In the Shadow of Nanda Devi

Trip Code: NAN

Version:

WALK & TREK	GUIDED GROUP	MODERATE
		5



HIGHLIGHTS

- **Discounts up to £300 on selected departures.** Learn more here.
- Enjoy a stunning trek in a quiet corner of the Himalayas
- Stay in scenic campsites set in incredibly beautiful locations
- Take in spectacular views of Nanda Devi and Panch Chuli
- Visit remote villages and shepherd communities along the way

AT A GLANCE

- 9 days trekking
- Max altitude - 3950 metres
- Join at Delhi

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Straddling the districts of Garhwal and Kumaon, close to the Nepalese border, Nanda Devi (7817m) is the geographical and spiritual high point of India. After sightseeing in Delhi, our trekking holiday in the area of this sacred mountain begins on the train to Kathgodam and continues by road to the village of Supi. Trekking from the valley of the Ram Ganga to finally reach the Gauri Ganga in the east, our route is rich in interest, passing through a delightfully scenic and unspoiled corner of the Indian Himalaya. Traversing alpine meadows and crossing high passes, we have panoramic views of the clustered peaks of the Nanda Devi Sanctuary and of the adjacent Panch Chuli group. This is a delightful trek through a beautiful and unspoilt corner of the Indian Himalaya with excellent green campsites. Visits to several villages and shepherds' camps provide a wealth of cultural interest and help to make this a wholly memorable trekking holiday in an area visited by few adventure travellers.

Is this holiday for you?

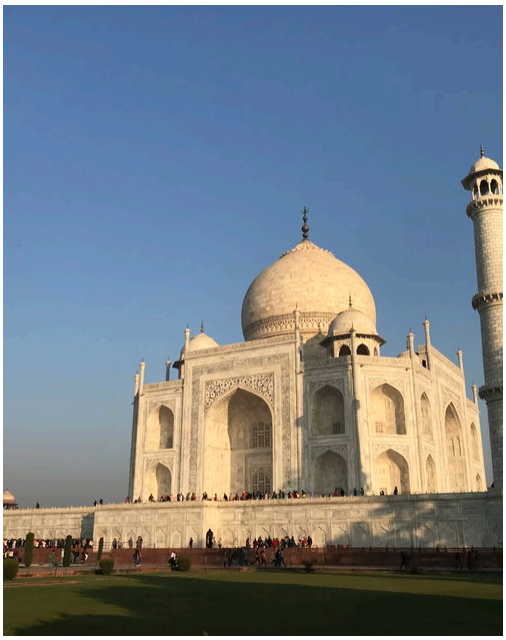
This is a very beautiful 9-day trek, in an area seldom visited by other trekkers. The average day's walk will be between 5 and 7 hours - although during the day's trek along the Sudam Khal Ridge we could be walking for 8 or 9 hours. Generally the route follows ancient trade routes and village connections that offer very good walking conditions, but there are some sections of looser ground. There are several passes to cross during the trek which does make the trip quite challenging within its grade. Overall this is an excellent walking holiday, both for experienced trekkers who want to travel in a little-visited region and also for well-prepared novices looking for a short, but reasonably demanding trek.

Itinerary

Version:

Extensions

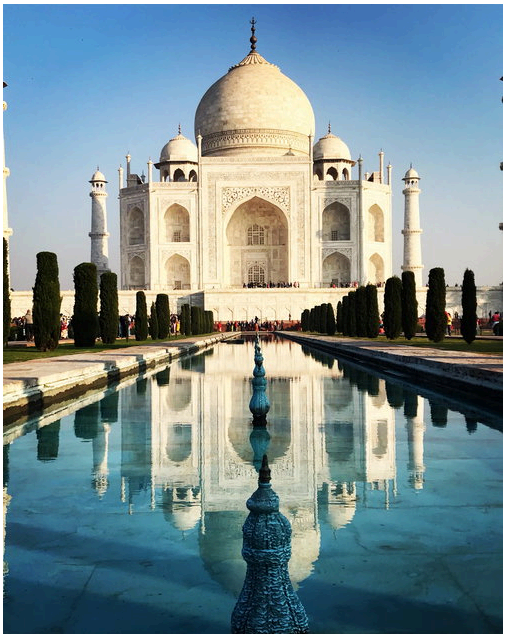
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Agra and Jaipur four day extension

The Golden Triangle needs little introduction and is rightly considered a classic trip in its own right. Easily accessible from Delhi, this excursion takes in the wonders of the magestic Agra Fort, the incomparable Taj Mahal, the abandoned ghost-city of Fatehpur Sikri and the architectural jewels of Jaipur and Amber. This four day trip ensures you get the most out of these stunning attractions at a relaxed and unhurried pace.

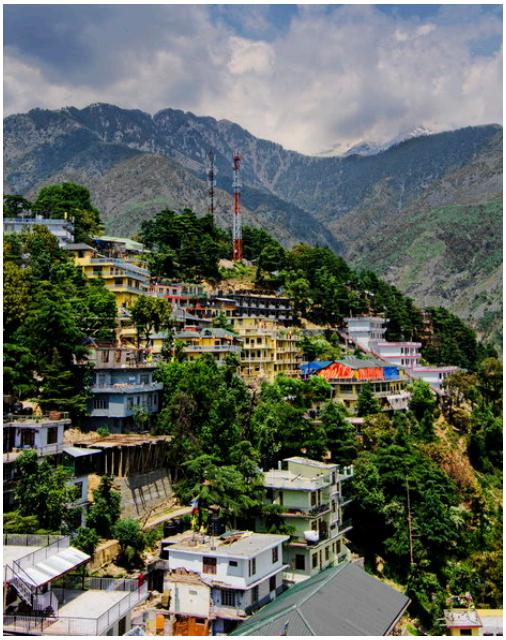
4 days from
¤9,223,372,036,854,776,000 per person



One day tour of Agra and the Taj Mahal

The Taj Mahal needs little introduction. Built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz, it is widely considered to be the most beautiful building in the world. Nearby is the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts. Traveling from Delhi on the express train and returning by private vehicle, our one-day extension to Agra is perfect for those with limited time who wish to complete their India experience with exploring one of the most admired and loved buildings on the planet.

1 day from
¤9,223,372,036,854,776,000 per person



Dharamsala and the Dalai Lama

Dharamsala is a former British Raj hill-station in the Dhaula Dhar mountain range and currently home to the Dalai Lama and the Tibetan Government in exile. On this four day extension, you will be able to sample a flavour of life in Tibet and enjoy visits to the Dalai Lama's temple complex; the Norbulingka Institute; the Tibetan children's village and visit a local Gaddi Tribal village to experience the life of the people who traditionally inhabit the lower reaches of the Dhaula Dhar.

4 days from
¤9,223,372,036,854,776,000 per person



Agra & the Taj Mahal two day tour

Our two-day extension is for those who wish to explore Agra and the surrounding area at a relaxed pace. We start by exploring the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts, before waking before the next day to see the sunrise break over the Taj Mahal. Needing little introduction, the Taj Mahal was built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz. It is widely considered to be the most beautiful building in the world. This tour also gives us an opportunity to explore the fascinating abandoned ghost city of Fatehpur Sikri.

2 days from
¤9,223,372,036,854,776,000 per person



Delhi Sightseeing Tour - Full day

Old Delhi is centred on the Red Fort and is a labyrinth of narrow, bustling streets including Chandni Chowk bazaar. Must-sees here include the Red Fort, built by Emperor Shah Jahan; Hummayan's Tomb, constructed in similar style to the Taj Mahal and the towering Qutab Minar minaret. New Delhi was the creation of the British Raj who wanted to show their ascendency over the former Mogul rulers with many grand buildings designed by the greatest ever British architect, Sir Edwin Lutyens. Exploring this area by vehicle will give a glimpse of this interesting aspect of India.

1 day from
¤9,223,372,036,854,776,000 per person

Holiday Information

What's Included

- A professional English speaking local leader
- Delhi Airport transfers (on group arrival and departure days only)
- All land transport involved in the itinerary
- All accommodation as described in the trip dossier
- All meals
- Guided sightseeing tour of Delhi
- Full trekking service including food and all equipment (excluding personal equipment)

What's not Included

- Travel insurance
- Indian Visa
- Tips for trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Delhi.

Transfers are provided from/to Delhi Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price from lunch on Day 1 to breakfast on Day 14 of the Land Only itinerary.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The food served during the trek is a mixture of local and Western, mostly purchased locally and cooked for us by highly trained trek cooks. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. In Delhi, we take our meals in the group hotel or in nearby restaurants. All meals while on trek and while staying in hotels are included in the trip price.

Accommodation

There are 2 nights in Delhi hotels - the first night at a central hotel and the last night at a hotel near the airport. We will also have one night at a simple hotel in Kausani and one night in a guesthouse near Almora on the return drive to Kathgodam. On trek, there will be a total of 9 nights camping. All accommodation is allocated on a twin-sharing basis. If you are travelling by yourself, you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek. Depending upon availability it may be possible to arrange single rooms in hotels. For additional hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website.

Group Leader & Support Staff

The holiday will be led by an experienced English-speaking trek leader, assisted on trek by a team of local guides and camp staff plus baggage animals and their handlers.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately £200 (or equivalent in euros, US dollars etc.) changed into local currency, should be allowed for miscellaneous expenses, including trek crew tips, soft drinks, etc. It is not necessary to purchase local currency (Indian Rupees) before you travel. We recommend taking your personal spending money in cash since you will be changing the majority of this into local currency on the day of arrival. Sterling, US dollars and euros are readily exchanged in Delhi. Credit cards can be used to purchase many goods in Delhi and are particularly useful for more expensive souvenirs. It is also possible to withdraw cash (rupees only) from cash machines in certain banks in Delhi using credit and debit cards.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the trek staff are given their tips at the end of the trek and this is best done as a group and with a simple ceremony. Your tour leader will advise the group on an appropriate level of tipping. As a guide, we recommend that each group member contributes around £80 (in rupees) to these tips - although the amount you give is entirely up to you. At the end of their trek many people also like to donate various items of equipment to the trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag, and one day pack. Your baggage on trek will be carried by pack animals. The packed weight of your bag whilst trekking should be no more than 15 kgs. It is possible to leave clothes or other items not required on trek with our team in Delhi, who will ensure your luggage is waiting for you at the final hotel.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa India

Most nationalities, including travellers from the UK, the USA and many European countries can apply for their Indian Visa online through the **E-Visa Application** process. You must make your application at least four days prior to departure. Please download the detailed information document for details of how to apply for your visa: Visa India PDF

NB. The application process can be temperamental and we suggest you try a different browser (Firefox is known to work) if your application does not at first go through.

e-Arrival Card - Important

Separately and additionally, foreign nationals must now complete an e-arrival card to present at immigration on arrival in India along with their e-Visa. The digital e-Arrival form is found here https://indianvisaonline.gov.in/earrival/ It should be completed **within the 72 hours prior to your arrival in India.**

Ebola Self-Declaration Form (SDF) - Important

All passengers travelling to India must now also complete the Ebola Self-Declaration Form (SDF) to present at immigration on arrival in India. The form is found here https://airsuvidha.civilaviation.gov.in It should be completed **within the 72 hours prior to your arrival in India.**

Sikkim

If you are joining one of our Sikkim Beneath Kangchenjunga (SIK) groups, we will ask you to complete a Sikkim Permit form approximately 20 days before you travel. You will need your Indian Visa details for this form. A 30-day E-Tourist Visa can be applied for within 30 days of travel and will usually be processed within a couple of days. As an alternative you can apply for a 1-Year E-Tourist Visa within 180 days of travel. DO NOT MENTION SIKKIM in 'Places to be visited' when you make your application.

Nagaland

If you are joining the Kaziranga, Nagaland and the Hornbill Festival (HBF) group we need to apply for a PAP (Protected Area Permit) for Nagaland once the tour is confirmed. Approximately 20 days before you travel, we will need from you a copy of your passport and of your Indian E-Tourist Visa, along with a colour passport photo and a copy of your international flight e-tickets.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency of India is the Indian Rupee.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday, getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking up to 7 hours each day. We would suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but jogging, squash and swimming are also good for developing cardio vascular fitness and stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The best time to trek in the Indian Himalaya is either before or after the monsoon which lasts from June to September. The weather conditions should be broadly similar in the pre and post monsoon seasons, with daytime maximum temperatures around 25°C - 30°C at the start of the trek, becoming progressively cooler as we gain height. Night-time temperatures will generally be above freezing throughout the trip except for the high camp on the ridge where night time temperatures may be as low as minus 5°C. During the Spring trip in particular, there is the possibility of encountering winter snow high on the ridge. In this part of the world, most of the rainfall occurs during the monsoon but this is a mountainous area and short-lived storms bringing rain or snow cannot be ruled out at any time of the year.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Garhwal & Kumaon Trekkers' Guide. K. P. Sharma (Cicerone)
- Trekking in the Indian Himalaya. Lonely Planet
- India. A Travel Survival Kit. Lonely Planet
- Exploring the Hidden Himalaya. Kapadia and Mehta

Maps

Indian Himalaya Map 8: Garhwal - Kumaon Leomann Maps. 1:200,000

Leomann maps are designed specifically for the trekker. They show the topography by line drawings of mountain ridges, with the main peaks and passes shown along with altitudes. The maps also show rivers and settlements and clearly indicate trekking routes. On the reverse are descriptions of suggested routes and other information about the area.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your bag whilst trekking should be no more than 15 kgs.

You must bring the following items:

- Hiking boots
- Trainers or sandals for camp use
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers
- Lightweight waterproof overtrousers
- Baselayer shirts (2 short sleeve, 2 long sleeve)
- Shirts or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 litres
- Headtorch and spare batteries
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)

- Water purification tablets
- Washbag and toiletries
- Small towel
- Antibacterial handwash
- Sleeping bag (comfort rated -10°C)*
- Sun protection (including total bloc for lips, nose etc.)
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, altitude (Diamox), plasters blister treatment, and re-hydration salts (Dioralite).

The following items are optional:

- Thermarest (note that foam mattresses are provided)
- Trekking poles (recommended)
- Insect repellant
- Scarf or buff
- Thermal baselayer - leggings
- Sleeping bag liner
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera

- Reusable cloth bag for shopping (to avoid plastic bags)

Equipment hire / rental:

Items marked * can be hired / rented through KE Adventure Travel. Please make requests at least 6 weeks prior to the trip departure.
Note all hire / rental equipment will be issued in Delhi.

Satellite Communications:

India does not currently allow the carrying of satellite communication devices such as satellite phones and Garmin 'inReach'.

If you use such devices, please do not bring these with you to India.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Delhi. Transfers are provided from/to Delhi Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Delhi. Outbound flights will usually depart from the UK in the evening, arriving in the morning on the following day (Day 1 of the Land Only itinerary). Return flights will depart Delhi on the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

This trek, taking in the splendour of the highest mountain wholly within India, is unique to KE. This is a true trekker's paradise to the foothills of Nanda Devi, a peak steeped in mystery, intrigue and failed CIA plots. Escape the trekking honeypots of the Himalayas with this trekking holiday through breathtaking Garhwal and Kumaon.

Please Note This document was downloaded on 12/11/2026 and the trip is subject to change