**Panwali Kantha Trek**

**Region:** Garhwal Himalayas  
**Grade:** Moderate Trek  
**Duration:** 14N/15 Days  
**Altitude:** 3965 m above sea level  
**Best Time:** April to November  
  
One of the moderate treks in the Garhwal Himalayan region, the Panwali Kantha trek offers unparalleled vicinity, panorama and horizon to treat your eyes on every season. When you pick the retreating monsoon to hit the trailing tracks to Panwali Kantha, which is at an elevation of about 3,965 meters, you fall upon the refreshing lush green alpine meadows that are dotted with numerous Himalayan trees and wide range of colourful flowers. On the other hand, during the winters it turns out to be bedded with a thick layer of snow with inviting gentle slopes. Panwali Kantha is one of the alpine meadows in the Garhwal Himalayan region that is surrounded by Yamunotri, Gangotri, Kedarnath and Badrinath mountain peaks. Further, the Panwali Kantha trek takes you through the harmonious lifestyle inhabiting in the hamlets tucked in the mountains. That’s an opportunity where you can get acquainted with the nomadic tradition. Cutting across several small streams and passing through the thick forest of deodar, pine and rhododendron the journey remains one of the most rejuvenating in every trekking story. Moreover, the surreal silver horizon that glitters parallel to the serene sky is one of the major attractions from the vicinity of Panwali Kantha.  
  
The Panwali Kantha trek starts from Mala, which is approximately a 22 kilometers drive from Uttarkashi. From Mala the 15 kilometers trek to Belak at 2,420 meters passes through several small rivulets that crisscross the lush green landscape dotted with varied species of alpine trees. From Belak a further 9 kilometers of trek leads to Jhala and thereafter turns to Budakedar at 1,525 meters, which is 8 kilometers of steep descend from Jhala. The Panwali Kantha Trek from Budakedar embarks upon a steep and strenuous climb to Ghuttu. The approximate distance from Budakedar to Ghuttu is 16 kilometers and takes about 7–8 hours. The journey continues its steep climb to reach the highest point of this trek at Panwalikantha, which is at an elevation of 3,965 meters, and offers a very beautiful expanse of the meadow along with breathtaking views of high snow clad peaks in the north. From the vicinity of Panwali Kantha the journey follows a trek downhill to Gaurikund via Trijuginarayan and thereafter heads to Kedarnath, which is one of the Hindu pilgrimage sites and noted for hosting a shrine that is dedicated to Lord Shiva. From Kedarnath the trail leads back to Gaurikund and thereby moves toward Guptkashi.

**Itinerary**:   
  
Day 01: Arrivel Delhi

Day 02: Delhi- Rishikesh (224 kms/5hrs drive)

Day 03: Rishikesh - Uttarkashi (182 kms/7hrs drive)

Day 04: Uttarkashi - Mala - Belak (22 kms drive and 15 Kms Trek)

Day 05: Belak - Jhala (9 kms trek/5-6hrs)

Day 06: Jhala - Budakedar (8 kms Trek/4-5hrs)

Day 07: Budakedar - Ghuttu (16 kms trek/7-8 hrs)

Day 08: Ghuttu - Panwali Kantha (15 kms trek/7-8hrs)

Day 09: Panwali Kantha - Kankhaliakhal (11 kms trek/6-7hrs)

Day 10: Kankhaliakhal - Trijuginarayan - Gaurikund

Day 11: Gaurikund - Kedarnath (14 kms trek/7-8hrs)

Day 12: Kedarnath - Guptakashi

Day 13: Guptakashi - Rishikesh (171 kms/7-8 hrs drive)

Day 14: Rishikesh-Haridwar-Delhi (224 kms, 5/6 hrs drive)

Day 15: Delhi - Departure