



Himalaya
Indian
Sub-continent

Nanda Devi Alpine Trek



trip highlights

Embark on an unforgettable 8-day trek through the breathtaking landscapes of the Indian Himalaya.

Take in spectacular views towards Nanda Devi and a skyline of 6,000m and 7,000m Himalayan peaks

Walk through rhododendron and oak forests, alpine meadows and traditional mountain settlements

Experience the sacred Ganges and atmospheric evening Ganga Aarti in Rishikesh

Explore historic Mussoorie and visit Sir George Everest's former home and observatory.

Enjoy a fully supported camping trek, with an expert bilingual guide and mules carrying personal and group baggage.



Trip Duration	15 days	Trip Code: NAT
Grade	Introductory to Moderate	
Activities	Trekking	
Summary	15 day trip, 8 day trek, 6 nights hotels, 8 nights wilderness camping	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Nanda Devi Alpine Trek, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering treks in the Indian Himalaya since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya. Every trek is accompanied by an experienced local leader who is highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use comfortable 3 star accommodation in hand picked hotels, and well maintained, good quality camping equipment on trek. The highest standards of hygiene are strictly maintained, and our cooks will surprise you with a varied menu that's sure to please at the conclusion of each trekking day. World Expeditions are also the only company to provide food for our porters on trek. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience. World Expeditions pioneered the use of kerosene as an alternative to wood, in an effort to combat the growing problem of deforestation in the Himalaya.



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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

For competitive airfares to Delhi and stopover ideas, contact our expert staff today to receive a detailed quote.

the trip

Embark on an unforgettable 15-day journey through the Indian Himalaya, combining eight days of spectacular trekking with sacred sites, wilderness camping and fascinating mountain heritage. Begin in Delhi before travelling to Rishikesh, where you'll experience the atmospheric Ganga Aarti on the banks of the sacred Ganges.

Journey deeper into the Himalaya and trek through rhododendron and oak forests, alpine meadows and traditional mountain settlements, camping beneath magnificent snow-capped peaks. Ascend to Kuari Pass (3,650m) for sweeping views across the Himalaya towards the Zaskar Range and towering 6,000m and 7,000m peaks, with spectacular views towards Nanda Devi (7,816m).

After completing the trek at Auli, continue to the historic hill station of Mussoorie, where you'll visit Sir George Everest's former home and observatory and enjoy views towards the distant Himalaya.

Combining breathtaking mountain scenery, rewarding trekking and memorable cultural experiences, this journey reveals a captivating side of the Indian Himalaya.

at a glance

DAY 1	JOIN DELHI (218 M / 715 FT)
DAY 2	DRIVE TO RISHIKESH (372 M / 1,220 FT, APPROX. 4-5 HRS)
DAY 3	TRAVEL TO RUDRAPRAYAG (895 M / 2,936 FT, DRIVE APPROX. 6 HRS)
DAY 4	TRAVEL TO GONI (2,345 M / 7,694 FT, DRIVE APPROX. 4 HRS)
DAY 5	TREK TO SHIMKHADAK CAMP (2,850 M / 9,350 FT, WALK APPROX. 6 HRS)
DAY 6	TREK TO JHANGI PANI (2,000 M / 6,562 FT, WALK APPROX. 3-4 HRS)
DAY 7	TREK TO PANA CAMP (2,850 M / 9,350 FT, WALK APPROX. 6-7 HRS)
DAY 8	TREK TO DAKWANI (3,200 M / 10,499 FT, WALK APPROX. 5-6 HRS)
DAY 9	TREK TO KUARI PASS (3,650 M / 11,975 FT, WALK APPROX. 3 HRS)
DAY 10	EXPLORE KUARI PASS AND SURROUNDING VIEWPOINTS (3,650 M / 11,975 FT)
DAY 11	TREK TO FOREST CAMP (WALK APPROX. 4 HRS)
DAY 12	TREK TO AULI AND TRAVEL TO RUDRAPRAYAG (WALK APPROX. 4-5 HRS, DRIVE APPROX. 5 HRS)
DAY 13	TRAVEL TO MUSSOORIE (2,005 M / 6,578 FT, DRIVE APPROX. 6 HRS)
DAY 14	EXPLORE MUSSOORIE AND EVEREST HOUSE (2,005 M / 6,578 FT)
DAY 15	TRAVEL TO DELHI, TRIP CONCLUDES (218 M / 715 FT, DRIVE APPROX. 5-6 HRS)

what's included

- 14 breakfasts, 13 lunches and 13 dinners
- Airport transfers on days 1 and 15
- Extensive group medical kit
- Good quality hotel accommodation in Delhi, Rishikesh and Rudraprayag, including heritage hotel accommodation in Mussoorie
- Gear package for use during the trip including kit bag, sleeping bag & liner, down or fibre filled jacket and insulated sleeping mat valued at US\$500
- Private group transportation
- All park entrance fees and trekking permits
- Mules to carry all personal and group equipment
- Souvenir World Expeditions kit bag

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trip dates

2027 03 May- 17 May
28 Sep - 12 Oct

fast facts

Countries Visited:

India

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

- Items of a personal nature such as phone calls, laundry, etc
- Aerated and alcoholic drinks on trek
- Tips
- Visa
- Travel insurance
- International airfares

detailed itinerary

DAY 1 Join Delhi (218 m / 715 ft)

On arrival at Delhi International Airport, you will be met by a representative of World Expeditions and transferred to the group hotel. The remainder of the day is at leisure to rest after your journey or enjoy some personal exploration of this fascinating city.

In the evening, we meet our guide and fellow group members for a trip briefing, providing an opportunity to discuss the journey ahead and answer any questions.

Note: If you are arriving in Delhi on a late-night flight, you may prefer to arrive the day before the trip commences. Please speak with your World Expeditions reservations consultant or travel agent for pre-tour accommodation options.

Accommodation: Group Hotel, Delhi

meals: NIL

DAY 2 Drive to Rishikesh (372 m / 1,220 ft, approx. 4–5 hrs)

This morning, we leave Delhi behind and travel north by road towards the foothills of the Himalaya. The drive to Rishikesh takes approximately 4 to 5 hours, passing through the plains of northern India before reaching the sacred Ganges River.

On arrival in Rishikesh, we check into our hotel close to the banks of the Ganges. Later in the afternoon, we attend the atmospheric Ganga Aarti, when Hindu pilgrims gather along the river to offer prayers, light lamps and pay their respects to India's most sacred river.

Accommodation: Vasundhra Palace or similar, Rishikesh

meals: B,L,D

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thoughtful travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence.

World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook.

This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel.

Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website

www.worldexpeditions.com

trip grading

Introductory to Moderate

The Nanda Devi Alpine Trek is graded introductory to moderate and is suitable for travellers with a reasonable level of fitness.

The trek follows well-defined village and mountain trails, with Kuari Pass at 3,640 metres the highest point reached. Walking days are generally up to six hours, including stops for snacks, water and rest. While the trails are not technically difficult, mountain weather can change quickly and rain can make sections wet, muddy and slippery, particularly on steep ascents and descents.

Your experienced guides will assist where conditions are more challenging. Expect uneven terrain and sustained climbs and descents, sometimes involving 500 metres or more of elevation change. Level walking is relatively uncommon. We recommend beginning training four to five months before departure, with at least one hour of aerobic exercise three to four times per week. Regular bushwalking or hiking with sustained ascents and descents is the best preparation. Speed is not important; stamina, confidence on uneven terrain and maintaining a steady pace over consecutive days are key.

DAY 3 Travel to Rudraprayag (895 m / 2,936 ft, drive approx. 6 hrs)

At dawn, we return to the banks of the Ganges, where pilgrims gather to bathe in the sacred waters. Our journey coincides with the Char Dham pilgrimage season, when thousands of devotees travel into the Himalaya to visit four of Hinduism's most sacred pilgrimage sites.

Leaving Rishikesh, we follow the early stages of this historic pilgrimage route, winding deeper into the Himalayan foothills through increasingly dramatic mountain scenery. Our journey continues to Rudraprayag, spectacularly situated at the sacred confluence of the Alaknanda and Mandakini rivers.

For those familiar with the stories of Jim Corbett, Rudraprayag also holds a fascinating place in the history of the renowned hunter who later became one of India's pioneering conservationists.

On arrival, we settle into our comfortable hotel overlooking the Alaknanda River.

Accommodation: Monal Resorts, Rudraprayag

meals: B,L,D

DAY 4 Travel to Goni (2,345 m / 7,694 ft, drive approx. 4 hrs)

From Rudraprayag, we travel for approximately two hours to Ghat before leaving the main highway and continuing deeper into the mountains towards Goni (2,345 m / 7,694 ft).

On arrival, we settle into our wilderness camp before heading out for a gentle afternoon walk through the surrounding countryside and nearby village. Subject to local arrangements, there may also be an opportunity to visit the local school.

As we gain altitude, we enjoy our first views of the high Himalayan peaks, offering an exciting glimpse of the spectacular mountain landscapes that await us in the days ahead.

Accommodation: Wilderness Camping, Goni

meals: B,L,D

DAY 5 Trek to Shimkhadak Camp (2,850 m / 9,350 ft, walk approx. 6 hrs)

We make an early start today, beginning with a sustained climb from the Brithi Ganga before the morning sun reaches the valley. The first couple of hours are demanding, with some steep sections as we follow the trekking trail and avoid much of the recent road development towards Pana.

Once the initial climb is behind us, we continue along the established trail towards Pana village (2,450 m / 8,038 ft), enjoying increasingly impressive views across the surrounding mountain landscape.

From Pana, we tackle the final ascent of approximately 400 m / 1,312 ft to reach our grassy campsite at Shimkhadak (2,850 m / 9,350 ft). From camp, there are wonderful views across Pana and the scattered settlements of the Brithi Ganga valley below.

Accommodation: Wilderness Camping, Shimkhadak

meals: B,L,D

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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant of travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 6 Trek to Jhanghi Pani (2,000 m / 6,562 ft, walk approx. 3–4 hrs)

Today we descend gradually through beautiful mixed forest and a series of open meadows, with views towards the snow-capped peaks at the head of the Birthi Ganga Valley.

The forest is particularly impressive, with rhododendrons adding bursts of colour when in bloom as we make our way towards Jhanghi Pani (2,000 m / 6,562 ft).

On arrival at camp, the remainder of the day is at leisure. There is time to explore the surrounding area, wander along nearby forest trails or simply relax and enjoy the peaceful Himalayan setting.

Accommodation: Wilderness Camping, Jhanghi Pani

meals: B,L,D

DAY 7 Trek to Pana Camp (2,850 m / 9,350 ft, walk approx. 6–7 hrs)

Today is one of the longer days of our trek. We begin with a descent of approximately one hour to the Birthi Ganga River, crossing via a well-constructed bridge before beginning our sustained climb towards Pana village (2,450 m / 8,038 ft).

We follow a quiet dirt road with minimal traffic, climbing steadily for around 3–4 hours through the mountain landscape, with a break for lunch along the way.

On reaching Pana, we begin our final ascent, climbing approximately 400 m / 1,312 ft above the village to our beautifully positioned wilderness camp on a grassy plateau at around 2,850 m / 9,350 ft.

From camp, we enjoy fine views over Pana and the scattered settlements of the Birthi Ganga Valley, a rewarding end to a full day on the trail.

Accommodation: Wilderness Camping, Pana

meals: B,L,D

DAY 8 Trek to Dakwani (3,200 m / 10,499 ft, walk approx. 5–6 hrs)

Today is a rewarding stage as we trek through mixed forest to the open meadows of Sutoli, where we gain impressive views towards Kuari Pass and the surrounding high Himalayan peaks.

From the meadows, we descend gradually through beautiful rhododendron and oak forest to an impressive waterfall at around 2,515 m / 8,251 ft. After a well-earned break, we begin a sustained ascent towards a forested ridge, with some steep sections during the first hour.

From the ridge, the trail follows the contours of the hillside through increasingly impressive mountain scenery before reaching our wilderness camp at Dakwani (3,200 m / 10,499 ft).

Our camp is ideally positioned for tomorrow's crossing of Kuari Pass, one of the highlights of the trek.

Accommodation: Wilderness Camping, Dakwani

meals: B,L,D

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DAY 9 Trek to Kuari Pass (3,650 m / 11,975 ft, walk approx. 3 hrs)

From camp, we ascend through forest towards the base of Kuari Pass. While the final climb initially appears daunting, a series of well-graded switchbacks provides a steady route upwards, and in less than two hours we reach the crest of the pass.

The reward is one of the finest mountain panoramas in the Indian Himalaya. Across the horizon rise the great peaks of the Zaskar and Garhwal Himalaya, including Mana Peak, Kamet and Abi Gamin, alongside an extraordinary succession of 6,000 and 7,000-metre summits.

We take time at the pass to enjoy the sweeping views and appreciate the scale of the surrounding mountains. Long admired by early explorers and mountaineers, the panorama from Kuari Pass remains one of the great highlights of trekking in this region.

Afterwards, we make our way to our wilderness camp for the evening, surrounded by the magnificent high Himalayan landscape.

Accommodation: Wilderness Camping, Kuari Pass

meals: B,L,D

DAY 10 Explore Kuari Pass and Surrounding Viewpoints (3,650 m / 11,975 ft)

Today is set aside to enjoy our spectacular location near Kuari Pass, surrounded by panoramic vistas across the Garhwal Himalaya. After several rewarding days on the trail, this is an ideal opportunity to rest, explore and simply appreciate the scale of the high mountains around us.

For those keen to stretch their legs, there are opportunities to walk to nearby viewpoints for even broader Himalayan panoramas, including glimpses towards the magnificent Nanda Devi (7,816 m / 25,643 ft). Rising entirely within India, Nanda Devi is the country's highest mountain wholly within its borders and one of the most revered peaks of the Indian Himalaya.

The remainder of the day is ours to relax at camp, enjoy the peaceful mountain surroundings and savour one of the finest panoramas of the journey.

Accommodation: Wilderness Camping, Kuari Pass

meals: B,L,D

DAY 11 Trek to Forest Camp (walk approx. 4 hrs)

Today is a more relaxed day on the trail as we follow a scenic route across the ridges before gradually descending into beautiful rhododendron forest. When in bloom, the rhododendrons bring vivid splashes of colour to the surrounding Himalayan landscape.

Our wilderness camp is tucked away in a peaceful forest clearing, providing a wonderful setting to relax after the morning's walk. For those keen to explore further, there is the option of an afternoon walk to a nearby open meadow.

From here, we can enjoy magnificent views towards the distinctive twin summits of Nanda Devi, one of the most spectacular mountain vistas of the trek.

Accommodation: Wilderness Camping, Forest Camp

meals: B,L,D

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DAY 12 Trek to Auli and Travel to Rudraprayag (walk approx. 4–5 hrs, drive approx. 5 hrs)

We set out this morning with Nanda Devi illuminated by the rising sun, providing a memorable start to our final day on the trail. Our route crosses a series of beautiful open meadows, with sweeping views towards the Chaukhamba Range and surrounding Himalayan peaks.

During the final hour of our walk, we pass a small Hindu shrine before reaching the mountain settlement of Auli. Here, we farewell our trekking crew and mule attendants who have supported us throughout our journey in the mountains.

From Auli, we continue by vehicle and join the main Joshimath–Rishikesh highway for the approximately five-hour journey to Rudraprayag (895 m / 2,936 ft).

On arrival, we settle into our comfortable hotel and enjoy a well-earned hot shower after our days on the trail.

Accommodation: Hotel, Rudraprayag

meals: B,L,D

DAY 13 Travel to Mussoorie (2,005 m / 6,578 ft, drive approx. 6 hrs)

From Rudraprayag, we return to the town of Srinagar before leaving the main highway and following a winding village road through the Himalayan foothills towards the impressive Tehri Dam.

After lunch, we continue our journey, ascending through pine-forested ridges towards Mussoorie (2,005 m / 6,578 ft). Along the way, there are opportunities to glimpse the distant snow-capped Himalaya before we arrive in this bustling and historic hill station.

We settle into the Kasmanda Palace Hotel, a former royal retreat and a comfortable base for our stay in Mussoorie.

Accommodation: Kasmanda Palace Hotel, Mussoorie

meals: B,D

DAY 14 Explore Mussoorie and Everest House (2,005 m / 6,578 ft)

Today we have a full day to explore Mussoorie, one of India's best-known historic hill stations. We visit Everest House, the former home and observatory of Sir George Everest, who served as Surveyor General of India and played an important role in the Great Trigonometrical Survey of the subcontinent.

Set high above the surrounding countryside, Everest House offers sweeping views across the plains of northern India and, in clear conditions, towards the snow-capped Himalayan ranges. The world's highest mountain was later named Mount Everest in Sir George Everest's honour.

The afternoon is free to explore Mussoorie at your own pace. Wander along The Mall, browse the local markets and shops, or simply relax and enjoy the peaceful grounds of the Kasmanda Palace Hotel.

Accommodation: Kasmanda Palace Hotel, Mussoorie

meals: B,D

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DAY 15 Travel to Delhi, Trip Concludes (218 m / 715 ft, drive approx. 5–6 hrs)

After breakfast, we farewell Mussoorie and descend through the Himalayan foothills towards Dehradun, the capital of Uttarakhand. From here, we join the highway and continue across the plains of northern India towards Delhi.

On arrival in Delhi, our journey comes to an end. A transfer will be provided to Delhi International Airport, or to your hotel if you have arranged an additional night in the city.

We farewell our fellow travellers and expedition team after a memorable journey through the Indian Himalaya, from the sacred waters of the Ganges to the spectacular trails and mountain panoramas of Kuari Pass and Nanda Devi.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

country information

India has fascinated travellers for thousands of years. It's exotic, romantic and geographically diverse – from the Himalayan Mountains and wide deserts in the north to lush rainforests and sandy beaches in the south. Its people (now numbering over a billion) are predominantly Hindu although the Islamic culture also integral to the Indian culture. Some of the most impressive temples have been built by the smaller Jain and Buddhist communities. Although more than a thousand languages are spoken, English is the second language and is widely taught in Indian schools.

climate

The Nanda Devi region is influenced by the Indian monsoon, so we time our trek for the pre-monsoon season, when conditions are generally more settled, with warm, clear days and cool evenings. Spring also brings the mountainsides to life with a wonderful variety of wildflowers, particularly fitting given the trek's proximity to Frank Smythe's celebrated Valley of Flowers. Night-time temperatures can occasionally fall below freezing. For warmth and comfort in these colder conditions, we provide quality tents, down jackets and sleeping bags for the trek.

a typical day

You will be woken with a cup of tea brought to your tent at around 6:00 am, followed by a small bowl of warm water for washing. Then, before breakfast, you will pack up your gear, bearing in mind that your sleeping bag will also have to fit into your duffle bag. Pack your sleeping mat into its stuff sack and ensure that your tent is free of rubbish and ready for the next camp. Your duffle bag will then be taken and tied up with other gear into a load, which will be packed on to the awaiting packhorses. We are usually on the trail by 7:00 am and try to complete our trek by lunchtime. Once we have reached camp and the kitchen is set up, a light lunch is prepared, leaving us with the rest of the afternoon free to explore the nearby villages or undertake a side option. Tea and donuts/pakorras are prepared at 4:30 pm. Dinner is usually served around 7:00 pm. Remember to bring your water bottle to the dining tent so it can be filled by the kitchen staff during dinner. Trekking evenings afford some of the best memories of your trek, whether it is sitting around talking, playing cards, chatting with the staff or visiting the local people, it is always a very special time.

meals during the trek

We provide a full service while on trek. An important aspect of this service are the meals that are prepared for you and we are frequently complimented by returning travellers about the food provided. Ensuring that you stay healthy is one of our highest priorities. Therefore, each of our

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treks is accompanied by a trained cook as well as kitchen staff who provide you with three hearty meals each day. High levels of hygiene are engaged to ensure that our travellers stay healthy and fit. Our cooking staff has mastered the preparation of a varied and balanced menu and there is always plenty of food for those who may like seconds. Our cooks are trained to provide excellent food for vegetarians and anyone who has a limited diet including those who are lactose or gluten intolerant. Our meal inclusion on your trek is for your benefit and takes all the hassle, expense and worry out of your holiday. Typically, you can expect breakfast to consist of muesli or cereal, eggs, local breads and pancakes and hot drinks. Lunch will generally be vegetables, salads, bread, cheese pasta style dishes, tinned fish and meats and are normally eaten picnic style. Dinner is always three courses and includes soup, seasonal vegetables, meat, rice or pasta and bread with some local specialties also in the mix. Dessert is always served after the main meal each evening followed by hot beverages.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear (optional), mobile phone, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

equipment required

Specialist gear required includes walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

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Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

When applying for an e-visa we recommend that you go into the Smart Traveller website smarttraveller.gov.au. The Smart Traveller website will direct you to the official Government of India e-visa application website.

Please note that this will avoid downloading one of the many fake websites that add additional charges to your application.

webinars & events

World Expeditions invites you to attend our inspiring adventure travel slide shows. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a slide show schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

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social networking

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Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability as we operate strictly small group adventures. Many of our adventures require us to secure services on



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your behalf; such as permits, hotels and flights to name but a few. The demand for these services is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form which is found at the back of our brochure or can be downloaded from our website www.worldexpeditions.com. On completion, fax or post the form to your nearest World Expeditions office along with your non-refundable deposit. World Expeditions has access to competitive airfares to India. Call your nearest World Expeditions office for assistance with your travel arrangements including flights, travel insurance and additional accommodation.