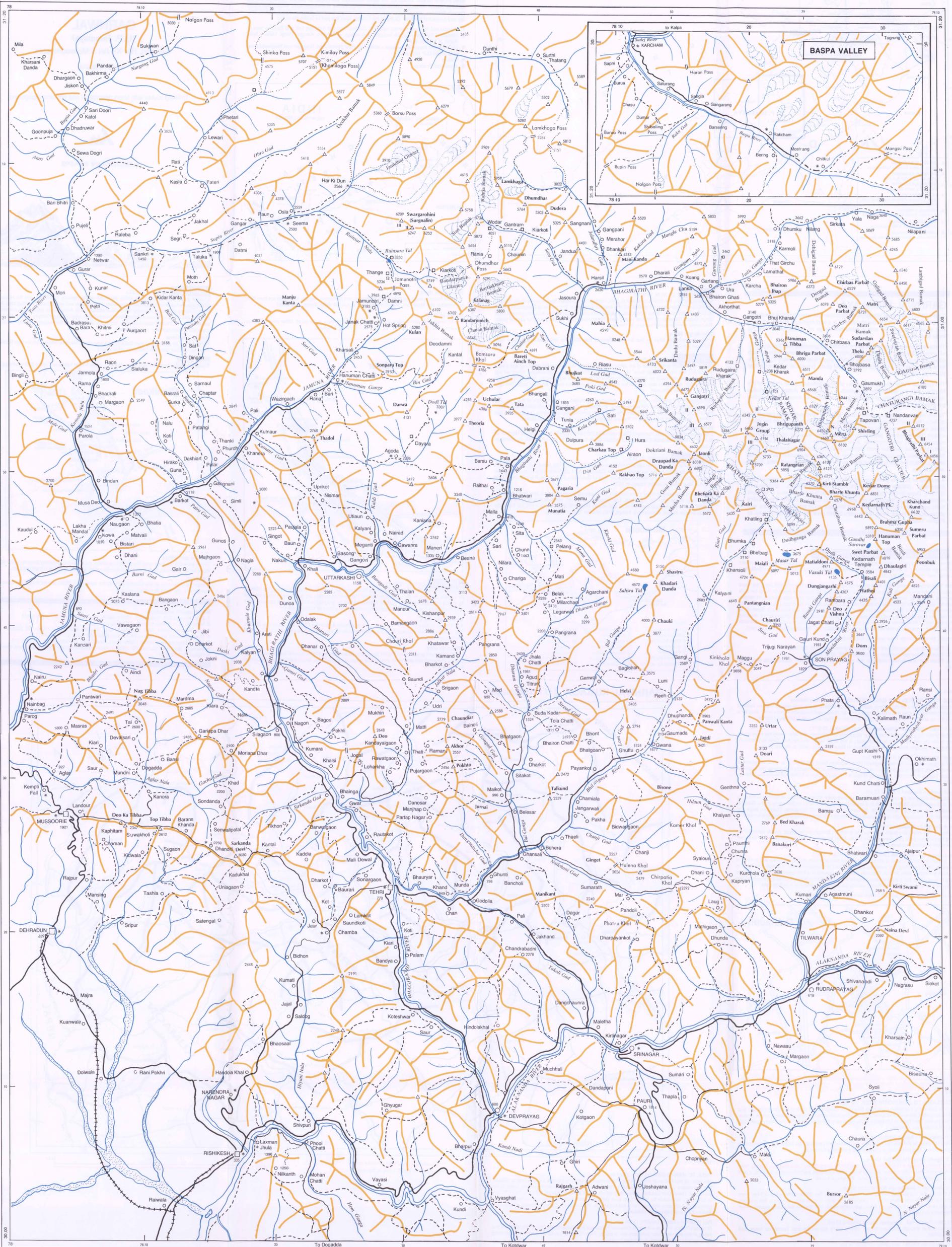


Indian Himalaya Maps Sheet -7

GARHWAL (U.P. Himalaya)

1 : 200,000

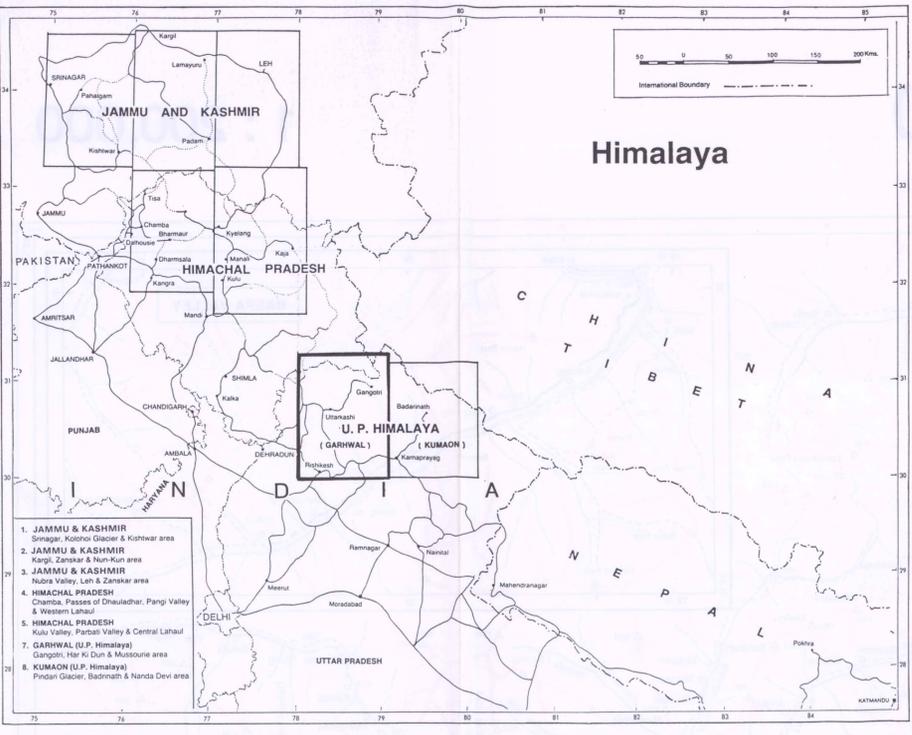
Gangotri, Har Ki Dun & Musoorie area



References	
Road : metalled, unmetalled	
Mule track, Foot path, unfrequent track:	
Town, village (according to importance)	
Peak, Pass:	
Heights :	
River, Stream, Lake :	
Glacier :	
Camping ground: Cave or Rock shelter :	
Forest Rest House, P.W.D. Bungalow and other government accommodation:	
Mountain Range:	
Railway:	

GLOSSARY OF TERMS	
Bamak, Bank, Gal	= Glacier
Parbat, Dhura, Pahar, Kot, Danda, Choti	= Peak
Khal, La, Dhura	= Pass
Bugial, Kharak	= Meadow
Gad, Nala, Ganga	= River
Kund, Tal, Sarovar	= Lake

Scale 1 : 200,000
1" = 3.17 miles
1 cm = 2 Km



Himalaya

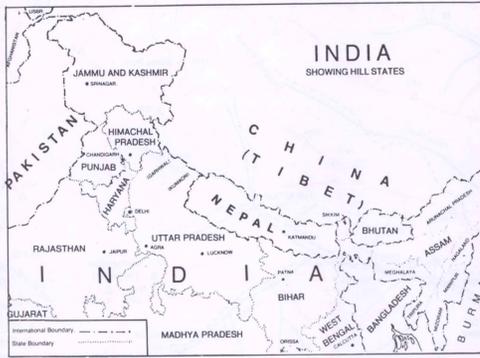
HIMALAYA

Though the formation of the Indian continent is among the oldest in the world, the Himalaya mountains are among the youngest. A geologist can present conclusive proof that the Himalaya were once at the bottom of the ocean.

The Himalaya have attracted geologists, geographers and lovers of nature. They have a strange fascination for artists, poets, photographers and mystics. They are a paradise for trekkers and mountaineers and are the cradle of thousands of rivers, streams and glaciers.

The Himalaya extend over 2500 km in east-west and between 250 km and 425 km in north-south direction. The most extraordinary thing about the Himalaya is the way they have been formed in three parallel ranges, known as: the Great Himalaya, the Lesser or Central Himalaya and the Outer or Siwalik Himalaya. Commencing at Nanga Parbat in the north-west, these ranges pass through Pakistan, Jammu & Kashmir, Himachal Pradesh, Garhwal, Kumaon, Nepal, Sikkim, Bhutan and Arunachal Pradesh. Of these the following form the part of Indian Himalaya:

1. Jammu and Kashmir – which includes: Jammu, Valley of Kashmir, Leh and Zaskar area.
2. Himachal Pradesh – which includes: the valleys of Chamba, Kangra, Pangi, Lahaul, Spiti, Kulu and Simla area.
3. Garhwal and Kumaon Himalaya – which includes: Nanda Devi, Gangotri and Yamunotri area; also called U.P. Himalaya.
4. Sikkim
5. Arunachal Pradesh



Indian Himalaya Maps

Sheet 7

GARHWAL (U.P. Himalaya)

Gangotri, Har-Ki-Dun & Mussoorie area

Scale 1:200,000

Trekking routes with short description and physical topography



LEOMANN MAPS



GARHWAL HIMALAYA

To the Hindus, Garhwal Himalaya or Uttarkhand is what the Holy Land is to the Christians or Mecca to the Muslims. It is a vast region of primeval forests and gigantic mountains with a three-fold range of eternal snow dividing India from China.

These mystic mountains have been meditation grounds, the 'Tapobhoom' of seers and sages. Here myth, religion, nature and folklore embrace each other. Every mountain side, every village, every river and every valley contains some sacred myth and memories of gods, hero or heroines of the Hindu pantheon.

The Garhwal Himalaya contains some of the foremost sacred shrines of the Hindus, such as, Badrinath, Kedarnath, Gangotri, and Yamunotri, besides numerous other places of pilgrimage, confluence of sacred rivers (called praysags) and holy spots.

To this region of perpetual snows come pilgrims from every nook and corner of India. Bent with years, staff in hand and a tiny little bundle on the back, these walking monuments of devotion and faith, humble and ill equipped, endure hardships and privations, encountering hazards of treacherous mountain paths and landslides. After weeks of tiring journey by bus and on foot, they reach the four great shrines, twelve Jyotirlingas, and five Kedars. These shrines are situated at the foot of mountains covered with eternal snows, which are the source of the two great rivers of northern India, Ganga and Jamuna.

A number of famous peaks such as Nanda Devi (7816m), Satopanth (7075m) Bhagirathi (6856m), Gangotri (6672m), Shiving (6543m), Bhrigupanth (6772m), Dunagiri (7066m) and Changabang (6864m) are situated in Garhwal Himalaya (some of the peaks are shown in the Kumaon sheet). The trekking trails pass over famous glaciers and through thick forests, meadows, and picturesque villages. Most of the trails in this area are called Yatra Trails, or Pilgrim Trails

Mountains, Passes and Yatra Trails

Garhwal Himalaya, specially the Gangotri and Yamunotri region, now open to climbers and trekkers from foreign countries, is attracting far more mountaineers and trekkers from all over the world than any other area in the Indian Himalaya.

These Yatra trails generally begin from the lower valleys or from the foot hills and along the rivers upstream, all the way to their sources at heights of 3000 to 4000 metres or more. Some of the trails cross each other, leading from one deep river valley to another over high passes and ranges. There are other trails which end at the top of mountain ridges such as Tunghath, Trigunagar, and Madhamateshwar, or at takes such as Dodi Tal, Sahera Tal, Vasuki Tal and Hem Kund. Some of the trails link one holy shrine to another by short cuts that often lead through difficult terrain involving arduous ascents and descents or that cross high passes and glaciers, such as Gangotri to Badrinath or Kalindi Pass, Yamunotri to Har Ki Dun over Yamunotri pass or Khatling Glacier to Kedarnath.

The trails, for convenience, have been divided into three parts.

- No. 1. Those that are generally approached via Rishikesh (30°05'N, 78°13'E).
- No. 2. Those that are approachable via Mussoorie (30°20'N, 78°03'E).
- No. 3. Those that lie in Kumaon district or are approachable from Nainital, Ranikhet side (see sheet No-8).

Gangotri (31°01'N, 78°57'E)

Ganga or Gangotri, the most sacred river of India, finds her source near Gangotri at Gaumukh, literally 'cow's mouth', from where it gushes out of a snout in the glacier. The temple of Gangotri (3140m) is dedicated to the river goddess Ganga and is said to have been constructed by a Gurkha General Amar Singh Thapa. The water of the river remains uncontaminated even after being kept for several years. The temple remains open from May to October.

How to get there
It takes two to three days by bus to reach Gangotri from Delhi, as described in trek No. 1 from Rishikesh it is 228 km.

Jamunotri (31°02'N, 78°28'E)

Jamunotri (3185m) is the source of the Jamuna River. Legend has it that in the days long ago a saint named Asti had his hermitage there. His daily rituals included a bath in the Jamuna. When old age crept upon him, he could no longer walk to the river; to help the old ascetic, Jamuna released a stream which wended its way down to the hermitage and appeared before the great sage. This spot is today known as Jamunotri.

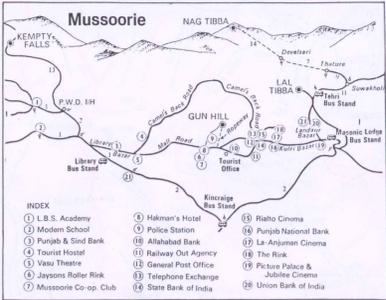
The temple of the goddess Jamunotri is a revered spot, situated on the left bank of the river. Just below the temple are several hot water springs. The boiling hot water from these springs is gathered into a Kund (tank). From here the Jamuna floods out tumultuously, swallowing hundreds of small streams, and flows on majestically till it meets Ganga in the plains at Prayag (Allahabad).

How to get there.
It takes two days to reach Hanuman Chatti roadhead (30°55'N, 78°25'E) from Delhi via Harwar or Mussoorie. From Rishikesh it is 222 km Hanuman Chatti to Yamunotri is a 14 km trek, as described in trek 3.

Mussoorie (30°20'N, 78°03'E)

At an altitude of 1921m, 36 km beyond Dehradun and 270 km from Delhi, Mussoorie is a popular hill resort. It is situated on a horseshoe shaped hill. Commanding a panoramic view of extensive snow ranges to the north east, it presents a glittering view of Dun valley down below. It was founded by a British military officer, Captain Young, in 1827.

Mussoorie is a gateway to many of the Garhwal treks, specially those leading to Yamunotri valley and Tons valley. These are: To Nag Tibba, Lakhamandoli, Jamunotri, Har-Ki-Dun and to the base of Kalanag Peak. Interesting places to visit in and around Mussoorie include – Gun Hill, Lal Tibba, Sir George Everest House, Observatory, Kempfy Falls and the Tibetan township.

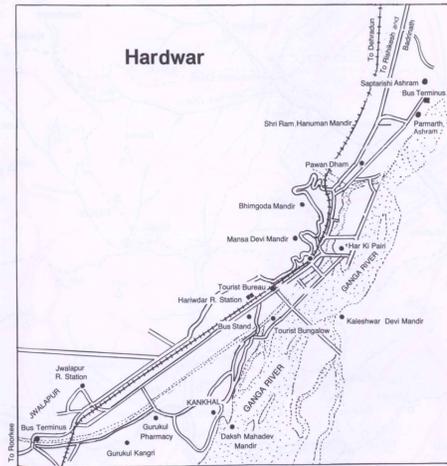


How to get there.

Freight buses operate between Delhi, Dehradun and Mussoorie. Regular Taxis also run from Delhi to Dehradun and Mussoorie. These can be hired at Asaf Ali Road, Ajmeri Gate, Delhi.

Where to stay

A wide range of accommodation from luxury to budget hotels is to be found. Other accommodation includes PWD Inspection Bungalows, YVCA and private bungalows.



Hardwar (29°57'N, 78°02'E)

Literally, the doorway to God, Hardwar is by far the most popular solace centre of the religious Hindus. An ancient township in the Himalayan foothills, Hardwar is a temple city with bathing ghats crowded by motley crowds in search of 'instant' nirvana, hoping for a dip in the chilly waters of the river. From here the Ganga surges ahead to begin her journey across the vast plains of India.

How to get there

4 to 5 hours journey from Delhi by car or bus, or 8 hours by overnight train; the distance is 222 km. The railway connects Hardwar to all the important cities of India. The railway station and bus stand of Hardwar are situated side by side.

Where to stay

U.P. Government guest house, Tourist Bungalow, railway retiring rooms, several hotels and Dharamshalas, Dharamshalas are sort of inns, run by religious organisations, where a pilgrim can stay almost free of cost.

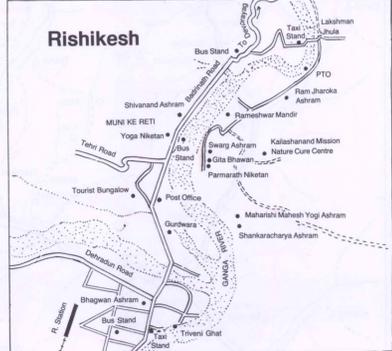
Rishikesh (30°05'N, 78°13'E)

Situated at the bank of Ganga at 335m, Rishikesh is the gateway to Garhwal and the Himalayan pilgrimage centres such as Gangotri, Kedarnath, Badrinath as well as to several trekking trails. Many Yoga ashrams (Centres), including the famous Mahesh Yogi Ashram and Shivananda Ashram are situated here. It is also a most suitable place to study Hindu religion and philosophy. Most of the places worth seeing are situated across the river, which can be crossed by the suspension bridge of Laxman Jhula, about 3 km upstream from Rishikesh.

How to get there
Rishikesh can be approached from Delhi in the same way as Harwar which is 24 km from Rishikesh. It can be reached also from Dehradun, 41 km away.

Where to stay

Tourist Bungalow, Hotel Indralok, Hotel Menaka, Janta Tourist Lodge and many Dharamshalas.



Porters and Mules

These are easily available at all the points from where the trails start. However there are some special agencies at Uttarkashi, Joshimath and Dehradun which provide porters and trained guides.

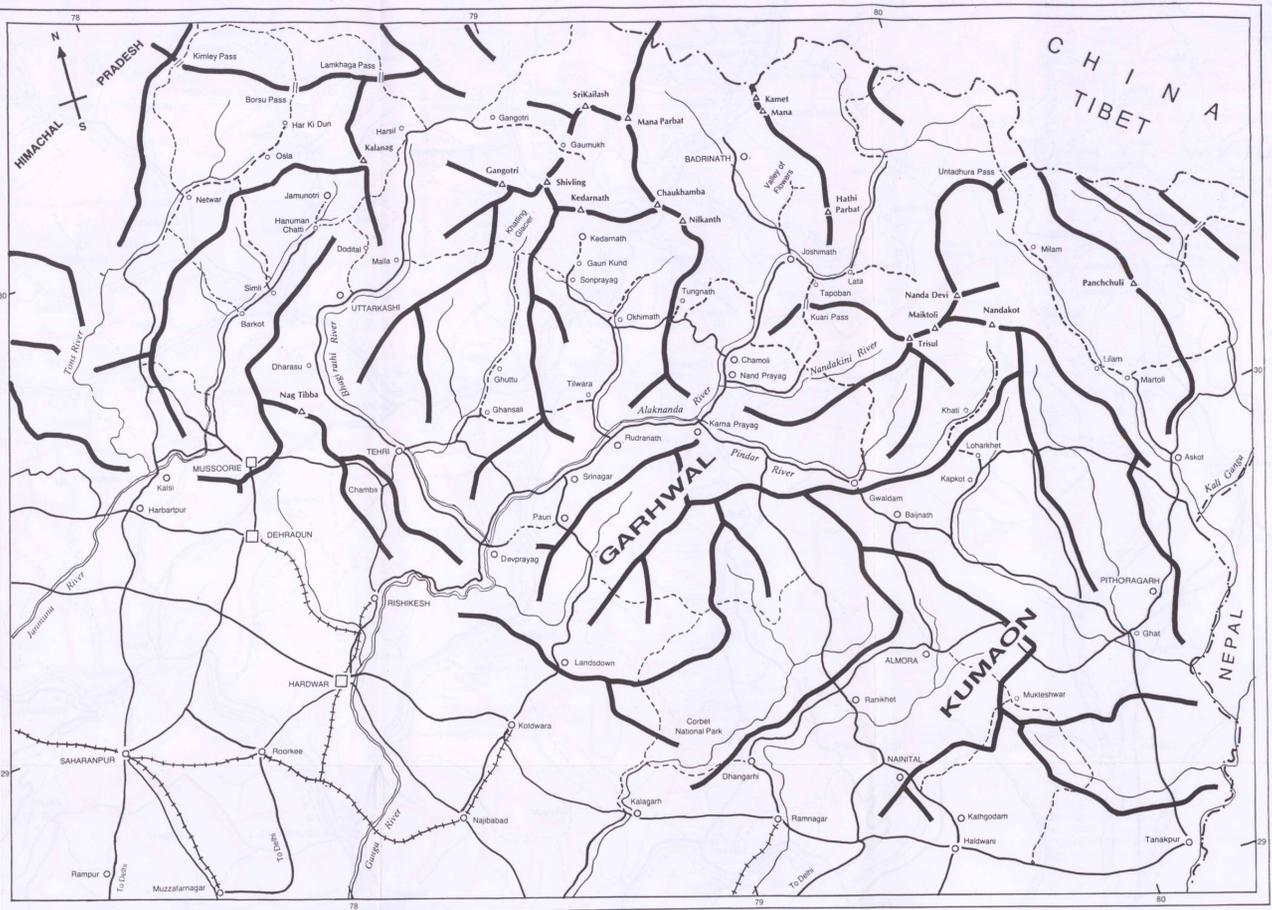
Camping

Camping can be done at any suitable place in the wilderness. There are no designated areas as in Europe or in the North American continent.

Some useful addresses

1. Department of U.P. Tourism, 21, Vidhan Sabha Marg, Lucknow – (U.P.) Tel: 49214
2. Nehru Institute of Mountaineering, Uttarkashi (U.P.)
3. Uttar Pradesh Tourist Office, Chandernagore Bldg., Jangpeth, New Delhi – 110001 Tel: 322251
4. Garhwal Mandal Vikas Nigam, 74-1 Rajpur Road, Dehradun (U.P.) Tel: 6817
5. Garhwal Mandal Vikas Nigam (Yatra office) Muni Ki Reti, Rishikesh (U.P.) Tel: 357, 373
6. Manager, Himalayan Tourism, Air India, 5th Floor, Hansalaya Bldg., Barakhamba Road, New Delhi – 110001. Tel: 3313091

GARHWAL-KUMAON (U.P. Himalaya)



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General Editor: Louis C. Baume

Scale 1 : 780,000

Trek-1

TREK TO GANGOTRI AND GAUMUKH (The source of holy Ganga)

Gangotri area, dotted with challenging peaks and long glaciers, is the most popular area for trekkers and mountaineers. It also has a deep significance for Hindus and hundreds of them arrive daily for a dip in the icy waters of Bhagirathi (Ganga). Best period: May-June and September-October.

Day-1: Delhi - Rishikesh - Uttarkashi (1158m) (30°43'N, 78°27'E)
Uttarkashi can be approached from either Mussoorie or Rishikesh, the latter being the more usual. Many buses ply between Delhi and Rishikesh. A few direct buses also run from Delhi to Uttarkashi. Uttarkashi is a boggish town and Nehru Institute of Mountaineering (NIM) is situated there.

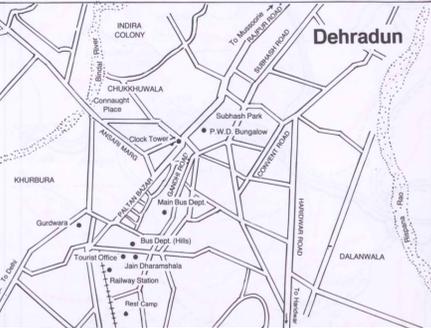
Day 2: Uttarkashi - Lanka (2785m) 87 km.
The road from Uttarkashi follows Bhagirathi River upstream, takes a right turn near Haril and proceeds towards Lanka, 13 km up from Haril. Lanka is a small village surrounded by thick forests and overlooking Jadh Ganga. It contains a few eating shops, a Traveller's lodge, a Forest rest house and Dharamshalas.

Day 3: Lanka - Gangotri (3140m) 12 km.
An easy trek along the Bhagirathi River. The trail goes down steeply a thousand metres to meet the river at Bhairon Ghati (2650m), which is 3 km distant from Lanka and has few eating shops. Gangotri is another 9 km beyond Bhairon Ghati. A Forest rest house, PWD Bungalow, Traveller's lodge and Dharamshalas. Buses go right up to Gangotri when the road between Lanka and Gangotri is useable.

Day 4: Gangotri - Bhojbasa (3792m) 12 km.
A pleasant trek along Bhagirathi leads you to Bhojbasa through dense forest. As the valley curves along the river you get a clear view of snow peaks. Many tea shops along the trail. A Tourist bungalow. An Ashram provides food and lodgings.

Day 5: Bhojbasa - Gaumukh (3892m) - Tapovan (4463m) 18 km.
The 6 hours trek to Gaumukh is along the river and over a morain. A grey-green ice wall is seen at Gaumukh. Here the Bhagirathi emerges from the snout of Gangotri Glacier. The trail from there to Tapovan traverses Meru Banak. Tapovan (meditation ground) is a lush green valley surrounded by many famous peaks. It is a popular base camp for many mountaineering expeditions to the surrounding peaks. At Tapovan, a sadhu (mendicant) usually accommodates trekkers at a nominal rate.

The return journey can be done in 2 days as it is nearly all downhill.



Trek-2

UTTARKASHI TO JAMUNOTRI TREK Via Dodi Tal

This is an interesting trek which starts from Uttarkashi, situated at the bank of Bhagirathi (Ganga), and reaches Jamunotri, the source of Jamuna River. Jamunotri is one of the most revered spot for Hindus. The bus journey from Delhi to Uttarkashi is the same as in Gangotri-Gaumukh trek. Best period: May, June and September, October.

Day 1: Uttarkashi - Agoda (2286m) 11 km
The first 11 km up to Kalyani can be covered by bus or jeep; beyond, the trail is very steep right up to Agoda. The Forest rest house is situated half a kilometre further on.

Day 2: Agoda - Dodi Tal (3307m) 16 km
The trail passes through a dense pine forest, which is the home of long-tailed monkeys. Midway there is a shepherd's hut. After a steep climb of a few more kilometres the trail reaches Dodi Tal, a pool of dazzling water surrounded by dense forest. Forest rest house.

Day 3: Dodi Tal - Shepherd's hut (3020m) 15 km.
From Dodi Tal the trail goes up steeply and reaches Sonpara Top (3953m) after a trek of 9 km. From the top the entire Bandarpunch group of peaks can be seen in all its glory. Sonpara Top is a long ridge and after following the ridge for 2 km, goes downwards till it reaches the grassy ground where a shepherd's hut is situated.

Day 4: Shepherd's Hut - Hanuman Chatti (2400m) 10 km.
A strenuous trek through thick vegetation; can be easily lost on the trail. Forest rest house and Dharamshalas.

Day 5: Hanuman Chatti - Jamunotri (3185m) 14 km.
After walking 7 km along the Jamuna River upstream, you arrive at Janak Chatti (2575m). Jamunotri is another 7 km beyond. A bath in the hot water springs at Jamunotri is most refreshing. Forest rest house, Dharamshalas, and pilgrims' hostel.

Days 6,7,8: Jamunotri - Janak Chatti - Mussoorie (1921m)
The return journey to Hanuman Chatti can be accomplished in one day. Take a bus from there, via Barkot, to Mussoorie. Mussoorie to Delhi is another 7 hours journey by bus.

Trek-3

TREK TO KHATLING GLACIER

Khatling Glacier (30°47'N, 78°58'E) is a lateral glacier from the centre of which the Bhilliganga River emerges. This glacier enjoys an important place in the Tehri-Garhwal region with Gangotri to its north and Kedarnath temple to its S-E. The trek passes through very thick forests and lush green meadows. It can be approached via Rishikesh and takes 6/7 hours by bus from Delhi. Change bus at Rishikesh for Tehri (30°23'N, 78°29'E). At Tehri change again for Ghuttu, an important roadhead situated on Bhilliganga River, 47 km E-N-E from Tehri. Essential commodities can be purchased in Ghuttu. Porters can also be hired. PWD Bungalow. Best period: May 15 to July 5 and September, October.

Day 1: Ghuttu (1524 m) - Reeh (2132m) 10 km.
The trail winds its way up the valley through terraced fields picking up height gradually. Reeh is a small village with a few shops. Camping ground.

Day 4: Reeh - Gangi - Kalyani (2683m) 10 km.
Gangi is situated between Reeh and Kalyani. From Gangi to Kalyani the trail runs through dense forests and lush green meadows. Camping ground.

Day 5: Kalyani - Khansoli - Bhehbagi (3110m) 13 km.
Kalyani to Khansoli is a pleasant trek of 8 km through woods though the trek is somewhat 'slushy'. At Khansoli a solitary hut stands out in the middle of the meadow. You have to ascend another 4 km to reach the camping ground at Bhehbagi.

Day 6: Bhehbagi - Khatling Glacier (3717m) - Bhehbagi 14 km.
The trek from Bhehbagi to Khatling Glacier and back takes a full day. The hanging glaciers of Jogin, Bharte Khunta and Dudhganga meet at different points above the snout of Khatling Glacier. Camping ground.

Trek-4

TREK TO HAR-KI-DUN (31°09'N, 78°27'E)

The valley of Har-Ki-Dun in western ranges of Garhwal Himalaya is situated s-w of Jaundhar Glacier. It is surrounded by snow-covered peaks to the north-west and the east and by dense forest to the south-east. Har-Ki-Dun can be reached in three days from Sankri roadhead (31°04'N, 78°11'E) and is also easily accessible by bus or jeep from Dehradun via Naugaon. There are eating shops and places to stay all along the trail. Tents are required for the trek to the Base of Kalanag. Best period: April to June and September, October.

Day 1: Sankri - Taluka (1900m) 13 km.
At Sankri (1450m) there is a newly constructed Forest rest house overlooking the Supin Valley. A few eating shops and necessary provisions are available. From Sankri to Taluka is a 5 hours trek involving many ascents and descents. Forest rest house.

Day 2: Taluka - Osla or Seema (2500m) 14 km.
A tough trek with many ascents and descents. After about 9 km, the trail crosses a stream over a bridge near a water mill. The main trail goes straight through bushes and green foliage and after another 5 km reaches the Forest rest house of Seema. Osla is seen perched on the mountain slope across the river Supin.

Day 3: Seema - Har-Ki-Dun (3566m) 14 km.
Cross the bridge over the Supin River and climb almost perpendicularly for half an hour, then turn right. The trail climbs up and down for 8 km then crosses a meadow. Finally it goes gradually downwards to the grass-carpeted valley of Har-Ki-Dun. Forest rest house.

Days 4,5: Har-Ki-Dun - Sankri
It is an easy two days walk back to Sankri.

Alternative route

TREK TO BASE OF KALANAG PEAK.

From Seema it is possible to take a very rewarding side trek of 4 to 5 days to the base of Kalanag and Bandarpunch peaks.

Day 1: Seema - Ruinsara Tal (3350m) 14 km.
The trail follows the Supin River along the left bank for 1½ km to a small bridge. Don't cross the bridge, but turn right. The trail climbs a ridge then plunges down steeply to cross the Ruinsara stream over a log bridge. Climbing gradually, the trail passes through dense forest and reaches Ruinsara Tal, a body of clear shimmering water. This is an ideal spot for camping.

Day 2: Ruinsara Tal - Kiar Koti (4570m) 6 km.
The trek to Kiar Koti is a difficult one. The trail climbs over a green slope, turns left along a rocky cliff then goes down to meet a stream. From there it rises again. Walking and jumping over the rock-strewn moraine of Kalanag, you gain the other side of the moraine and the vast grassy meadow of Kiar Koti. From there the Bandarpunch Glacier (also called Kalanag Glacier) is seen sweeping down from Bandarpunch and Kalanag peaks.

Days 3,4: Kiar Koti - Seema - Sankri
This is a downhill trek and can be done in two days.