



# JAPAM Yoga Treks & Tours



## Gaumukh Tapovan

### The origin of Ganga

**Area:** Uttarkashi, Uttarakhand

**Duration:** 5 nights, 6 days

**Grade:** Moderate

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

**Total trekking distance:** 46 km

**Total driving distance:** 267 km

**Altitude:** 4 330 m

**Principal interests:** Glacier, Temple, Peaks, Flora and Fauna.

**Activities:** Yoga and/or meditation.

**RISHIKESH – GANGOTRI,  
GANGOTRI – BHOJBASA,  
BHOJBASA – GAUMUKH – TAPOVAN  
TAPOVAN – BHOJBASA,  
BHOJBASA – GANGOTRI,  
GANGOTRI – RISHIKESH**

Gaumukh Tapovan is a 46 km trek leading to the origin of the Ganga River. It is full of truly impressive landscapes and diverse flora and fauna. Located in the Gangotri National Park in Uttarakhand, its highest point is at a height of 14 202 feet (4330m) above sea level.



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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 hotel and enjoy a meal. We will then have time to rest and get ready for the start of our trek.

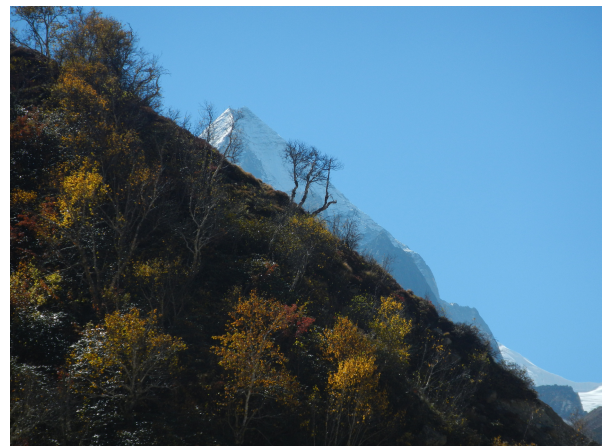
### Day 2: Gangotri – Bhojbasa

This morning, we will wake up early and have breakfast at the hotel. We will then pack our bags and start our journey. We will take some time to visit the temple in Gangotri, 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 on the way 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 our camp in Bhojbasa and take time to rest and install our camp. We will enjoy a nice meal prepared and have some time for a yoga/meditation session before the night.





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## Day 3 : Bojhbasa – Gaumukh – Tapovan

After an early breakfast, we will start our trekking day towards Gaumukh and Tapovan.

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 most challenging part of the trek, but it is definitely worth the effort to be at the base of Mount Shivaling 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. There will be time for a yoga and meditation session for those interested.



## Day 4: Tapovan – Bojhbasa

This morning, we will take time to enjoy the beautiful view in Tapovan. We will have some chai and breakfast, and then pack our bags and camp to go back to Bhojbasas.

On arrival in Bhojbasas, there will again be some time for a yoga and meditation class if interested. We will enjoy our last dinner in the mountains and a good night.



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## Day 5: Bojhbasa – Gangotri

On our fifth day, it's the heart and minds full of memories and beautiful moments, we will trek back to the village of Gangotri.

On arrival in Gangotri, we will check back into our hotel, and we'll have some time off to relax and have a meal.

## Day 6: Gangotri – Rishikesh

On our last day, we will be heading back to Rishikesh by car. 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 Gangotri.

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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