

LIST OF TREK ROUTES IN UTTARAKHAND

Garhwal Division

1 - DISTRICT DEHRADUN

Sl. No.	Name of Trek Route	Distance in Kms.	Duration of Trek	Gradient of Trek
1	2	3	4	5
1	Rajpur-Mussoorie Trek	30 Kms.	1 day	Normal
2	Mussoorie-Bhatta village-Bhattafall Trek	18 Kms.	1 day	Normal
3	Landour-Khattapani Trek	28 Kms.	1 day	Normal
4	Mussoorie-Pantwadi-Nagtibba Trek	38 Kms.	4 day	Normal
5	Mussoorie-Jhadipani Fall Trek	4 Kms.	1 day	Normal
6	Mussoorie-Park State (George Averest) Trek	14 Kms.	1 day	Normal
7	Mussoorie-Kemtpy Falls Trek	14 Kms.	1 day	Normal
8	Mussoorie-Pati Tivva Trek	12 Kms.	1 day	Normal
9	Mussoorie-Vinog Hill Trek	20 Kms.	1 day	Normal
10	Mussoorie-clouds End-Dudhali-Bhadraj Trek	32 Kms.	1 day	Normal
11	Thatyud-Dewalsari-Nagtibba Trek	42 Kms.	3 day	Normal
12	Mussoorie-Mossi Fall Trek	10 Kms.	1 day	Normal

2 - DISTRICT HARIDWAR

1	Mansa Devi Trek	3 Kms.	1/2 day	Normal
2	Chandi Devi Trek	5 Kms.	1 day	Normal

3 - DISTRICT NEW TEHRI

1	Khatling Trek	48 Kms.		Strenuous
2	Budha Kedar Malla Trek	22 Kms.		Midium
3	Khatling Sahastra Tal	47 Kms.		Strenuous
4	Masar Tal Trek	15 Kms.		Midium
5	Oden Kaal	115 Kms.		Strenuous
6	Panwali Trek	20 Kms.		Midium
7	Khet Parvat Trek	14 Kms.		Midium
8	Panwali-Hilsi-Khadari	30 Kms.		Midium
9	Siyuk-Sahastra Tal			Midium
10	Gangi-Budha Kedar	29 Kms.		Midium
11	Nagtibba Trek	16 Kms.		Midium
12	Chirbatiya-Panwali Trek	28 Kms.		Midium
13	Khatling-Kedarnath Trek	105 Kms.		Strenuous
14	Panwali-Trijugi Narayan	36 Kms.		Midium

4 - DISTRICT PAURI

1	Peersain-Binser-Peersain-Trek (Altitude 2480 Mtrs.)	22 Kms.	2 days	Normal
2	Peersain-Binser-Gairsain Trek (Altitude 2480 Mtrs.)	45 Kms.	6 days	Normal
3	Dhudhatoli Trek (Altitude 3100 Mtrs.)	24 Kms.	3 day	Normal
4	Hariyali Devi Trek (Altitude 1480 Mtrs.)	19 Kms.	3 day	Normal
5	Gujrugarhi Trek	4 Kms.	1 day	Normal
6	Tarakund Trek (Altitude 2200 Mtrs.)	9 Kms.	1 day	Normal

5 - DISTRICT RUDRAPRAYAG

1	Kedarnath-Basuki Tal Trek- (Altitude 4300 Mtrs.)	22 Kms.	5 day	Strenuous
2	Punch Kedar Trek- (Altitude 3810 Mtrs.)	121 Kms.	14 day	Strenuous
3	Kartik Swami Trek	23 Kms.	2 day	Normal
4	Devariya Tal Trek- (Altitude 3000 Mtrs.)	9 Kms.	2 day	Normal
5	Devariya Tal-Chandra Shilla Trek	15 Kms.	3 day	Normal
6	Methani Devi Trek- (Altitude 7000 Feet)	5 Kms.	1 day	Normal
7	Baghani Tal Trek- (Altitude 7000 Feet)	8 Kms.	2 day	Normal
8	Panwali Kantha Trek- (Altitude 3963 Mtrs.)	57 Kms.	9 day	Midium
9	Khatling-Sahastra Tal Trek- (Altitude 3658 Mtrs.)	148 Kms.	13 day	Strenuous
10	Dungair Devi-Baghani Tal Trek	26 Kms.	3 day	Normal
11	Hariyali Devi Trek	4 Kms.	1 day	Normal

6 - DISTRICT CHAMOLI

1	Auli-Gaurson Bugyal Trek (Altitude 3049 Mtrs.)	18 Kms.	3 days	Midium
2	Bansi Narayan-Nandikund Trek (Altitude -5450 Mtrs)	63 Kms.	11 days	Midium
3	Joshimath-Dhyan Badri Trek (Altitude 2134 Mtrs)	24 Kms.	4 days	Midium
4	Joshimath-Chenap Bugyal Trek (Altitude 5000 Mtrs)	30 Kms.	4 days	Midium
5	Joshimath-Bhavishya Badri Trek (Altitude 2744 Mtrs)	32 Kms.	7 days	Midium
6	Joshimath-Bhadreshwar Trek (Altitude 5000 Mtrs)	21 Kms.	5 days	Normal
7	Joshimath-Ghat-Bheti Bugyal Trek	22 Kms.	4 days	Normal
8	Saptkund-Devangan Trek	34 Kms.	4 days	Normal
9	Nanda devi National Park Trek (Altitude 5000 Mtrs)	85 Kms.	9 days	Strenuous
10	Joshimath-Penka-Ganchu Dhar- Kagbhushandi Tal Trek- (Altitude 4345 Mtrs)	35 Kms.	3 days	Strenuous
11	Govind Ghat-Rikhu Dhar-Rajkharak-Kagbhushandi Tal Trek (Altitude 4345 Mtrs)	54 Kms.	7 days	Strenuous
12	Roop Kund Trek (Altitude 5029 Mtrs)	117 Kms.	12 days	Strenuous
13	Malari-Milam Glacier Trek (Altitude 5377 Mtrs)	135 Kms.	12 days	Strenuous
14	Joshimath-Auli-Kwaripaas Trek (Altitude 4268 Mtrs)	26 Kms.	3 days	Midium
15	Joshimath-Tapovan-Khulara-Kwaripaas Trek (Altitude 4268 Mtrs)	36 Kms.	3 days	Midium
16	Govind Ghat-Ghangariya-Valley of Flowers-Hemkund Trek- (Altitude 4632 Mtrs)	30 Kms.	3 days	Midium
17	Kwaripaas Trek (Altitude 4262 Mtrs)	50 Kms.	8 days	Midium

7 - DISTRICT UTTARKASHI

1	Gangotri-Gaumukh-Nandanvan-Tapovan Trek (Altitude 4460 Mtrs)	56 Kms.	7 days	Strenuous
2	Gangotri-Kalindi Khal Trek- (Altitude 5950 Mtrs)	117 Kms.	8 days	Strenuous
3	Sangam Chatti-Dodi Tal-Yamunotri Trek- (Altitude 3307 Mtrs)	78 Kms.	6 days	Strenuous
4	Sangam Chatti-Dodi Tal-Dayara-Barsu Trek (Altitude 3048 Mtrs)	45 Kms.	3 days	Midium
5	Khatling-Sahastra Tal Trek- (Altitude 5400 Mtrs)	151 Kms.	15 days	Strenuous
6	Sankri-Taluka-Osla-Harki Doon Trek (Altitude 3566 Mtrs)	72 Kms.	6 days	Midium
7	Uttarkashi-Panwalikantha-Kedarnath Trek (Altitude 3963 Mtrs)	113 Kms.	9 days	Strenuous
8	Yamunotri Pass-Ruinsara-Harki Doon Trek- (Altitude 3566 Mtrs)	132 Kms.	12 days	Midium
9	Uttarkashi-Sat Tal Trek- (Altitude 3034 Mtrs)	4 Kms.	2 days	Normal
10	Gangotri-Bhojkhark-Kedar Tal Trek- (Altitude 4500 Mtrs)	18 Kms.	4 days	Strenuous
11	Sankri-Judalake-Kedar kantha Trek	10 Kms.	3 days	Normal
12	Sankri-Kedar kantha-Taloti-Har Ki Doon Trek	126 Kms.	10 days	Normal
13	Sankri-Jakhhol-Bharadsar Tal Trek	35 Kms.	6 days	Strenuous
14	Sankri-Fitadi-Devkyara Bugyal Trek	30 Kms.	5 days	Normal
15	Arakot-Gokul-Changshil Bugyal Trek	25 Kms.	5 days	Normal

Kumaun Division

8 - District Nainital

1	Sapta Shrang Trek	8 Kms.	1 day	Normal
2	Nainital-Khurpa Tal Trek	9 Kms.	1 day	Normal
3	Rajbhawan Darshan Trek	9 Kms.	1 day	Normal
4	Van Vihar Trek	12 Kms.	1 day	Normal
5	Brahmsthali Trek	27 Kms.	2 days	Normal
6	P-Berran Trek (Nainital-Snow view-Ratighat)	15 Kms.	2 days	Normal
7	Ravindra Nath Tagore Trek	13 Kms.	2 days	Normal
8	Himalaya Darshan Trek	53 Kms.	3 days	Normal
9	Nainital-Betal ghat Trek (Angling Trek)	47 Kms.	3 days	Normal
10	Nainital-Kotabagh Trek	39 Kms.	3 days	Normal
11	Corbett Trek	32 Kms.	3 days	Normal
12	Devguru Parvat Trek	17 Kms.	4 days	Strenuous
13	Twin lake Trek (Lokham Tal-Harish Tal)	31 Kms.	4 days	Strenuous
14	Adi kailash Trek	20 Kms.	2 day	Normal
15	China Peak Trek	11 Kms.	1 day	Normal

9 - DISTRICT ALMORA

1	Almora-Jageshwar-Binser Trek	20 Kms.	3 day	Normal
2	Almora-Shitalakhet-Ranikhet Trek	34 Kms.	3 day	Normal
3	Almora-Doonagiri-Kausani Trek	35 Kms.	5 day	Normal
4	Almora-Doonagiri-Saakhi-Chaukhutiya Trek	33 Km.	3 day	Midium
5	Almora-Banadi Devi-Kunwari Devi Trek	18 Kms.	2 day	Normal
6	Almora-Someshwar-Giricheena Trek	12 Kms.	2 day	Normal

10- DISTRICT CHAMPAWAT

1	Lohaghat-Vanasur Kila Trek	6 Kms.	1 day	Normal
2	Lohaghat-Mayawati-Hathiya Naula-Champawat Trek	13 Kms.	1 day	Normal
3	Tanakpur-Vyasthura Trek	16 Kms.	1 day	Normal
4	Tanakpur-Poornagiri Trek	22 Kms.	2 day	Normal
5	Champawat-Kanteshwar Manch Trek	15 Kms.	2 day	Normal
6	Lohaghat-Pancheshwar Trek	20 Kms.	2 day	Normal
7	Tanakpur-Champawat Trek	20 Kms.	2 day	Normal

11 - DISTRICT BAGESHWAR

1	Pindari Glacier Trek (Altitude 3600 Mtrs)	42 Kms.	8 day	Midium
2	Kafni Glacier Trek (Altitude 3800 Mtrs)	44 Kms.	8 day	Midium
3	Sunderdunga Glacier Trek (Altitude 3240 Mtrs)	46 Kms.	9 day	Midium
4	Durgakot-Sukram cave Glacier Trek- (Altitude 3480 Mtrs)	52 Kms.	10 day	Midium

12 - District Pithoragarh

1	Om Parvat- Adi Kailash Trek (Altitude 4752 Mtrs)	169 Kms.	15 days	Strenuous
2	Sinla Pass Trek (Altitude 5530 Mtrs)	118 Kms.	9 days	Strenuous
3	Panchachuli (East) Glacier Trek (Altitude 3715 Mtrs)	31 Kms.	4 days	Strenuous
4	Chiplakot Trek (Altitude 5132 Mtrs)	42 Kms.	4 days	Strenuous
5	Panchachuli (South East) Glacier Trek (Altitude 4020 Mtrs)	45 Kms.	5 days	Strenuous
6	Ralam Glacier Trek (Altitude 3940 Mtrs)	42 Kms.	5 days	Strenuous
7	Brajhang-Ghoora Pass Trek (Altitude 5215 Mtrs)	52 Kms.	5 days	Strenuous
8	Milam Glacier Trek (Altitude 3915 Mtrs)	57 Kms.	5 days	Strenuous
9	Nanda Devi Base Camp Trek (Altitude 3880 Mtrs)	56 Kms.	5 days	Strenuous
10	Nanda Devi Base Camp via Lwan Trek (Altitude 3932 Mtrs)	57 Kms.	5 days	Strenuous
11	Salang Glacier Trek (Altitude 4120 Mtrs)	51 Kms.	5 days	Strenuous
12	Khaliya Top Trek (Altitude 4325 Mtrs)	8 Kms.	2 day	Normal
13	Namik Glacier Trek (Altitude 3829 Mtrs)	21 Kms.	4 days	Strenuous
14	Zimba Glacier Trek	Survey To be done		
TOTAL TREKKING ROUTES - 123				