



# JAPAM Yoga Treks & Tours

## Chopta-Tungnath

**Area:** Gharwal, Uttarakhand

**Duration:** 3 nights, 4 days

**Grade:** Moderate

**Best time:** June, September – December

**Total trekking distance:** 27 km

**Total driving distance:** 165 km

**Altitude:** 3 700 m

**Principal interests:** Temple, Lakes, Peaks,  
Flora and Fauna, snow.

**RISHIKESH – SARI – DEORIYA TAL,  
DEORIYA TAL – CHOPTA,  
CHOPTA – CHANDRASHILA – TUNGNATH – CHOPTA,  
CHOPTA – RISHIKESH**

Chandrasila trek with Chopta Tungnath is one of the most exciting and challenging treks that you can experience in the Gharwal Himalayas. Right in the lap of Uttarakhand, Chandrashila Trek is an all-year-round adventure that can lead you to walk the snow trails and live in charming campsites with some of the most scenic backgrounds. From the top, you'll have a view of the Himalayan mountains, with Chokhamba peak right in front of you. Impressive, diverse, and accessible trek, you will surely be glad you participated.



# JAPAM Yoga Treks & Tours

## Itinerary

### Day 1: Rishikesh – Sari – Deoriya Tal

Today, we leave Rishikesh in the early morning and start our 7–8 hours drive to the village of Sari. The road will follow the Alaknanda River, one of the headstreams of the Ganga, and we will pass through Devprayag, Srinagar, Dhari Devi, Rudraprayag, Augustmuni, and Ukhimath.

Sari is located at an elevation of 2000 meters and is a scenic hamlet enclosed by oak and rhododendron trees and residing calmly in the lap of the Himalayas.

On arrival at the village, we will enjoy some tea and food and hike 3km on a steep but easy trail to reach our camp for the night. On the way to the camp, we will pass by Deoriya Tal, an emerald lake perched 2 438 meters above sea level. We will watch the sunset on the lake, with miraculous reflections of Chaukhomba peak on crystal clear water.

The base camp has a beautiful view over the snow-capped mountains. We will enjoy some tea and snacks, and then have dinner before going to bed for the night.

### Day 2: Deoriya Tal – Chopta

This morning, we will have breakfast early at the camp. We will pack our material and trek towards Chopta, 16km away. We will start by hiking up a steep path in the forest up to the mountain's ridge. From the top, we will have impressive and clear views over the Himalayan range and the Chokhomba peak.

The path becomes flatter once we reach the top and descend into a beautiful forest of Rodhodendrons. We will walk in the forest, following the trail up and down until we reach an open meadow with a view over the mountains. We will take some rest there and enjoy our packed lunch.

After lunch, the path goes progressively down until we reach a river. The route then goes up progressively until we meet a road. Our driver will be waiting for us there, and we will happily get in the car to drive the last kilometer to Chopta.

Chopta is a small settlement in a valley that provides many options for exploration, adventures, and trekking. The entire region is a haven of beauty, especially for those looking for an excellent place to relax. One can visit Chopta valley and gaze in awe at the many peaks located a short distance away from the valley.

On arrival at Chopta, we will register at our camp and have dinner. You will have some time to enjoy the place and we'll go to bed early to be ready for our morning trek.

### Day 3: Chopta – Chandrashila Peak – Tungnath – Chopta

On our third day, we will wake up around 2–3 am to reach Chandrashila peak (4km away) for sunrise. We will take the car to the trail's starting point, and start our ascent in the dark, guided by the light of the moon and our head torch.

The path to the summit is steep but easy, clearly defined, and accessible. If you go in winter, you'll be walking in the snow most of the way, making it a bit more difficult. We will pass by the Tungnath temple but return after sunrise to see it better.

**Chandrashila** is a summit in the Tungnath Range. It means "Moon Rock", and it is at a height of 3,700 meters above sea level. This peak provides views of the Himalayas, including the Nandadevi, Kedar Peak, Bandarpunch, and Chaukhomba peaks. There are various legends associated with this place. According to one of them, this is the place where Lord Rama meditated after defeating the demon-king Ravana.

We will take some time at the summit to enjoy the view and take pictures. Then we will start our descent back to our guesthouse in Chopta.

On the way down, we will have a break in Tungnath Temple. Tungnath is one of the world's highest Shiva temples and the highest of the five Panch Kedar temples located in the mountain range of Tungnath in the Indian state of Uttarakhand. It is located at an altitude of 3,600 m. It has a rich legend linked to the Pandavas, heroes of the Mahabharata epic.

We will then continue our descent and reach Chopta around noon. We will have time to rest and will have lunch in Chopta. After lunch, we can stay in Chopta for the night and enjoy the mountain view or go back to Rishikesh a day early.



# JAPAM Yoga Treks & Tours

## Day 4: Chopta – Rishikesh

We will wake up calmly on the last day and have breakfast at the camp. After breakfast, we will pack our things and get in the car to drive back to Rishikesh. We'll stop on the way to have lunch..

## End of service

### Inclusions

- Transport from Rishikesh.
- Trekking and camping gear (trekking poles, gathers, spikes).
- Trekking permits.
- Food.
- Guide.
- 3 nights in a permanent camp in Deoriya Tal and Chopta.

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

Japam Yoga Treks and Tours LLP,  
Near Divine Ganga, Tapovan, Tapoban,  
Narendranagar, Tehri Garhwal,  
Uttarakhand, India, PIN249192

+91 70880 52630

[www.japamtours.com](http://www.japamtours.com)

[infojapam@gmail.com](mailto:infojapam@gmail.com)

 [japamtreks / japamyoga](#)

