

# Trekking in the Indian Himalayas

8 treks in Uttarakhand – Nanda Devi Sanctuary, Shivling and Gaumukh, the source of the Ganges

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A guidebook to trekking in the Uttarakhand region of the Indian Himalaya. These 8 guided routes are graded according to difficulty and include forest trails, gorge walks, mountain passes, high-altitude summits and glaciers.

Suitable for hikers with a reasonable level of fitness and experience, each trek involves between 1000m and 4000m of elevation gain, with the highest route reaching more than 4300m in altitude.

- Treks take from 3-9 days to complete, with total lengths of 10-53 miles (15-85km)
- Includes **1:50,000 mapping** of each stage, with trek overview maps and elevation profiles also provided
- Handy **route summary tables** give a snapshot of the treks
- Advice on **planning and preparation**, including trek operators, guides and homestay accommodation
- Information on **safety considerations**
- **GPX files** available to download

## About the author

Brian Furze is an educator and advocate for community-based trekking whose work has included the Indian Himalaya, particularly Uttarakhand, for many years. He discovered trekking more than 30 years ago and continues to be drawn to the Himalaya and the mountains and national parks of Australia. Brian lives on the Murray River, within an hour of the Australian Alps.

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