## **Treks**

#### Trek to Ranichouri:

Ranichouri is known for its agriculture institute and for picnic spots with spectacular views of the snowcapped Himalayas Mountains such as Choukhamba, Neelkanth, and Goumukh and surrounded by pine, rosadentend, mimosa, jacaranda and cedar trees. During this 3 hour, 10km trek, you will climb from 5000ft to 7000ft, passing through Sabli, a village where one can see old Garhwali houses.

#### Trek to Kashmouli:

Kashmoli is a small farming village known for ginger and pea production. Their farming of these popular items provides their only source of income. This 2.5 hour, 8km trek, ascends from 3600ft to 5000ft during which one can see variety of Himalayan birds such as barbells, babblers, dorngos, magpies, bulbuls and golden eagles. The trekking route is surrounded by small hills and green pastures, passing curry leaves, stinging nettles, and mustard plants.

### Trek from Rishikesh to Kunjapuri:

The Rishikesh to Kunjapuri trek (4 hours, 11km) is good for those who wish a longer climb with higher ascents. Walking upstream of a small river for close to an hour, you reach a beautiful secluded picnic spot by the side of a waterfall. The trek passes several local villages such as Badkot where one can witness the typical hillside village life. There are stunning views of Rishikesh and the Holy Ganga along the route with glimpses of wildlife such as deer, wild peacock and wild boar.

# White Water Rafting (2 hrs)

The Ganga originates from Gaumukh in the Garhwal region of the Himalayas and is a superb river for white water rafting. Rapids range from Grade 1 to 3 with some Grade 4 rapids. Thrilling but safe, these are ideal for beginners as well as seasoned thrill seekers.