



# JAPAM Yoga Treks & Tours



## Kalindi Pass

**Area:** Uttarkashi, Garhwal, Uttarakhand

**Duration:** 13 nights, 14 days

**Grade:** Difficult, technical

**Best time:** June, September

**Total trekking distance:** 99 km

**Total driving distance:** 267 km + 290 km

**Altitude:** 5 940 m

**Principal interests:** Temple, Alpine lakes, Peaks, Flora and Fauna, Glacier, Snow, Altitude.

**RISHIKESH - GANGOTRI,  
GANGOTRI - BHOJBASA,  
BHOJBASA - GAUMUKH - TAPOVAN, ACCLIMATISATION  
TAPOVAN - NANDANVAN,  
NANDANVAN - VASUKI TAL, ACCLIMATISATION,  
VASUKI TAL - KHARA PATTHAR,  
KHARA PATTHAR - SWETA GLACIER,  
SWETA GLACIER - KALINDI BASE CAMP,  
KALINDI BASE CAMP - KALINDI PASS - RAJAPARAV,  
RAJAPARAV - ARWA TAL,  
ARWA TAL - GASTOLI - BADRINATH,  
BADRINATH - RISHIKESH**

The Kalindi Pass trek is one of the most challenging and adventurous treks in India. It follows the Holi River Ganga and allows you to connect its two mainstreams, the Bhagirathi and the Alaknanda rivers, in one single itinerary.

The experience starts in Gangotri, on the sides of the Bhagirathi River, and follows the current upward until the Gaumukh Glacier. From this point, already stunning, we go deeper in the mountains and climb up to 5,940 m at the Kalindi Pass, where we will cross to go back down towards Gastoli and Badrinath, to finish our trek by the side of the Alaknanda River.

It is the perfect trek for experimented trekkers who want to push their limits and explore something not easily accessible. Join the experience for guaranteed chills!



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## Itinerary

### Day 1: Rishikesh – Gangotri

We will meet in Rishikesh for the first time in the early morning and embark on our journey to the [origin of the Ganga](#). We will take our car for a 267 km drive to the village of [Gangotri](#). This village is located in the Greater Himalayan Range and is at an altitude of 3 100 meters. According to Hindu legend, this is the place where the Goddess Ganga arrived when Lord Shiva released the river from his hair.

On arrival in Gangotri, we will check-in in at our guesthouse and enjoy a meal. We will then have time to rest and get ready for the start of our trek.

### Day 2: Gangotri – Bhojbasa

**Distance: 14km, Elevation: +400m**

This morning, we will wake up early and have breakfast at the guesthouse. We will then pack our bags and start our journey.

We will take some time to visit the [Gangotri temple](#), and then head to the entrance of the [Gangotri National Park](#).

The Gangotri National Park is located in Uttarkashi District in Uttarakhand and covers 2390 km<sup>2</sup>. We will observe a flora of chirping deodar, fir, spruce, oak, and rhododendrons. In its lower altitude, the national park is home to the Western Himalayan conifer forest. In its high altitudes, we can observe Western Himalayan alpine shrubs and meadows. The park is also the home of a diverse fauna of snow leopards, birds, black and brown bears, musk deer, blue sheep, and others. It has been a national park since 1989.

We will enjoy a packed lunch around [Chirbasa](#) and take some time to rest and enjoy the pleasant energy of the first day of the trek.

Early on, we will be welcomed by the impressive peaks of [Mount Shivling](#) and the [Bhagirathi sisters](#). Mount Shivling is an impressive peak of 6543m. The Bhagirathi sisters are a group of four peaks of an altitude between 6856m and 6193m.

We will reach the end point in [Bhojbasa](#) and take time to rest and install our camp. We will enjoy a nice meal and go to sleep early.

### Day 3: Bhojbasa – Gaumukh – Tapovan

**Distance: 13km, Elevation: +660m**

After an early breakfast, we will start our trekking day towards the [Gaumukh glacier](#) and [Tapovan plateau](#).

We will first cross the river with a trolley and trek through various impressive landscapes of alpine shrubs and meadows. You will have the chance to observe valleys with small plants and other desert-looking rocky landscapes.

We will reach the Gaumukh glacier, the origin of the Holy River Ganga, at the end of the morning and take some time to appreciate the place and its surroundings. Gaumukh is the source of the [Bhagirathi River](#), one of the main headstreams of the Ganga. Its name means "mouth of a cow." It is located at an altitude of 4023 meters and is one of the largest glaciers in the Himalayas.

After a bit of rest in Gaumukh, we will start our climb towards Tapovan, at 4270 meters of altitude. This is the first challenging part of the trek, and it will give you a taste of rapid altitude gain. You'll agree that it is worth the effort to be at the base of Mount Shivling and appreciate the magnificence of the landscapes around.

On arrival in Tapovan, we will rest and install our camp for the night. We will then enjoy a good meal before reaching the comfort of our tents for the night.





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## Itinerary

### Day 4: Acclimatization in Tapovan

Today, we will have an easy day of acclimatization in Tapovan to prepare ourselves for the big efforts that we'll have to make in the next days. We will walk around in the Tapovan plateau, getting closer to the **Shivling** (6,543m) and **Meru** (6,660m) peaks, and we will come back in Tapovan for the night.

We will be taking this day to get physically and mentally ready to get into the high altitudes and challenging portion of our itinerary.

### Day 5: Tapovan – Nandanvan

**Distance: 8km, Elevation: -110m.**

Today, our goal is to cross the **Gangotri Glacier** to reach Nandanvan, which will be the base of our ascension in high altitude.

We will have a nutritious breakfast in **Tapovan**, unpack our camp and get ready for our day. We will start by going down towards **Gaumukh**, which we saw when going up. At that point, we will be on top of the Gangotri Glacier and we will be heading right on the other side of it.

Today's walk is the start of our technical journey, as we will be walking on an ice layer, covered with moraine, a mix of rock and sand from landslides. There are some crevasses on the way, and we'll have to be careful and attentive to ensure a safe crossing.

We will then reach a steep ascent until **Nandanvan**. That last climb will be helped by big rocks, which will steady our way.

After arriving in Nandanvan, we will have some warm chai and snacks and install our camp for the night. We will have a good dinner together and then retire in our tents for the night.

### Day 6: Nandanvan – Vasuki Tal

**Distance: 6km, Elevation: +530m**

This morning, we will wake up early and have breakfast at the camp. We will then pack our bags and start our journey of 6km towards the **Vasuki Tal**, at an altitude of 4,880m.

The way today is a steady climb upward as we need to gain more than 500m in elevation. We'll be following the **Chaturangi Glacier** all the way. This glacier comes from the **Chaturangi peak**, a mountain of the region which elevation is of 6,407m. The glacier meets with the **Gangotri Glacier** near **Nandanvan**.

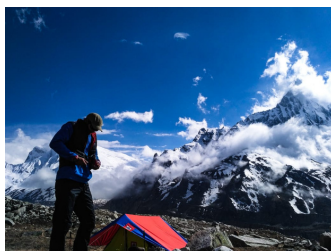
We will again be progressing with extra attention, because the glacier, even though it is covered in moraine, can be slippery. We will start enjoying very impressive views of the peaks surrounding us.

On arrival in **Vasuki Tal**, the efforts will all make sense. We will be welcomed by the views of the **Mount Santopanth** (7,075m) and mountain range of **Vasuki Parbat** (6,792m).

The Vasuki Tal is a little lake at the base of the Vasuki Parbat. The Vasuki Parbat range is the 35th highest in India and is surrounded by glaciers on all sides. The Chaturangi Glacier, on which we walk, is on its northern side and is fed by the **Sundar Bamak Glacier** and the **Vasuki Glacier**, respectively on the eastern and western sides of the Vasuki Parbat.

The Mount Santopanth is the second highest peak in the Gangotri National Park and a prominent peak in India. Its name means "a true figure of devotion" in Sanskrit, as it comes from the root "Sato" meaning truth, and "Panth" meaning a figure of veneration or devotion.

On arrival in Vasuki Tal, we will have some warm chai and snack and then set up our camp for the night. The dinner will be much enjoyed, and we will go to bed early.







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### Day 7: Acclimatization at Vasuki Tal

Today, we will have an easy day of acclimatization in **Vasuki Tal**, essential to prepare ourselves for the rest of our trip. From tomorrow, we will pass the bar of the 5,000m and the days will be more demanding, because of the altitude effects. We will get ourselves used to the lack of oxygen by spending our day resting and walking a bit around in the lake, getting closer to the **Vasuki Parbat** and enjoying the views of **Satopanth peak**. We will be taking this day to get physically and mentally ready to get into the high altitudes and challenging portion of our itinerary.

### Day 8: Vasuki Tal – Khara Patthar

**Distance: 6km, Elevation: +316m**

This morning, we will wake up early and have breakfast at the camp. We will then pack our bags and start our journey towards the **Khara Patthar**, which will take us to an altitude of 5,196m.

The way today will take us about 6 hours, even if it is only 6km. It climbs up steadily, again following the **Chaturangi Glacier**. We will have amazing views over the **Satopanth peak** on this day, and it will make all the efforts and exhaustion worth it.

On arrival in **Khara Patthar**, we will have some warm chai and snacks, then set up our camp for the night, enjoy a good dinner, and go to bed early.

### Day 9: Khara Patthar – Sweta Glacier

**Distance: 8km, Elevation: +250m**

This morning, we will have breakfast at the camp after waking up early. We will then undo the camp, pack our bags and start our journey towards the **Sweta Glacier**, at an altitude of 5,450m.

Today's trek is relatively short, and we will gain less elevation. The way still goes steadily up, again following the **Chaturangi Glacier** until reaching the base of the Sweta Glacier, where we will set our camp for the night.

Our camp in Sweta Glacier is not on the best ground, but it is a necessary stop for acclimatization. We will have some warm chai and snacks, enjoy a good dinner, and go to bed early as tomorrow is an important day in our itinerary: the day where we reach the Kalindi Base Camp.





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## Itinerary

### Day 10: Sweta Glacier – Kalindi Base Camp

**Distance: 6km, Elevation: +210m**

Today, we will start our day early after a good nutritious breakfast. The trek distance is still short, with only 6km to cover and 210m of elevation gain, but it is a technical climb again. We will walk on moraine on the glacier, and we will have to be careful with every step. The altitude can also impact our progression today, and we will be walking slower than in our first days.

The path follows the [Chaturangi Glacier](#) once again, and from now on, we can start seeing the beautiful colors of the glacier while we walk. In fact, the name Chaturangi comes from the Hindi words meaning “four colors”. The glacier shows shades of pink, yellow, brown, and green.

We will camp at the base of the [Kalindi Glacier](#), with an open view on the [Kalindi Khal](#) (5,940m), the main reason of our trek here, and the [Avalanche peaks](#) (6,196m and 6,443m).

The Avalanche peaks are two major peaks in the northwest of Badrinath, in the Arwa Valley. They own their name from the numerous avalanches experienced by the climbers who attempted to climb them.

At our camp, we will once again enjoy some warm chai and snacks, cook and eat a great dinner. Tomorrow is the big day where we will finally cross the pass and go down on the other side of those imposing mountains.

### Day 11: Kalindi Base Camp – Kalindi Khal – Raja Parav

**Distance: 13km, Elevation: +280m, –960m**

Today is THE day where we will be crossing the Kalindi Pass and reach our maximal altitude for this trek: 5,940m. We will have to wake up very early and be ready for this big day, because we have a 13km distance to cover, in high altitude and on a technical terrain.

The first part of our day is the most difficult and consist in reaching the pass. For this, we will need to keep up a continuous and steady pace, climbing up 280m. The [Kalindi Khal](#) is heavily glaciated and is the second highest pass in the Indian Himalayas.

After reaching the pass, we will definitely be tired, but feel rewarded by the panoramic view opening right in front of us. We will have the chance to admire a spectacular view over the [Mount Kamet](#), [Mount Mana](#) (7,274m), the [Chandra Parbat peaks](#) (6,739m), the [Vasuki Parbat peaks](#) (6,792m), and even the [Tibetan Plateau](#) in the distance. The Mount Kamet, at an altitude of 7,756m, is the second highest peak in the Garhwal Himalayas and looks like a flat-top pyramid, easily recognizable.

We will then start our descent, passing to the Alaknanda side of the trek. The [Alaknanda River](#) is the second mainstream of the Ganga, and the Kalindi Pass trek is even more interesting because it gives us the chance to connect the two mainstreams. The Bhagirathi River, originating at Gaumukh from the Gangotri Glacier, is our starting point on this journey, and the Alaknanda River, originating from the Satopanth Glacier and passing by the Holi city of Badrinath, is the end of it.

We will lose 960m of elevation on the second part of our day, as we are crossing the glaciers until [Raja Parav](#), our camp for the day, located at an altitude of 4,900m.

On arrival in Raja Parav, we will feel happy and proud of ourselves for completing the hardest and most dangerous part of our journey. We will feel the difference in our breathing capacity after coming back to an altitude under 5,000m. We will enjoy some warm chai and snacks, have dinner, and, once again, go to bed early. The hardest portion of our trek is finished, but we still have two days of walk in the mountains, and after these efforts, we need to have a good and restful night.





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## Day 12: Raja Parav – Arwa Tal

**Distance: 13km, Elevation: –400m**

Today, we will wake up early, still on a high from what we've managed to do on the last couple of days and the spectacular views that we enjoyed.

After breakfast at the camp, we will undo our camp and pack our bags, getting ready for today 13km descent toward Arwa Tal. The **Arwa Tal** is a small lake at the head of the Arwa stream coming from the Arwa Glacier. It is near the Chinese Border, at 4,500m altitude.

We will set up our camp in Arwa Tal and enjoy the peaceful surroundings and beautiful views over the Himalayan peaks. We'll have some tea, snacks, and dinner, and we'll retire to our tents for the night.

## Day 12: Arwa Tal – Ghastoli – Badrinath

**Distance: 12km, Elevation: –700m**

This is our last day of walk, and we are going down from **Arwa Tal** to **Ghastoli**. We will still be walking on moraine on the glacier, and slowly will observe a change in the colors as the vegetation comes back in lower altitude.

Ghastoli is a village located in a beautiful green meadow at 3,800m altitude. On arrival, we will get into our car and drive to **Badrinath** about 20km away. We will enjoy covering this much distance in such a short time without making any efforts. It will take us only 40 min, but I am sure that some of us will fall asleep and miss a part of the beautiful scenery that will unfold on the road.

Badrinath is a small town and important Hindu Holi site. It is part of the **Char Dham** (four temples) pilgrimage, which is a must-do on the bucket list of most Indians. The town gets its name from the **Badrinath Temple**, which has a very different architecture from the Gangotri Temple, visited at the beginning of our trip. The Badrinath Temple is dedicated to Vishnu, the God of Preservation in Hinduism. Badrinath town and temple sit on the side of the **Alaknanda River**, mainstream of the Ganga.

On arrival in Badrinath, we will check-in at our guesthouse and will have some free time to take a hot shower and rest. We will have some warm chai and snacks and will enjoy the weather, warmer than at 5,000m. We will be able to visit the town and the temple and then will have a good and fresh dinner at the guesthouse. Exhausted by the whole trip and the tension release, we will go to bed early and sleep tight.

## Day 12: Badrinath – Rishikesh

Today, we will wake up slowly and without rush, have breakfast at the guesthouse and pack our bags. We will be returning to Rishikesh, our mind flowing with the images of the experience we just shared together. The road today will take us about 8 hours, and we will stop on the way to have lunch, chai, and enjoy the views.

The road will be crossing three points of confluence forming the Ganga: Karnaprayag, Rudraprayag, and Devprayag. We will take time to stop in Devprayag, the most beautiful of the three, where the Bagirathi and Alaknanda Rivers meet. You can really see the two rivers, with their totally different color, merging and forming the Ganga, which we will follow until Rishikesh.

On arrival in Rishikesh, we will unpack the car and hug each other goodbye, the heart and mind full of beautiful memories.

**End of service**





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## Inclusions

- Transport from Rishikesh with experienced driver.
- Trekking and camping gear (trekking poles, gaiters, spikes, ropes, ice ax, tents, sleeping bags, mattresses, kitchen tent).
- Trekking permits.
- Food.
- Guides.
- Porters
- 1 night in a guesthouse in Gangotri.
- 1 night in a guesthouse in Badrinath.

Not included: tips for the guide, porters, and driver, travel insurance, and additional food or drinks bought on the way.

## Trekking material checklist

Jacket, Woolen shirts and thick sweaters, Waterproof jacket with hood or poncho, Trousers, Thermal underwear, 2-4 pair of socks, Long sleeved shirt, T-Shirt.

Gloves, Hat, Sunscreen, Sunglasses, Trekking shoes, Small day bag, Water bottle, Toilet articles, Torch or headlamp.

There is a possibility of bringing your own camping material if you have some with which you are comfortable.

There is also the possibility of renting materials.





## Contact us

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