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# GAUMUKH TAPOVAN

 7 Days  6 Nights



Difficulty Level: Moderate – Difficult : 14,200 ft



22 April 2022 - 28 April 2022



Group size: 14



Dehradun - Gangotri - Chirbasa - Bhojbasa -  
Tapovan

total price per person

**₹17,599/-**



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## QUICK FACTS

**14,200ft**Gaumukh  
Tapovan peak  
height**55km**Gaumukh  
Tapovan trek  
distance**Gangotri**

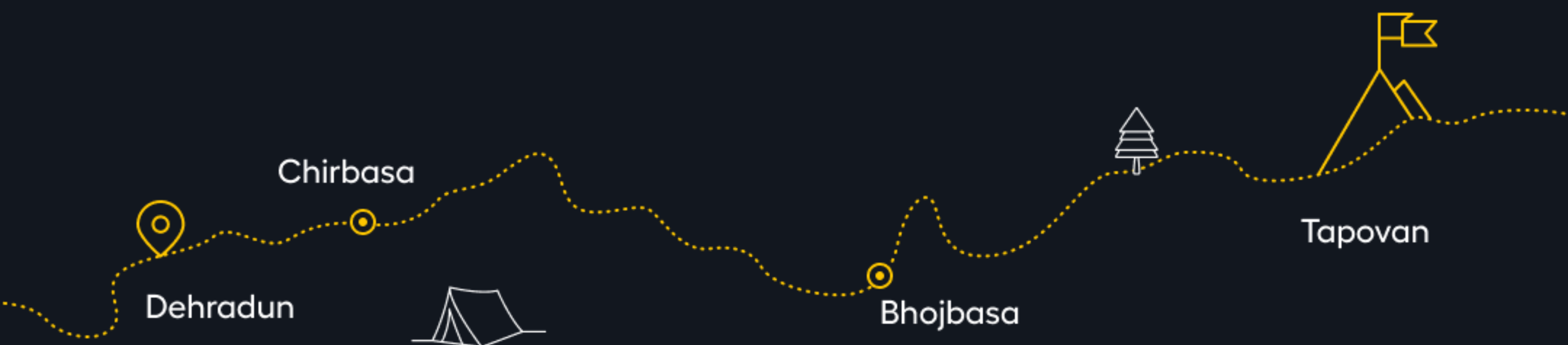
Base village

**Day 24°C****Night around -5°C**

Temperature

## HIGHLIGHTS

charming **villages** | **small batch** size | **personalised** experience  
medows | **camping** in the **forest** | bird calls | **pahadi folk** stories and  
legends | regional **culinary** | gaumukh the source of **ganga** | **megistic**  
mountain views and **gangotri glacier**





## GAUMUKH TAPOVAN

Gangotri is a small holy town packed during the months from April end to June mid for the “**charm dham yatra**”. The place has a certain charm to it. They say that when the **Ganga arrived** on this planet, it is here in Gangotri; where she started her journey throughout the country. Seeing the Ganga flow with all her might is very intimidating yet a certain pinch of **calm** and serenity **strikes** with the **temple bells ringing** behind and the priests chanting shlokas behind you.

**Gaumukh glacier is the source of river Bhagirathi** – which ultimately merges with river **Alakananda** at Dev Prayag to form the holy river Ganga. The Gaumukh Tapovan trek is a Must-do for every trekker due to its **unpredictable challenging** conditions and **stunning beauty**.

Tapovan is a **naturally diverse** area carpeted by the lush green grasslands that are considered to be the **best high-altitude grasslands** in India. The team of **FOLKA** promises to make your Gaumukh Tapovan Experience in the Himalayas a very memorable and an enriching one through our specially curated **Experiential Learning Trekking Program**.







image source: Google. Only for reference purpose

**1**<sup>ST</sup>  
DAY

## DEHRADUN TO GANGOTRI

ROUTE TO THE HIMALAYAN AFFAIRE  
WITH SERINITY



Drive Distance: **242 kms**



Duration: **10-12 hrs**



Elevation **10,052 ft**

- Our first day is going to be a long drive from Dehradun to Gangotri village. Trip start **6.00 AM from Dehradun** so that you reach Gangotri by early evening, in time to enjoy the **'aarti'** (divine ritual) at River Bhagirathi and also visit the Gangotri temple.
- The route will cross **Dehradun - Mussorie - Dhanulti - Chamba - Uttarkashi - Harshil - Gangotri**. Enjoy the scenic views of mighty mountains and a gushing river flowing just beside the road.
- Trek briefing session with the trek lead. Overnight stay at gangotri.





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**2**<sup>ND</sup>  
DAY

THE RENDEZVOUS WITH NATURE

## **GANGOTRI → CHIRBASA**



Trek Distance: **10 kms**



Duration: **6 hrs**



Elevation **11,631 ft**

- Start your trek from base village, passing through the village.
- Take in the grandeur of silver, green and golden pine trees, enjoy the gradual walk through them, **listening to birdcalls and stopping to identify them.**
- Spend a quiet moment amongst these trees who have witnessed times we have only heard of in **stories and legends.**
- As you keep trekking, you will be welcomed by the different **waterfalls** of the region, **clearings** and **springs**. Dip your feet into these pure Himalayan springs- nothing can beat them when it comes to muscle recovery.
- Reach Chirbasa campsite where **Bhagirathi river** will be flowing just beside the campsite.





**3<sup>RD</sup>**  
DAY

HIMALAYAN MEADOWS BECKON

**CHIRBASA →  
BHOJBASA**Trek Distance: **5 kms**Duration: **3 hrs**Elevation **12,431 ft**

- Today's trek goes through the open valley and only after a few minutes, you have a birds-eye view of your Chirbasa campsite. On this route, you will find gigantic snow-clad mountains bordering the valley.
- After 20 min into the trek, you trek over large broken patches and then descend down. The Bhojbasa campsite is surrounded by the Birch trees and offers you clear views of Mt. Bhagirathi.
- On this trail, you will get to enjoy light refreshments, amidst the looming peaks and crisp Himalayan air.
- Over night stay in camps.







image source: Google. Only for reference purpose

## 4<sup>TH</sup> DAY

### SUMMITING THE MIGHTY TAPOVAN

## BHOJBASA → TAPOVAN



Trek Distance: **6.5 kms**



Duration: **5 hrs**



Elevation **14,203 ft**

- We start on the trail early in the morning.
- Just after a few minutes, you will cross through the **most difficult** part of the entire trek. The boulder region is where you will face moderate difficulty to trek on. But with **correct guidance** by **our experts** and your attention will make it easier for you to cross the section.
- As you hike ahead, you can see the moraine covered by the **Gaumukh glacier**.
- A couple of hours into the trek you will reach **Tapovan**. At the campsite you are welcomed with the clear views of **Mt. Shivling, Meru, Manda, The Bhagirathi group Kedardome, Karchakund**, and many other peaks.
- We will reflect on our journey so far, the **challenges, the rewards, the learnings**.
- Tapovan is the apex point of the trek. Enjoy this night camping

NOTE : Like someone wise once said the trek up is optional while the trek down is mandatory. The journey is half won but the downhill journey is just as important.



# 5<sup>TH</sup> DAY

## TAPOVAN → BHOJBASA



Trek Distance: **6.5 kms**



Duration: **5 hrs**



Elevation **12,431 ft**

- Wake up to a chilly morning and have your breakfast with views of Mt. Shivling and many other peaks. Post breakfast, start your trek back to Chirbasa. The descending can sometimes become a little nasty so mind your steps.
- Once you have reached the campsite, settle down in your camps. Devour your dinner and sleep a good night.







**6**<sup>TH</sup>  
DAY

## **BHOJBASA → GANGOTRI**



Trek Distance: **15 kms**



Duration: **8 hrs**



Elevation **10,052 ft**

- Wake up to a morning breakfast and get ready to head back to Gangotri. This will be the last day of your trek of Gaumukh Tapovan and an easy one also.
- After a few hours, you will enter the pine section of the forest. Enjoy the flora & fauna and trek through the dense forests of oak and pine.
- On reaching Gangotri, you can either settle in your guesthouse or explore the leftover places.
- Have your steaming dinner and rest for the day.





**7**<sup>TH</sup>  
DAY

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**GANGOTRI**

- Our trek will end with a morning have breakfast. Check-out from your stay. It's time to say bye your fellow trekmates. Return with lots of beautiful memories and learnings.



## **WHY GAUMUKH TAPOVAN BEYOND THE TREK?**

It is a very well-known trek in the adventure community, there is so much of the Himalayan goodness that remains hidden in plain sight. Here are a few reasons beyond the trek itself that could persuade you to consider the trek with us



### **1. The drive to the base camp**

The drive from Derahdun all the way to Gangotri through lovely pine forests. It is by far one of the most enchanting drives you will ever have. The dense pine forest and sun playing peek-a-boo creating patterns of light and shadows- this is one drive to remember!



### **4. Getting close to nature**

Wide variety of flora and fauna – Gangotri National Park. The stark yet dramatic scenery; lookout for native bharal or blue sheep, and also birds. The sunrise and sunset on the majestic mountains



### **2. Get to know the true essence of Pahadi life up-close**

Your first and last nights on the trek will be spent with the local community at Gangotri village. You will meet and interact with the villagers and get a deeper understanding of their life, food and culture.



### **3. Experiential learning with Folka**

With us, it will never be just a trekking experience. We take great pride in ensuring that you take back not just great memories of a successful- life-altering experience, but also reflect on your moments on the trail to learn about yourself. We will help you take a moment to turn around and look at yourself in perspective and take home those learnings to apply to your daily lives.



### Package price Inclusions

- Travel from Dehradun to Gangotri.
- All meals and accommodation starting from your arrival at day 1 to your departure on day 7.( day 1 starting from dinner and day 7 end with breakfast)
- Forest entry charges and other permissions.
- Rentals for all common gear provided to you like tent and sleeping bags, mats
- Guide and Expertise charges (cook, helpers, porters)
- Mules for carrying common luggage
- Trek covered with insurance

### Package price Exclusions

- Travel from Gangotri to Dehradun.
- Meals and Drinks purchased by participants during the trek.
- Rentals for personal gear (You are expected to get your own personal gear Refer to the Pre-Trek section)
- Flight/train till Dehradun.
- Backpack offloading charges. You are expected to carry your own backpack. Trekkers unable to do so can opt for a porter service at 300/day onwards.

***\*We can arrange the Dehradun drop for an extra pay***



## FAQ

- **who will accompany us on the trek?**

a certified trek leader, a guide, cook & porters will accompany you during the trek

- **is it a beginner friendly trek?**

no, gaumukh tapovan trek is ideal for people who has done minimum 1 himalayan trek .

- **will there be a mobile network available on the trek?**

no last network point will be the base camp.

- **will we need to carry power banks?**

it is advisable to carry power banks to charge your devices as mobile charging facility will only be available at the base village, which is the last point of electricity on the trek. . a 10,000mh or above power bank would be ideal, depending on your usage.

- **what will be the accommodation facility during the trek?**

at the base camp, you will be accommodated at a hotel /guesthouse. while on the trek you will stay in tents on a 2-sharing basis. tents, mattresses and sleeping bags will be provided. separate individual tents can also be arranged at an extra cost and prior notification.



## FAQ

- **what about toilets?**

at the base camp hotel/homestay you will have a proper wet toilet facility. while on the trek, campsites will have toilet tents. these will be dry toilets, hence please carry toilet paper rolls. please refrain from using wet tissue as they are not biodegradable.

- **will we have bathing facilities on the trek?**

you will be able to take a bath during your base camp stay on day 1. while on the trek, campsites will not have a bathing facility.

- **who will be our emergency contact in case our families need to reach us?**

your families, in case of an emergency, will be able to reach our team at the base camp. the emergency contact number will be provided to you a week prior to your trek date.

- **what will the evacuation process be like, in case of an emergency?**

in case of any emergency, if the trekker is in a stable health condition to trek back to base camp, he will be accompanied by one of our team members back to the base camp. in case of a health issue preventing a trek back, an evacuation team will be able to get you back to the base camp. however, the evacuation expenses are not to be borne by folka adventures.

- **are children allowed on this trek?**

children above the age of 14 are allowed on the trek. children between the ages of 14-18 years can trek solo with a signed disclaimer form from their guardian.



## **FOR THE NATURE** *PROTECTING OUR MOUNTAINS FOR TODAY & TOMORROW.*

FOLKA Adventure Strongly believes the mountains are there for everyone to enjoy, and everyone should respect and protect it. On experiential trekking, we are considerate and committed to preserving the natural wonder these majestic environments hold.

- We are all too aware of the destructive nature many commercial expeditions have had on the mountains and the knock-on effects to the communities within them. This is not our way, Folka Adventure strongly believes and follows 'Clean as you go' and 'Leave no trace' and insists all its climbers and guides comply with the environmental rules, regulations and guidelines.
- All team members are well-trained and educated in the environmental issues regarding mountaineering and climbing, from the proper disposal of garbage to the recycling of oxygen cylinders, to name a few. In addition we actively operate with a Recycle, Re-use & Improvisation (RRI) approach to expedition equipment whenever appropriate.





# HOW TO PREPARE TREK?

## Aerobic workout

Aerobic exercise is physical exercise of low to high intensity that depends primarily on the aerobic energy-generating process. "Aerobic" is defined as "relating to, involving, or requiring free oxygen", and refers to the use of oxygen to meet energy demands during exercise via aerobic metabolism adequately.

For someone who is starting to run we suggest you to go for a run and assess your fitness once and note it down.

### What we want to achieve :-

- Run for 30min 3 times in a week
- After run do 20 minutes of full-body mobility exercise.
- 45min is what we want you to achieve one 1week before the trek starts.

## Aerobic workout

- Jumping Ropes ( Skipping )
- Squats
- Split Squats
- Kayaking
- Crunch
- Planks
- Side Planks
- Burpees
- Mountain Climbing
- Break And Repeat

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## Recovery Is The Most Important Part Of A Workout

The Whole Purpose Of Recovery In Exercise Is To Allow Your Muscles To Repair Themselves And To Engage Muscles That Are Sore From Your Workout.

### How To Do Recovery

Do Mobility Exercise | Rest Well | Good Sleep | Health Diet | Protein Intake During And After A Workout







## Folka Holidays Booking Policy



- Your Hotel has laid down some rules, and it's our job to let you know what they are.
- The primary guest must be at least 18 years old to be able to check into this Hotel.
- Your stay does not include additional personal expenses like telephone charges, meals that aren't part of your meal plan, any hotel services you use (like laundry and room service, Heater/Blower) or tips. The hotel will charge you directly for these when you're checking out.
- ID-It is mandatory for guests to present valid photo identification at the time of check-in. According to government regulations, a valid Photo ID has to be carried by every person above the age of 18 staying at the hotel. The identification proofs accepted are Driver's License, Voters Card, Passport. Without valid ID the guest will not be allowed to check in. Note- PAN Cards will not be accepted as a valid ID card.
- Hotels may charge a mandatory meal surcharge on festive periods e.g. Christmas, New Year's Eve etc... All additional charges (including mandatory meal surcharges) need to be cleared directly at the hotel. Taxes are paid by Folka Holidays Pvt Ltd to its vendors. Service fees are retained by Folka Holidays Pvt Ltd for servicing the travel reservation.
- If you don't show up at the Hotel/trekking, the entire booking amount will be charged as no-show charges.

team

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