**Munsiyari Milam Glacier Trekking Tour**

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A major source of the River Goriganga, the Milam Glacier, though originating from the eastern slope of Tirsuli and southern slope of Kohli, is a potpourri of several other glaciers emerging from the peaks of Hardeol at 7,151 meters, Mangraon at 6,568 meters, Deo Damla at 6,637 meters, Sakram at 6,254 meters, Nanda Gond at 6,315 meters and Nanda Pal at 6,306 meters. A truly magnificent trekking destination in the Kumaun Himalayan region, the vicinity over the shifting glaze that snouts at an altitude of 3,872 meters lays bare the silver lining horizon under the serene and spotless blue sky. The Milam Glacier Trek that passes through several solitary hamlets, lush green alpine meadows dotted with wild flowering plants, evergreen whispering and raging forest and varied landscape simply grab the imagination of every explorer. One of the moderate to challenging treks in the Kumaun Himalayan region that takes almost a fortnight to trek, it is in the list of every mountain lovers. The trailing track to Milam Glacier commences from the month of May and the odyssey winds up in the mid of October.   
  
The Milam Glacier trek from Munsiyari to Munsiyari is approximately 14 – 15 days of trail and trekkers need to get acclimatized to different altitudes. The actual trek to Milam Glacier starts from Bog Udyar, which is a drive-able distance from Munsiyari. The trail heads to Railkot that is perched at an altitude of 3,130 meters and it takes approximately 8 – 9 hours. From Railkot the route snakes through Panchu along the River Goriganga to Milam village, which is at an elevation of 3,420 meters. From Milam village the trail uphill leads to the camp site at Nitwal Thaur along the glacial track and thereafter winds upwards to Suraj Kund, wherefrom you can get a glimpse of Trishul massif, located within a stone’s throw distance. The trail downhill back to Railkot travels through Burphu, which is a quaint and solitary village. Thereafter the journey wheels to Almora via Munsiyari.

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| **Region:** Kumaon Himalayas (Uttaranchal) **Base:** Munsiyari near Milam Glacier **Altitude:** 2290 m above Sea Level **One Way Trek:** 58 Kms.   **Day 01): Arrive Delhi**  Arrive Delhi, On arrival met at the airport and transfer to the hotel.O/N stay at hotel.  **Day 02): Delhi-Almora** Morning drive to Almora, A Hill station on Kumaon Hills, On arrival check in at hotel, O/N stay at hotel.  **Day 03): Almora- MunsiyariI (2290 M /7557 FT)** | Munsiyari Milam Glacier Trekking Tour |

Drive to the beautiful town of Munsiyari. Overnight in Tents / guesthouse.  
  
**Day 04): Munsiayari - Lilam (1850 M / 6105 FT)** The 12 km trek today is a steady descent to Lilam. Set up camp for the night.  
  
**Day 05): Lilam - Bugdyar(2500 M / 8250 FT)**   
The distance covered today is 12 km and along the way one gets impressive views of Munsiyari and beyond. Overnight in Tents / Village huts.  
  
**Day 06):Bugdyar - MartoliI (3385 M/11170 FT)**Today's trek is takes you beyond the tree line and you can catch glimpses of alpine pastures. The distance covered will be 14 km (8 hrs). Martoli is a deserted hamlet that used to be of great prominence on the Tibetan trading route. Overnight in Tents.   
  
**Day 07): Martoli - Ganghar (3260 M/10760 FT)**The trek today will offer intermittent views of the Himalayan peaks. On reaching Ganghar the Nanda Devi East can be see. Total trek 12 km (6 hrs). Overnight in Tents.  
  
**Day 08): Ganghar - Pachu (3690 M/13035 FT)**One of the highlights of the trip as you approach the Pachu Glacier is the Nanda Devi itself, seeming just a stones throw away. That apart blooming rhododendrons along the way add to the beauty. A six km trek that will take 3 hrs. Overnight in Tents PACHU (REST DAY) (3690 M/13035 FT).   
The Nanda Devi demands that you spend a day here. Explore the ridges of Nanda Devi East or just relax. Overnight in Tents.

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| **Day 09): Pachu (Rest Day) (3690 M/13035 FT)** The Nanda Devi demands that you spend a day here. Explore the ridges of Nanda Devi East or just relax. Overnight in Tents.  **Day 10): Burfu - Milam (3400 M/11220 FT)** The scenery is a continuation of the day before with impressive views of the Nanda Devi peaks. Today trek will take about 4 hrs for the 8 km. Overnight in Tents.  **Day 11): Milam- Glacier (4200 M / 13860 FT)**  A 2 hour hike takes you to the Glacier head; it is the largest in the Kumaon region. Spend the day at the glacier and return to Milam. Overnight in tents.  **Day 12): Milam - Rilkot (3250 M/10725) FT** - Downhill almost all the way it is a 17 km (8 hrs) trek today. Overnight in Tents. | Munsiyari Milam Glacier Trekking Tour |

**Day13): Rilkot - Bugdyar**  
Another downhill day, with the highlight being the Narrow gorge at Nahar Devi. Trekking distance 12 km (5 hrs). Overnight in tents.   
  
**Day 14): Bugdyar - Lilam**  
Its 12 km of downhill all the way. Reach campsite by the afternoon and chill out. Overnight in tents.   
  
**Day 15): Lilam - Munsiyari**Trek to the road head and head back to Munsiyari for a well deserved hot water bath. Overnight in resthouse.  
 **Day 16): Munsiyari - Ranikahet / Almora**  
Depart from Munsiyari after an early breakfast. Reach Ranikhet / Almora / Nainital by the evening. Overnight in resthouse.  
  
**Day 17): Almora - Kathgodam - Delhi**Take a taxi from Almora / Ranikhet/ Nainital to reach Kathgodam to catch a Bus or the night train to Delhi. On arrival check in at hotel. O/N stay at hotel.  
  
**Day 18):Delhi/Departure**   
Morning transfer to the airport time to catch flight for onward destinations.