, such as Shivling, Thalay Sagar, Meru, and Bhagirathi III. The glacier follows a N. Westerly route located below Chaukhamba Mountain, the highest peak of the group.

Gaumukh is one of the holiest places for Hindu pilgrims who come here to witness the birth of Mother Ganga. The trek takes one to Gaumukh (cows mouth), the mythological source of the River Ganges, which is at the snout of the Gangotri glacier.

### Trek Itinerary

**Day 01 : DELHI - HARIDWAR – RISHIKESH**

Board the morning Shatabdi A/C train to Haridwar to reach at noon at the Haridwar Railway Station, drive to Rishikesh (a 45 minutes drive). In the evening visit the Ganga river bank .Overnight in hotel.

**Day 02 : RISHIKESH- UTTARKASHI (170 kms/ 4-5 hrs)**

Post breakfast - the drive takes one to Uttarkashi along the narrow Ganga and Bhagirathi valleys. Uttarkashi is an important stopover for pilgrims visiting Gangotri. Overnight in hotel.

**Day 03 : UTTARKASHI - GANGOTRI (3048 m) Drive (95 kms).**

After breakfast drive to reach Gangotri via Harsil (approx 25 km before Gangotri by covering approx 95 km in 4-5 hrs. Overnight stay.

**Day 04 : GANGOTRI - BHOJWASA (3792 mts) 13 kms trek/5-6 hrs)**

Trek commences towards Bhojwasa via Chirbasa (3600mt) along a well trodden and well laid path following a gentle incline along the picturesque Gangotri valley. Enjoy the excellent sunset on Bhagirathi group of peaks. Dinner and overnight stay in tents.

**Day 05 : BHOJWASA – GAUMUKH (3890 mts) - Tapovan (4463 mts)**

Trek to Gaumukh immediately after that towards the source of the Ganges. Gaumukh is the spot where the water of Ganga trickles down from the glaciers, to descend into the Gangotri valley and beyond. On the far side of the glacier the Bhagirathi I, II, III (6454mt), provide an equally impressive backdrop. Dinner and overnight stay in camp.

**Day 06 : TAPOVAN (4463 mts)**

Spend the entire day at leisure to acclimatize, relax and enjoy the magnificent snow clapped peaks. Dinner and overnight stay at the camp.

**Day 07 : TAPOVAN - BHOJWASA (Trek 4-5 hrs)**

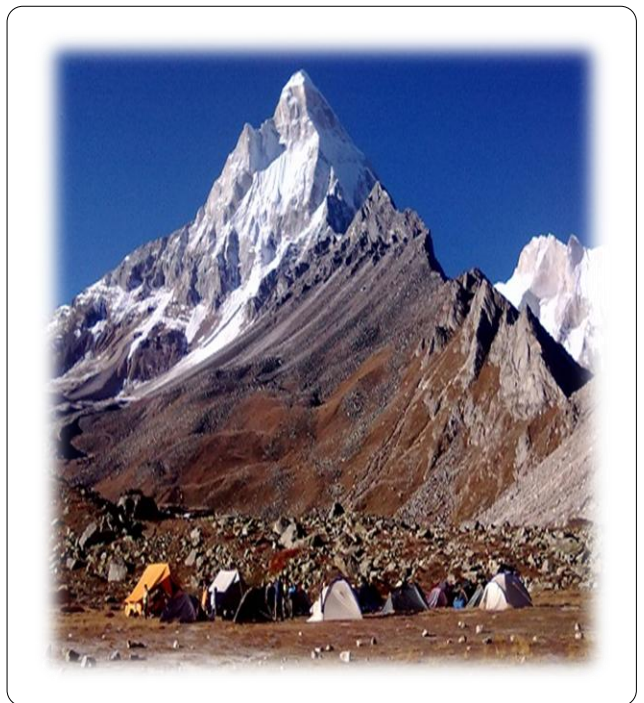
Post breakfast make a swift descent down to Bhojwasa, covering the seemingly endless trek in a matter of hours. Arrive Bhojwasa and camp. Dinner and overnight stay at the camp.

**Day 08 : BHOJWASA - GANGOTRI (Trek 4-5 hrs)-UTTARKASHI**

Trek down to Gangotri - a continuous downhill path, and drive to Uttarkashi .Dinner and overnight stay at the Hotel / Rest house.

**Day 09 : UTTARKASHI - HARIDWAR - DELHI**

Morning after breakfast drive to Delhi via Haridwar. On arrival transfer



### Program Highlights

- Camp & Jungle craft
- Navigation skills
- Expedition planning
- Team building
- Eco-sensitivity
- Community Service
- Mountain Eco-System