

In the Shadow of Nanda Devi

Trip Code: NAN

Version: NAN In the Shadow of Nanda Devi



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Enjoy a stunning trek in a quiet corner of the Himalayas
- Stay in scenic campsites set in incredibly beautiful locations
- Take in spectacular views of Nanda Devi and Panch Chuli
- Visit remote villages and shepherd communities along the way

AT A GLANCE

- 9 days trekking
- Max altitude - 3950 metres
- Join at Delhi

ACCOMMODATIONS & MEALS

- All meals included
- 9 nights Camping
- 4 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Straddling the districts of Garhwal and Kumaon, close to the Nepalese border, Nanda Devi (7817m) is the geographical and spiritual high point of India. After sightseeing in Delhi, our trekking holiday in the area of this sacred mountain begins on the train to Kathgodam and continues by road to the village of Supi. Trekking from the valley of the Ram Ganga to finally reach the Gauri Ganga in the east, our route is rich in interest, passing through a delightfully scenic and unspoiled corner of the Indian Himalaya. Traversing alpine meadows and crossing high passes, we have panoramic views of the clustered peaks of the Nanda Devi Sanctuary and of the adjacent Panch Chuli group. This is a delightful trek through a beautiful and unspoilt corner of the Indian Himalaya with excellent green campsites. Visits to several villages and shepherds' camps provide a wealth of cultural interest and help to make this a wholly memorable trekking holiday in an area visited by few adventure travellers.

Is this holiday for you?

This is a very beautiful 9-day trek, in an area seldom visited by other trekkers. The average day's walk will be between 5 and 7 hours - although during the day's trek along the Sudam Khal Ridge we could be walking for 8 or 9 hours. Generally the route follows ancient trade routes and village connections that offer very good walking conditions, but there are some sections of looser ground. There are several passes to cross during the trek which does make the trip quite challenging within its grade. Overall this is an excellent walking holiday, both for experienced trekkers who want to travel in a little-visited region and also for well-prepared novices looking for a short, but reasonably demanding trek.

Itinerary

Version: NAN In the Shadow of Nanda Devi

DAY 1

Meet at the group hotel in Delhi. Transfers from Delhi Airport are provided.

Your holiday starts at the hotel in Delhi. Delhi Airport transfers are provided. After lunch at the centrally-located hotel there will be a city tour to include the busy bazaars of Chandni Chowk, and the Moghul Red Fort. We will also see New Delhi's imposing avenues and the Lutyen's designed Government Houses. Returning to the hotel, your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **L D**



Accommodation
Hotel

DAY 2

Take the morning Shatabdi Express train to Haldwani and drive to Kausani.

After an early breakfast, we go to the railway station and board the train for the 4 hour journey to Haldwani (Kathgodam). It is said that the journey is half the experience and certainly this is true here. Any journey on Indian Railways is a fascinating affair from the crowds and chaos of Delhi station platforms to the rustic scenes of life in the countryside as we pass through. Arriving in Haldwani before midday, we take a break for lunch before continuing our journey by road to Kausani. Located on a ridge top in the foothills of the Indian Himalaya Kausani (1890m) is a very picturesque hill station offering a sensational 300 kilometre wide panorama on the Himalaya including the ranges of Nanda Devi and the Panch Chulis. Overnight in a simple but comfortable hotel

Meals: **B L D**



Accommodation
Hotel

DAY 3

Drive to the village of Munar, meet our trek crew and trek alongside the Saryu River to Supi (2000m).

After breakfast, we leave the Khali Estate Resort and make another scenic 3-hour drive via Bhageswar to the roadhead at the village of Munar. Here, our crew will be waiting with our lunch. After lunch, we set off on the first stage of our trek, alongside the Saryu River. Starting out at an altitude of 1500 metres, we trek for 2 hours, climbing some 500 metres through the village of Talai to the pretty settlement of Supi. This afternoon walk, partly on a jeep road, gets us into the swing of things, nicely. The altitude at our camp beside the school is approximately 1930 metres.

Meals: **B L D**



Accommodation
Camping



Time
2 hrs trekking

DAY 4

Trek above the river, through several small farming hamlets, to Mikila (2300m).

Passing through a mixture of rhododendron, oak and pine forest, the well made path zig-zags up the steep mountainside, before contouring high above the river, through several small farming hamlets. Even on our first full day of trekking, we gain a rare insight into the way of life of the inhabitants of the foothills of the Indian Himalayas - inquisitive children playing in the villages, farmers ploughing the fields and mule trains ferrying supplies between villages. The path hugs the 2000 metre contour for approximately 2 hours, before dropping to the river, to a bridge by the Badra Tunga Temple, where there are several chortens. Crossing the bridge, the path climbs steeply through a village. We stay on the main path on the south side of the valley, opposite the village of Mikila. Our camp lies in a clearing in the forest at an altitude of 2300 metres.

Meals: **B L D**



Accommodation
Camping



Time
4 - 5 hrs trekking



Distance
6KM

DAY 5

Ascend through forest and meadow, with views of Nanda Devi. Overnight at Raj Kharka (2520m).

We are given a packed lunch for today's excellent walk. The trail continues along the south side of the valley, climbing steeply through more forest and passing several small kharkas (meadows) which are used by the local Gujjar shepherds to graze their animals. Climbing through rhododendron forest we emerge onto open hillside and are treated to views of Nanda Devi, Nanda Devi East and Nanda Kot. After 3 to 4 hours we turn north on a high path just below a ridge crest at around 3300 metres. Finally, we

drop down on a small trail which is loose in places, to reach the Madari Pass (3032m). The mules and our cook crew will have taken a more direct path to this point and anyone who does not wish to make the climb to the ridge can trek this lower path with the crew. We then descend steeply through more beautiful forest to an idyllic campsite in a forest clearing, known as Raj Kharka (2520m).

Meals: **B L D**



Accommodation
Camping



Time
5 - 6 hrs trekking



Distance
7KM

DAY 6

Trek down to the Ram Ganga. Cross the river and continue to Namik (2250m).

One of the features of this almost perfect campsite is that it faces east and is warmed by the early morning sun at around 6 am - breakfast alfresco, weather permitting. During the morning's walk, there are splendid views of our route ahead over the next few days and of the high peaks of Kumaon, including Nanda Kot (6860m), the dominant peak at the head of the valley. Passing through the sprawling village of Gogina, we join a path which contours around the valley's northern slopes, eventually dropping down to the banks of the Ram Ganga at an altitude of 1800 metres. We cross the river to its east bank on an old rickety bridge, taking a long lunch break in the sunshine, before beginning the steep climb to the Village of Namik (2250m). We camp just above Namik in yet another superb campsite overlooking the Ram Ganga.

Meals: **B L D**



Accommodation
Camping



Time
6 hrs trekking



Distance
10KM

DAY 7

Trek on an ancient stone stepped trail with views of Nanda Kot. Overnight at the ridge-top site of Thaltak (3400m).

Leaving camp, we soon pick up a wonderful path, which will take us all the way to the Sudam Khal Pass. This is an ancient trail, certainly centuries old, and yet it remains in excellent condition. Constructed out of stone, the original engineers made use of drainage ditches to prevent the monsoon rains from washing it away and employed sections of steps to overcome any steep ground. The path is still used today, by shepherds taking their flocks to higher pastures during the summer months. The path is a joy to walk on, as it gently climbs through beautiful forest with several clearings offering superb views back toward Nanda Kot. Just before the Susungri Pass (3150m), which we reach after 3 to 4 hours, there is an obvious junction in the path. We follow the left fork, heading towards the west and descending slightly at first. We pass through meadow to the foot of a short but steep climb to a notch in the ridge marked by a large white stone. Immediately beyond the ridge is a basic hut where we have lunch and make camp at

the place known as Thaltak (3400m).

Meals: **B L D**



Accommodation
Camping



Time
5 hrs trekking



Distance
9KM

DAY 8

An excursion from camp up to the Sudam Khal Pass (3950m) with views of the Panch Chuli peaks.

A longish day today, but a truly spectacular walk, as we traverse the ridge, heading northwards. Leaving the relative luxury of the trekker's hut just after dawn, we climb 700 metres in around 2 hours to reach the crest of the ridge at Ranthon. Here, the views of the Panch Chuli peaks are particularly stunning, with the magnificent, pointed summit of Panch Chuli II, dominating the group. To the west, we can see Nanda Devi, and Nanda Devi East rising above the interceding ridges of the Kumaon. The trail continues along the ridge, sometimes along the crest and sometimes contouring across its western slopes until we reach the Sudam Khal Pass (3950m) after 5 hours. A new mountain vista opens up as we look across to the Kaguri Bhel Pass (4800m). We return to our camp beside the hut by mid afternoon.

Meals: **B L D**



Accommodation
Camping



Time
7 - 8 hrs trekking



Distance
10KM

DAY 9

Descend via the Susungri Pass, then undulating forest walk to the camp at Baicham (2650m).

After yesterday's big day we have a relatively easy walk today. Following a leisurely breakfast, we descend in an hour to the trail junction at the Susungri Pass which we encountered 2 days ago. From here, we continue descending in half an hour to a small stream, then enjoy an undulating walk through a lovely forest, with a lunch stop in a clearing. Beyond the Jhangu River, we climb to the camping place known as Baicham (2650m).

Meals: **B L D**



Accommodation
Camping



Time
5 hrs trekking



Distance
8KM

DAY 10
Trek across the Ruddhahkhan Pass (3450m) into the valley of the Gauri Ganga.

We start the day with a long and steady ascent through forest and meadow to the Ruddhahkhan Pass (3450m). If the weather is clear, we will have more stunning views of the 5 peaks of Panch Chuli, and of the Gauri Ganga Valley. These are some of the finest views of the trip. Dropping down from the pass, we reach a shepherd's hut in an open area, which affords more great mountain views, especially at sunset. This is a super campsite.

Meals: **B L D**



Accommodation
Camping



Time
5 hrs trekking



Distance
6KM

DAY 11
Descend and contour across the hillside to Munsiari (2140m) with ever-changing panoramas.

The trail now descends, before contouring across the hillside in the direction of Munsiari. It is a very pleasant walk with ever-changing panoramas, as we descend through the forest and traverse open slopes. The view of Munsiari is saved for the very end as we turn a corner and suddenly we are above the small town. We take lunch here, with great views of the Panch Chuli peaks. It is a strange feeling to reach the road and civilisation, having seen no one for the last 10 days. We arrive at Munsiari in the early afternoon and set up our final camp of the holiday. In the afternoon, we can visit the local market.

Meals: **B L D**



Accommodation
Camping



Time
4 - 5 hrs trekking



Distance
7KM

DAY 12
Begin our drive out of this remote spot. Views of Nanda Devi and other peaks en route to Binsar, near Almora.

We say goodbye to our trek crew and begin the journey to Kathgodam. This is a long but spectacular road journey through the foothills to reach the Indian plain which we have staged over 2 days. Driving through the forested hills, there are brilliant views of Nanda Devi, Panch Chuli, Nanda Kot and the western Nepal peaks of Saipal and Api. We stay overnight at hotel in Binsar, just before Almora. 6 hours driving.

Meals: **B L D**



Accommodation
Hotel

DAY 13

Drive to Haldwani, then afternoon train back to Delhi. Overnight at our Delhi hotel.

We continue our journey through the foothills of the Himalaya. The road climbs over passes with spectacular views of the distant mountains, down into river valleys, through forests and villages until the last hill is crested and we roll down onto the vast North Indian plains. We arrive in Haldwani (Kathgodam) after a 3-hour drive, in plenty of time to catch the mid afternoon train back to Delhi. We finally arrive at our Delhi hotel in the evening.

Meals: **B L D**



Accommodation
Hotel

DAY 14

Your holiday ends after breakfast. Transfers to Delhi Airport are provided.

Your holiday ends after breakfast. Transfers to Delhi Airport are provided. To extend your holiday in India, why not pre-book a visit to Dharamsala (home of the Dalai Lama), to the Taj Mahal or a longer excursion taking in the whole of India's classic Golden Triangle. Contact our office for details.

Meals: **B**

Extensions

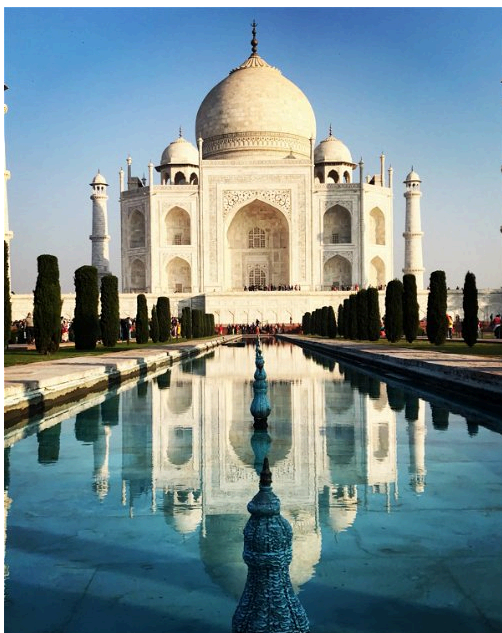
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Agra and Jaipur four day extension

The Golden Triangle needs little introduction and is rightly considered a classic trip in its own right. Easily accessible from Delhi, this excursion takes in the wonders of the majestic Agra Fort, the incomparable Taj Mahal, the abandoned ghost-city of Fatehpur Sikri and the architectural jewels of Jaipur and Amber. This four day trip ensures you get the most out of these stunning attractions at a relaxed and unhurried pace.

4 days from
US\$735 per person



One day tour of Agra and the Taj Mahal

The Taj Mahal needs little introduction. Built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz, it is widely considered to be the most beautiful building in the world. Nearby is the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts. Traveling from Delhi on the express train and returning by private vehicle, our one-day extension to Agra is perfect for those with limited time who wish to complete their India experience with exploring one of the most admired and loved buildings on the planet.

1 day from
US\$290 per person



Dharamsala and the Dalai Lama

Dharamsala is a former British Raj hill-station in the Dhauladhar mountain range and currently home to the Dalai Lama and the Tibetan Government in exile. On this four day extension, you will be able to sample a flavour of life in Tibet and enjoy visits to the Dalai Lama's temple complex; the Norbulingka Institute; the Tibetan children's village and visit a local Gaddi Tribal village to experience the life of the people who traditionally inhabit the lower reaches of the Dhauladhar.



Agra & the Taj Mahal two day tour

Our two-day extension is for those who wish to explore Agra and the surrounding area at a relaxed pace. We start by exploring the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts, before waking before the next day to see the sunrise break over the Taj Mahal. Needing little introduction, the Taj Mahal was built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz. It is widely considered to be the most beautiful building in the world. This tour also gives us an opportunity to explore the fascinating abandoned ghost city of Fatehpur Sikri.

2 days from
US\$470 per person

Holiday Information

What's Included

- A professional English speaking local leader
- Delhi Airport transfers (on group arrival and departure days only)
- All land transport involved in the itinerary
- All accommodation as described in the trip dossier
- All meals
- Guided sightseeing tour of Delhi
- Full trekking service including food and all equipment (excluding personal equipment)

What's not Included

- Travel insurance
- Indian Visa
- Tips for trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Delhi.

Transfers are provided from/to Delhi Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price from lunch on Day 1 to breakfast on Day 14 of the Land Only itinerary.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The food served during the trek is a mixture of local and Western, mostly purchased locally and cooked for us by highly trained trek cooks. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. In Delhi, we take our meals in the group hotel or in nearby restaurants. All meals while on trek and while staying in hotels are included in the trip price.

Accommodation

There are 2 nights in Delhi hotels - the first night at a central hotel and the last night at a hotel near the airport. We will also have one night at a simple hotel in Kausani and one night in a guesthouse near Almora on the return drive to Kathgodam. On trek, there will be a total of 9 nights camping. All accommodation is allocated on a twin-sharing basis. If you are travelling by yourself, you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek. Depending upon availability it may be possible to arrange single rooms in hotels. For additional hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website.

Group Leader & Support Staff

The holiday will be led by an experienced English-speaking trek leader, assisted on trek by a team of local guides and camp staff plus baggage animals and their handlers.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately £150 (or equivalent in Euros, US dollars etc.) changed into local currency, should be allowed for miscellaneous expenses, including tips for local staff and soft drinks, etc. There are several opportunities to buy souvenirs during the holiday. It is not necessary to purchase local currency (Indian Rupees) before you travel. Sterling, US dollars and Euros are readily exchanged in Delhi. Since you will be changing the majority of your spending money into local currency on the day of arrival, we recommend taking this in cash. Credit and debit cards can be used to purchase many goods in Delhi and are particularly useful for more expensive souvenirs. It is also possible to withdraw cash (rupees only) from cash machines in Delhi using credit and debit cards.

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and porters. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. Most people will want to tip the people who work so hard to make the trip a success and we suggest that any tips are given at the end of your trip and by the group as a whole rather than from individuals. Although the level of tip is at your discretion, we understand that you will want some guidance on this. As a rough guide we suggest a contribution from each group member of approximately £60 (or equivalent in Euros / US dollars etc.) changed into Indian rupees, should provide good tips when distributed among the crew.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag, and one day pack. Your baggage on trek will be carried by pack animals. The packed weight of your bag whilst trekking should be no more than 15 kgs. It is possible to leave clothes or other items not required on trek with our team in Delhi, who will ensure your luggage is waiting for you at the final hotel.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa India

Most nationalities, including travellers from the UK, the USA and many European countries can apply for their Indian Visa online through the **E-Visa Application** process. You must make your application at least four days prior to departure. Please download the detailed information document for details of how to apply for your visa: [Visa India PDF](#)

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Currency

The currency of India is the Indian Rupee.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday, getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking up to 7 hours each day. We would suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but jogging, squash and swimming are also good for developing cardio vascular fitness and stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The best time to trek in the Indian Himalaya is either before or after the monsoon which lasts from June to September. The weather conditions should be broadly similar in the pre and post monsoon seasons, with daytime maximum temperatures around 25°C - 30°C at the start of the trek, becoming progressively cooler as we gain height. Night-time temperatures will generally be above freezing throughout the trip except for the high camp on the ridge where night time temperatures may be as low as minus 5°C. During the Spring trip in particular, there is the possibility of encountering winter snow high on the ridge. In this part of the world, most of the rainfall occurs during the monsoon but this is a mountainous area and short-lived storms bringing rain or snow cannot be ruled out at any time of the year.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Garhwal & Kumaon Trekkers' Guide. K. P. Sharma (Cicerone)
- Trekking in the Indian Himalaya. Lonely Planet
- India. A Travel Survival Kit. Lonely Planet
- Exploring the Hidden Himalaya. Kapadia and Mehta

Maps

Indian Himalaya Map 8: Garhwal - Kumaon Leomann Maps. 1:200,000

Leomann maps are designed specifically for the trekker. They show the topography by line drawings of mountain ridges, with the main peaks and passes shown along with altitudes. The maps also show rivers and settlements and clearly indicate trekking routes. On the reverse are descriptions of suggested routes and other information about the area.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your bag whilst trekking should be no more than 15 kgs.

You must bring the following items

- Hiking boots

- Trainers or sandals for camp use

- Walking socks (2 or 3 pairs)

- Spare laces

- Trekking trousers

- Lightweight waterproof overtrousers
- Baselayer shirts (2 short sleeve, 2 long sleeve)
- Shirts or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 litres
- Headtorch and spare batteries
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Small towel
- Antibacterial handwash
- Sleeping bag (comfort rated -10°C)*
- Sun protection (including total bloc for lips, nose etc.)

- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, altitude (Diamox), plasters blister treatment, and re-hydration salts (Dioralite).

The following items are optional:

- Thermarest (note that foam mattresses are provided)
- Trekking poles (recommended)
- Insect repellent
- Scarf or buff
- Thermal baselayer - leggings
- Sleeping bag liner
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Equipment hire / rental

Items marked * can be hired / rented through KE Adventure Travel. Please make requests at least 6 weeks prior to the trip departure.

Note all hire / rental equipment will be issued in Delhi.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.

[>> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Delhi. Transfers are provided from/to Delhi Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Delhi. Outbound flights will usually depart from the UK in the evening, arriving in the morning on the following day (Day 1 of the Land Only itinerary). Return flights will depart Delhi on the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

This trek, taking in the splendour of the highest mountain wholly within India, is unique to KE. This is a true trekker's paradise to the foothills of Nanda Devi, a peak steeped in mystery, intrigue and failed CIA plots. Escape the trekking honeypots of the Himalayas with this trekking holiday through breathtaking Garhwal and Kumaon.

Please Note This document was downloaded on 27/07/2024 and the trip is subject to change