

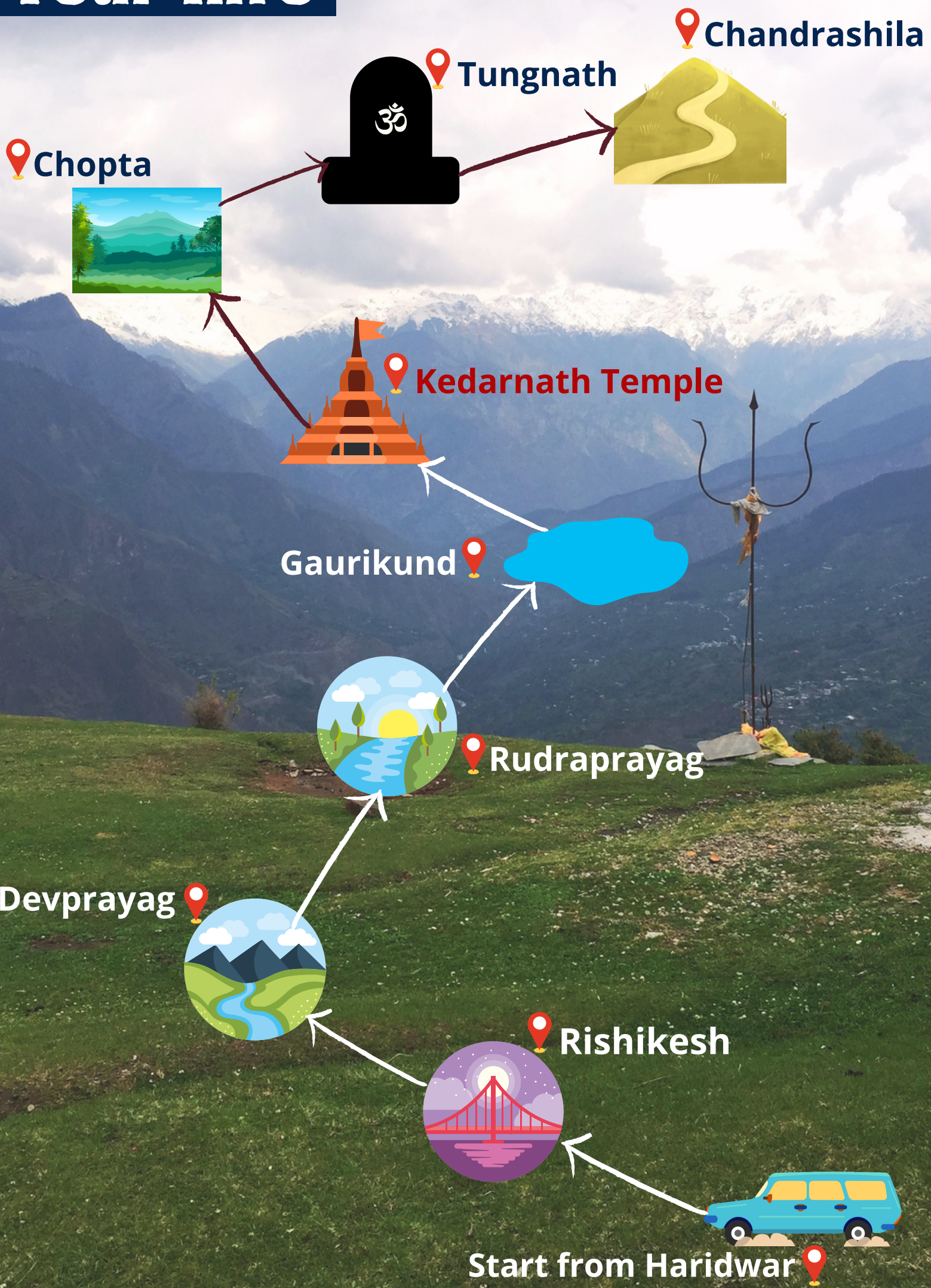
# **Spiritual Kedarnath & Tungnath**

🪦 AN UNFORGATABLE JOURNEY 🪦

**HARIDWAR - RISHIKESH - GUARIKUND -  
KEDARNATH-CHOPTA- TUNGNATH - RISHIKESH**



# Tour Info



# Itinerary

## **Day 1 BOARDING AT HARIDWAR & DRIVE TO GAURIKUND (235 KM)**

Reporting Venue is Haridwar railway station. Assemble at the boarding point between 8 am to 9 am and Enjoy the long ride by passing through Devprayag and Rudraprayag which continues till Gaurikund reach there by 5-6 pm, enjoy hot serve dinner and stay in the guest house.

## **Day 2 GAURIKUND TO KEDARNATH TEMPLE TREK (16 KM)**

After taking the beautiful view and fresh air in Gaurikund than we will have a healthy breakfast in Gaurikund there are hot water springs. You can enjoy that for a time being. From Gaurikund our actual trek begins which is approximately 18 km to Kedarnath temple. This is a steep trek. It is a moderate level trek that requires good physical fitness. Before the trek begins the physical fitness of every visitors is checked there. People having respiratory issues and high blood pressure must avoid this trek. It is a high altitude trek; hence one must consult a doctor before trekking. While trekking we can see snow clad mountain from distance. Despite all the hardships, the beauty of this trek is astounding. This valley is surrounded by glaciers and waterfalls. The cool breeze and the scenic views are heavenly. You will forget all the worldly worries and your heart would be filled with sheer happiness. In 5-6 hours i.e. at around 3 p.m. we shall reach Kedarnath Valley. Now we shall have our lunch and rest. In the evening we can attend the evening "Aarti" or prayer at the temple. The evening aarti lasts for one hour. Let your soul get drenched in the sacred vibes of prayers and let your spirituality take you to a different world of faith and divinity. It gets quite cold here at night. This night at the valley is a special one as you can feel the sacredness inside and outside of you. Overnight stay just near to the temple in a hotel on a sharing basis.

# Itinerary



## **Day 3 TREK BACK TO GUARIKUND ( 74 KM )**

The next morning at 5 a.m. the morning prayers begin. You can see the beautiful golden rays of the rising sun falling on the temple. We must stand in the queue for our turn to worship (for Darshan) and to offer the offering to Lord Shiva. Once we are done with morning prayer at the temple, we shall head back to Gaurikund. It will take around 5 to 6 hours to trek back to reach Guarikund. From Guarikund we will drive to Chopta the mini-Switzerland of India, It is a 74 km drive which will take around 3 to 4 hours.

## **Day 4 TREK TO TUNGNATH & CHANDDRASHILA (5KM TREK) & DRIVE TO RISHIKESH (200 KM)**

We are going to wake up early in the morning and start trek our for so beautiful Tungnath. This is the world's highest Shiva Temple. This is an easy 5 km trek. You will find clouds underneath you while you ascend to Temple. We will also plan for Chandshilla if the group is active and ready to trek more. There will endless and unmatched beauty of the great Himalayas range surrounding this place. Tungnath is one of the highest Shiva temples in the world and is the highest of the five Panch Kedar temples located in the mountain range of Tunganath. The Tunganath (literal meaning: Lord of the peaks) mountains form the Mandakini and Alaknanda river valleys. It is located at an altitude of 3,680 m (12,073 ft), and just below the peak of Chandarshila, and is the third (Tritiya Kedar) in the pecking order of the Panch Kedars. It has a rich legend linked to the Pandavas, heroes of the Mahabharata. We shall return by 2 PM with an easy trek. We drive directly towards our Rishikesh Campsite. It will takes around 6 to 7 hours drive.

# Itinerary

## Day 5 SPEND MORNING AT RISHIKESH & LOCAL SIGHTSEEING THEN DEPARTURE FOR HARIDWAR

After an early breakfast, Enjoy a swimming pool session if you want. After some time we will move towards River Rafting point, enjoy River Rafting if you want to do it (Not included in the package). After rafting spends your day near Laxman Jhula. Departure to Haridwar with a bunch of beautiful moments with YuvaPragati.



# Trek Essentials

## **\* Basic Essentials \***

- Back Pack & Rain Cover (50-60 liter)
- Day Pack & Rain Cover (20-30 liter, If you hire mule or porter)
- Couple of water bottles (Avoid Bisleri Bottles)
- Hiking Shoes (Should be water proof and ankle support)
- Torch (With extra batteries)
- Glucose, Chocolates, biscuits and nuts
- Personal Medical kit (If you required)
- Original ID Card

## **\* Clothing Essentials \***

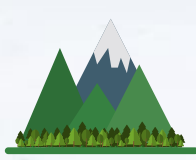
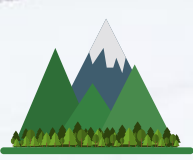
- Trek Pants – 2 Nos. (Avoid Jeans, Shorts, Capri, Fitting Denims)
- T-shirts – 4 Nos. (2 Full Sleeves, 2 Half Sleeves)
- Sweater– 2 Nos. (1 Fleece, 1 Woolen)
- Jacket – 2 Nos. (1 Fleece, 1 Down feather), Warm Inner wears
- Thermal Wear – 1 Nos. Gloves – 2 Nos. (1 Woolen, 1 Waterproof),
- Socks – 5 Nos. (3 Cotton, 2 Woolen)
- Rain Coat/ Poncho – 1 Nos.
- Handkerchief/towels – 1 Nos. , Slippers – 1 Nos.

## **\* PROTECT YOUR HEAD \***

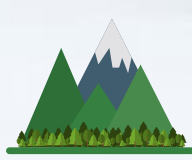
- UV sunglasses – 1 Nos.
- Caps – 2 Nos. (1 Sun Cap, 1 Woolen Cap)
- Balaclava – 1 Nos.

## **\* PERSONAL UTILITIES \***

- Sunscreen Cream/ Body Lotion
- Lip Balm/ Sanitizer
- Cameras Toilet Paper & Wipes
- ToothBrush & Paste Quick Dry Towel
- Books (If you like reading)
- Music Instruments (Guitar, Flute)



# COST OF TRIP



## HARIDWAR TO HARIDWAR RS 11,900 PER PERSON SHARING BASIS

### INCLUSIONS

- Accommodation in comfortable, accessible and hygienic hotels, Luxury tent stays at Chopta and Rishikesh.
- Accommodation at Gaurikund and temple premise for one night stay. (Basic hotel properties)
- From dinner at Gaurikund to last day breakfast at Rishikesh (4 Diner and 4 Breakfast)
- Ex. Haridwar to Haridwar with good experienced local drivers
- First Aid medical kit. > Permits of the trek where permission is to be taken Trekking permits/ forest fees.
- Qualified and experienced local Uttarakhandi Guides & Local supportive staff.

### EXCLUSIONS

- The package doesn't include the cost of any form of insurance, rescue, evacuation, hospitalization, and entry tickets WITH TOUR Exclusions.
- Meals during Transportation, Porters carrying extra luggage, Personal toiletry items and personal medicine kits
- Any cost resulting from unexpected circumstances, like bad weather road blocks landslides etc.

### TERMS & CONDITIONS

- Please fill up the registration form and pay an advance 30% to 50% of total Price and the balance payment is to be paid before 30 days of the departure date of the batch.
- Cheque/Demand Draft should be drawn in favour of 'Yuva Pragati Adventure Treks and Tours'.
- Team Yuva Pragati Adventure Treks & Tours has right to change the itinerary & schedule without any notice .
- Payment for this trip will not be adjusted against any future trips.

### CANCELLATION POLICY

- Before 30 days: 90% of total Land Package Cost is refundable
- Between 21-30 days: 75% of total Land Package Cost is refundable
- Between 11-20 days: 50% of total Land Package Cost is refundable
- Less than 10 days: No refund

### ACTIVITIES

- Camping
- Trekking
- Sightseeing
- Bonfire

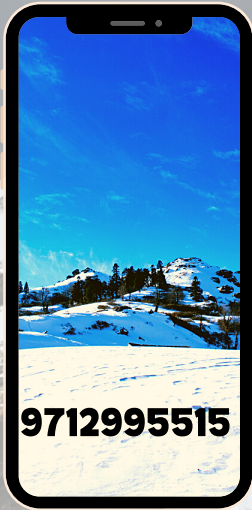
# For Inquiry

*Call of Mountain*



# **Yuva Pragati**

**Adventure Treks & Tours**



[info@yuvapragati.com](mailto:info@yuvapragati.com)



[www.yuvapragati.com](http://www.yuvapragati.com)

**Follow us on**



**Visit our social media handles by clicking any of the above icons**