



JAPAM Yoga Treks & Tours



Kuari Pass

Area: Chamoli, Garhwal, Uttarakhand

Duration: 6 nights, 7 days

Grade: Moderate

Best time: September - June

Total trekking distance: 64 km

Total driving distance: 175 km

Altitude: 4 265 m

Principal interests: Peaks, Meadows, Flora and Fauna, Snow, Rivers.

Activities: Yoga and/or meditation (possibility)

**RISHIKESH - GHAT,
GHAT - JHINJHI,
JHINJHI - PANA,
PANA - DAKHWANI,
DAKHWANI - KUARI PASS - TALI,
TALI - AULI - JOSHIMATH,
JOSHIMATH - RISHIKESH**

Kuari Pass is a 64 km trek and is the only accessible pass to trek in winter. This makes it a destination of choice for a winter trek, but it is enjoyable almost all year round. It is full of magnificent landscapes and diverse flora and fauna. You'll even have the chance to have a clear view of the face of Nanda Devi mountain, the highest peak in India. Kuari Pass is located in the Chamoli District in Uttarakhand at an altitude of 4 265m.



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Itinerary

Day 1: Rishikesh – Ghat

We will meet in Rishikesh for the first time in the early morning and embark on our journey to [Kuari Pass](#).

We will take our car for a 175 km drive to the village of [Ghat](#), where we will stay for the night. This drive will give you the opportunity to observe the beauty of Uttarakhand's mountainous landscapes. We will pass by the famous confluences of [Devprayag](#), [Rudraprayag](#), [Karnaprayag](#), and [Nandaprayag](#).

On arrival in Ghat, we will check in at our hotel and enjoy a meal. We will then have time to rest and prepare for our trek's start.

Day 2: Ghat – Selu Bagar – Jhinjhi

This morning, we will wake up early and have breakfast at the hotel in [Ghat](#). We will then pack our bags and have a short drive to [Selu Bagar](#), the departure point for our trek.

We will meet our porters for the trek here and start our walking journey. The trail from the beginning is located on a ridge with much wind, from where we can see the [villages of Ghunni and Ramni](#). After the ridge, we will continue our walk through an open meadow with a stunning view over the Himalayas. We'll be able to see the peaks of [Nanda Ghunti](#) and [Chaukhamba](#), and we will have an awesome view of Ramni and Ghunni villages lower in the valley.

The trail slowly climbs up through forests of Rhododendrons and grasslands for sheep and cattle.

After some time, we'll reach an open meadow with an impressive view of Nanda Ghunti peak. We will stop there to enjoy our packed lunch and the amazing scenery.

After lunch, we will climb gradually to [Vinayak Pass](#), marked with a [Ganesha Temple](#) and prayer flags. We will have a first glimpse of the Kuari Pass in the distance, along with a great view of the Himalayas.

From Vinayak pass, the trail starts going progressively down, with some steep parts, until the village of [Jhinjhi](#), where we will spend the night.

On arrival in Jhinjhi village, we will set up our camps and enjoy tea and snacks. There is a possibility for yoga or meditation practice for those interested (if the teacher is available on the trek). We will enjoy a great meal together and get in our tents for a good night of sleep, keeping in mind the beautiful landscapes of the day.

Day 3: Jhinjhi – Pana

This morning, we will have breakfast at our camp in [Jhinjhi](#). We will enjoy the living style and culture of the village, along with the colors, smells, and landscapes surrounding it. We will pack our bags and start our 8km journey to the village of [Pana](#).

The trek will start with a descent through the village until we reach the valley and the [high-suspended bridge](#) crossing the [Birahi Ganga river](#). The Birahi Ganga river is a tributary stream of the Alaknanda river, one of the two mainstream of the Ganges. We'll take some time by the river to freshen up and enjoy the view and then cross the impressive suspended bridge.

After crossing the bridge, we will begin a steep climb toward a couple of false summits. We will keep progressing upward until we reach the ridge from where we will be able to appreciate impressive views over the valley's settlements and the Himalayan peaks.

From there, the path becomes more gradual and goes through a forest of Rhododendrons until the village of Pana.

On arrival in Pana, we will rest and enjoy warm tea and snacks. We will install our camp for the night and have a meal together. There will again be a possibility for a yoga session if the teacher is available to go on the trek. After the meal, we will slowly head to our tents for the night.



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Day 4 : Pana – Dakhwani

After an early breakfast, we will start our trekking day of 14km towards [Dakhwani](#).

The trail on this day is above the campsite and passes through a forest of Rhododendrons. We will cross a couple of summits and finally reach the ridge again.

From there, the trail goes up gradually through forests until the [meadow of Sartoli](#) which serves as a camping site and pasture land for cattle and sheep. This is an ideal place to enjoy a great view of the [Kuari Pass](#) on the horizon. We will take a rest there to enjoy the view.

We will then go back on the trail and slowly descend for a couple of kilometers. The last part of the descent is steep and needs a bit of technique. On reaching the bottom, we will cross a stream and ascend a steep trail until the top of the ridge. From there, the trail is gradual with some ascents and takes you to another stream near Dhakwani.

We will still have about 30 minutes from that stream to climb to reach the campsite.

On arrival at Dhakwani's campground, we will set up our camp and enjoy warm tea and snacks. Again, there might be a possibility for a yoga session before the evening meal. We will have another good night in the tent to prepare for our next day, where we will finally reach Kuari Pass.,

Day 5: Dhakwani – Kuari Pass – Tali

On our fifth morning, we will have to wake up early to reach the [Kuari Pass](#) and enjoy a magnificent view.

From Dhakwani, the trail goes up through the forest until we cross the tree line. From that point, the path continues to the left of the valley just under the pass. We will follow the path through a couple of switchbacks until we finally reach the Kuari Pass.

On arrival at Kuari Pass, you will be amazed by the stunning view of the Himalayas unfolding right before your eyes. We will take our time, relax there, and enjoy the moment to take a couple of pictures of the view, even if it's pretty sure that you will never forget it.

From the pass, the trail goes slightly up unto a hump. From that point, you will have an amazing and privileged view over the [Dronagiri peak](#).

After that, we will start to go slowly down until a bifurcation between Tapovan and Tali. We will take the side of Tali until we reach a temple and prayer flags on a ridge. From there, we will be able to see an amazing view of the [Nanda Devi peak](#), the highest peak in India.

The trail then passes through pasture lands and forests until it finally leads us to [Tali village](#) and campsite.

on arrival there, we will set our camp, have chai and snack, and do a possible yoga session. We'll have a meal together, and we'll go back to our tents, the head and heart full of the beautiful landscapes of the day.

Day 6: Tali – Auli – Joshimath

This morning is an easy one. We will have a good breakfast together and pack our things for our last day of the trek. The trail today starts with a gradual climb across the mountain ridge. The trail there is narrow and requires a bit of technique until it reaches the [Gorson meadow](#).

[Nanda Devi peak](#) accompanies us on this day with its magnificence as it dominates the valley. We will cross the Gorson meadow with amazing landscapes all around.

Finally, we will see the constructions of the [Auli hill station](#) in the distance.

We will walk until Auli, leave our porters and pony here, and board a Jeep to the town of [Joshimath](#), 13 km away.

on arrival in Joshimath, we will check in at our guesthouse and enjoy a warm shower, chai, and rest. We will be happy to have a bed for this last night and enjoy a great meal together in the happiness of the shared moments.



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Day 7: Joshimath – Rishikesh

On our seventh day, it's the heart and minds full of memories and beautiful moments that we will take our car back to Rishikesh. On the way, we will stop in [Rudraprayag](#), where the river Mandakini and Alaknanda meet.

We will reach Rishikesh in 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 basic hotel/guesthouse in Ghat and Joshimath.

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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