



# JAPAM Yoga Treks & Tours

## Nanda Devi & Milam Glacier

**Area:** Kumaon, Uttarakhand

**Duration:** 11 nights, 12 days

**Grade:** Moderate

**Best time:** Mid-May to Mid-June,  
Mid-September to  
Mid-October

**Total trekking distance:** 119 km

**Total driving distance:** 404 km

**Altitude:** 4 200 m

**Principal interests:** Glacier, Peak,  
Local route, Villages.

Rishikesh – Munsiyari,

Munsiyari – Lilam – Bubble Dhar,

Bubble Dhar – Bogudiyar,

Bogudiyar – Rilkot,

Rilkot – Ghanghar,

Ghanghar – Nanda Devi East Base Camp,

Nanda Devi Base Camp – Milam Village,

Milam Village – Milam Glacier – Martoli,

Martoli – Bogudiyar,

Bogudiyar – Bubble Dhar,

Bubble Dhar – Lilam – Munsiyari,

Munsiyari – Rishikesh.

Nanda Devi East Base Camp with Milam Glacier is a 119 km trek leading to the base of the most beautiful peak of the Indian Himalayas. Located in the Kumaon region in Uttarakhand, the base camp is 13 123 feet (4 000m) above sea level, while the summit of Nanda Devi stands at 7 816m. In this experience, you'll also get the chance to do a loop in the valley to explore the Milam glacier and its local village.

During the trek, you will have the chance to observe impressive views of Nanda Devi (7 816m), Trishul (7 074m), Panch Chuli Peaks, and Nanda Kot (6 861m), as well as the Pachu Glacier.



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## Itinerary

### Day 1: Rishikesh to Munsiyari

We will meet in Rishikesh for the first time in the early morning and embark on our journey to the impressive Nanda Devi East base camp.

We will take our car for a long 404 km drive to the village of [Munsiyari](#), a hill station located at an altitude of 2 200m in the Himalayan Range. On the way, you will have the chance to observe the Kumaon countryside. We'll pass by Devprayag, Rudraprayag, and Karanaprayag, three beautiful points of confluence forming the Ganga. You'll already have a view of the spectacular peaks of Nanda Devi, Trishul, Nanda Kot, Panch Chuli, and Maiktoli.

On arrival in Munsiyari, we will check-in in our guesthouse and enjoy a meal. We will then go to bed in order to be ready for the start of our trek.

### Day 2 : Munsiyari to Lilam to Bubble Dhar

**Distance:** 17km by car, 7km by walk. **Vertical:** +1265m, -240m

We will have breakfast at the guesthouse, pack our bags, and take a car to the start of the trek in [Lilam](#), 17km away. There, we will meet our team for the trek and pack our horses and porters. We will then start our journey by a steep but beautiful ascent to the village of [Bubble Dhar](#). The way to Bubble Dhar is in an ancient forest of Utis trees, where you'll hear birds and insects singing all together. These trees are common in the Sub-Tropical Himalayan region and are sometimes used to stabilize landslide prone areas.

We will enjoy a small lunch with chai and snacks on the way and enjoy the nice energy of the first day of trek.

We will reach Bubble Dhar in the afternoon and take time to rest and install our camp. You will have the chance to observe the traditional way of living of the locals, and we will enjoy a nice meal and have some time for a yoga/meditation session before the night.

### Day 3: Bubble Dhar to Bogudiyar

**Distance:** 7km walk. **Vertical:** +650m, -470m

After enjoying an early breakfast together, we will start our trekking day towards [Bogudiyar](#). We'll be in the same forest as yesterday, but this time mostly descending, until we reach the confluence of the [Poting](#) and the [Gori Ganga Rivers](#), originating from [Milam Glacier](#).

We'll cross a beautiful, suspended bridge there and start ascending again on a steep path. Just before reaching Bogudiyar, we'll be welcomed by an impressive gap in the mountains, where the water of the Gori Ganga River flows freely. We'll take rest there and enjoy the magnificence of nature. After that point, we will be walking on a route in construction until we reach Bogudiyar, an army base located at an altitude of 2 609m and surrounded by nature.

We will take some rest and snacks on arrival and install our camp for the night. We will then enjoy a good meal.

### Day 4: Bogudiyar to Rilkot

**Distance:** 13km walk. **Vertical:** +980m, -190m

We will wake up early this morning and enjoy breakfast at our camp. We will then start our 13km journey to the village of [Rilkot](#).

For that day, we will mainly be walking on a road that is being built to link the villages together. It is an easy, but enjoyable and beautiful walk, in which we will see the gigantic peaks of the Himalayan range rise in the distance. These landscapes are truly impressive in their vastness, and they will make you feel pretty small.

We will enjoy a tea and snacks break near [Laspa](#) village, a small traditional village of forty houses, and we will have lunch in a daba on the way.

We will reach Rilkot in the evening and install our camp on the side of the [Alaknanda River](#). This river is one of the Ganges headstreams and meets the Badrinath temple's location near Neelkanth peak. Rilkot is a small village of 34 houses situated at an altitude of 3 130 m.

After exploring the village, we will enjoy a meal together and have some time for a yoga/meditation session in the grandiose landscape surrounding us.



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## Day 5: Rilkot to Ghanghar

**Distance:** 13km walk. **Vertical:** +410m, -250m

On our fifth day, we will wake up early and enjoy breakfast in Rilkot. This day of trek covers a distance of 13 km to [Ghanghar](#) village.

We will have the chance to enjoy beautiful landscapes as we walk through some alpine meadows and the [Pachu Valley](#). The views on this day are stunning as we'll walk in lush green valleys with sheep everywhere and the Gori Ganga River by our side.

Ghanghar village is the winter home of the Johar tribe and has an altitude of 3 300 m. On arrival, we will set up our camp and enjoy a meal together. We will also have some time for a yoga/meditation class for those interested.

## Day 6: Ghanghar to Nanda Devi East Base Camp

**Distance:** 7km walk. **Vertical:** +620m.

Our sixth day is the day of reaching our goal: the [Nanda Devi East Base Camp](#). It is a steep and constant walk of 7km, passing through beautiful rhododendron forests and surrounded by the impressive peaks of the Himalayas. This part of the trek is a truly beautiful one.

On arrival at our destination, we will have the chance to see the [Pachu Glacier](#), located at an altitude of 4 000m.

We will install our tents in Nanda Devi East Base Camp, where we will stay for the night. From the base camp, we can see the peaks of [Nanda Devi](#) (7 816m) and [Nanda Ghunti](#) (6 309m).

After enjoying a meal together, we will get in our tents and have a good night of sleep.

## Day 7: Nanda Devi East Base Camp to Milam Village

**Distance:** 17km walk. **Vertical:** +90m, -660m

Our seventh day, we'll wake up early and enjoy a nice breakfast before taking the road toward [Milam village](#). We will start our trek heading back toward [Ghanghar](#), then we will cross the [Gori Ganga river](#), which we followed on our journey from Lilam to Ghanghar, and will then climb north until Milam.

Milam village is the last major settlement before the Tibet border. Our arrival, we will share a good meal, take some time to stretch and enjoy the view. You'll definitely be impressed by the magical beauty of the surroundings et you won't regret your stay, no matter how much effort you'll have put to reach here.

## Day 8: Milam Village to Milam Glacier Viewpoint to Martoli

**Distance:** 6km + 12km walk. **Vertical:** +140m, -360m

Our eight day, we will wake up early and start our journey towards the [Milam glacier](#), at a distance of 3km from the village. This part of the road is a bit more technical, because there is ice and snow on the way, but the view is totally worth it. From there, we'll have an amazing view on the Trishul peak (7 074m). We will take some time to enjoy the place, then we go back toward the village, where we will take time to eat before taking the road back to [Martoli](#).

The road leading to Martoli is an ancient trading route following the Indo-Tibetan border. Martoli is a panoramic village hosting around forty habitants living in beautiful rustic houses. From the village, we will still be having impressive views of the Nanda Devi, Trishul, and Nanda Kot summits.

We will spend the night in Martoli after sharing a good meal all together and enjoying the traditional life of the village.

## Day 9: Martoli to Bogudiyar

**Distance:** 17km walk. **Vertical:** +320m, -1100m

On this day, we will wake up early, have breakfast, take our mules, and walk toward [Bogudiyar](#) village. This is an easy and downhill trek of 17 km. We will pass through valleys and beautiful landscapes surrounded by mountains.

We will spend the night in Bogudiyar after enjoying a good meal and observing the local life of the village.



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## Day 10: Bugdiyar to Bubble Dhar

**Distance:** 12km walk. **Vertical:** +470m, -650m.

For our tenth day, we will take the road again toward Bubble Dhar. The road is once again gown down and we will appreciate the new perspective on the valley, now knowing what is behind us.

## Day 11: Bubble Dhar to Lilam to Munsyari

**Distance:** 7km walk, 17km by car. **Vertical:** +240m, -1265m.

For our eleventh day, it is with the mind and heart full of beautiful memories that we will walk back toward [Munsyari](#). We'll meet our car on the road and will drive back to our guesthouse, where we will enjoy having a shower and a bed. We will share a meal together and then take rest.

## Day 12: Munsyari 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 (clients must carry their personal bags).
- Guides.
- 2 nights in a guesthouse in Munsyari. (double-shared room)

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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