

PANCH KEDAR TREKKING TOUR



The Panch Kedar trek includes all the five shrines associated with the Hindu legends. All of them are situated in the Kedar Valley. At Kedarnath, which is situated at the head of the Mandakini River, the Linga is a natural rock that resembles the hump of a bull. Madhmaheshwar, situated at the base of Chaukhamba Peak is at an altitude of 3500 m. Here the Linga is worshipped in the form of a navel. Tungnath, where the arm of Shiva appeared is the highest temple in Garhwal is situated at an altitude of 3810 m. 500 m above the temple at Tungnath is Chandrashila.

The panoramic view of the Himalayas is breathtaking. Rudranath is where the face of Shiva is said to have appeared. Here there is a natural rock temple in which the Shiva Mukha is worshipped. To reach Rudranath, one has to trek through alpine meadows and dense forests. Kalpeshwar is situated in the beautiful valley of Urgan. There is a cave temple here and Shiva is worshipped in his matted hair form.

The Panch Kedar trek is one of the best ways of getting a quick preview of the Garhwal Himalaya. The Garhwal Himalaya contain some of the highest peaks in India, viz. Nanda Devi (7817m), Trishul (7120m) and Chaukhamba (7138m). It is the source of the great Ganga and Yamuna rivers. They house the sacred Badrinath and Kedarnath shrines, as well as forests of the Nanda Devi Biosphere Reserve, Valley of Flowers National Park, Askot Wildlife Sanctuary and the Benog Reserve (Mussourie), among others.



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