



Event Itinerary

- **Event Name:** Nanda Devi East Base Camp Trek 11D/10N
- **Location:** Kumaon, Uttarakhand Nanda Devi East Base
- **Duration:** 11 Days 10 Night

Day 0: Depart from Bangalore

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Day 1: Kathgodam to Munsiyari | 280 km Drive

Scenic Journey into the Kumaon Himalayas

- **Begin the journey from Kathgodam** and drive approximately **280 km to Munsiyari**, taking around **9–10 hours**.
- Travel through the scenic landscapes of Kumaon, with **lush valleys, winding mountain roads, and spectacular Himalayan views** along the route.
- Watch the landscape gradually transform as the journey moves deeper into the **remote mountain regions of Uttarakhand**.
- Enjoy the changing scenery of forests, valleys, villages, and towering mountain ranges throughout the drive.
- **Arrive in Munsiyari** after the long road journey and check into the hotel.

- Relax and unwind for the evening, allowing yourself to recover from the drive.
 - **Overnight stay in Munsiyari**, preparing for the trekking adventure ahead.

Day 2: Acclimatization & Optional Khaliya Top Hike

Prepare for the High-Altitude Trek Ahead

- **Spend the day acclimatizing in Munsiyari**, allowing your body to adjust gradually to the altitude before the trek begins.
- Use the day to **rest, stay hydrated, and prepare for the demanding days ahead**.
- The **trek leader arranges the necessary permits and permissions** required for the upcoming trek.
- Guests can relax at the hotel and enjoy a **comfortable recovery day** in the peaceful surroundings of Munsiyari.
- For those looking to explore, an **optional hike to Khaliya Top** can be undertaken for panoramic views of the surrounding Himalayan peaks.
- Return to the hotel after the hike and **rest well for the upcoming trekking stages**.
- **Overnight stay in Munsiyari**.

Day 3: Munsiyari to Bagudiyar | 8 km Trek

Drive to Babaldhar & Trek into the Johar Valley

- **Begin the day from Munsiyari** with a scenic **16–20 km drive** along winding mountain roads to Babaldhar.
- Enjoy the beautiful surroundings as the road passes through **forested slopes, mountain valleys, and remote Himalayan**

landscapes.

- **Arrive at Babaldhar** and begin the trek towards Bagudiyar.
- Trek approximately **8 km through picturesque mountain trails**, surrounded by peaceful forests and dramatic valley views.
- Follow the trail deeper into the **remote Johar Valley**, experiencing the untouched beauty of the Kumaon Himalayas.
- **Reach Bagudiyar** after the trek and settle into the campsite near the **ITBP camp**.
- Relax and recover after an adventurous day on the trail.
- **Overnight stay in tents at Bagudiyar.**

Day 4: Bagudiyar to Rilkot | 16 km Trek

Journey Through Forests, Streams & Historic Himalayan Landscapes

- **Begin the trek from Bagudiyar** and follow the trail towards Rilkot, covering approximately **16 km** through the remote Himalayan landscape.
- Walk through **lush forests, flowing streams, and cascading waterfalls**, enjoying the changing scenery along the route.
- Take in the peaceful beauty of the mountains with **scenic viewpoints and natural spots** perfect for short breaks and photographs.
- Pass through **traditional villages and remnants of ancient settlements**, adding a fascinating historical character to the journey.
- Continue along the trail while experiencing the **tranquil surroundings and untouched wilderness of the Johar Valley**.
- **Reach Rilkot** after a rewarding day of trekking and settle into the campsite.

- Relax and recover while enjoying the peaceful mountain surroundings.
- **Enjoy a hearty meal prepared by the team** before resting for the night.
- **Overnight stay in tents at Rilkot.**

Day 5: Rilkot to Ganghar | Approximately 7 Hours Trek

Trek Through Meadows, Valleys & Remote Himalayan Villages

- **Begin the trek from Rilkot**, breathing in the crisp mountain air while enjoying magnificent views of the surrounding Himalayan peaks.
- Follow scenic trails through **picturesque valleys, lush meadows, and traditional Himalayan villages.**
- Continue deeper into the peaceful wilderness, surrounded by the **raw beauty and tranquillity of the mountains.**
- Trek for approximately **7 hours**, taking time to appreciate the changing landscapes and scenic surroundings.
- Walk through remote sections of the valley where the **quiet Himalayan environment** offers a refreshing escape from the outside world.
- **Reach Ganghar** after a rewarding day on the trail and settle into the campsite surrounded by pristine mountain scenery.
- Relax at the campsite, soak in the **peaceful atmosphere**, and reflect on the day's trekking experience.
- **Overnight stay at the Ganghar campsite**

Day 6: Ganghar to Nanda Devi Base Camp | 7 km Trek

Into the Heart of the Nanda Devi Wilderness

- **Begin the trek from Ganghar** towards the spectacular Nanda Devi Base Camp, covering approximately **7 km**.
- Follow scenic mountain trails through **dense forests, flowing streams, and beautiful alpine meadows** dotted with vibrant wildflowers.
- Gradually gain altitude as the landscape opens up, revealing **increasingly dramatic views of the surrounding Himalayan peaks**.
- Enjoy the peaceful atmosphere of the remote mountains as the trail leads deeper into the **Nanda Devi wilderness**.
- After approximately **3 hours of trekking**, arrive at the **Nanda Devi Base Camp**.
- Take time to admire the magnificent mountain surroundings and the towering **Nanda Devi massif**.
- Relax at the base camp after the rewarding trek and soak in the spectacular high-altitude scenery.
- **Overnight stay at Nanda Devi Base Camp**, surrounded by the majestic Himalayan peaks.

Day 7: Nanda Devi Base Camp to Glacier & Back | 8 km Trek

Explore the Glacier & Return to Base Camp

- **Begin the day with a 4 km ascent from Nanda Devi Base Camp** towards the glacier.
- Follow the rugged high-altitude trail while enjoying the spectacular **mountain scenery and glacial landscapes**.
- **Reach the glacier** and spend time exploring the surroundings, taking in the dramatic ice formations and towering Himalayan peaks.

- Experience the raw beauty and peaceful atmosphere of the **remote glacial region**.
- After exploring the glacier, **begin the return trek to the base camp** along the same trail.
- Descend carefully while enjoying the changing perspectives of the surrounding valleys and peaks.
- **Arrive back at Nanda Devi Base Camp** and relax after an adventurous day in the high mountains.
- Reflect on the day's experience while enjoying the peaceful surroundings of the campsite.
- **Overnight stay at Nanda Devi Base Camp.**

Day 8: Nanda Devi Base Camp to Martoli | 12 km Trek

Descend Through Rugged Trails to Historic Martoli

- **Begin the descent from Nanda Devi Base Camp** towards the historic Himalayan village of Martoli, covering approximately **12 km**.
- Follow a diverse trail through **rocky terrain, lush meadows, and scenic mountain landscapes**.
- Gradually lose altitude while enjoying changing views of the surrounding valleys and towering Himalayan peaks.
- Pass through **traditional villages and ancient ruins**, offering glimpses into the rich history and culture of the Johar Valley.
- Experience the peaceful atmosphere of the remote mountain settlements as the trail leads towards Martoli.
- **Arrive at Martoli** after a rewarding day of trekking and settle into the campsite.
- Relax and enjoy the serene surroundings while reflecting on the memorable experiences of the Himalayan adventure.
- **Overnight stay at Martoli campsite.**

Day 9: Martoli to Bagudiyar | 18 km Trek

Long Descent Through the Remote Johar Valley

- **Begin the trek from Martoli towards Bagudiyar**, covering approximately **18 km** through the scenic Johar Valley.
- Follow the trail through **dense forests, flowing streams, and open mountain meadows**, enjoying the changing landscapes along the route.
- Walk through peaceful grazing grounds and remote sections of the valley, surrounded by the **untouched beauty of the Himalayas**.
- Pass by charming mountain settlements and traditional landscapes, with opportunities to encounter **local shepherds and grazing livestock**.
- Continue along the trail while taking in the refreshing mountain air and spectacular views of the surrounding valleys.
- The long trekking day of approximately **10 hours** offers a rewarding combination of natural beauty, adventure, and solitude.
- **Reach Bagudiyar** after completing the demanding day's trek and settle into the campsite.
- Relax and recover in the peaceful wilderness, surrounded by the rugged Himalayan landscape.
- **Overnight stay at Bagudiyar campsite.**

Day 10: Bagudiyar to Lilam | Approximately 8 Hours Trek

Final Trek Through the Johar Valley

- **Begin the day from Bagudiyar** and start the return trek towards Lilam.
- Follow the scenic trail through **picturesque valleys, forested sections, and beautiful Himalayan landscapes**.

- Cross mountain streams and rivers while passing through **remote Himalayan villages** along the route.
- Enjoy panoramic views of the surrounding peaks and valleys as you make your way towards lower altitudes.
- Retrace parts of the earlier route, revisiting familiar landscapes and memorable sections of the journey.
- After approximately **8 hours of trekking**, reach **Lilam** and complete the day's trek.
- Settle into the campsite, relax, and reflect on the incredible journey through the **Nanda Devi wilderness**.
- **Overnight stay at the campsite in Lilam.**

Day 11: Munsiyari to Kathgodam | Return Journey

Bid Farewell to the Kumaon Himalayas

- **After breakfast, depart from Munsiyari** and begin the scenic drive back towards Kathgodam.
- Travel through the beautiful **mountain roads, valleys, forests, and villages of Kumaon**, enjoying the final views of the Himalayas.
- Take in the changing landscapes as the journey gradually moves from the high mountains towards the lower valleys.
- Reflect on the unforgettable experiences, challenges, and beautiful moments from the **Nanda Devi East Base Camp Trek**.
- **Arrive in Kathgodam**, marking the end of the Himalayan adventure.
- **Bid farewell to the mountains**, carrying lasting memories of the trek and the spectacular landscapes of the Nanda Devi region.

Pickup Location

- **RR Nagar Gopalan Arcade** - 12:00 PM

Contact Information

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