**Nandadevi East Base Camp Trekking Tour**

The trail to the base of India’s second highest peak, Nanda Devi that looms at an imposing height of 7,816 meters, is a grapevine to every trekker from different parts of the world. After the closure of the Nanda Devi Inner Sanctuary region, the Nanda Devi East Base Camp Trek became the sole route to trekkers to attest the beauty of the twin peaks –Nanda Devi and Nanda Devi East.

Though the first attempt to climb the Nanda Devi massif resulted in a failure, it was done in the year 1930 and again in the year 1934. Later in 1936 a British team with three Sherpa as companions climbed the mountain successfully and was followed by several other mountaineers in the succeeding years. On the other hand, Nanda Devi East massif was first climbed in the year 1939 and later in 1951 a French group tried an attempt but lost two members. According to Tenzing Norgay, who went for an expedition to look for those two French mountaineers, the Nanda Devi East massif is one of the most difficult summits he climbed.

The route to the massif passes through the beautiful Milam Valley and through several ancient villages, alpine meadows and glaciated tracks. The trek to Nanda Devi East Base Camp leads off at an altitude of approximately 4,200 meters en route to Milam Glacier. The journey undertaken once remains framed forever with the magnificent view of Rishi Parvat at 6,692 meters, Hardeol at 7,151 meters and Trishul I at 7,074 meters.

Being one of the most difficult treks in the Indian Himalayan region the journey requires several acclimatization bases. The actual trek to Nanda Devi East Base Camp commences from Lilam, which is approximately 17 – 18 kilometers from Munsiyari. From Lilam the trail heads to Bugdiar at an altitude of 2,700 meters passing through a thick forest of bamboo and a few Shepherd villages. From Bugdiar the trek uphill goes through the beautiful valley of Gori Ganga cutting through several gorges and alpine meadows dotted with Bhojpatra trees to Martoli at 3,430 meters. From Martoli you can capture the first glimpse of the Nanda Devi massif and the clear view of the Hardeol and Martoli peaks. The journey thereafter leads to Milam village, which lies at an elevation of 3,456 meters and thence it heads to Milam Glacier. From Milam after a day or two of acclimatization the trail commences to Lwani and thereafter to the Nanda Devi East Base Camp at 4,150 meters. One can explore the vicinity and capture the changing colours of the massif throughout the day and camp overnight. From the base camp the trail downhill follows the same route to Munsiyari.

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| **Region:** Kumaon **Duration:** 18 days**Altitude:** 4150 mts/13612 ft**Grade:** Moderate**Season:** April - June & Sept - Oct**Day 01: Arrive Delhi**Up on arrival at Delhi airport met our representative and then transfer to hotel for overnight stay.  | Nandadevi East Base Camp Trekking Tour |

**Day 02: Delhi – Kathgodam** (300 kms by train)
In the morning half day sightseeing at Delhi and by evening transfer to railway station to board Ranikhet Express from Old Delhi railway station at 2245 hrs and reach Kathgodam early next morning at 0600 hrs. Overnight journey.

**Day 03: Kathgodam - Almora – Munsyari** (2290 mts/7512 ft) 300 kms/8-9 hrs.
Upon arrival at Kathgodam drive to Munsyari via Almora. On arrival check in to hotel for overnight stay.

**Day 04: Munsyari - Lilam** (1850 m/6068 ft)(14 kms/ 5-6 hrs)
In the morning we will start our day 1 trek to Lilam via darkot. From Darkot the trek is descent to the Gori Ganga and continues descending until to the River at Jimighat. From here trek upward to Lilam. On arrival setup camp for dinner and overnight stay.

**Day 05: Lilam – Bugdiar** (2500 mts/8200 ft)(12 kms/5-6 hrs)
In the morning we will trek up to Bugdiar. Enroute we will cross the thick forest of Utees and other trees. After a upward trek we will reach Bugdiar. Here we can see Shepherds with their flocks of sheep and goats are a common sight at the meadows of Bugdiar. On arrival set up campsite. Dinner and overnight stay in tents.

**Day 06: Bugdiar– Martoli** (3430 mts/11250 ft)(14 kms/5-6 hrs)
We continue trekking along the Gori Ganga through series of narrow gorges. This beautiful trail passes through gorges and meadows leading to Railkot. The trek continues to the village Martoli situated at the edge of Lwan Gad Valley. Overnight stay in tents.

**Day 07: Martoli – Milam** (3450 m/11316 ft)(11kms/5-6 hrs)
We descend to a bridge over the Lwan Gad and continuing further we cross the bridge over the Gori Ganga. The trail goes on to the left bank and a short climb brings us to Burphu Village (3350 M). The valley opens up here and one get a spectacular view of several peaks. Trekking further we will reach the village Milam. Overnight stay in tents.

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| **Day 08: Milam – Milam Glacier – Milam** (6 kms /3-4 hrs)After breakfast trek towards the Milam Glacier. On arrival explore the glacier; one can view the magnificent peaks of Rishi Parvat (6692 M), Hardeol (7151 M) and Trishuli I (7074 M). Later trek back to Milam for dinner and overnight stay.**Day 09: Milam**The day is relax/exploration. Dinner and overnight stay in tents.**Day 10: Milam – Lwani** (13 kms/5-6 hrs)After breakfast trek down to Lwani. On arrival set out camp for dinner and overnight stay.  | Nandadevi East Base Camp Trekking Tour |

**Day 11: Lwani – Nanda Devi East Base Camp (**4150 m/13612 ft)(13kms/5-6 hrs0
In the morning we will start our trek to base of Nanda Devi east. The route is full of thrill and we will pass a series of moraine fields and famous meadows of Sartol Kharak (3650 M)and Naspanpatti (3850 M) in Nanda Devi. Set out camp for dinner and overnight stay.

**Day 12: Nanda Devi East Base Camp – Nanda Devi East** (3 kms one side/3-4 hrs)
In the morning we will set out a trek for Nanda Devi east. Explore the terrain and return back in the base camp for dinner & overnight stay.

**Day 13: Nanda Devi East Base Camp - Martoli** (3430 m/11250 ft)(14 kms/5-6 hrs)
After an early breakfast trek to Martoli. Dinner and overnight stay in tents.

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| **Day 14: Martoli - Bugdiar** (2500 m/8200 ft)(13 kms/4-5 hrs)In the morning after breakfast trek down to Bugdiar via Railkot. Dinner and overnight stay in tents.**Day 15: Bugdiar – Lilam** (12 kms/4 hrs)Trek down to Lilam. Dinner and overnight stay in tents.**Day 16: Lilam – Munsyari (2290 m/7512 ft)**This is our last day trek to Munsyari. This is another easy day to reach Munsyari. Dinner and overnight stay in hotel. | Nandadevi East Base Camp Trekking Tour |

**Day 17: Munsyari – Kathgodam**
Early in morning drive to Kathgodam to catch Ranikhet Express for Delhi at 2040 hrs. overnight journey.  **Day 18: Delhi Departure**
Arrive at Delhi by morning. On arrival transfer to hotel for relax. In the evening transfer to airport to catch your onwards flight