

In the Shadow of Nanda Devi

Trip Code: NAN

Version:



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

[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:

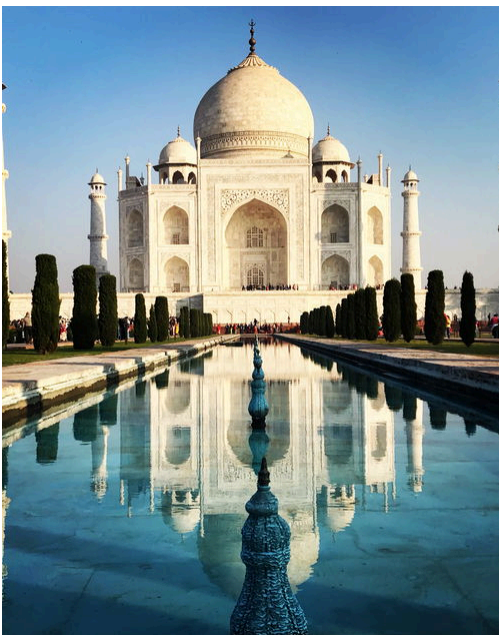
Extensions

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.



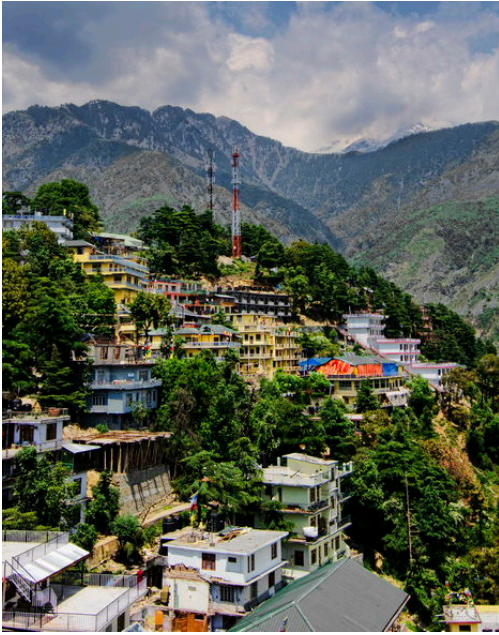
Agra and Jaipur four day extension

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.



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.



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.

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 the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status 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 before 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 directly 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.

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 a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

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 03/12/2024 and the trip is subject to change