

# Nanda Devi East Base Camp Trek

## Few Facts :

**Season:** April - June and September - October

**Maximum Altitude:** 4150 m (Nanda Devi East base camp)

**Grade:** Moderate

Road head for trek: Overnight train/drive from Delhi to Kathgodam. From Kathgodam its about 300 kms drive to Munsyari via Almora and will take about 8-9 hrs.

This very high adventure trek starts at Munsyari (2290M), situated at a distance of about 120 kms from Pithoragarh. Munsyari is a small beautiful hamlet with a scenic array of waterfalls and home to the Johari Tribe who are famed for their ayurvedic medicines and woolen shawls.

Breathtaking views of the Panch chuli can be seen form here and Munsyari is the base for trekkers to Milam, Namik, Ralam glaciers & the Nanda Devi Peak. The views from Milam Glacier of Trishuli, Hardeol and Rishi Pahar are a sight to behold. The whole trip is dotted with many such sightings, but one of the best highlights remain the beautiful meadows at the Nanda Devi Base camp that would delight one and all.

If luck is favoring you on this trip you might even sight the elusive Snow Leopard or the Himalayan musk deer.

## Tour Itinerary :

**Duration:** 15 Days

**Destination:** Delhi - Kathgodam - Almora - Munsyari - Darkot - Lilam - Bugdiar - Railkot - Martoli - Milam - Camp (Lwanl) - Nanda Devi East Base Camp - Martoli - Railkot - Bugdiar - Lilam - Munsyari - Kathgodam - Delhi

### Day 0: Delhi - Kathgodam

Board Ranikhet Express from Old Delhi railway station at 2245 hrs and reach Kathgodam early next morning at 0600 hrs.

### Day 01: Kathgodam - Almora - Munsyari (2290 m/7512 ft)

Travelling Distance: Approx 300 kms

From Kathgodam drive towards Munsyari via Almora. This will take about 8-9 hrs.

### Day 02: Munsyari - Darkot (1800 m/5904 ft) - Lilam (1850 m/6068 ft) (15 kms/ 5-6 hrs) Trek

Start trekking towards Darkot, 5kms from Munsyari. From Darkot we start the descent to the Gori Ganga and continue descending until we reach the River at Jimighat. This is the lowest point of the trail and from here we start climbing to Lilam. On arrival setup camp for overnight stay.



**Day 03: Lilam - Bugdiar (2500 m/8200 ft) (15 kms/5-6 hrs) Trek**

Head for Bugdiar. 5 kms from the start we cross the confluence of Ralam River and Gori Ganga. Shepherds with their flocks of sheep and goats are a common sight at the meadows of Bugdiar. On arrival set up campsite. Overnight stay in tents.

**Day 04: Bugdiar - Railkot (3100 m/10168 ft) - Martoli (3430 m/11250 ft) (14 kms/5-6 hrs) Trek**

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 05: Martoli - Milam (3450 m/11316 ft) (11kms/5-6 hrs) Trek**

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.

**Day 06: Milam - Milam Glacier - Milam (6 kms /3-4 hrs) Trek**

After breakfast trek towards the Glacier. Visit the Glacier and the magnificent peaks of Rishi Pahar (6692 M), Hardeol (7151 M) and Trishuli 1 (7074 M). Later start retracing steps towards Milam village. Overnight stay in tents.

**Day 07: Milam**

Day for rest/acclimatization/exploration.

**Day 08: Milam - Camp (Lwanl) (14 kms/5-6 hrs) Trek**

We start to descend towards Lwani today and Camps opposite the settlements of Lwani. Overnight stay in tents.



**Day 09: Camp (Lwanl) - Nanda Devi East Base Camp (4150 m/13612 ft) (14kms/5-6 hrs) Trek**

Start trekking towards base camp following the Lwan valley. The trail passes through a series of moraine fields and famous meadows of Sartol Kharak (3650 M) and Naspanpatti (3850 M) finally leads to the Nanda Devi East base camp. The meadows at the base camp are a sight to see. Overnight stay in tents.

**Day 10: Nanda Devi East Base Camp - Towards Nanda Devi East - N D East Base Camp (6 kms/3-4 hrs)**

Today we trek about 3 odd km towards southeast of the Nanda Devi East. Explore the terrain and return back in the afternoon. This is the route leading to Trails Pass that links the upper Lwanl valley with the Pindari valley. Overnight stay in tents.

**Day 11: Nanda Devi East Base Camp - Martoli (3430 m/11250 ft) (15 kms/5-6 hrs) Trek**

Start retracing steps towards Martoli. Its generally downhill and an easy leisurely walk. Overnight stay in tents.

**Day 12: Martoli - Railkot (3100 m/10168 ft)- Bugdiar (2500 m/8200 ft) (14 kms/4-5 hrs) Trek**

Trek towards Bugdiar passing through Railkot. This will take approximately 5 hrs.  
Overnight stay in tents.

**Day 13: Bugdiar (2500 m/8200 ft) - Lilam (1850 m/6068 ft) Trek**

Start trekking towards Lilam. It's mostly downhill and will take around five hours at a leisurely pace. Overnight stay in tents.



**Day 14: Lilam - Munsyari (2290 m/7512 ft) Trek**

Last day of the trek. We start leisurely towards Munsyari. The walk is comfortable and takes around five hours. Overnight stay in Guest house

**Day 15: Munsyari - Kathgodam**

Early morning drive from Munsyari towards Kathgodam to board Ranikhet Express for Delhi at 2040 hrs.