

## The Lord Shiva; Panch Kedar Trek



The Panch Kedar trek includes all the five shrines associated with the Hindu legends. All of them are situated in the Kedar Valley. At Kedarnath, which is situated at the head of the Mandakini River, the Linga is a natural rock that resembles the hump of a bull. Madhmaheshwar, situated at the base of Chaukhamba Peak is at an altitude of 3500 m. Here the Linga is worshipped in the form of a navel. Tungnath, where the arm of Shiva appeared is the highest temple in Garhwal is situated at an altitude of 3810 m. 500 m above the temple at Tungnath is Chandrashila.

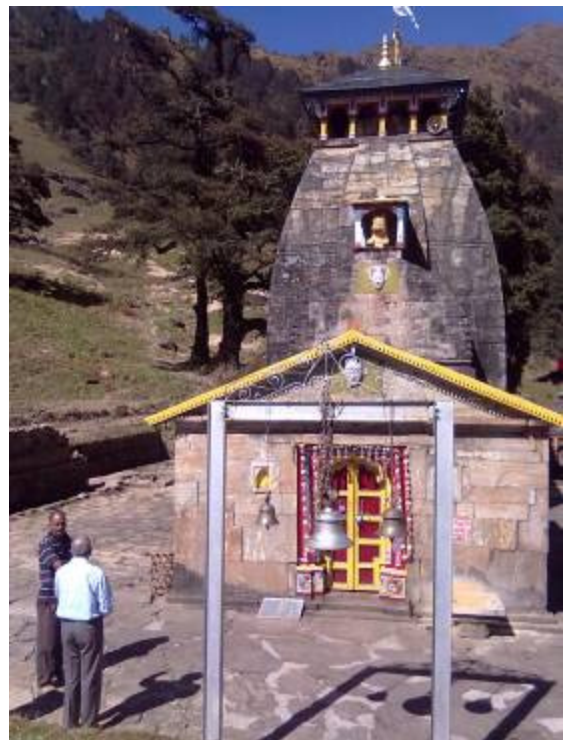
The panoramic view of the Himalayas is breathtaking. Rudranath is where the face of Shiva is said to have appeared. Here there is a natural rock temple in which the Shiva Mukha is worshipped. To reach Rudranath, one has to trek through alpine meadows and dense forests. Kalpeshwar is situated in the beautiful valley of Urgan. There is a cave temple here and Shiva is worshipped in his matted hair form.

### Punch Kedar are:

1. **Kedarnath** (3584 mts/11756 ft)
2. **Madhmaheshwar** (3289 mts/10788 ft)
3. **Tungnath** (3810 mts/12497 ft)
4. **Rudranath** (2286 mts/7000 ft)
5. **Kalpanath** (2134 mts/8200 ft)

### Day 01: Delhi - Rishikesh (230 kms/6 ½ hrs)

In the morning take an AC Train for Delhi at 06:55 hrs. Arrival at Haridwar by 11:25 hrs and



transfer to Rishikesh by car. On arrival at Rishikesh check into the hotel. In the evening visit Temples, Laxman Jhoola and Triveni Ghat for Arti darshan. Dinner and overnight



stay at hotel.

**Day 02: Rishikesh – Pipalkoti** (1219 mts/3998 ft) 218 kms/7-8 hrs

Morning after breakfast drive to Pipalkoti via Devprayag, Rudraprayag, Karanprayag, Nandprayag. On arrival check in at the hotel. Dinner and overnight stay at the hotel.

**Day 03: Pipalkoti – Helang - Urgam** (2134 mts/7000 ft) 9 kms trek/3-4 hrs

In the morning after breakfast drive 15 kms to reach Helang. From here we will start our trek up to Urgam Village. We will cross Alaknanda River via Road Bridge. The trek pass through the dense forest, murmuring water falls along with KalpGanga. Urgam Valley is famous for its apple orchard, terraced fields and potatoes. Evening free to explore the fascinating Urgam Valley. Dinner and night stay in tents.



**Day 04: Urgam – Kalpeshwar – Urgam** (2 kms one side)

An early morning walk up to the first Kedar (one of Panch Kedar) during your trek. For this trek you have to prepare with packed lunch. The locks (hair) of lord Shiva worshiped in this temple. From here you will have the striking views of valley with terraced fields and lush green forests. Later return trek to Urgam. Dinner and overnight stay in tent.

**Day 05: Urgam - Kalgot** (2215 mts/7265 ft)

After an early breakfast trek up to Kalgot Village through dense forest, lush green



meadows. This is the tough day. Evening arrival at Kalgot village. Meet the locals, know their culture etc. Dinner and overnight stay in tents.

**Day 06: Kalgot - Rudranath** (2286 mts/7498 ft)

Morning trek up to the temple of Sri Rudranath, another form of lord Shiva. In this temple The face of the Shiva is worshiped. From here we can see a splendid view of Hathi Parvat, Nanda Devi, Nanda Ghunti, Trishuli and other group of peaks. You can also visit the Suryakund, Chandrakund, Tarakund which is located nearby the temple. Dinner and overnight stay in tents.

**Day 07: Rudranath - Sagar - Mandal** (18 kms trek/8 kms drive)

Morning after breakfast trek down to Sagar Village through the dense forest and meadows. Up on arrival at Sagar drive to Mandal. Mandal is also known Cherapunji of Garhwal. Dinner and overnight stay in tents.

**Day 08: Mandal - Chopta** (2900 mts/9512 ft) - **Tungnath** (19 kms/2 hrs/trek 3.5 kms)

Morning after breakfast drive to Chopta. Chopta is situated at an altitude of 2900 m from the sea level. The place provides a panoramic view of the Himalayas and the



surrounding areas. Up on arrival at Chopta trek to Tungnath (the third Kedar) with packed lunch. Tungnath is situated at the height of 3680 mts from the sea level the



highest in India. the trek is three kms upward. Enroute you will find lush green meadows and you can see the entire range of snow clapped Himalayan range. Upon arrival at Tungnath Temple and visit the temple. After relax one can trek Chandrashila peak 1 kms ahead. Dinner and overnight stay in Tungnath.

#### **Day 09: Tungnath - Chopta - Jagasu - Gaundhar**

In the morning trek back to Chopta and from here drive to Jagasu (45 kms/2 hrs). From here trek up to Gaundhar. The confluence of Madmaheshwar Ganga and Makandya Ganga is the last place that is worth a visit before one reaches Madmaheshwar. Dinner and overnight stay in tents.

#### **Day 10: Gaundhar - Madhya Maheshwar (3289 mts/10788 ft)**

Morning after an early breakfast start trek (18 kms/5-6 hrs) up to Madhya Maheshwar (the forth Lord Shiva temple of Panch Kedar). It is believed that the navel mid part of the body reappeared at this shrine after disappearing at Kedarnath. On arrival set camp here. Here you see the magnificent view of Chaukhamba, Kedarnath and the Neelkanth peaks. Dinner and overnight stay in tents.



### **Day 11: Madhya Maheshwar - Gaundhar**

In the morning trek back to Gaundhar. Dinner and overnight stay in tent.



### **Day 12: Gaundhar - Jagasu - Guptkashi**

After an early breakfast 12 km trek to Jagasu and from drive to Guptkashi (30 kms). Dinner and overnight stay at Hotel.

### **Day 13: Guptkashi - Gaurikund - Kedarnath (3584 mts/11756 ft)**

Morning after breakfast drive to Gaurikund and from here 14 km trek up to Sri Kedarnath, one of the twelve Jyotirlingas of Lord Shiva. The trek is passes through beautiful surroundings. On arrival check in at guest house. Evening explore the surroundings. Dinner and overnight stay in Guest house.

### **Day 14: Kedarnath - Gaurikund - Rudraparyag**

Morning after breakfast visit Kedarnath temple, trek down to Gaurikund and drive to Rudraprayag through river Mandakini. Check into hotel. Evening visit the confluence of Alaknanda & Mandakini Rivers. Dinner and overnight stay at hotel.



### **Day 15: Rudraprayag - Haridwar (160 kms/4-5 hrs) - Delhi**

Morning after breakfast drive to Haridwar via Devprayag (Confluence of Alaknanda and Bhagirathi. From here the Holy River Ganges starts). From Haridwar catch a train for Delhi. Arrival at Delhi by night at 22:45 hrs.

**Trip & Services Ends Here**

### **COST OF THE TRIP**

**USD 1285 Per Person\*** (For a minimum of 2-4 people)

**INR 58000 Per Person\*** (For a minimum of 2-4 people)

\*4.9 % Service Tax extra

### **COST INCLUDES**

- AC train from Delhi to Haridwar & back
- All **road transfers** by a Mahindra Max from Haridwar & back.
- **Accommodation** in Hotel/Tourist rest House/Tents at All the paces according to itinerary. While on trek Dome/Alpine tents will be provided.
- **Meals: At Hotel only breakfast will serve.** Rest of the places and on trek all meal will be provided. Meals will be freshly prepared by mix of Indian, Chinese and Continental
- **Camping equipment** like tents, sleeping bag, mattresses, Kitchen tent, camping stools, Table etc.
- **Professional and experienced local** trekking guide
- **Cook, porters,**
- **Trekking permit & camping charges**

### **COST DOES NOT INCLUDE**

- Accommodation in Delhi
- Enroute meal
- Any meals / services not mentioned above
- Liquor, soft drinks, bottled water, beverages, etc.
- Personal expenses like tips, telephone calls, laundry, etc.
- Any expenses rising due to bad weather, landslides, etc.
- Travel insurance