



JAPAM Yoga Treks & Tours



Kedarkhanta

Area: Uttarkashi, Gharwal Himalaya,,
Uttarakhand

Duration: 4 nights, 5 days

Grade: Moderate

Best time: September to March.

Total trekking distance: 20 km

Total driving distance: 240 km

Altitude: 3 800 m

Principal interests: Peak, flora and
fauna.

Activities: Yoga and/or meditation.

**Rishikesh – Sankri,
Sankri – Base Camp,
Base Camp – Kedarkantha Summit – Base Camp,
Base Camp – Sankri
Sankri – Rishikesh.**

The trek to Kedarkantha is beautiful in all seasons, but it is mainly known by those who like winter treks and want to experience snow. The trek to Kedarkantha is a short, 3-day itinerary that allows you to observe diverse flora and fauna, experience a forest walk and enjoy a great view from the summit. It is located in the region of Uttarkashi in Uttarakhand at a height of 3800m.

It can also easily be combined with the Har Ki Dun trek for those who have some more time to spare.



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Itinerary

Day 1: Rishikesh to Sankri

On our first day, we will meet in Rishikesh in the early morning and embark on our journey to Sankri village, the base camp of the Kedarkantha trek. This is a route of 240km, about 8 hour drive. On the way, we'll be able to see the beautiful typical landscapes of Uttarakhand, with local villages along rivers and surrounded by mountains. On arrival in Sankri, we'll register in our guesthouse for the night and have a good meal. The evening will be free for you to rest and get ready for the trek.

Day 2 : Sankri to Kedarkantha Base Camp

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

We will start our trek by walking 4 km in an impressive forest of pine trees until [Juda Ka Talab](#), a lake at an altitude of 2 700m. We will enjoy a packed lunch there and take some time to rest and enjoy the nice energy of the first day of the trek.

We will then start again for a steeper climb towards the Kedarkantha base camp, where we will take time to rest and install our camp. You will have the chance to enjoy the view, and there will be a possibility for a yoga or meditation session before dinner. We will enjoy a nice meal and get ready for the night, as we'll wake up early in the morning to reach the summit.

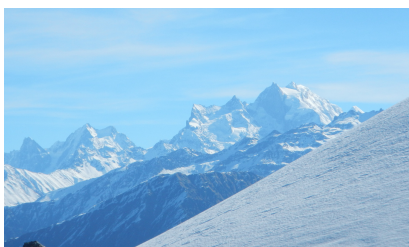


Day 3: Base Camp to Kedarkantha Summit to Base Camp

We will wake up early this morning as our objective is to summit the Kedarkantha peak before sunrise. We will have a little snack before leaving and, with our torches, will leave towards the summit. The way there can be tricky as we walk in the snow on a steep path, but it is worth it. Our efforts will be rewarded by the view of the sun setting on the mountains around us.

We will take time to enjoy the beautiful scenery and enjoy a packed lunch there. We will then start our journey back to the base camp.

At the base camp, we will enjoy time to rest and stretch a bit in a yoga/meditation session. We'll then have a meal together before the night.





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Day 4: Base Camp to Sankri

Our seventh morning will be slow. We will take the time to enjoy a last breakfast in the mountains before packing our bags and camps. We will be heading back to Sankri with a head full of beautiful memories. On arrival in Sankri, we will register in our guesthouse and take some time for a warm shower and rest. We will enjoy a good meal together and then have a good night of sleep in a comfortable bed.

Day 5: Sankri to Rishikesh

After breakfast, we will pack the car and return to Rishikesh through the beautiful landscapes of Uttarakhand. we will reach Rishikesh by the evening.

End of service

Inclusions

- Transport from Rishikesh.
- Trekking and camping gear (trekking poles, tent, mattress, sleeping bags).
- Trekking permits.
- Food.
- Porters.
- Guide.
- 2 nights in a hotel in Sankri.

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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