

A VALLEY REMEMBERED

Chenap Valley is shaped as much by atmosphere as by terrain. Meadows soften the high ridges, seasonal streams move through the landscape, and the forest edge holds birdsong, shifting light, and long silences that stay with the traveller long after the trek ends.

What makes Chenap memorable is not only its beauty, but its sense of balance. It is a trail where alpine openness and Himalayan views are matched by a deep quietness—accessible enough to welcome, yet remote enough to feel untouched. For some, it is the meadow bloom; for others, the sunrise over the peaks. For most, it is the feeling the valley leaves behind: spacious, calm, and luminously alive in the high Garhwal mountains.



Thaing Village

WHEN TO VISIT

As the seasons turn

May to June

Clear weather, comfortable trekking conditions, and fresh alpine growth make this a rewarding time to experience Chenap.

July to August

The valley is at its lushest, with rich meadow cover and vibrant seasonal bloom across the upper slopes.

September to December

Crisper skies, cleaner light, and broader Himalayan views make this one of the finest windows for the trek. Winter conditions deepen later in the season at higher reaches.

HOW TO REACH

By Air - The nearest airport is **Jolly Grant Airport, Dehradun**.

By Rail - The nearest major railhead is **Rishikesh**.

By Road - The trek is approached via **Joshimath**, followed by the road journey to **Thaing Village**, which serves as the starting point for the route to Chenap.

TRAVEL NOTE

Trekkers should ensure that they **register with the local Forest Department or the concerned local authorities** before setting out, so route movement can be tracked and safety measures remain in place throughout the trek.



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Chenap Valley

Where Meadows Bloom Above the Clouds

A high Himalayan journey through flowers, forests, and forgotten valleys.

A VALLEY BEYOND THE KNOWN MAPS

Hidden in the upper reaches of Chamoli district, **Chenap Valley** opens into a high Himalayan landscape of meadows, oak forests, ridgelines, and quiet mountain light. Away from the better-known trekking circuits, it carries the rare appeal of a place where the trail feels open, the air unhurried, and the landscape deeply intact.



The approach from **Thaing Village** rises gradually through forest clearings and alpine stretches to **Chenap Top (12,200 ft)**. More than a single viewpoint, Chenap is an experience of elevation, silence, and unfolding space—where meadows meet the sky and the Himalaya reveal themselves step by step.



THE NATURE OF THE WALK

Chenap Valley is an easy to moderate Himalayan trek, well-suited to both first-time trekkers and experienced walkers who value landscape over haste. The route begins from Joshimath, continues by road to Thaing Village, and then climbs through forest and meadow to Dhar Khadak, before ascending further to Chenap Top.

What defines the journey is its changing texture: village edge, oak woodland, open ridge, alpine grassland, and finally the wider openness of the upper mountain zone. Along the way, the trek balances remoteness with warmth, combining quiet trails with glimpses of everyday Garhwali mountain life.

The route is especially rewarding for its meadow sections, clear skies, and sunrise views. From the upper reaches, the landscape opens toward peaks such as Nanda Devi, Hathi Ghoda, and Pangarchulla, giving the trail both scale and stillness.



THE ROUTE ACROSS THE VALLEY

Chenap Valley Trek Itinerary

Duration: 3 Days / 2 Nights
Difficulty: Easy to Moderate
Elevation Range: 6,200 ft to 12,200 ft

Day 1- Joshimath (6,200 ft) - Thaing (6,900 ft) - Dhar Khadak (9,100 ft)

A short scenic drive from **Joshimath to Thaing** is followed by a **7 km trek to Dhar Khadak**. The trail passes through forests, open slopes, and meadow stretches, with the first wide Himalayan views opening from the campsite.



Day 2 - Dhar Khadak (9,100 ft) - Chenap Top (12,200 ft) - Dhar Khadak (9,100 ft)

The trek's high point comes on Day 2 with a **10 km round trip to Chenap Top**. Dense forest and open meadows lead to sweeping views of peaks such as **Nanda Devi, Hathi Ghoda, and Pangarchulla**, especially striking at sunrise.



Day 2 - Dhar Khadak (9,100 ft) - Thaing (6,900 ft) - Joshimath (6,200 ft)

The return follows a **7 km downhill trek to Thaing**, followed by the drive back to **Joshimath**. The gentler descent allows one last lingering view of the valley, its forests, and distant mountain skyline.

