**Nandikund Trek**

One of the toughest treks in the Garhwal Himalayan region, the Nandikund Trek that stretches from an elevation of 3,497 meters to 4,800 meters, is one of the least explored treks in the Indian Himalayan belt. The journey encounters a very strenuous trek having steep climbs and further there are many sharp turns through narrow ridges that pass through crazy and twitchy paths. Nandikund at an elevation of 4,500 meters, one of the pristine high altitude lakes in the Indian Himalayan region that is surrounded by several notable peaks, the prominent being the Chaukhamba group of peaks, is truly a paradise to trekkers. It is believed that Nandi Kund is as deep as it is big; the Kund spreads over an area of one and half km. It is the source of River Madhyamaheshwar Ganga. The trekking trail leading towards this revered lake is marked with streams coming from the top, and you have to cross these streams to reach the Kund. Further, the vicinity is also considered as one of the holiest by the Hindu pilgrims that dilates a diorama of the Pandavas from the Indian epic, the Mahabharata.

The trek to Nandikund commences from Ukhimath, which is easily accessible by road from Rishikesh via Srinagar. From Ukhimath the route heads to Madhya Maheshwar via Bantoli and thereafter the trail involves a steep climb towards Kashani Dhar, which is approximately 10 kilometers of trek uphill. From Kashani Dhar, the journey heads to Kashani Tal and thence leads to Pandav Shera. The trail from Kaahani Dhar to Kashani Tal is approximately 2 kilometers and to Pandav Shera it is approximately 14 kilometers. There again the trail continues further 6 kilometers to Nandikund and after an overnight camping the journey follows a trail downhill to Dwari Gad. Later it snakes down to Dhaula Udiyar and thereafter to Ukhimath via Bantoli. The Nandikund trekking tour in the Garhwal region leads to Rishkesh beholding some of the best adventurous moments of your lifetime.

**Itinerary:**

**Day 1:** Arrival at Delhi

**Day 2:** Delhi- Haridwar- Rishikesh

**Day 3:** Rishikesh- Ukhimath

**Day 4:** Ukhimath (4300 ft) – Uniyana – Ransi – Gaundhar – Nanu (7743 ft)

**Day 5:** Nanu (7743 ft) – Madhymaheshwar (11483 ft.) 6 kms

**Day 6:** Madhyamaheshwar (11483 ft) – Kachani dhar (14764 ft) 8 - 9 kms, 7-8 hrs.

**Day 7:** Kachani dhar (14764 ft) – Pandavsera (13780 ft) 9 kms – 6-7 hrs.

**Day 8:** Pandavsera (13780 ft) – Nandikund (15748 ft) – Giya Vinayak Pass( 17389 ft) – Barma (13780 ft), 12kms , 9-10 hrs

**Day 9:** Barma (13780 ft) – Bansi Narayan (11483 ft) 15 kms, 8-9 hrs

**Day 10:** Bansi Narayan (11483 ft) – Devgram (6627 ft), 12kms, 7-8 hrs