**PANOSERA NANDIKUND TREK**

One of the toughest treks in the Garhwal Himalayan region, the Nandikund Trek that stretches from an elevation of 3,497 meters to 4,800 meters, is one of the least explored treks in the Indian Himalayan belt.

The **Nandikund Trek** Trail covers Madhyamaheshwar, Kachani Dhar, Pandavsera, Nandikund, Ghiya Vinayak Pass (17389 ft), Bansinarayan and Kalpeshwar. The Pandavsera valley is 3-4 km. wide and local people believe that the Pandavas stayed here for a long time, dug a canal and transformed it into cultivable land. Ghiya Vinayak pass is really a challenging task for trekkers as the route to the pass is very tricky and it is advisable to take an experienced guide along. Since some part of the trail falls under Kedarnath wildlife sanctuary there is a good chance of encountering wildlife like Brown Bear, Leopard, Marten, Weasels, Pika

 It is believed that Nandi Kund is as deep as it is big; the Kund spreads over an area of one and half km. It is the source of River Madhyamaheshwar Ganga

**Day 1: Ukhimath (4300 ft) – Uniyana – Ransi – Gaundhar – Nanu (7743 ft)**

45 mins jeep drive from Ukhimath to Uniyana.  12-13 kms, 7 hrs  trek to Nanu

### Day 2: Nanu (7743 ft) – Madhymaheshwar (11483 ft.) 6 kms

#### **Day 3: Madhyamaheshwar (11483 ft) – Kachani dhar (14764 ft) 8 – 9 kms, 7-8 hrs.**

### Day 4: Kachani dhar (14764 ft) – Pandavsera (13780 ft) 9 kms – 6-7 hrs.

#### **Day 5: Pandavsera (13780 ft) – Nandikund (15748 ft) – Giya Vinayak Pass( 17389 ft) – Barma (13780 ft), 12kms , 9-10 hrs**

#### **Day 6: Barma (13780 ft) – Bansi Narayan (11483 ft) 15 kms, 8-9 hrs**

#### **Day 7: Bansi Narayan (11483 ft) – kalpeshwar (6627 ft), 12kms, 7-8 hrs**

**DIFFICULTY:**

**Difficult**

**TRAIL TYPE:**

**Crossover Trail through thick forests, green meadows and rocky terrain. Snow covered during spring and early summer**

**DURATION:  
7 days**

**BASE CAMP:  
Ukhimath**

**BEST SEASON:  
Mid-June / Mid-September to Mid-October**

**NANDIKUND TREK(GOPESHWAR TO NANDIKUND)**