

Niti Valley Trek

Bhotiya villages on the old trade route to Tibet

DURATION	5D / 4N	DIFFICULTY	Easy
MAX ALTITUDE	11,800 ft	DISTANCE	18 km
BASE CAMP	Joshimath	REGION	Garhwal
PRICE	₹11,000 per person · Includes vehicle from Joshimath and homestays.		

About this trek

Niti is not a trek so much as a journey through a way of life. The valley was the trade road to Tibet until 1962, and its villages — Malari, Bampa, Gamsali, Niti — keep the houses, the wool work and the seasonal migration of that time. We drive the valley slowly, walk between villages, and stay with families we know. Easy walking at altitude; the highest point is Niti village itself.

Day by day

Day	Route / activity	Distance · time · stay
1	Rishikesh to Joshimath Rishikesh → Joshimath Road day to Joshimath; permits collected.	250 km · 9-10 hrs drive · Joshimath (guesthouse)
2	Joshimath to Malari Joshimath → Tapovan → Malari Up the Dhauliganga to Malari, the first of the big Bhotiya villages.	60 km · 3 hrs drive + village walk · Malari (homestay) · 10,000 ft

Day	Route / activity	Distance · time · stay
3	Malari to Niti via Bampa and Gamsali Malari → Bampa → Gamsali → Niti Village to village, on foot where the trail allows, to Niti — the last village.	8 km · Short drives and walks · Niti (homestay) · 11,800 ft
4	Niti and around Niti → surrounding meadows → Niti A day in the village: the temple, the wool work, a walk up the valley towards the pass road.	6 km · Easy day · Niti (homestay)
5	Niti to Joshimath Niti → Joshimath Drive back down the valley. Onward to Rishikesh the next morning.	85 km · 4 hrs drive · —

What is and is not included

Included

- Vehicle from Joshimath for the full trip
- Homestay or guesthouse stays
- Local guide from the valley
- All meals
- Inner-line permit arranged

Not included

- Transportation to and from the base camp unless noted
- Personal trekking gear and rentals
- Personal expenses and travel insurance
- Anything not listed under inclusions

Things to carry

- Trekking shoes with ankle support
- Backpack (40–60 L) with a rain cover
- Three warm layers and a padded jacket
- Poncho or rain jacket
- Sun cap, sunglasses and sunscreen

- Personal medication and toiletries
- Two one-litre water bottles

Upcoming departures

06 Oct – 10 Oct 2026	14 seats left
20 Oct – 24 Oct 2026	3 seats left
06 May – 10 May 2027	18 seats left
20 May – 24 May 2027	9 seats left
06 Jun – 10 Jun 2027	20 seats left
20 Jun – 24 Jun 2027	16 seats left

Seat counts are live on the website; this sheet shows them as of 02 Sep 2026.

Himalayan Trails · Karchon, Post Tapovan, Block Joshimath, Joshimath 246443, Uttarakhand, India
Call +91 72529 10566 · WhatsApp +917252910566 · mahavirbisht885@gmail.com
<https://www.trekwayindia.com/treks/niti-valley-trek>