I am extremely glad to know that the 8th Battalion of Indo-Tibetan Border Police (ITBP) has compiled a booklet on ‘Devbhoomi Uttarakhand’. The booklet would prove to be handy for all those who wish to know more about its natural beauty, the char-dham yatra and temples, trekking and tourist attractions. I congratulate and appreciate the 8th Battalion of ITBP as they release the booklet on the momentous occasion of the ‘ITBP Raising day, 2020’.

The country takes pride in the commendable manner in which our heroes of the ITBP have been guarding the Indo-Tibetan Border. Their commitment towards this onerous responsibility has been an inspiration. I extend deep admiration to the forces for upholding this tradition of excellence, discipline and dedication.

I convey my best wishes and greetings of Sh. Shailesh Kumar Joshi, Commandant, 8th Battalion and staff for their efforts in preparing the booklet. I hope, more such efforts towards documenting the rich culture and heritage of the region would be undertaken, as an ode to the glory of the ‘Abode of the Gods’ and pride of its people.

With Best Whishes!

(G. Kishan Reddy)
Since inception, ITBP has been in the forefront of the adventure sports and there is no match of ITBP in this field. It is known that Uttarakhand State of the country known as “Dev Bhoomi” (देवभूमि) and is famous for its natural beauty, Char Dham Yatra and many ancient reputed institutions/ temples. Every person has the curiosity to visit Uttarakhand at least once in his life. There are abundant natural resources for trekking, skiing, adventure sports, water sports etc.

I am happy that a book containing many such details has been compiled. It is plausible to prepare this first hand booklet by incorporating the brief information about the religious places, major tourist places and prominent institutions of Uttarakhand.

I wish to convey my deep appreciation for the personal efforts of Sh. Shailesh Kumar Joshi, Commandant, 8th Battalion and their staff, who prepared this exclusive ‘Booklet’. I am sure that this unique booklet will definitely help and provide first hand information to the people who are fascinated in adventure sports as well as in tourism.

(S. S. Deswal)
Indo-Tibetan Border Police (ITBP) is known for its tough nature of duties and deployment in some of the harshest terrains of the Himalayas. The Force has the privilege of having a special place among the organizations leading by example as ‘fittest of the fit’ Force.

The Force is deployed in remote and at some places- in inaccessible terrains across the Himalayas. There are many heritage places in the vicinity of the posting of the ITBP Units and Formations- some of them widely known but there are few sites which are yet to be explored and recognized.

During a recent visit with the DG ITBP, I came across to a beautifully compiled compendium- ‘Devbhoomi Uttarakhand’ at 8th Battalion ITBP Gauchar. To my surprise, I found many details in the booklet which can be shared at appropriate forums to highlight the rich heritage and history of Uttarakhand.

I compliment Sh Shailesh Kumar Joshi, Commandant, 8th Battalion ITBP for extensive work in compiling the booklet.

I hope other ITBP Battalions will also be inspired to draft such booklets that will enhance the knowledge and inquisitiveness of the readers to add the love and affection for the culture, history and traditions of the country.

Wish best wishes.

(M. S. Rawat)
Message

Sector HQ (Dehradun) is responsible to keep vigil on the borders in the Garhwal Himalayas in Uttarakhand. The Battalions deployed in the area of responsibility hold paramount importance in role and tasks assigned to ITBP and are regarded as crucial pillars in the border management efforts undertaken by the Force.

Apart from border guarding, the Force also preserves and restores the rich heritage of the area. ITBP has a glorious history of keeping the rich legacy and local traditions alive.

I am very happy that the 8th Battalion ITBP has compiled an exclusive booklet-‘Devbhoomi Uttarakhand’. It is drafted in an exemplary manner which holds many exclusive pictures and details of important places in Uttarakhand including places of heritage and religious attraction.

I appreciate Sh. Shailesh Kumar Joshi, Commandant for extensive work in compiling the booklet.

Wish best wishes.

(Aparna Kumar)
We are all aware how the rich history and heritage of Uttarakhand has been cited not only in our history textbooks but have also been written in the holy books of the medieval era.

Uttarakhand holds a different story as one can see the great monuments, sites and holy places that belong to different eras. The more you learn about the history and heritage of Uttarakhand, the more you will familiarize yourself with this heavenly state of India.

After joining the 8th Battalion, ITBP in August, 2019, I wanted to compile a book of various important facets holding the rich legacy in the form of temples, monuments, and Institutions of the State.

Though, its very difficult to describe about all such points, this is a humble effort of the 8th Battalion showcasing some of the important heritage sites of the state.

I hope, readers will be benefitted with the picture based descriptions inside the booklet- ‘Devbhoomi Uttarakhand’.

(Shailesh Kumar Joshi)
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Uttarakhand in Brief

- 'Uttarakhand' formerly known as Uttaranchal is a state in the northern part of India. Located at the foothills of the Himalayan mountain ranges, it is largely a hilly state, having international boundaries with China (Tibet) in the north and Nepal in the east. On its north-west lies Himachal Pradesh, while on the south is Uttar Pradesh.

- It is often referred to as the 'Devbhumi' due to a large number of Hindu temples and pilgrimage centers found through the state. On 9 November, 2000, Uttarakhand became the 27th state of the republic of India, being carved from the Himalayan district of Uttar Pradesh.

- Uttarakhand is thus a hub of different traditions, ethnic-groups and languages brought together. This is what brings out the beauty of the state.

- The State has excellent potential for hydropower generation. It has total of 86 existing hydropower projects on the rivers Yamuna, Bhagirathi, Bhilangana, Alaknanda, Mandakini, Saryu Gauri, Kosi and Kali generating electricity.

- It is rich in natural resources especially water and forests with many glaciers, rivers, dense forests and snow-clad mountain peaks.

- The lush green forests of this region are home to an astounding multiplicity of flora and fauna, some of which fall into the category of endangered species.

Description

Area - 53,484 sq.km, Population - 1,01,16,752

Capital – Dehradun, Languages - Hindi, Garhwali, Kumaoni, Jaunsari, Bhotia.
PLACES OF SPIRITUAL SIGNIFICANCE IN GARHWA (UTTARAKHAND)

Distance Chart
Lord Vishnu is worshipped at Panch Badri in different forms. These temples, namely, Vishal Badri (Badrinath), Yogdhan Badri, Bhavishya Badri, Vridha Badri and Adi Badri are considered the abode of Lord Vishnu and attracts devotees of Lord Vishnu from all parts of the country. In Badri Kshetra – the region starting from Satopanth about 24 kilometres above Badrinath extending to Nandprayag in the south, Lord Badrinath is worshipped at five different places and under five different names.
PANCH BADRI OF UTTARAKHAND

Vridha badri

Badrinath

Adi badri

Bhavishya badri

Bhavishya badri
SHRI BADRINATH TEMPLE
SHRI BADRINATH TEMPLE

► Location
  • The temple is located in Chamoli district of Uttarakhand at a height of 3,133 meters (10,279 Ft).

► Spiritual significance
  • A Hindu temple dedicated to Lord Vishnu and a holy pilgrimage site for Vaishnavites.

► Mythological significance
  • According to Skand Puran, the idol of Lord Badrinath was recovered by Adi Guru Sankaracharya from Narad Kund and was re-enshrined in the 8th century A.D. in this temple.
  • Badri means a kind of berry which grows in abundance in Badrinath and 'Nath' means 'of Lord'. In Bhagwad Gita, the surrounding area of Badrinath is called as Badari which was a holy place to Lord Vishnu.
  • The image of the presiding deity worshipped in the temple is one feet black stone statue of Vishnu in the form of Badrinarayan.
  • According to folklore, Badrinath often called as Badri Vishal, was re-established by Adi Shri Shankaracharya to revive the lost prestige of Hinduism and to unite nation in one bond.
  • Great sages like Kapila Muni, Gautam, Kashyap have performed penance here, bhakta Narada attained salvation and Lord Krishna loved this region, medieval religious scholars like Adi Shankaracharya, Ramanujacharya, Sri Madhavacharya, Sri Nityananda have come here for learning and quiet contemplation and so many still continue to do even today.
ADI BADRI TEMPLE
ADII BADRI TEMPLE

► Location
• The temple is located on the confluence of the pinder river and the Alaknanda River in Chamoli district, 17 kilometers beyond the Karianprayag.

► Spiritual Significance
• Adi Badri is part of famous Panch Badri of Uttarakhand. It is a group of sixteen temples, belonging to the Gupta period. Among them is the Narayan temple, where a black stone idol of Vishnu, three feet high is enshrined.
• This place is within the Badrikshetra and Badrinath being the name for Vishnu, The temple is known as the adi badri.

► Mythological Significance
• Adi Badri temple is the first temple in Panch Badri.
• It is believed that this temple was built during the Gupta period from the 5th century to the 8th Century.
• It is also believed that these temples were constructed by Adi Shankaracharya. The objective of the construction of these temples by Adi Shankaracharya was to promote Hindu religion in every remote part of the country. There are 16 temples but unfortunately due to poor upkeep two temples lie in dilapidated condition.
• The main temple is dedicated to Lord Vishnu and statue of Lord Vishnu in the temple is standing here, which is made of 3.3 Feet high black stone. The maintenance of these temples is done by the Archaeological Survey of India.
Vridha Badri
**Vridha Badri**

**Location**
- Distance 254 kilometers from Rishikesh via NH 7 in Chamoli district of Uttarakhand at a Height of 1380 meters above sea level.

**Spiritual Significance**
- In the Vridha badri temple, the statue of Lord Vishnu is established as an old man. Hence the name of this temple is vridha and Badri is a name of God Vishnu.

**Mythological significance**
- It is believed that Narad ji did penance to please lord Vishnu. Pleased with the penance of Narada, lord Vishnu appeared as an old man and answered the penance of Narada. The Vridha Badri temple dates back to the times when it India ruled by Gupta Dynasty. It was found in 8th centaury by Adi Sankracharya who was spreading the tenets of Hinduism to every corner of India.
BHAVISHYA BADRI

Location
- Located about 274 Kilometers from Rishikesh via NH 7 in the Chamoli district at an altitude of 2744 meters above sea level.

Spiritual Significance
- The temple is dedicated to Narsimha the Lion face, one of the 10 avatars of Lord Vishnu.

Mythological Significance
- Literally suggests the Future Abode of Lord Badrinath. The directing divinity of this little sanctuary is Lord Narsimha, an incarnation of Lord Vishnu and known to be the future seat of Badrinath.
- According to the legend of Bhavishya Badri, when evil transcends the world, the mountains of Nara and Narayana would block up the route to Badrinath and the sacred shrine would become inaccessible. The present world will be destroyed and a new one established. Then, Badrinath will appear at the Bhavishya Badri temple and be worshipped here, instead of the Badrinath shrine.
- The shrine of Narasingh Badri at Joshimath is closely associated with the legend of Bhavishya Badri.
YOGDHYAN BADRI
YOGDHYAN BADRI

Location
- Located 265 kilometers from Rishikesh via Srinagar NH 58 at a height of 1829 meters at Pandukeshwar, Chamoli district of Uttarakhand.

Mythological significance
- This is the place where Pandavas were born. King Pandu had attained salvation at this place. Legends believed that king Pandu installed the bronze idol of lord Vishnu in meditative posture yogdhyan badri.
- According to myth, the Pandavas after winning the battle against the Kauravas came to the Himalayas to seek peace, and handed over the capital, Hastinapur, to Raja Parikshit and took up penance before seeking out the way to heaven.
PANCH KEDAR OF UTTARAKHAND

- Legend of Panch Kedar, which is a captivating narration of the efforts of Pandavas to atone for the sins of their fratricide act of killing their cousins, the Kuravas and Brahmana hatya during the epic Mahabharata war.

- On advice from sages and their trusted benefactor God Krishna they sought Lord Shiva to pardon them and bless them to attain salvation. Since Shiva was annoyed with them for their conduct during the Kurukshetra war, he tried to avoid them by assuming the animal form of a bull or Nandi and left for the Himalayan Garhwal region. But the determined Pandavas, after sighting Shiva in the form of the bull grazing in the hills of Guptakashi, tried to forcibly hold the bull by its tail and his legs. But the bull disappeared into the ground to reappear later in his original self of Lord Shiva at five places; in the form of a hump at kedarnath, in the shape of bahu at Tungnath, with his face at Rudranath, his nabhi and stomach at Madhyamaheswar and his hair (locks) called *jata* at Kalpeshwar.
PANCH KEDAR OF UTTARAKHAND

Kalpeshwar

Kedarnath

Rudranath

Tunganath

Madmaheswar
Panch Kedar of Uttarakhand
Shri Kedarnath
SHRI KEDARNATH

► Location

- Situated in the District Rudraprayag of Uttrakhand, 227 kilometers from Rishikesh, at an altitude of 3,586 meters above from sea level.

► Spiritual Significance

- The name kedarnath means the lord of the field. It is derived from sanskrit word kedra means field and natha means lord. This temple is known for being the highest among the other 12 Jyotirlingas of India. The presiding deity here is dedicated to Lord Kedar which sits in the form of a triangular stone structure. Kedarnath was the worst affected area during the 2013 flash flood in Northern India.

► Mythological significance

- Pandavas were supposed to have pleased Shiva by doing penance in Kedarnath.
- According to hindu legend the temple was initially built by pandavas.
- The temple is one of the four major site in India's chhota char dham, pilgrimage of northern himalayas.
- Kedarnath is seen as a homogenous form of Lord Shiva, the 'Lord of Kedar Khand', the historical name of this region.
Tungnath
TUNGNATH

Location

- Located at an elevation of 3,680 meters at a distance of 201 kilometers from Rishikesh via NH 7 in Rudraprayag district of Uttarakhand.

Spiritual Significance

- Tungnath is known for being the highest Lord Shiva temple in the world. The word Tungnath literally means the God of mountain.

Mythological significance

- It is believed that this temple is around 5000 years old and Pandava brothers established this temple but it is also a popular belief that lord Rama had also meditated deeply at the peak of chandrashila.

- The temple is dedicated to Lord shiva and few others idols of Goddess Parvati and other gods can be seen in the vicinity.

- The sacred temple was discovered by Adi Shankaracharya.

- Vyas Rishi told the Pandavas that they were guilty of killing their own brothers in the war and their sins would be expiated only if Lord Shiva pardoned them. Pandavas began to search Lord Shiva in the Himalayas and Lord Shiva kept avoiding them because they were guilty.

- In order to escape from the Pandavas, Lord Shiva disguised himself as a bull and took refuge underground. The places where the parts of the bull were found are now renowned Shiva temples. Tungnath Temple is the place where his hands (bahu) were supposedly seen.
Panch Kedar of Uttarakhand

MADHYAMAHESHWAR
MADHYAMAHESHWAR

Location

- The holy ancient temple is situated on the base of the holy peak of Chaukhamba at an elevation of 3,289 metres in Rudraprayag district of Uttarakhand.

Spiritual Significance

- Lord Shiva is worshipped here in the form of naval lingam.

Mythological significance

- The Madhyamaheshwar Temple is the place where the destroyer god Lord Shiva showed his divine grace from the navel cavity of the bull. The temple is in a green valley surrounded by snow peaks of chaukhamba, Neelkanth and Kedarnath in high Himalayan hill ranges.

- The legend of Madhyameshwar is an integral part of the legend of Panch Kedar which is a captivating narration of the effort of Pandavas to atone for the sins of their fratricide act of killing their cousins, the Kauravas and Brahmanahatya during Mahabharata war.

- In the current temple, a navel-shaped Shiva-lingam, made of black stone, is enshrined in the sanctum. There are two other smaller shrines, one for Shiva's consort Parvati and the other dedicated to the Ardhanarishwara, a half-Shiva half-Parvati image.

- Bhima, the second Pandava brother is believed to have built this temple and worshipped Shiva here.
RUDRANATH
RUDRANATH

Location

- This Temple is situated 212 kilometers via NH 7 from Rishikesh in chamoli district of Uttarakhand at an elevation of 3,600 meters above from sea level.

Spiritual Significance

- In this temple the face of Lord Shiva is worshipped in the form of 'Neelkanth Mahadev'.

Mythological significance

- Rudranath is the fourth temple in the series of holy Panch Kedar.
- In winter, a symbolic image of Shiva is brought to Gopinath Mandir in Gopeshwar for worship.

- The Doli Yatra starts from Gopeshwar. The holy river Vaitarani or Baitarani or Rudraganga flows near the temple. The river is identified with the 'river of salvation', where souls of the dead cross to reach the other world. Thus, devotees visit Rudranath to perform rituals of the dead, such as performing a pind offering. Some believe that offering a pind to ancestors here equals offering a hundred million at the holy city of Gaya.

- The mountain peaks of Trishul, Nanda Devi, Devasthan, Hathi Parbat and Nanda Ghunti are visible from Rudranath via Sagar. The Doli Yatris cross Lyuti Bugyal and Panar and finally reach Pitradhar. The worship of ancestors is done here. Then, after crossing Dhalabni Maidan, the Doli or the symbolic image of Shiva, reaches Rudranath. Here first the Vandevi is worshipped. The local belief is that Vandevi protects the area.
**KALPESHWAR**

**Location**

- Sitting on an elevation of 2,200 Meters, it is 246 kilometers from Rishikesh in Chamoli district by NH 7.

**Spiritual Significance**

- Here the matted hair of Lord Shiva is worshipped.

**Mythological Significance**

- It is the fifth temple of the Panch Kedars of Shiva five anatomical divine. It is an important aspect that the temple priests here should be dasnamis and gossains who are considered to be the disciples of Adi Shankaracharya.

- Kalpeshwar is the only Panch Kedar temple accessible throughout the year. At this small stone temple approached through a cave passage, the matted tress of Lord Shiva is worshipped.

- Another legend states that this place was much preferred by sages of folklore for meditation. Particular mention is made of sage Arghya who through his austere penance created Urvashi, the famous apsara (Nymph) at this place.

- Durvasa, an ancient sage, son of Atri and Anasuya, considered an incarnation of Shiva, known for his short temper did penance and meditated under the Kalpavriksha, the wish fulfilling divine tree in the precincts of the temple.

- Further, it is said that Durvasa had given Kunti, mother of Pandavas, a boon that "she could invoke any of the forces of nature and they would appear before her and grant whatever she desired".
PANCH PRAYAG OF UTTARAKHAND

- Panch Prayag means Five Confluences. It refers to the five confluences which takes place at Vishnu Prayag, Nanda Prayag, Karn Prayag, Rudra Prayag and Dev Prayag respectively to form river Ganga. Ganga, the most sacred of Indian rivers, is worshipped as the life-giving goddess, which brings salvation to this land. This great river, emerges from the icy glaciers of the Himalayas. Pilgrims bathe in the Ganga on various auspicious days and the water of Ganga is used for purification rituals.

- According to the Hindu Mythology when Goddess Ganga started descending to earth, to cherish the mankind, Earth was not able to face the force which Ganga had. To temper her force Ganga was splitted into 12 channels. The siblings again gets unite into single stream after Devaprayag. After the confluence of Alaknanda with Bhagirathi at Devprayag, the river is known as Ganga (Ganges). Four other confluences higher up add up to form the five holy confluences or Panch prayag, which pilgrims visit for worship.
PANCH PRAYAG OF UTTARAKHAND

Panch Prayag

Rudra Prayag

Dev Prayag

Vishnu Prayag

Karna Prayag

Nand Prayag
**Dev Prayag**

**Location**
- This holy place is located on NH 58 & 74 kilometers from Rishikesh in Tehri district at an elevation of 830 meters.

**Spiritual Significance**
- Out of the five confluences, Devprayag is believed to be the most pious.

**Mythological significance**
- The meaning of devprayag is godly confluence as Dev means god and prayag means confluence. It is the point where the Bhagirathi that rises from Gaumukh and the Alaknanda, which originate from the Satopanth glaciers meets. These two sacred rivers join to form the Ganga in Devprayag.
- Legend also believed that Lord Rama and king Dushratha did meditation here.
- Here is an ancient Raghunath ji mandir built more than ten thousand years ago. This important temple was constructed by the king of Tehri Garhwal. The temple is 80 feet high with a tall image of Lord Vishnu made of black granite.
- It is also believed that Adi Guru Shankaracharya established this temple in 8th Century during his visit to Devprayag. The Raghunath Temple is one of the 108 Divya Desams. These are 108 temples of lord Vishnu, out of which 105 are in India, one is in Nepal and two are believed to be outside the Earth. Here, lord Vishnu is worshipped as Raghunathji (Lord Rama) and Goddess Lakshmi as Sita Maa.
RUDRAPRAYAG

Location

- Located 140 kilometers from Rishikesh via NH 7 in Rudraprayag district. It has an average elevation of 895 metres (2,936 feet).

Spiritual Significance

- The bright green Mandakini, which flows from Kedarnath, blend with the white Alaknanda, which flows from Badrinath, and make the sangam at Rudraprayag.

Mythological significance

- Lord Shiva emerged here in the incarnation of 'RUDRA' and blessed the saint Narad who had sought his blessing by virtue of penance to excel in the field of music.
- Rudraprayag is named after Lord Shiva and temple of Lord Rudranath.
- According to mythology Narada Muni worshiped god Shiva here to learn music from him. The god then taught him music in his form of Rudra (Lord of Music). There used to be a rock called Narad Shila where Nrada is said to have sat in meditation.
- Koteshwar Temple Tucked away at a distance of 3 Kilometers from the holy town Rudraprayag, it is located in a cave. This celestial cave shrine is dedicated to Lord Shiva and one of the striking features of this temple is that the idols have been formed naturally. According to mythological legends, it is believed that Lord Shiva meditated here before ascending to the holy place of Kedarnath.
NANDPRAYAG

Location
- Situated in Chamoli and lying at a distance of 186 kilometers from Rishikesh in chamoli district on an elevation of 1,358 Meters.

Spiritual Significance
- Nandprayag holds the bank of green Nandakini River which flows from a glacier close to Nanda Devi and Alaknanda. The two rivers meet and flow together from here.

Mythological significance
- It is one of the Panch Prayag & was once the capital of Yadu kingdom. According to legends, this prayag was known as Kanvasu earlier, after Maharishi Kanva. It was named Nandprayag after king Nanda performed a maha yagya.
- According to myths and legends, Raja Nanda was promised the boon of Vishnu as son. Unfortunately, the same boon was also granted to Devki, the imprisoned sister of the tyrant and cruel king, Kansa. Finally the God found a solution to the problem which was that Vishnu would be born as Krishna to Devki but would be brought up by Raja Nanda's wife, Yasodha.
**Vishnuprayag**

**Location**
- Situated in Chamoli, Uttarakhand on an average height of 1,372 Meters & it is 261 kilometers from Rishikesh via NH 7.

**Spiritual Significance**
- At Vishnuprayag, the impulsive Vishnu Ganga known as Alaknanda blend with the river Dhauliganga that flows from the Niti Valley.

**Mythological significance**
- According to a hindu legend, sage Narada indulged in a serious penance at this place to appease Lord Vishnu 'The Preserver'. Pleased with his devotion, Lord Vishnu then appear in front of Narada and blessed him with his cosmic energy.
- The Locals believe that Vishnu temple located about 2 kilometers away from Vishnuprayag is the place where lord Vishnu blessed Narada.
- An octagonal shaped temple - located near the confluence - dated to 1889, is credited to Maharani of Indore - Ahalyabai. Though originally built to install a Shiva linga, it now houses a Vishnu image. A stairway from this temple leads to the Vishnu kund at the confluence, which is seen in a tranquil state, It is the fifth and final prayag out of five prayags of Garhwal.
KARN PRAYAG

Location
- It lies on NH 7, located 170 kilometers from Rishikesh via Rudraprayag and Srinagar. It has an average elevation of 1,451 metres (4,760 feet).

Spiritual Significance
- The meeting point of river Pindar that flows from the Pindari glacier and the river Alaknanda forming a broad sangam.

Mythological Significance
- Karnaprayag is believed by many to be the place where Karna of the Mahabharata, was to have worshipped the Sun God. There is an ancient temple, devoted to Uma in Karnaprayag.
- In some versions, Karnaprayag is the place where Lord Krishna did cremation of karna, When Arjuna used the Anjalika astra on weaponless Karna, who was still trying to lift the sunken chariot wheel, Lord Krishna found that Karna was still alive even though seriously wounded. Lord Krishna found that Dharma-devata, the goddess responsible for protecting Dharma (righteousness) is guarding Karna from death and resisting every arrows send by Arjuna. Lord Krishna explained to Arjuna that the Dharma-devata herself was protecting Karna from death because of the massive good merit Karna earned by giving charity during his lifetime and it was impossible even for Lord Shiva to kill Karna. Krishna said wherever Dharma is present there is victory and this time Dharma was with the side of Karna. So Krishna went down from his chariot and appeared as a Brahmin and asked for Karna's punya or merit to him as charity. Karna gave his entire merits as charity to the Brahmin in the form of his blood and once Karna gifted his life's merit to him, Krishna rewarded Karna with the view of Krishna's Vishwaroopa. Krishna told that only this way it was possible to kill Karna and when Karna gave away his life's merit to Krishna, Dharma-devata disappeared. Karna asked Krishna to cremate him in a virgin land where nobody else is present. Then Krishna went back to his chariot and asked Arjuna to take the kill shot on Karna. Later Krishna himself did the cremation of Karna at Karnaprayag.
MAJOR TEMPLES IN UTTARAKHAND

- Kedarnath
- Badrinath
- Yamunotri
- Gangotri
- Gaurikund
- Bhairavnath
- Madmaheshwar
- Sri Hemkunt Sahib
- Rudranath
- Naina Devi
- Har Ki Pauri
- Mansa Devi
- Rishikesh
- Hardwar
- Dehradun
- Tehri Garhwal
- Uttarakhand
- Uttarakashi
- Haridwar
- Ghanshyamgarh
- Kharakwasla
- Pauri Garhwal
- Almora
- Nainital
- Nainital
- Karnaprayag
- Joshimath
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OTHER TEMPLES IN UTTARAKHAND
YAMUNOTRI TEMPLE
YAMUNOTRI TEMPLE

Location

- Yamunotri Temple is situated in the western region of Garhwal Himalayas at an altitude of 3,291 metres in Uttarkashi district of Uttarakhand at a distance of 228 kilometers from Rishikesh via NH 709 B.

Spiritual Significance

- From here Yamuna comes down into Saptarishi Kund and from there gushes southwards in a series of waterfalls.

Mythological Significance

- As per a legend, Lord Hanuman doused the fire of his tail after burning Ravan's Lanka in the chilly waters of Yamuna at Banderpooch. That is why the peak is called Bander (monkey) Pooch (tail) - monkey's tail.

- According to the ancient legend, sage Asit Muni had his hermitage here. All his life, he bathed daily both in the Ganges and the Yamuna. Unable to go to Gangotri during his old age, a stream of the Ganges appeared opposite Yamunotri for him.

- Sangya is the birthplace of the Yamuna in the Champasar Glacier (4,421 meters) just below the Banderpoonch Mountain. The mountain adjacent to the river source is dedicated to her father, and is called Kalind Parvat, (Kalind being another name for the sun deity - Surya). Yamuna is known for her frivolousness, a trait that she developed because, according to a common story, Yamuna's mother could never make eye contact with her dazzling husband.
GANGOTRI

Location

- Gangotri is a town and a municipality in Uttarkashi district in Uttarakhand 268 km from Rishikesh via NH 34. It is on the Greater Himalayan Range, at a height of 3,100 mt.

Spiritual Significance

- It is a Hindu pilgrim town on the banks of the river Bhagirathi and origin of River Ganges.

Mythological Significance

- According to popular Hindu legend, it was here that Goddess Ganga descended when Lord Shiva released the mighty river from the locks of his hair.

- According to Hindu mythology, Goddess Ganga took the form of a river to absolve the sins of King Bhagiratha's predecessors, following his severe penance of several centuries. According to this legend, King Sagara, after slaying the demons on earth decided to stage an Ashwamedha Yajna as a proclamation of his supremacy. The horse which was to be taken on an uninterrupted journey around the earth was to be accompanied by the King's 60,000 sons born to Queen Sumati and one son Asamanja born of the second queen Kesani. Indra, supreme ruler of the gods feared that he might be deprived of his celestial throne if the 'Yagya' (Worship with fire) succeeded and then took away the horse and tied it to the ashram of Sage Kapila, who was then in deep meditation. The sons of the King Sagara searched for the horse and finally found it tied near the meditating sage. Sixty thousand angry sons of King Sagara stormed the ashram of sage Kapila. When he opened his eyes, the 60,000 sons had all perished, by the curse of sage Kapila.
HEMKUND SAHIB

Location

- Situated in Chamoli, Uttarakhand, at a height of over 15,000 feet and 285 kilometers from Rishikesh.

Spiritual Significance

- Hemkund is a sanskrit name derived from Hem means snow and Kund means bowl. A popular centre of Sikh Pilgrimage. It is the Gurdwara that stands as the epitome of all the principles that constitute the Sikh faith.

Mythological significance

- Dasam granth says this is the place where pandu raja practiced yoga. In addition, the dasam granth says God ordered sikh Guru Govind singh to take bath while he was In deep meditation at the mount of hemkund.

- According to Bachitra Natak, the autobiographical account of the tenth Guru, Gobind Singh, it was at Hemkund 'adorned with seven snow peaks' that he meditated in his previous birth. Hemkund Lake is at circumference of 2 kilometers.

- Long before Sikhs began coming to Hemkund, the lake was known to the people who lived in the nearby valleys as a place of pilgrimage. Its name was Lokpal, and its sanctity derived from its association with tales of the gods. Most notably, the God Lakshman, the younger brother of Ram, is said to have meditated or done penance at Lokpal.

- In a popular story told by local people and visitors alike, Lakshman was brought to the shore of Lokpal after being mortally wounded in a battle with the son of Ravana. Lakshman's wife wept and prayed that her husband be saved. The monkey god Hanuman was then able to find a life-giving herb. When the herb was administered to Lakshman, he miraculously revived. In celebration, God showered flowers from heaven, which fell to the earth and took root in the Valley of Flowers.
ANUSUYA DEVI MANDIR
**Location**

- Anusuya Devi Temple is located 234 kilometers from Rishikesh in Chamoli district on an elevation of 2000 meters above from sea level.

**Spiritual Significance**

- Anusuya Devi Temple is dedicated to goddess Sati. She was the wife of Atri Muni, a great sage and one of the Sapta Rishis. The ashram of Anusuya devi husband is located 2 km from the temple. The Ashram is in the form of a cave temple.

**Mythological Significance**

- Anusuya worshipped in this temple was the wife of Atri Muni, one of the seven great Vedic sages known as the 'Saptarshis'. The Big Dipper, a part of the constellation Ursa Major is known as the Saptarshi Mandal in India named after those seven sages. Anyone with basic knowledge of astronomy can spot this group of seven starts in a clear sky.
- The temple is dedicated to Anusuya while Sage Atri believed to have meditated higher up near the waterfall and that is why that area is named after him.
- The temple has great archaeological significance. It is believed that this is the only place where devotees roam around the river as a mark of reverence. It is believed about the magnificent statue of Lord Ganesha that this rock is built naturally.
CHANDRASHILA

[Map image with pathways and locations labeled]

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CHANDRASHILA

Location
- Chandrashila is summit of the Tungnath 214 kilometers far from Rishikesh via NH 7. It is located at a height of about 4,000 Meters above sea level.

Spiritual Significance
- It literally means 'Moon Rock'. This peak provides views of the Himalayas, including Nandadevi, Trishul, Kedar Peak, Bandarpunch and Chaukhamba peaks.

Mythological significance
- There are various legends associated with this place. According to one such legend this is the place where Lord Rama meditated after defeating the demon-king Ravana. Another legend says that moon God chandra spent time here in penance.
Vishwanath Temple
Vishwanath Temple

Location

- Shri Kashi Vishwanath temple is one of the oldest and most sacred of temples in Uttarkashi, at a distance of 171 kilometers from Rishikesh via NH 34 situated on bank of river Bhagirathi.

Spiritual Significance

- The Vishwanath Temple is one of the architectural marvels of the region. The main sanctum of the Vishwanath Temple houses the androgynous form of Lord Shiva, the Ardhanarishwara and his consort Lady Parvati.

Mythological Significance

- This is the place where Lord Shiva proposed Lady Parvati for marriage.

- Legend has it that Lord Shiva considered this as his abode from the second part of the Kalyuga. Belief that when Kashi or Varanasi will be submerged under water and Lord Kashi Vishwanath will be shifted to this temple.

- The tradition has it that the sage Rishi Markandeya had so much love and devotion to Lord Shiva that the Lord himself appeared to protect the sage when Yama, god of death, who came to take the sage's life at this very place where the temple is situated.

- Lord Shiva is manifested here as immersed in deep meditation, showering his blessing upon humanity. The Shivlingam here is 56 cm in height and has a tilt to the south. In the sanctum, there are also Goddess Parvati and Lord Ganesha. Nandi is in the outer chamber of the temple.
KARTIK SWAMI

Location

- Karthik Swami Temple, located in the Rudraprayag district of Uttarakhand, is a sacred place for Hindus. The temple is situated amidst the snowy peaks of the Garhwal Himalayas at an altitude of 3,050 meters at a distance of 180 kilometers from Rishikesh via NH 7.

Spiritual Significance

- This temple is dedicated to Karthik, the eldest son of Lord Shiva.

Mythological significance

- It is believed to be an ancient temple whose history is 200 years old.

- An important mythological event is also associated with this temple, it is believed that Karthik dedicated his bones to Lord Shiva at this place.

- There is a legend that Lord Shiva once told their sons Lord Kartik and Lord Ganesha to take a round of the universe and the one who comes first will get the privilege to be worshipped on all auspicious occasions. Kartik went to cover the universe but Lord Ganesha showed his intelligence and took a round of Lord Shiva and Goddess Parvati and said that for him they are the whole universe. Lord Shiva impressed by his intelligence and his love for them gave the privilege to be worshipped first. Lord Kartik got angry with this news and tore himself apart, he gave his flesh to mother Parvati and bones to his father Lord Shiva. In this temple the idol represents Lord Kartik’s bones.
NARAYAN KOTI

[Map of the area with landmarks and locations labeled.]

[Image of the Narayan Koti temple complex.]
NARAYAN KOTI

Location

- Narayana koti is situated at Guptkashi Kedarnath motor road at a distance of 186 km from Rishikesh via NH 7 in Rudraprayag district.

Spiritual Significance

- Narayan Koti has several temples including Laxmi Narayan, Satyanarayan, Beerbhadhr Mahadev, Banasur etc. along with these temples it also has a 6 feet long stupa from budha era.

Mythological Significance

- It is said that once this place used to have 360 temples.
TRIYUGINARAYAN TEMPLE
**TRIYUGINARAYAN TEMPLE**

**Location**
- Triyuginarayan Temple is a Hindu temple located in the Triyuginarayan village in Rudryaprayag district of Uttarakhand at a distance of 220 kilometers from Rishikesh via NH 7 & NH 107.

**Spiritual Significance**
- The ancient temple is dedicated to god Vishnu. Its fame is credited to the legend of god Shiva’s marriage to goddess Parwati witnessed by Vishnu at this venue and is thus a popular pilgrimage centre.

**Mythological Significance**
- A special feature of this temple is a perpetual fire, that burns in front of the temple. The flame is believed to burn from the times of the divine marriage. Thus, the temple is also known as Akhand Dhuni temple.

- According to Hindu mythology, goddess Parvati was daughter of Himavat or Himavan the personification of the Himalayas. She was the rebirth of Sati, the first wife of Shiva - who sacrificed her life when her father insulted Shiva. Parvati initially tried to allure Shiva by her beauty, but fails. Finally, she won Shiva by practising rigorous penance at Gauri Kund, which is 5 kilometres away from Triyuginarayan. Pilgrims visiting Triyuginarayan temple also visit the Gauri Kund temple, dedicated to Parvati, which is the base camp for trek to Kedarnath Temple.

- Mythology states that Shiva proposed to Parvati at Guptakashi, before they got married in the small Triyuginarayan village at the confluence of Mandakini and Sone-Ganga rivers.
MAA BADHANGARI TEMPLE
MAA BADHANGARI TEMPLE

Location

- Badhangarhi temple is situated 8 kilometers from the town of Gwaldam and 240 km from Rishikesh via NH 7 at an elevation of 2,260 meters above sea level.

Spiritual Significance

- The Temple is dedicated to Goddess Kaali also known as Dakshin Kali. This temple was built during the rule of the Katyuri dynasty, who ruled the region till the 8th and 12th centuries.

Mythological significance

- It is also said about the temple that every wish sought here is definitely fulfilled. One can get a panoramic view from the Badhanagarhi temple to some of the major peaks in Uttarakhand like Nandadevi, Trishul, Panchchuli.
Buda Kedar Temple

Location
- The Buda Kedar Temple is located at the confluence of rivers Bal Ganga and Dharam Ganga and it is about 59 Kilometers by motorable distance from New Tehri. 157 kilometers from Rishikesh.

Spiritual Significance
- The legendary Duryodhana of Mahabharata is believed to have offered Tarpana here

Mythological significance
- During Mahabharata era, Pandavas after the battle of Kurukshetra went on a lookout for Lord Shiva. In their journey, they encountered Rishi Balkhily at Bhrigu Parvat. The Rishi directed the Pandavas to the site of confluence to meet an old man who was meditating there. It is believed that their impressions are still visible on the Shivalinga.
- When the Pandavas finally reached the site of confluence, the old man vanished and instead a huge Shiv Linga appeared. Rishi Balkhily asked the Panadavas to embrace the Shiv Linga in order to free themselves from their sins committed. This they did leaving their impressions stamped on the Shiv Linga. This Shiv Linga is considered the biggest Shiv Linga in northern India.
GOPINATH MANDIR

Location
This temple is situated in Gopeshwar, Chamoli District, Uttarakhand, it is 213 km from Rishikesh via NH 7.

Spiritual Significance
Gopinath Mandir is an ancient Hindu temple dedicated to Shiva. The temple stands out in its architectural proficiency.

Mythological significance
- The legend has it that when Lord Shiva threw his trident to kill Kamadeva, he was buried here. The metal of the trident is still in the right position on which the weather is unimpressive and is a majesty. It is believed that this trishul cannot be moved by physical force, even if a true devotee touches it, it starts vibrating.
- Another belief is that when Lord Shiva turned Kamadeva into ashes, his wife Rati did penance to resurrect her husband to life. Pleased with her devotion, Lord Shiva assured her that her husband would come back to life.
CHITAL GOLU TEMPLE

नाम: गोलु देव मंदिर

Location: Uttarakhand, India

Maps showing the location of Chital Golu Temple in relation to Dehradun, Haridwar, Nainital, and Nanda Devi National Park.
CHITAL GOLU TEMPLE

Location

- A landmark in Almora, located about 6 kilometers from Almora in Uttarakhand.

Spiritual Significance

- The Golu Devta Chitai temple is dedicated to Gollu or Goljyu Devta (an Avtar incarnation) of Lord Shiva in the form of Gaur Bhairav. It is reputed to make every wish come true, provided the worshipper ask for it with a clear conscience. The temple is characterized by the large number of bells hanging in the premises. These bells are hung by the devotees as offerings making a wish or in thanksgiving on the fulfillment of one’s wish.

- The history says the temple was constructed in 12th century by a general belonging to the Chand dynasty. It gained popularity over the centuries for proving helpful to anyone visiting this temple Golu Devta was deified general of Chand dynasty that once ruled Almora.

Famous for

- The walls of the temple are covered with court stamp papers by those who did not get justice in the court.

- One such ritual is that devotees make petitions at the temple, using stamp papers, to seek desired decree in litigations. On accomplishment of their wish, the deity is shown gratitude by hanging bells or making animal sacrifice.
THE SUN TEMPLE OF KATARMAL
THE SUN TEMPLE OF KATARMAL

Location

- This Hindu temple is perched at an elevation of 2,116 meters above sea level and is situated at a distance of 19 kilometers from Almora.

Spiritual Significance

- Katarmal Sun Temple is considered as the second most important Sun temple in India after Konark Sun Temple (Orissa). It is believed to be the only sun temple located in the hills. A 2 kilometers steep climb is required to reach the temple, which is placed at the top of the hill.

Historical significance

- The Katarmal Surya Temple is a 9th-century temple built by Katarmalla, a Katyuri King, exhibiting the architectural style of the ancient artisans. This temple once boasted the intricate designs carved on the wooden doors and panels of the temple, making it the second most beautiful shrine in India, after the Konark Sun Temple.

- Main deity of the well-designed temple is the old Sun God known as Burhadita or Vraddhaditya.
BAIJNATH TEMPLE

Location

- Baijnath is a small town on the banks of the Gomati river in the Bageshwar district of Uttarakhand. It has an average elevation of 1,130 metres (3,707 feet).

Spiritual Significance

- Baijnath is known as Kartikeyapura, was the seat of the Katyuri Kings who ruled over an area consisting of combined parts of Garhwal and Kumaun in modern-day state of Uttarakhand, India and Doti in Modern day Nepal.

Historical Significance

- The ruins of this town were used by Katyuri King Narsingh Deo to establish his capital in the area. Baijnath remained the capital of Katyuri Dynasty, who ruled the area from 7th-13th century AD.

- Nepalese invader Kranchaldev invaded Baijath in 1191, and defeated the Katyuri kings.

- The weakened Katyuri Kingdom later disintegrated in the 13th century giving rise to 8 different princely states. Baijnath remained under the rule of Baijnath Katyurs, descendants of Katyuri kings, till 1565 until king Balo Kalyan Chand of Almora annexed Baijnath to Kumaun.

- In 1791, the Gorkhas of Nepal while expanding their kingdom westwards across Kali River, invaded and overran Almora, the seat of the Kumaon Kingdom and other parts of Kumaon. The Gorkhas were defeated by the East India Company in Anglo-Nepalese war in 1814 and were forced to cede Kumaon to the British as part of the Treaty of Sugauli in 1816.
JAGSHWAR TEMPLE
Jageshwar Temple

Location

- Jageshwar is situated at an elevation of 1,870 meters above sea level and at a distance of 37 kilometers from Almora. It is situated amidst dense Deodar forest with a stream flowing at its backyard.

Spiritual Significance

- Jageshwar is the 8th Jyotirling among the Twelve and has great religious value. This Shiv temple is one of the oldest shiva temple in India.

Mythological Significance

- The townfolk believe that Jageshwar is the place of Nagesh among the forest of Deodar, 8th among the Dwadasa Jyotirlingas; the twelve resplendent lingas of Lord Shiva established by Lord Vishnu.

- It is believed that Adi Shankaracharya visited Jageshwar and renovated and re-established many temples before leaving for Kedarnath. The Samsan ghat of Jageshwar is also the cremation ground of the erstwhile Chand Kings. It is possible that sati, the act of self-immolation, may have been performed here.

- The main temple in the temple complex at ‘Jageshwar Mahadev’ is dedicated to ‘Bal Jageshwar’, or the Child Shiva. There is also a temple dedicated to Vridh Jageshwar, or Old Shiva, situated on the higher slopes. According to tradition, Lord Shiva came to meditate here, and when the women of the village came to know of this, they immediately left their household chores to have his darshan. When the men of the village heard of this, they were infuriated and came to see who is this sadhu who has captivated their woman. Seeing the commotion, Shiva took the form of a child, which is why he is still worshipped in his child form here.
Naina Devi Temple
NAINA DEVI TEMPLE

Location

- The Naina Devi Temple is an ancient temple dedicated to the Goddess Naina Devi and is located on the banks of the great Nainital Lake in the heart of Nainital District of Uttarakhand.

Spiritual Significance

- The main entrance of the temple has two lion statues posted outside. Inside the main sanctum, one can do darshan of three deities- Kali Devi on the extreme left, the centre representing two Netras or eyes is Maa Naina Devi and towards the right is the idol of Lord Ganesh.

Historical Significance

- Finding its ways from Kushan period, popularly known as Nanda or Naina Devi in the Kumaon region, an ancient temple is understood to have been built in 15th century AD, which might have been destroyed by a landslide. Later in 1842, the first Naina Devi idol was installed by Moti Lal Shah. However, in 1880, the temple was completely ruined because of the landslide. Soon, the temple was rebuilt again in 1883 by locals.

Mythological significance

- According to the legends, Naina Devi temple came into existence when Lord Shiva was carrying the corpse of Sati, and her eyes fell to the ground where the temple currently stands. The town, the lake, and the temple borrow its name Naina (eyes) Devi temple. The Goddess Naina Devi Temple is one of the Shaktipeethas among the 51 Shaktipeeths in India. As per the mythology, it is believed that the eyes of goddess Sati fallen into this place while her burn body was being carried by the Lord Shiva, after that a Shakti Peetha was established and constructed the Naina Devi temple in Satya Yuga. The Naina Devi is considered to be one of the most revered Hindu temples in Uttarakhand as well as in whole India.
BAGHNATH TEMPLE
BAGHNATH TEMPLE

Location

• The Bagnath temple is situated in Bageshwar city near the confluence of Gomti and Sarayu rivers. Perched at the height of 1,004 meters (3,294 feet).

Spiritual Significance

• The shrine is dedicated to Lord Shiva. The town of Bageshwar gets its name from Bagnath Temple. According to a legend Lord Shiva was seen as a tiger at this place, hence the temple was named as Baghnath. 'Bagh' means tiger. The temple attracts lots of devotees on the occasion of Shivratri and Makar Sankranti. It is believed that Sage Markandeya worshipped Lord Shiva here.

Historical Significance

• The temple was built by Kumaon ruler, Laxmi Chand in 1450. The temple was built in South Indian architectural style, primary deity being Lord Shiva.

• Although some sources state that the existence of Bagnath temple is since 7th Century. Built in South Indian architectural style, the temple is mentioned in 'Skanda Purana'.

• The temple hosts a huge fair of ‘Uttarayani’ on the occasion of Makar Sankranti in the month of January every year. This fair is noted by holy bathing at the confluence of Gomti and Saryu river in the dawn. After the holy bath, the water is offered on the Shivalinga inside the Baghnath temple. People continue this ritual of the holy bath for three days. This is known as ‘Trimaghi’.
SURKANDA DEVI TEMPLE
SURKANDA DEVI TEMPLE

Location

- Surkanda Devi temple is a famous shrine located near Kaddukhal, 24 kilometers from the town of Chamba and 40 kilometers from Mussoorie. It is appx. 2757 meters above sea level.

Spiritual Significance

- This temple is dedicated to Goddess Durga, which is one of the nine Goddess forms. Surkanda Devi Temple is one of the 51 Shakti Peeth. The statue of Goddess Kali is installed in the Surkanda Devi temple.

Mythological Significance

- According to mythology, Goddess Sati had sacrificed her life in the yagna kund which organized by her father Daksheshwar, then Lord Shankar Devi was churning the whole universe with the dead body of Sati. In the meantime, Lord Vishnu performed the body of Sati with his Sudarshan Chakra Was divided into 51 parts, in which Sati's head fell on this place, hence the temple is called the Shri Surkanda Devi Temple. These places are called Shakti Peeth, in the place where the Sati's body parts fell.

- The festival of Ganga Dussera is celebrated in the Surkanda Devi Temple, which falls between May and June every year. The festival of Navaratri is also specially celebrated.
DHARI DEVI TEMPLE

Old Temple

New Temple
DHARI DEVI TEMPLE

Location

- Dhari Devi is a temple placed on the banks of the Alaknanda River between Srinagar and Rudraprayag. It's far about 15 km from Srinagar, Uttarakhand, 20 Km from Rudraprayag and 360 km from Delhi.

Spiritual Significance

- Dhari Devi temple is a Hindu temple dedicated to Devi Kali Mata. Dhari Devi goddess is taken into consideration as the guardian deity of Uttarakhand. The temple is domestic to the upper part of the idol of the goddess Dhari, at the same time as the lower half of the idol is located in Kalimath, in which she is worshipped as a Goddess Kali.

Mythological Significance

- As in line with religious way of Kalimath is the region wherein Goddess Kali killed the demon Raktabija and after that, the goddess had long past underneath the earth. The upper half of an idol of a deity got here flowing down alongside the Alaknanda river and settled here. seeing that then the idol is worshipped right here in the form of Goddess Dhari. The Goddess is thought to exchange look at some point of the day. according to nearby people, the deity adjustments look from of a girl to a woman and then to an old lady. While the idol of the deity was removed from her temple then after few hours a very severe cloudburst passed off. As consistent with the devotees, the region needed to face the Goddess’ ire as she become shifted from her ‘Mool Sthan’ to make way for a 330 MW hydel venture. That assignment lies in ruins after the flood. A similar strive in 1882 through a nearby king had ended in a landslide that has flattened Kedarnath.
TIMUNDA BIR MELA NAR SINGH MANDIR

Eating raw rice after eating raw goat meat

Devotees gathered at Timunda fair
During the 6 months of winter, when the Badrinath temple is covered with snow, then Lord Vishnu is worshiped in the Narasimha temple in Joshimath. Another function is the Timunda Bir Mela at Narsingh Temple. Apparently in this ceremony, Bir drinks a goat's blood with 8 kg of raw rice, large amount of jaggery and ghee and feeds his kidneys and heart. He then dances in unconscious state under the influence of Bhagwati. To see this amazing view, people reach from far away places.

Timunda means, three heads. it had three heads in which he used to study the Vedas from one head, observation of directions from another head and devour meat from the third head. There was great terror in the forests of Hyuna village of Joshimath development block of Timunda as he devoured one man every day. Meanwhile, Maa Navadurga was on her Devyatra and when she reached this area, no people came to welcome Maa Durga in fear of Timunda. After that, Maa Durga came to know that Timunda needs a human sacrifice every day, after that there was a fierce war between Maa Navdurga and Timunda, Maa Navdurga cut off two heads of Timunda after which Timunda bowed down at her feet.

Maa Durga was very pleased with her bravery, then maa Durga instructed Timundia that he would not eat humans and once a year he would be given goat’s sacrifice. After that, every year Timunda fair is held here.
FAMOUS INSTITUTES IN UTTARAKHAND
famous institutes in uttarakhand

Uttarakhand has been the centre of education from the ancient time. It is believed that the Kaurvas and Pandavas were trained by Guru Dronacharya in the foothills of Himalayas. India’s best schools and training institutes are located in Uttarakhand- FRI, IIT Roorkee, IIM Kashipur, Wadia Institute of Himalayan Geology, Indian Institute of Petroleum, Survey of India, Indian Military Academy, Wildlife Institute of India, L.B.S National Academy of Administration a few to name. Besides this, centre of Garhwal Rifles in Lansdowne and centre of Kumaon Regiment in Ranikhet are also located in Uttarakhand. various CAPFs -ITBP Force, SSB, BSF etc are also deployed along with the border areas of the state.
The Indian Military Academy's motto is - वीरता और विचेत (Valour and Wisdom)
As a result of Indian leaders’ persuasion during the 1st Round Table Conference (RTC) in 1930 in London, the British Government agreed to set up the Indian Military College Committee under the chairmanship of Field Marshal Sir Philip Chetwode. In 1931, the Committee recommended for the establishment of an Indian Military Academy in Dehradun to produce forty commissioned officers twice a year following two and a half years of training.

Indian Military Academy (IMA), Dehradun is the officer training academy of Indian Army. Since its establishment in 1932, it has won many accolades in India and abroad for the quality of Cadets it has produced.

So far, 50,000 foreign cadets were trained in the IMA. Some of the countries that have sent cadets to the IMA to get trained are – Afghanistan, Bhutan, Ghana, Malaysia, Nigeria, Uganda and Yemen. Notable among the foreign cadets are the third Prime Minister of Malaysia, Tun Hussein Onn and former President of Nigeria Badamasi Babangida.

The IMA consists of man-made architectural beauties such as the Chetwode Hall, Commandant's residence, Kingsley Block and Collins Block.

The Hritik Roshan’s 2004 Bollywood movie Lakshya was partly shot in the IMA.

The first batch of IMA Cadets is known as The Pioneers. Sam Manekshaw belonged to this batch, who is India’s first army officer to be promoted to the rank of Field Marshal. The Pioneers got high reputation due to the fact that it produced future Army Chiefs of three countries, namely, Manekshaw (India), Smith Dun (Burma) and Muhammad Musa (Pakistan).
The Forest Research Institute (FRI) is an institute of the Indian Council of Forestry Research and Education and is a premier institution in the field of forestry research in India.
The Forest Research Institute (FRI) is an institute of the Indian Council of Forestry Research and Education and is a premier institution in the field of forestry research in India.

The Forest Research Institute, Dehradun, was established in 1906.

It is one of the premier academic institutes in India and a picture perfect tourist attraction. Sprawling over a plinth area of 2.5 hectares, with the outer Himalayas forming its backdrop.

The building of the institute is the best example of Greco-Roman and Colonial architectural styles. Built in 1906, featuring architectural elements like Mughal towers, formed arches, Roman columns edged by cloisters, the size of the institute campus is larger than the Buckingham Palace.


The institute has also served as a location for many films like Student of the year, Krishna Cottage, Rehnaa Hai Terre Dil Mein and Paan Singh Tomar.
"Professional Forestry Training Institute for IFS probationers"
Indira Gandhi National Forest Academy (IGNFA) was constituted in the year 1897 by renaming the erstwhile Indian Forest College, which was originally established in 1938 for training senior forest officers.

It is situated in the New Forest campus of Forest Research Institute (FRI). IGNFA is currently functioning as a Staff College for the officers of the Indian Forest Service (IFS).

The primary mandate of the Academy is to impart knowledge and skills to the professional foresters and help them to develop competence for managing the country forest and wildlife resources on a sustainable basis. In the Academy training is provided at different levels of seniority in the Indian Forest Service besides training the new entrants to the service.

Professional Forestry training for IFS Probationers through a series of class room sessions, tours, excursions and specialized modules. It nurtures young foresters capable of making difference in the management of ecological assets of our country besides inculcating human values and professional ethics amongst them.

Professional training of IFS Probationers recruited by Union Public Service Commission in the Academy follows the sandwich pattern since 1994 in which on-the-job training (OJT) is sandwiched between Induction-Professional and Advance Phases.
'Global health is the religion for us'
All India Institute of Medical Sciences (AIIMS Rishikesh) is a medical college, Hospital and medical research public university, based in Rishikesh, Uttarakhand, India.

AIIMS Rishikesh was inaugurated by then Union Health and Family Welfare Minister Ghulam Nabi Azad on 10 February 2014.

All India Institute of Medical Sciences is known to be one of the most prominent medical colleges in the country. The Rishikesh branch of the institute was started in 2012, working autonomously the Ministry of Health and Family Welfare.

As of 2019, AIIMS Rishikesh hospital has 880 beds, 15 functional modular operating theatres, 17 functional super speciality and 18 speciality functional.

These institutions are being established by an Act of Parliament on the lines of the original All India Institute of Medical Sciences in New Delhi which imparts both undergraduate and postgraduate medical education in all its branches and related fields, along with nursing and paramedical training.
INDIAN INSTITUTE OF TECHNOLOGY
**INDIAN INSTITUTE OF TECHNOLOGY**

- The Indian Institute of Technology, Roorkee (IITR) is located in Roorkee, a town in Uttarakhand's Haridwar district. Roorkee is approximately 175 Kilometers far from New Delhi.

- The IIT Roorkee is an institution of national importance and hence also a center of attraction for both academicians and for those who merely travel to Roorkee.

- Established in 1847 AD as Roorkee College, the institute was the first engineering college of the country.

- The University of Roorkee was converted to Indian Institute of Technology Roorkee (IITR) in 2001. Thus IIT Roorkee carries almost 150 years of History with it.

- Ranked amongst the best technological institutions in the world, the University of Roorkee has played a crucial role in pursuit of research, in providing the technical manpower and know-how to the country, since its inception.

- The Indian Institute of Technology Roorkee offers programs in different engineering and scientific discipline at graduate, post graduate and research level. There are 10 disciplines of Engineering and Architecture at Bachelor's level and 55 disciplines of Engineering, applied Sciences, and Architecture & Planning at Post Graduate level. The Admission to under graduate programmes of Indian Institute of Technology Roorkee is made on the basis of IIT Joint Entrance Examination (IIT-JEE).
H.N.B.G. UNIVERSITY

“जीव ज्योतिरशीमि” (Jiva Jyotiarshami)
H.N.B.G. UNIVERSITY

- Hemvati Nandan Bahuguna Garhwal University (formerly known as Garhwal University) is a Central University located in Srinagar town in the Pauri Garhwal district of Uttarakhand state. Named after Hemwati Nandan Bahuguna, former Chief Minister of Uttar Pradesh.

- The inception of Garhwal University on 1 December 1973 was the fulfillment of a long-entrenched dream of the local people.

- Based on the reputation of this University, it has been subsequently upgraded into Central University under the Act of Parliament.

- There are three campuses associated with HNB Garhwal University i.e. B. Gopal Reddy (BGR) Campus, Pauri, Birla Campus, Srinagar Garhwal with its extension at Chauras Campus and Swami Ram Teerth (SRT) Campus, Badshahithaul, Tehri.

- The undergraduate, research programmes and Post-Graduate programmes are offered by these campuses with different disciplines. Along with that several conventional courses are also offered by HNG Garhwal University.
Govind Ballabh Pant University of Agriculture & Technology (GBPUAT) was established in 1960 with an aim of imparting rural education by an act of the State Legislature of Uttar Pradesh and dedicated to the nation by Pt. Jawaharlal Nehru.

The admission to GBPUAT is made on the basis of marks scored in entrance examinations conducted by the University and other competitive examinations.

This University has been affiliated with the University Grants Commission [UGC], All India Council for Technical Education [AICTE] and the Indian Council of Agricultural Research [ICAR].

The college offers Agriculture and Animal Husbandry courses by providing suitable labs and research centers.

The University secured 52nd rank in overall category and 34th rank in a universal category by ranking at 2018. It got 350th rank in Asia university at 2018. The university also got first prize in Uttarakand Governor's Best University Award in 2017.

The main attraction of this university is its 'Kissan Mela' which is held two times annually for farmers of India which provides various methods for them to have better results in farming by technically and biologically in which students also suggest beneficiary ideas for farmers by displaying that in their models.
The Lal Bahadur Shastri National Academy of Administration (LBSNAA), Mussoorie is a premier training institution for the civil services in India. It is headed by a Director (an officer of the level of Secretary to the Government of India) and is an attached office of the Department of Personnel & Training, Government of India.

It conducts a common Foundation Course for entrants to the All India Services; Indian Foreign Service; Group ‘A’ services of the Union and the Royal Bhutan Service followed by professional training for the regular recruits of the Indian Administrative Service (IAS) and members of the Royal Bhutan Service.

The Academy also conducts in-service and Mid-Career Training Programmes (MCTPs) for members of the IAS and Induction Training Programme for officers promoted to the IAS from State Civil Services. In addition, workshops and seminars on policy and governance-related issues are held from time to time.
The ITBP academy was established in the year 1978. Directly recruited officers of the rank of Assistant Commandants, who constitute senior leadership of the force are trained at this Academy. Earlier, directly recruited subinspectors, who constitute sub ordinate leadership level, were also trained here.

Besides imparting initial training to these officers, the academy runs many in service promotional courses for senior officers of the Force. It has developed specialization in disciplines like counter insurgency operations, rock climbing, VIP protection, and identification and handling of Improvised Explosive device and is considered as the Centre of Excellence amongst the training centres of various Police Forces in the Country.
SAINIK SCHOOL, GHRORAKHAL
SAINIK SCHOOL, GHORAKHAL

- Sainik School, Ghorakhal is located near Nainital was established on 21 March, 1966 on magnificent estate of Nawab of Rampur.

- The name 'Ghorakhal' relates the events in 1857 when a British General in a desperate bid to escape the revolutionaries of Awadh, strayed into this area and his horse while drinking water from nearby pond died, therefore the name Ghora (Horse) Khal (pond).

- The Ghorakhal estate was presented to General Wheeler in 1870 by the British Rulers. In 1921, then Nawab of Rampur, Maj Gen, His Highness, Alijah, Amirul Umrah, Nawab, Sir Syed Mohammed Hamid Ali, Khan Bahadur, purchased this Estate. After the abolition of the privy purses in post Independent India, the State Government (then Uttar Pradesh) purchased the Estate from the Nawab of Rampur in March 1964 and later Sainik School Ghorakhal was established on 21 March, 1966.
ARYABHAT RESEARCH INSTITUTE
Situated adjacent to the picturesque hill town of Nainital, ARIES (an acronym of Aryabhata Research Institute of Observational Sciences) is one of the leading research Institutes which specializes in observational Astronomy & Astrophysics and Atmospheric Sciences.

The main research interests of Astronomy & Astrophysics division are in solar, planetary, stellar, galactic and extra-galactic astronomy including stellar variability's, X-ray binaries, star clusters, nearby galaxies, quasars, and inherently transient events like supernovae and highly energetic gamma ray bursts. Research focus in Atmospheric Sciences division is mainly in the lower part of the atmosphere and covers the studies on aerosols and trace gases moreover to strengthen the scientific contributions.
WADIA INSTITUTE OF HIMALAYAN GEOLOGY
WADIA INSTITUTE OF HIMALAYAN GEOLOGY

- Established in June, 1968 as a small nucleus in the Geology Department, Delhi University, the Institute was shifted to Dehradun during April, 1976.

- Wadia Institute of Himalayan Geology, Dehradun is an autonomous research institute of the Department of the Science & Technology, Ministry of Science and Technology, Govt. of India.

- Initially named as the Institute of Himalayan Geology, it was renamed as the Wadia Institute of Himalayan Geology in memory of its founder, the late Prof. D. N. Wadia (F.R.S. and National Professor), in appreciation to his contributions to the geology of the Himalayas. During the last quarter century the Institute has grown into a centre of excellence in Himalayan Geology and is recognized as a National Laboratory of international repute with well equipped laboratories and other infrastructural facilities for undertaking advanced level of research in the country.
I.I.M (KASHIPUR)
I.I.M (KASHIPUR)

- The Indian Institute of Management Kashipur is a new entrant in the elite league of IIMs. The institute is set up with the objective of providing quality management education while sensitizing students towards the needs of the society.

- IIM Kashipur commenced operations from July 2011 under the mentorship of IIM Lucknow. The institute offers Post Graduate Programme in Management (PGPM), a two year full time residential programme. The rigorous curriculum seeks to instill a passion for knowledge and ability to apply that knowledge to real life scenarios. The programme lays emphasis on all-round personality development and inculcates the values of leadership and integrity.

- The institute is located in one of the most densely industrialized regions in the country with over 180 industries having plants in and around the region and many more coming up. This places the institute at a vantage point when it comes to ‘Learning by Doing’ via frequent industry interactions and live projects.

- The Institute also offers a two year weekend Executive Post Graduate Programme (EPGPM) for working executives.
TEHRI DAM AND HYDRO PROJECT
Tehri Dam and Hydro Project

- The Tehri Dam of Uttarakhand is the highest dam in India, 2nd highest in Asia and 8th highest in World. It is on the Bhagirathi River near Tehri Garhwal in Uttarakhand, India.

- Tehri dam is being built by THDC India Ltd. The dam is expected to generate about 2,400 megawatts of electricity. The total cost associated with the Tehri Dam project is around Rs 8,000/- crores.

- One of the Asia’s largest and highest dam, it offers a sight that is both astounding and magnificent. It also serves as the worlds largest hydro electrical project drawing water from two great rivers of the Himalayas Bhagirathi and Bhilangana.
RAMGANGA DAM AND POWER PROJECT (KALAGARH)
RAMGANGA DAM AND POWER PROJECT (KALAGARH)

- The Ramganga Dam, also known as the Kalagarh Dam, is an embankment dam on the Ramganga River 3 km upstream of Kalagarh in Pauri Garhwal district, Uttarakhand, India. It is located within the Jim Corbett National Park.

- The dam is part of the Ramganga Multipurpose Project — an irrigation and hydroelectric project. It supports a 198 MW power station and provides water for the irrigation of 57,500 Hectare (142,086 acres) of farmland. In addition, it provides for flood control and recreation.

- Construction on the dam began in 1961 and it was completed in 1974. The three generators in the power station were commissioned in December 1975, November 1976 and March 1977.
The Survey of India at Dehradun is the national survey and mapping organization under the Department of Science and Technology.

It is the oldest scientific department of the Government of India. Established in 1767, the Survey of India of Dehradun advises the Government of India on all survey matters.

The principal duties and responsibilities of the Survey of India in Dehradun are:

* Topographical control, surveys and mapping within India.
* Mapping and production of geographical maps and aeronautical charts.
* Survey of large-scale city and guide maps.
* Survey and mapping of special purpose maps.
* Spelling of geographical names.

Determining external and inter-state boundaries of the Republic of India as well as their depiction on maps published in the country.

Training officers and staff of the Survey of India, central and state government departments and trainees from foreign countries.

Research and development in digital mapping and creation of Digital Topographical Database on 1:250,000, 1:50,000 and 1:25,000 scale, printing, geodesy, photogrammetry, topographical surveys and indigenization.

Forecast of tides at 44 ports including 14 foreign ports and publication of the Tide Table one year in advance to aid navigational activities.

Scrutiny and certification of external boundaries and the coastline on maps published by other agencies including private publishers.
O. N. G. C

- The headquarters of the Oil and Natural Gas Corporation Limited at Dehradun (ONGC) was set up in Tel Bhawan (Patiala House) at Dehradun in 1956. ONGC is the foremost exploration and production company in India. It is responsible for most of the exploration effort, established reserves and oil and gas production in India. ONGC possesses the fiscal, technical and managerial strength to rank as a world-class oil and gas company.

- Oil and Natural Gas Corporation Limited (ONGC) at Dehradun constitutes part of a company with a global vision and noble mission. Having a work force of over 41,000 dedicated to constant technological innovation and upgradation,

- The Oil and Natural Gas Corporation Limited at Dehradun is part of a company occupying the prime position in the Indian petroleum sector and helps enhance energy availability in the country.

- The Survey of India at Dehradun is the principal advisory body of the Government of India and state ministries in terms of mapping and survey activities.
ASAN BARRAGE
At a distance of 42 km from Dehradun, the Asan Barrage is a barrage in the Uttarakhand-Himachal Pradesh border near Dhalipur village in Dehradun district. It is one of the popular tourist places to visit near Dehradun.

The Asan Barrage was created in 1967 at the confluence of two rivers, Asan and Yamuna. The Reservoir is a small wetland of approximately 4 sq. km area with 403.3 m maximum water level. The reservoir is popularly named as Dhalipur Lake and attracts a large number of birds. Some of the birds listed as globally endangered species in the IUCN (International Union for the Conservation of Nature and Natural Resources) Red Data Book have been spotted at Asan. Though the lake is not quite large by size, the abundance of Birds makes it an ideal place for Bird Watchers.

Asan Barrage serves as a winter passage halt for trans-Himalayan migratory birds. These birds are spotted here on their way to southern India (October-November) and again on their way back (late February-March). By the end of October the Asan Barrage witnesses the arrival of migrants from Pale arctic region. As many as 53 species of water birds visit the wetland which is also frequented by almost 19 European and Asian migratory birds. Birds like Shoveller, Mallard, Red Chested Poacher, Ruddy Shelduck, Wagtails, Coot, Pochards, Pintail, Wigeon, Gadwalls, Tufted Duck, and Teals etc. are some of the common visitors. May to September offers opportunity to see local migratory birds like Painted Stork, Open Billed Stork, Night Heron.
KUMAON REGIMENT CENTRE

- The Kumaon Regiment is one of the most decorated infantry regiments of the Indian Army. The regiment traces its origins to the 18th Century and has fought in every major campaign of the British Indian Army and the Indian Army, including the two world wars.

- The Kumaon Regimental Centre Museum and Memorial was built in Ranikhet in 1974, as a symbol of bravery and sacrifice made by soldiers of the place. This memorial towers the famous Somnath Ground. The young soldiers from all over the world take the pledge of loyalty to their motherland at this memorial. To commemorate the sacrifice of soldiers, a parade is also held here every year.

- 'Parakramo Vijayate' (Valor Triumphs) – is the Motto of Kumaon Regiment. This Regiment proved this very well in every situation they faced.

- After the world war II, on 27th October 1945, the 19th Hyderabad Regiment was renamed as 19th Kumaon Regiment. After independence it is called Kumoan Regiment. In May 1948, Ranikhet become the Regiment Center for Kumaon Regiment.

- This Regiment is the first regiment that received the Nation’s First Param Vir Chakra. Major Somnath Sharma received the first Param Vir Chakra – India’s Highest Award for Gallantry for the regiment in October 1947 for Indo- Pakistan war of 1947.
GARHWAL RIFLE CENTRE
The Garhwal Rifles is one of the most decorated infantry regiments of the Indian Army. It was originally raised in 1887 as the 39th (Garhwal) Regiment of the Bengal Army. It then became part of the British Indian Army, and after the Independence of India, it was incorporated into the Indian Army.

It served during the Frontier campaigns of the late 19th and early 20th Centuries, as well as in both the World Wars and the wars fought after Independence. Mainly made up of Garhwali soldiers, this regiment has a distinguished record and a unique identity.

The war cry of the Regiment is ‘BADRI VISHAL LAL KI JAI’.

Garhwal Rifles as a Regiment came into being on 05 May, 1887 at the instance of Field Marshal Sir FS Roberts, VC, KG, KP, GCB, OM, GCSE, the then C-in-C of India. Lt Col EP Mainwaring raised the First battalion at Almora on 05 May 1887 and moved it to Kaludanda (later renamed as Lansdowne after the then Viceroy of India) on 04 Nov 1887. The Regimental Centre was established at Lansdowne on 01 October, 1921.
IMPORTANT PEAKS AND GLACIERS
The Himalayan state of India is also called as the “Land of the Gods” is one of the most beautiful state in India, very well known for its Himalayan Mountain Peaks, natural beauty and Terai. The marshy grasslands, savannas and forests of the Himalaya. Uttarakhand has some of the tallest and most beautiful peaks of the great Himalayas in India, Many Himalaya mountain peaks of Uttarakhand are unclimbed and unnamed are situated in the Karakoram ranges, Garhwal and Kumaon Himalayas.

- Nanda Devi – 7816m
- Kamet – 7756m
- Mana Peak – 7272m
- Chaukhamba I – 7138m
- Trisul I – 7120m
- Satopanth – 7075m
NANDA DEVÍ
NANDA DEVI

- Nanda Devi is the second highest mountain in India, and the highest located entirely within the country. It is the 23rd highest peak in the world.

- Manifestation of Goddess Parvati, Nanda Devi, stands at 7,816 metres in the Greater Himalayas.

- Nanda devi peak holds much religious significance in its own right, and is also the consort of Lord Shiva.

- The peak and surrounding mountains have been closed for, both, locals and foreign climbers owing to its religious significance and for the protection of its fragile ecosystem.

- In the year 1988, Nanda Devi National Park was declared a UNESCO World Heritage Site, 'Of outstanding cultural or natural importance to the common heritage of humankind'.
BANDAR POONCH GLACIER
Bandarpunch which literally means 'monkey’s tail', is a glacier which lies in the western Garhwal region of Uttarakhand.

Bandarpunch Glacier nestles broadly on the slope of three peaks namely Bandarpunch I (6316 meters) and Bandarpunch II (6102 meters) and Kalanag also known as the Black Peak (6387 meters)

With numerous legends attached to it, this glacier is one of the most popular escapades for countless trekking fanatics. It is situated around 6,316 meters above the sea level.

The beauty and the uniqueness of this natural wonder is that it feeds the river Ganga and the river Yamuna.

The month of May or June is considered to be the perfect time to trek this spot. During this time, the trail to Bandarpunch Glacier features abundant spring flowers in their full bloom. One can also get lucky in spotting out rare species of animals roaming around at this place.

Bandarpoonch in the Himalayas is believed to be where Bheema and Hanuman met during the former’s quest for a flower.

The legendary mountaineer, Tenzing Norgay was a member of the team that first climbed Bandar Poonch in 1950.
GANGOTRI GLACIER
GANGOTRI GLACIER

- Located in the extreme terrain of Uttarkashi region, Gangotri Glacier is a 28 kilometers long and almost 4 kilometers wide. Originating from right below the Chaukhamba Peak the glacier flows northwest and the course of water takes a turn creating the shape of a cow’s mouth thus the name Gaumukh.

- Gangotri is a gigantic glacier extending over a total area of 144 Sq Kilometers. The glacier is about 30 kilometres (19 miles) long and 2 to 4 kilometers (1 to 2 miles) wide.

- The Gangotri Glacier borders China and is the primary source of water for Ganga and Bhagirathi – one of the major tributaries of Ganga.

- Gangotri Glacier is a group of 18 tributary glaciers among which 7 Rakt Varn Glacier, 8 Chaturangi Glacier and 3 Kirti Glacier. Swachand, Miandi, Sumeru, and Ghanohim are a few other tributary glaciers that form the Gangotri. Maitri, Meru, Bhrigupanth, and Manda Glaciers feed the river Bhagirathi.
MILAM GLACIER
Milam Glacier is a major glacier of the Kumaon trekking in Himalaya. It is situated in the tehsil of Munsiyari, part of the Pithoragarh district of Uttarakhand, India, about 15 kilometres northeast of Nanda Devi.

- The base for Milam Glacier is Munsiyari (2,290 Meters) in Pithoragarh district.
- The last point of Milam Glacier at 3,872 meters is the nodal point for a variety of high grade routes and peaks.
- Milam Glacier is the largest glacier of Kumaon covering an area of 37 Square Kilometers.
- Indo-Sino war 1962, citizens of both the countries witnessed something they would have never imagined would happen. We can see the remnants of the Indo-Sino war in some prominent landmarks of the Milam Glacier trek.
PINDARI GLACIER
**PINDARI GLACIER**

- This world famous glacier is a trekker’s paradise, as it is easier to visit than most other glaciers. This glacier is situated between snow capped Nanda Devi and Nandakot mountains. The glacier is at an altitude of 3,353 meters.

- The glacier is about three kilometers long and 365 meters wide and gives rise to the Pindar River which meets the Alaknanda at Karanprayag in the Garhwal district.

- The Pindari Glacier is also famous for other adventure sports like ice climbing and mountain biking.
SATOPANTH GLACIER
SATOPANTH GLACIER

- One of the most enchanting glaciers, Satopanth Glacier is situated in Chamoli district of Uttarakhand.

- The term ‘Satopanth’ is perhaps derived from two words – ‘Sat- o’ meaning of truth, and ‘Panth’ meaning path or way. So its literal meaning is the path of truth.

- The glacier is one of the popular glaciers of Uttarakhand. River Alakananda finds its origin in this glacier.

- The Satopanth glacier sprawling around 13 kilometers is adorned by an extremely enticing trail. Mountaineers consider it a bit tough to scale.

- The Satopanth Glacier can only be approached in summers from Joshimath in Uttarkhand.
KAMET
KAMET

- Kamet peak lies in the Chamoli district of Uttarakhand owing an inspiring elevation of 7,756 meters above the sea level. After Nanda Devi, it is considered to be the second tallest peak in the Garhwal region of Uttarakhand.

- When seen from a distance, the geographical structure of the peak resembles like a giant pyramid topped by a flat summit area with two peaks.

- The Sun rays fall on Kamet so beautifully that the Tibetans named it as ‘Kang Med’ means ‘Burning Mountain’.

- Kamet is surrounded by 3 main peaks namely Mukut Parbat(7,242 meters), Abi Gamin (7,355 meters), and Mana (7,272 meters).
MANA PEAK
mana Peak

- Mana is one of those Himalayan peaks which is linked by a ridge, Kamet, connecting Abi Gamin and Mukut Parbat is another.

- Mana is located 36 kilometers north of the Badrinath shrine, beyond Joshimath in Garhwal Himalayas. Rising at an alluring height of 7,274 meters into the sky, the mountain stands proudly like a soldier guarding on the Indo - Tibet border.

- There are two known approaches to Mana peak; one is the eastern approach through East Kamet glacier and the other is the southern approach through Nagthuni and Banke Kund glacier.

- Frank Smythe was the first person to get the privilege to stand on the peak of Mana via the southern approach in 1937.
Trishul is one of the most famous and challenging climbs for a mountaineer. Trishul is a group of 3 mountain peaks in the western Kumaun region of Uttarakhand. Trishul stand highest at a height of 7120 meters.

The 3 peaks resemble a trident, Trishul, a weapon of Lord Shiva. Trishul forms the southern corner of the ring of peaks on Nanda Devi Sanctuary. The main peak Trishul was first climbed in 1907.

Trishul Mountains can be accessed via the routes of Almora, Kausani, Garur, Gwaldam, Debal, Bagargad, Wan, Bedni Bugyal, Kelva Vinayak, Roopkund and Trisul.
CULTURAL SIGNIFICANCE OF UTTARAKHAND
CULTURAL SIGNIFICANCE OF UTTARAKHAND

Uttarakhand is a beautiful place which can be sub-divided into two regions majorly known as Garhwal and Kumaon. The culture identifies its people uniquely and gives them a meaning. The various traditions, religions, fairs, festivals, folk dances, music are what distinctly separate them from the rest of the crowd. The residents of Uttarakhand are proud of the culture that they follow. The beauty of the state of Uttarakhand is that it houses people belonging to several sub-groups and ethnic groups together under one roof.
NANDA DEVI RAJ JAT YATRA
Like the grand Khumbh Mela, Nanda Devi Raj Jat Yatra is also organized once in 12 years. Due to floods in 2013, the yatra was postponed to 2014.

Nanda Devi Raj Jat Yatra originates from Nauti village, 20 Kilometers from Karnaprayag and ends at Roopkund.

This 280 Kilometers long pilgrimage begins at Nauti Village and must be covered by foot.

Nanda Devi Raj Jat is led by a four-horned sheep, one of the most popular facets of the pilgrimage. It symbolizes the Goddess Parvati.

This Raj jat yatra is inaugurated by the Kunwar of village Kansua in a ceremony. Yatra halts at 19 places during the journey.

The legend is this that Nanda Devi, consort of Lord Shiva left her village and went to the Nanda Devi parbat. Therefore, when the yatra starts, heavy rain occurs as if the devi is crying. This yatra covers many villages and in the way, the Devi meets her sister in the Bhagwati village.
Kangdali Festival is celebrated by the Rung (Shauka) tribals of the Chaundas valley in Dharchula of the Pithoragarh District. It is held every twelve years between the months of August and October. It was last held in 2011. The festival coincides with the blossoming of the Kangdali plant, which flowers once every twelve years.
HARELA AND BHITIAULI

- The day when Navaratris begin, women sow seven different types of grains in a basket full of soil. These grains then germinate and turn into yellow leaves known as 'Harela'. These leaves are then cut on the very last day (the tenth day) and are put on the head of the women.

The month of Chaitra which is the period between March and April is when presents are sent by brothers to their sisters. These presents are known as Bhitauli. Harela is a festival which is celebrated so as to welcome the rainy season.
CHHOLIA DANCE
Chholiya (Kumaoni) is a dance form practised in the Kumaun region of Uttarakhand. It is basically a sword dance accompanying a marriage procession but now it is performed on many auspicious occasions.

- It is especially popular in the districts of Pithoragarh, Champawat, Bageshwar and Almora of Kumaon division and has even spread to the Garhwal division.
- This sword dance has a history of more than a thousand years and is rooted in the martial traditions of the Kumauni people.
- Accompanied by war-like music, equipped with swords they dance in a perfectly synchronized manner while engaging in mock fights with their fellow dancers.
- Carrying the triangular red flag the nisaan (fulk.k) (banners), waving their swords, with fiery expressions on the faces they give the impression of warriors going to battle.
- There are 22 men in a full team of Chholiya dancers 8 of them are the sword dancers and the rest 14 are musicians.
DUSHERA FESTIVAL OF ALMORA TOWN
DUSHERA FESTIVAL OF ALMORA TOWN

- On Dussehra, the mountain streets of Almora are overtaken with a motley assortment of villains from The Ramayana. They're made by local groups and paraded across town before being set ablaze by the crowd. 33 effigies of Ravan's family members are burned.

- The famous festival of Hindus, Dushara, in October, commemorates the victory of Lord Rama over Ravana, the monstrous ten-headed king of Lanka or Ceylon, as described in Ramayana, is celebrated in a very unique way in Almora town. Approximately five to six thousand tourists from the outskirts come to attend the festival in Almora town. Showing the symbolic victory of the truth the effigies of devils are prepared in a very artistic manner in almost all the ‘Mohallas’ (wards) of the town. Finally in a social gathering all these effigies are burnt. The festival is generally celebrated in the month of October.
Its origin can be traced back to the time when Gods and demons entered into a pact to work together for attaining Amrita which means immortality from the milky ocean and split it equally amongst them. However, when the pot was found, it was stolen by the demons and they ran away with it. The Gods then followed them for twelve days and twelve nights and there was a huge battle which took place between both the parties. It is said that while this battle was going on, some drops of this nectar fell in all the four places mentioned i.e., Prayag, Haridwar, Ujjain and Nasik.
Devidhura Temple in Champawat is known for the event of Devi Dhura Festival during Raksha Bandhan where people gather and stones are pelted between one gathering to another who shield themselves. Amid this celebration, known as Bagwal, two gatherings of moving and singing individuals toss stones at one another, while they protect themselves with the assistance of huge wooden shields. People don’t care about the wounds and they are considered favourable. In 2013, Uttarakhand high court intervened that the stones are to be replaced with Flowers and fruits. The organising committee of this festival ensures that there will be no stone pelting but only organic products and blooms will be used so Bagwal could be played with no wounds.
HOLI OF KUMAON
HOLI OF KUMAON

- The Holi of Kumaon is celebrated in three forms namely- Baithki Holi, Khari Holi and Mahila Holi. The unique feature about this festival is that it is celebrated with a lot of music. The Baithki and Khari Holi are unique in the sense that the songs played have a different kind of texture, fun and melody to it. These songs are based on some classical ragas. During the Baithki Holi, the event begins from the temple and is accompanied by songs sung by the professional singers known as Holiyars.

- The people of Kumaon are very exact about the songs which should be sung. At noon, songs based on ragas including Peelu, Sarang and Bhimpalasi are sung while in the evening songs based on ragas including Kalyan, Yaman and Shyamkalyan are sung. The Khari Holi is celebrated in rural Kumaon. People who sing songs to the musical instruments for the Khari Holi wear a white churidar Payjama and Kurta.
TOURISM IN UTTARAKHAND
TOURISM IN UTTARAKHAND

Devbhoomi Uttarakhand is the state one can easily fall in love with. It is like the finest Chivalric Romance poetry when narrated, it melts the heart of the listener. A perfect mélange of surreal high and lowlands, this priceless little North Indian state has such divine beauty that even the Gods decided to call it their abode. The surreal landscape that comprises of lofty mountains, glistening streams, eye-catching meadows, imposing glaciers and surreal lakes, all make Uttrakhand an anticipated tourist destination in India that not only satiates wanderlust but creates an urge to explore more and more. Dotted with sacred Hindu temples and trekking trails, this North Indian state is a travel destination where along with seeking the blessing of the Almighty, one can indulge in enthralling adventure and heart-soothing recreational activities for a holistic experience.
VALLEY OF FLOWERS
Valley of Flowers

Location

- Valley of Flowers National Park is an Indian national park, located in Chamoli district at a distance of 263 kilometers from Rishikesh via NH 7 at height 12001 (3658 meters).

About

- In 1931, Frank Smith, Eric Shipton and Hold worth British mountaineers lost their way while returning from successful expedition to mount Kamet and happen upon the valley which was full of flowers and they name it the "Valley of flowers". Valley of flowers is known for its meadows of endemic alpine flowers and the variety of flora. This richly diverse area is also home to rare and endangered animals, including the Asiatic black bear, snow leopard, musk deer, brown bear, red fox and blue sheep. Birds found in the park include Himalayan Monal pheasant and other high altitude birds.

Famous for

- The valley has one of highest number of flower species found anywhere in the world, with 520 species of high altitude plants, 498 of which are flowering plants.
**River Rafting**

- Rafting is the most popular adventure sport in Uttarakhand. There are several locations to enjoy river rafting in Uttarakhand, and all major rivers flowing through the state have some popular sections for the same:

- **Ganga:** The most famous section is on the Ganga River, starting from Kaudiyala and going 36 km till Rama Jhula in Rishikesh.

- **Yamuna:** You may choose the roughly 20 km stretch river between Nainbagh and Juddo section of the Tons stream.

- **Tons:** The activity can also be conducted between Mori and Tuni, along a 30 km long.

- **Kosi:** This stream has two stretches for rafting, a 40 km section between Khairna and Mohan, and a 25 km course between Kumheriya and Ramnagar.

- **Saryu:** Two sections are available for the activity on this rivulet too: between Bageshwar and Rameshwar for about 70 km, and further 20 km from here to Pancheshwar.

- **Ramganga:** Approximately 80 Km between Thal and Rameshwar. Similarly, the activity is available on the western section of the creek for around 90 km between Chaukhutia and Marchula.
The best way to get lost in the lap of nature is by camping. The many scenic landscapes of Uttarakhand are ideal for setting up tents and lighting a bonfire. Camping is a beautiful activity, as one gets to be among beautiful surroundings and picturesque sights and also get a sense of life in the wild. Himalayan regions is nothing less than a paradise for campers, trekkers and other adventure-enthusiasts.

Here are some famous camping sites to explore in Uttarakhand -

1- **Shivpuri** - Shivpuri, 16 km from Rishikesh, is a hub of campers and adventure-seekers.

2- **Nainital** - Nainital with its glistening pear-shaped lake and scenic beauty has and continues to attract a myriad of travelers.

3- **Auli** - Sight of oak-edged, heavy dense coniferous woods and mist-laden valleys make it a delight and hot-spot camping destination of Uttarakhand.

4- **Chopta** - Chopta is rather a paradise untouched by humans. From the camps in Chopta, you can further take famous trekking routes like Tungnath, Chandrashilla and Deoria Tal.

5- **Dhanaulti** - Settled amid the alpine forests of oak, deodar and rhododendrons, Dhanaulti is a camper’s paradise.

6- **Kanatal** - Kanatal is nestled in the middle of lush woods of deodar, rhododendrons and oak, near Dhanaulti, Mussoorie.

7- **Dayara Bugyal** - Dayara Bugyal, along with Bedni Bugyal is among the few largest meadows in Garhwal Mountain regions.

8- **Rishikesh** - Located in the Dehradun district, Rishikesh is a popular site for camping in luxurious tents next to the river Ganga.

9- **Chaukori** - Chaukori is a lovely yet somewhat unexplored camping destination of Uttarakhand. It is surrounded by lush meadows & woods.
SKIING
India’s North East is a haven for skiing enthusiasts. The region’s high altitude meadows and valleys offer some of the best skiing experiences in the country. The state of Uttarakhand, in particular, is a popular destination for skiers due to its snow-laden peaks and well-maintained slopes.

**Uttarakhand**

Uttarakhand takes pride in its popular skiing destination of Auli, which has once hosted the National Skiing Championship. Situated at an elevation 2,500 to 3,050 meters in the Chamoli district of Garhwal region, Auli becomes a hotspot for skiing with the commencement of the month of December and the excitement continues until March. The place boasts fine gradients sparsely lined with Deodar and Oak trees for the skiers who can also witness Nanda Devi, Kamet, Mana Parvat and Dunagiri Peaks while relishing this adventure. This popular ski destination in Uttarakhand offers Auli also flaunts a 500 m long chairlift that itself is a thrill to experience while you are on a ski adventure here.

Apart from Auli, other ski destinations in Uttarakhand include Dayara Bugyal, a high altitude meadow, which covers itself in snow during winters; Munsiyari, the pretty little town of Kumaon Region known for its amazing view of the Panchachuli Peaks; and Mundali, which boasts enormous skiing area and breathtaking sites. In Garhwal Region, there remain some remote and lesser known destination like Kush Kalyan and Kedar Kantha in Uttarkashi district; Panwali and Matya in Tehri Garhwal district and Bedni Bugyal in Chamoli district that with their great gradients display a great skiing tourism potential, however, right now they are the destinations for seasoned skiers only. On the other hand, the Chiplakot Valley in Pithoragarh of Kumaon region also stands as yet another brilliant destination to consider for professional skiing in the state.
TREKKING ROUTES IN UTTARAKHAND

There is no dearth of trekking in Uttarakhand. The state is home to the mighty Himalayas and offers treks for all kinds of enthusiasts. There is a range of beginner level treks along with more advanced options. The best time to visit Uttarakhand for trekking is in the summer months of May-June.
Kuari Pass which signifies doorway is one of the best treks in Uttarankhand. It is also known as Curzon trail as this trekking trail was discovered by Lord Curzon in 1905. The panoramic views of the eastern slopes of the majestic Garhwal Himalayas, Neelkanth, Mana, Hathi Ghor Parvat, Bertholi, Trishul, Dronagiri, Kamet and Nanda Devi peaks can be experienced on kuari Pass Trek.

The trek has dense Deodar, Oak and Rhododendron forests which present a picturesque view. Rare and protected flora and fauna can be found on this trail. The trek passes via major rivers like Mandakini, Kaliganga and Dhauli Ganga. The ideal time to visit here is in summers. Best Season: December to January

Duration: 6 Days
Max. Elevation: 12,516 ft
KEDARKANTHA TREK
KEDARKANTHA TREK

Situated in the Garhwal Himalayas, Kedarkantha trekking in Uttarakhand is an amazing experience for those who enjoy spending time in nature. One of the often visited locations, the area’s natural beauty is complemented with quaint hamlets, unending lush green meadows, and some terrific sights of the towering Himalayan peaks.

The snaking trail to the 3,850m tall summit goes through Govind National Park, which offers an exclusive glance of the Himalayan flora and fauna. With views of peaks like the Swargarohini, Banderpooch, Black, and Ranglana, the highlight of the trail is undoubtedly sunsets against the backdrop of impressive snow-capped mountains.

Altitude: 3,850m
Temperature Range: -5 to 20 degrees celsius
Total trekking distance: 36 km
CHANDRASHILA TREK WITH CHOPTA & TUNGNATH
Sari is the base camp of the trek from where you will be easily connected to Deorital located at a height of about 2438 meters. Chopta as a destination is reverberating, because of the largely vivacious patches of pine, oaks and rhododendron are quite alluring to watch. From 3,000 meters height above sea level.

Chopta to Tungnath would also be an exciting trekking trip. The holy Tungnath temple is situated at 3,400 meters above sea level. It is the right space to experience peace of mind and even do meditation to rejuvenate yourself by absorbing the pure radiance from the sun coming in between the swaying trees. Chandrashila Summit trek will also be happening on the same day that is almost near to Tungnath but at a height of about 3,600 meters. Kedar, Chaukhamba and some of the other major peaks come closer to you while you are on the top portion of Chandrashila. Golden-breasted eagles are a normal sight from the summit.

- Temperature: Day: 8°C to 15°C and Night: -5°C to 3°C
- Maximum Altitude: 12,083 ft
- Difficulty Level: Easy To Moderate
- Railway Station: Haridwar is the nearest railway station
- Airport: Jolly Grant Airport, Dehradun
- Base Camp: Sari Village (6 hrs drive from Haridwar)
BRAHMA TAL TREK
Brahma Tal Trek

- Never ending ridge lines, sprawling Bugiyals, high altitude lakes, majestic peak views and snow on the trail make Brahma Tal Trek a compelling proposition for a winter trek. Brahma Tal is a hidden and secluded lake amidst the ridge, where Lord Brahma meditated according to mythology. The peak view from the route is captivating; from east to west one can see the High Himalayan ranges. From right to left on one side we can see Mrigthuni, Trishul, Bethartoli Himal and Nandaghunti. On the other side, we can see the massive Chaukhamba, Nilkanth, Kamet, Hathi and Ghoda peaks. This is just the opposite ridge of the famous Roopkund trek and offers a bird’s eye view of the route including Ali Bugiyal, Bedni Bugiyal, Roopkund and Junargali.

- Max Altitude: 12,200 Ft. Trekking Km: 24 Kms.
  Rail head: Kathgodam is the nearest rail head to the base camp Base Camp: Lohajung
  Best Season: Mid November to March
A trek to Mystery Lake of Uttarakhand i.e. Roopkund Lake is a must-do for an avid trekker! Battling several adversities common to the Himalayas, this water body perched in the laps of the snow-clad Mt. Trishul is situated at an altitude of 16,499 ft. Most attractive for the human skeletons lying at the bottom of the lake, which are distinctly visible when the snow melts, the lake is swarmed by the plenitude of visitors. The route along the Roopkund trek is a fascinating journey of discovering the most pristine of the Himalayan contribution of oak and blooming rhododendron forests. A moderate trek, the trek trails through mountainous rivers, enthralling ridges, lush forests and scenic meadows.

- Temperature: Day: 13 to 18°C and Night: -5 to 7°C,
- Trekking Distance: 53km
- Maximum Altitude: 16,499 ft
- Difficulty Level: Moderate to difficult
- Railway Station: Kathgodam
- Base Camp: Lohajung
PINDARI GLACIER TREK
The Pindari Glacier trek is one of those that leaves you completely rejuvenated and relaxed. Travelling to remote villages tucked away along high peaks gives you an experience that you will cherish for a lifetime! Stunning and calm lakes with crystal clear waters, snow clad mountain peaks, charming wooden bridges, everything just add for a mystic and exhilarating experience when you are on Pindari glacier trek!

Pindari Glacier, starts from Loharkhet, a tiny village which is 20 km away from the Bageshwar district. After crossing a series of remote places like Dhakuri, Dwali, and Phurkia, you will touch the final destination of the trek, Zero Point. Trails that leads to the glacier, through rhododendron forests, transverse along the southern wilderness of the Nanda Devi Sanctuary offering impressive views of peaks like Panwali Dwar (6,683m) and Maiktoli (6,803m).

- Area: Kumaon Himalaya
- Best Season: March - June and September - December (Except July & August)
- Altitude: 4,150 mts/ 13,612 ft
- Total Trekking: 110 KM
Being a source of the Bhagirathi River, Gaumukh is considered as the true source of the River Ganga. A trek of 18 kms from Gangotri takes you to Gaumukh, the surreal and peaceful area that provides the panoramic views of Bhagirathi peaks.

Tapovan 4300 meters is situated beyond Gaumukh and consists of the magnificent meadows situated at the foot of mount Shivling. The Gaumukh Tapovan trekking trail is usually gentle but gets perilously steep at places. The trek is a combined experience of trekking, bouldering, rock climbing and glacier traversing.

On reaching Tapovan, you get to see the mesmerising view of the beautiful snow-capped peaks swathed in sunlight. Another attraction of this trekking trail is the sight of Akash Ganga, the actual river Ganga that flows from the Jata of Lord Shiva according to popular belief, bathing the Shiva Linga. The surrounding beauty and tranquillity of Tapovan will mesmerize, ease and calm your mind.

- The height of the trek: 14,250 feet
- Trek distance: 23 Km
PANCHACHULI BASE CAMP TREK
**PANCHACHULI BASE CAMP TREK**

- Snuggled in the lap of snow-peaked mountains, the Panchachuli Base Camp trek originates in the Darma valley of Pithoragarh district between the borders of Nepal and Tibet. Bestowed with nature’s splendour, the route to the Panchachuli glacier, lying in the lap of Kumaon Himalayas, is adorned with enchanting landscapes, snow-capped mountains, cascading waters, Alpine meadows and a rich variety of flora and fauna. Situated in Eastern Kumaon Himalayas, the trekking route forms the watershed between the Gori Ganga and Darma Valleys. The entire trek to the glacier is a walk along the river Dhauliganga.

- The last road head Dar is 42 km from Dharchula, and from Dar to Panchachuli Glacier offers a pleasant walk.

- The five peaks of Panchachuli form majestic visuals and enhance the Him Khand, Yuli River skirted by the forests of Devdaar, Bhoj Patra and conifer trees. This amazing Panchachuli Base Camp trek is truly a feast to the eyes and the scenery throughout the journey is one that can only be experienced, not explained.

- Temperature: 1 to 8 degrees in nights, days are relatively warmer

- Trekking Distance: 60 km

- Maximum Altitude: 13,975 Ft.

- Railway Station: Kathgodam is the nearest railway station.
FAMOUS FOOD OF UTTARAKHAND

“खाली पेट भजन न होय गोपाला”
The uniqueness about the cuisines of Uttarakhand is that they are mostly cooked over burning wood or charcoal, which bestows them with additional nutritional qualities. Some of the most delicious food of Uttarakhand which one should at least try once are: Yummy recipes being followed from generations

Some of the most delicious mouth-watering specialities of Uttarakhand include:
- Urad Dal ke pakode which are spicy pakoras prepared from different pulses. Phanu which too is made from dals, Jhangore ki kheer which is a sweet dish prepared with Jhangora.
- Chainsoo which is made from black gram dal.
- Bhang ki chutney which is sour tasting chutney prepared from roasted bhang and cumin seeds mixed with lemon juice.

Uttarakhand - erstwhile Garwhal and Kumaon region is a feudal society by taste and culture. non-vegetarian meal is often addressed as Shikar Bhaat. In by-gone days, people used to hunt in hills where fowls, mountain goats and deers were found in abundance.

The uniqueness about the cuisines of Uttarakhand is that they are mostly cooked over burning wood or charcoal, which bestows them with additional nutritional qualities.

Some of the most delicious food of Uttarakhand which one should at least try once are:
- Kafuli - It is basically primarily prepared of Spinach and fenugreek leaves, which even the doctors prescribe. It is an exotic dish, prepared in an iron kadhai, and complemented by hot steaming rice.
- Kandalee Ka Saag - It is a green leafy vegetable prepared in an ordinary way like all the other vegetables, but the leafy vegetable called 'Bicchoo Ghas' is what makes it different.
- Kumaoni Raita - The locals of this state can’t do without Kumaoni Raita which is prepared from curd, turmeric, and cucumber.
- Dubuk - It is a preparation of Dal and is best served with rice.
- Jhangora Ki Kheer - Jhangora is basically a type of millet which is the main ingredient of this dessert.
- Gulgula - It is a sweet local snack made of jaggery which traces its origin to the Garhwal region.
- Arsa - This sweet dish is high on the taste meter and low on the calorie meter which makes it so hugely popular.
- Singori - that’s made with Khoa, a dairy product of thickened milk which is wrapped in a Maalu leaf.
- Aloo ka Jhol - Aloo ka Jhol is a potato recipe served with pooris or chapatis that has many variants.
FLORA AND FAUNA OF UTTARAKHAND
Monal is a beautiful Himalayan bird possessing nine colors in itself.

Bird with a shrill whistle voice inhabits in cool temperature altitude from 2,500 meters to 5,000 meters.

Monal prefers open meadows spreading in the Oak and Conifer forest. In winter it is found in low altitude.

Size of adult Himalayan monal is between 60 to 72 cm. The weight of adult is between 1.70 to 2.40 kg. Generally, they found single or in pairs.

Males use body displays to attract females, bobbing the head-crest and fanning their tail feathers. The breeding season is between April to August. The age of sexual maturity is between 12 to 24 months.

They found in India, Afghanistan, Pakistan, Nepal, Tibet, and Bhutan. They also found in Burma. In India, they found in Himalayan, Kashmir, Himachal Pradesh, Uttarakhand, Sikkim, and Arunachal Pradesh.
Snow Leopards are found at an altitude of 3000 m and above and according to an estimate based on extrapolations, India may have about 516 snow leopards. It is found in Himalayan states of Jammu and Kashmir (285), Himachal Pradesh (90), Uttarakhand (86), Arunachal Pradesh (42), and Sikkim (13).
The bharal (Pseudois nayaur), also called the Helan Shan blue sheep, Chinese blue sheep, Himalayan blue sheep, or naur, is a caprid found in Bhutan, Gansu, the high Himalayas of India, Inner Mongolia, Myanmar, Nepal, Ningxia, Pakistan, Sichuan, and Tibet. The Helan Mountains of Ningxia have the highest concentration of bharal in the world. Its native names include yanyang in Mandarin, bharal, barhal, bharar, and bharut in Hindi, na or sna in Tibetan and Ladakh, nabo in Spitian, naur in Nepali and na or gnao in Bhutan.
The state animal of Uttarakhand— the white-bellied musk deer (Moschus leucogaster).

The solitary animal, which roams the high alpine region of the Himalayas at an elevation range of 2,500-5,000 metres.

Carried by the male deer in its abdomen, the musk emits a sweet persistent aroma and is highly valued for its cosmetic and alleged pharmaceutical properties. According to the International Union for Conservation of Nature and Natural Resources (IUCN), one kilogram of musk can fetch US $45,000 in the international market.
It is scientifically known as Saussurea obvallata which comes under Sunflower family, Asteraceae. This flower is the best example of the flowers and plant life in the alpine habitats at the upper reaches of the mountain ranges.

The thick curved roots of these plants are used as local medicine for paralysis of the limbs. It is native to the Himalayas and Uttarakhand, India, northern Burma and southwest China. In the Himalayas, it is found at an altitude of around 4,500 meters.

Flowers bloom in mid-monsoon (July–August-September) among the rocks and grasses of the hillside at an attitudinal range of 3000–4800 meters.

In Hindu drawings Brahma is seen sitting on a pink flower that resembles a lotus, which is India's national flower. Hence people claim that the pink flower of is the Brahma Kamal.
Many natural medicinal plants are found in the state of Uttarakhand, which are very beneficial for our health. The name of this hill fruit is 'Kafal'.

KAAPHAL
BENEFITS OF UTTARAKHAND'S HEALTHY FRUIT - KAFAL

- The fruit of the kaphal grows at a height of 4,000 feet to 6,000 feet above the ground.

- The taste of this fruit is sweet and sour and astringent. It is an evergreen tree. The scientific name of this fruit is called "myrica esculenta" and it is also called box myrtle and bayberry.

- The kaphal fruit plant cannot be grown anywhere. It is a self-growing plant. From the month of March, fruits start coming in the fruit of the kaphal and after the beginning of April, these green fruits turn red.

- In Ayurveda, kaphal is considered to be the perfect medicine for hunger, that is, this fruit increases appetite.

- Kafal fruit found in the forest is highly beneficial for human body due to its anti-oxidant properties and the fruit is very juicy and is digestive.

- By eating this fruit, many diseases related to the stomach are removed, such as constipation or acidity.

- There is a layer of wax type material on the fruit which is permeable and contains brown and black spots. This wax is called mortil wax and the fruit can be easily separated by boiling it in hot water. This wax is effective in ulcer disease. In addition to this, used in making candles, soaps and polishes.

- Paralysis is also cured by this fruit, and we can make candles and soaps, nail polish, using this fruit.
Rhododendron (Rhodo) or Buransh is Uttarakhand's State Tree. This honour has rightfully been bestowed upon this tree, because it is a highly useful tree and has many medicinal properties.

- It grows at a height of 5 to 7,500 feet and blooms in various colours.
- It is a dense, suckering shrub growing to 5 meters tall, rarely 8 meters. The leaves are evergreen, 6-18 cm long and 2-5 cm broad.
- In Uttarakhand, normally Buransh is available in dark red colour. It is however found in pink colour at some places. White Buransh is rare and is rich in medicinal properties.
- Buransh has a dominant role in the folklore and folk songs of the hills. The women folk can be seen singing the folk song, Pare bhira buransh fuli go...