



Guide Map of  
**Yatra**  
**Gurdwara**  
**Hemkunt Sahib**  
Meditation Place of  
Guru Gobind Singh Ji



## Gurdwara Hemkunt Sahib

### (Meditation Place of Guru Gobind Singh Ji)

Guru Gobind Singh Ji the Tenth Master in one of his great holy compositions entitled "Bachittar Natak" while giving a hint or pointing out this good site states :

**Ab mae apni katha bakhano.<sup>1</sup>**

(Now I narrate my own tale)

**Hemkunt parbat hae jahan. Sapat sring sobhit hae tahan.**

(Hemkunt Mountain is auspiciously situated among "Sapat Sring", a mountain-chain of the Himalyas

**Tah hum adhik tappasia saadhi.**

(At that site I meditated heavily on God in the previous birth)

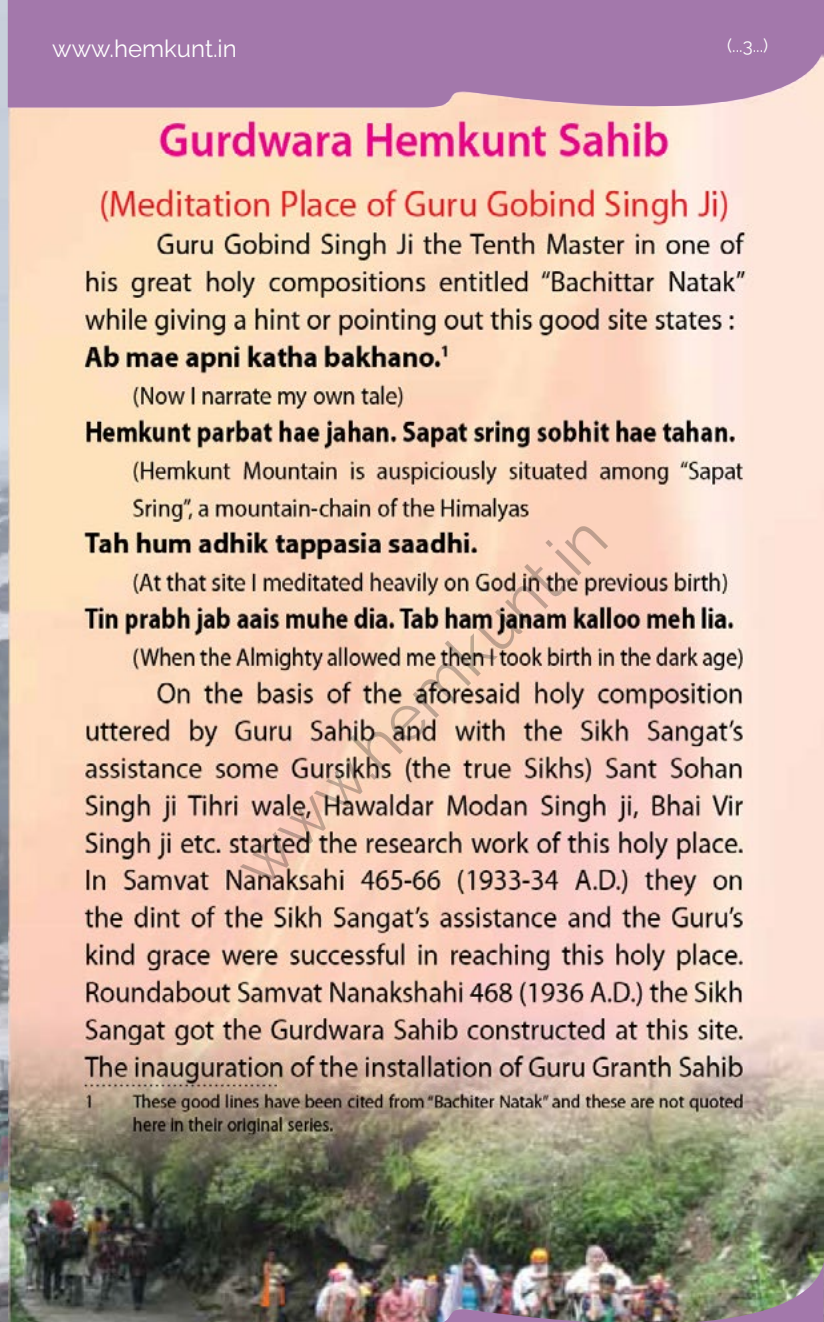
**Tin prabh jab aais muhe dia. Tab ham janam kalloo meh lia.**

(When the Almighty allowed me then I took birth in the dark age)

On the basis of the aforesaid holy composition uttered by Guru Sahib and with the Sikh Sangat's assistance some Gursikhs (the true Sikhs) Sant Sohan Singh ji Tihri wale, Hawaldar Modan Singh ji, Bhai Vir Singh ji etc. started the research work of this holy place. In Samvat Nanaksahi 465-66 (1933-34 A.D.) they on the dint of the Sikh Sangat's assistance and the Guru's kind grace were successful in reaching this holy place. Roundabout Samvat Nanakshahi 468 (1936 A.D.) the Sikh Sangat got the Gurdwara Sahib constructed at this site.

The inauguration of the installation of Guru Granth Sahib

<sup>1</sup> These good lines have been cited from "Bachiter Natak" and these are not quoted here in their original series.



### ਭੀ ਗੁਰ ਦੇਖਣ ਜਾਣੀ



ji was manifested in Samvat Nanakshahi 469 (August-Sep., 1937 A.D.)

Surrounded by the snow-laden for about four to five months and sky-touching mountainous peaks this holy place is situated approximately at the height of 15,000 feet from the sea level. At the climax of the winter season sometimes the snow-fall reaches even upto 30-35 feet. This place

is approximately at a distance of 35 to 40 kms from the border of China. On the three sides there are the seven peaks of the Sapatsring Mountain of the Hamkunt Mountain Chain (1. Rudar Himalaya 2. Bishanpuri 3. Udgari Kanth 4. Sarga Rohan 5. Brahampuri 6. Mer 7. Sumer) and on the fourth side Nilkanth Mountain is situated. The circumambulation of the holy tank is about 1¼ or 1½ kms. The water of the tank is clean like glass.

### Some Important Informations

District : Chamoli Pin Code : 249401  
 Province : Uttrakhand S.T.D. : 01372

Nearby Airport : Jowligrant 307 k.m. (Dehradun)  
 Nearby Railway Station : Rishikesh 293 k.m.  
 Nearby Petrol Pump : Joshi Math 15-20 k.m.  
 Petrol Pump on the way : Pipalkoti 74 k.m.  
 Nearby Post Office : Gobind Ghat

Situation : 30°41'55.32"N 79°37'08.40"E  
 Temperature : (Max.) 7-10° (Min.) 1.5-2° Cel.

### Hemkunt Sahib

From Gobind Dham : 6 k.m. (afoot)  
 From Gobind Ghat : 19 k.m. (afoot)  
 From Rishikesh : 294 k.m.  
 From Haridwar : 319 k.m.  
 From Amritsar : 730 k.m.  
 From Delhi : 639 k.m.  
 From Patna Sahib : 1319<sup>1</sup> k.m.  
 From Mumbai : 2023<sup>2</sup> k.m.

Nearest ATM State Bank of India : Badrinath (App. 18-20 k.m.)

### Necessary Material to carry along with you

Rain-coat, first-aid kit, wind-sheeter, water-bottle, sweater, torch and cell (at Gobind Dham the supply of electricity is only till 10:00 p.m. So torch is very necessary), gloves, neckerchief/muffler, cloth-boots, scissor -chappal etc.

### Nearby Hill Stations

- **Nainital:** While going to Hemkunt Sahib from Rishikesh, in the way from Karan Prayag after turning right side comes this famous hill station. From Nainital about 15-20 kms. ahead railway station Kathgodam lies from which one can leave for Delhi by train.

Train No	Train Name	Source Sta & Time		Destination	Runs On
4120	DDN KGM EXPRESS	Dehradun (22:30)	Haridwar (23:55)	Kathgodam (7:15)	All Days
5014	Ranikhet Express	Kathgodam 20:40		Delhi Rohilla 4:30	All Days

- 1 From Delhi to Haridwar to Hemkunt Route
- 2 From Mumbai Central to New Delhi to Haridwar to Hemkunt Route



Gurdwara Singh Sabha Laltara Bridge, Haridwar

- **Massourie:** While going to Rishikesh from Haridwar ahead at some distance from Raiwala Railway Station after turning left side from the Nepali Farm/Chowk this hill station is situated ahead approx. at 70 kms.

## Haridwar

District : Haridwar Pin Code : 249401  
 Province : Uttrakhand S.T.D. : 01334

Visitors approximately first of all come just to Haridwar for the holy glimpse of Hemkunt Sahib after they set out from their respective stations. Here three Gurdwaras are situated for relaxation of the Sangats.

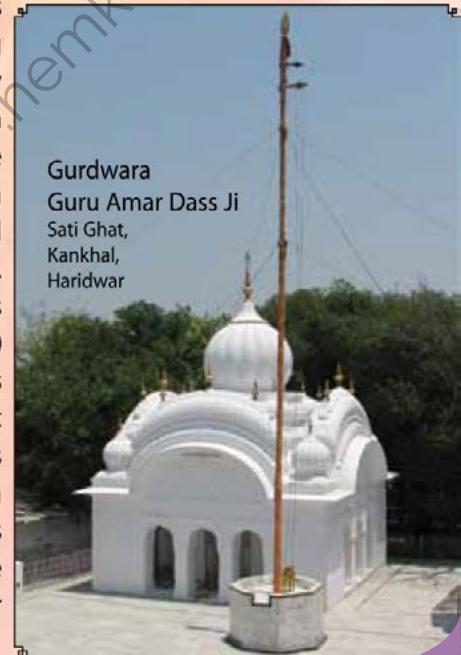
- **The first Gurdwara** is situated on the backside of the railway station, at Nirmala Cantonment. This Gurdwara is approximately 30 or 32 years old. Descending the train instead of going to the main road we are to come out from the officer's rest house back side and to go to right side where in the second lane the Gurdwara is situated. The Hemkunt Sahib

Trust is performing its selfless service. One can reach here from the railway station or the bus stand within just 5 to 10 minutes.

- **The Second Gurdwara:** As we set out from the railway station and go to Laltara (Laltaro) bridge, we are to turn to left side and once again the left side where the second Gurdwara Sri Guru Singh Sabha is situated. This too is at a distance coverable in 15 to 20 minutes afoot.

- **The Third Gurdwara** (Sri Nanakpura Ashram) is situated on the Sapatrishi Marg, on the other side of the Ganga Ghat, while going from Haridwar to Rishikesh, and the Gurdwara lies approximately at a distance of 5.00 kms. from the station. The selfless service of this place is being performed by

Sant Baba Bachan Singh Ji Bhooriwale while beseating on Sant Baba Jaimal Singh ji's holy seat. This Gurdwara is approximately 40 years old. There is an arrangement of the Sangat's accommodation with 40 to 50 rooms and five halls. The langar moves on for about 24 hours.



Gurdwara  
 Guru Amar Dass Ji  
 Sati Ghat,  
 Kankhal,  
 Haridwar

→ **The Fourth Gurdwara** is concerned to Guru Amar Dass ji. The Guru before attaining the Guruship visited this place for many times and once after attaining the Guruship. According to the administrative authorities of the Gurdwara the Guru abolished the Sati system at this very place. At this very place the Guru stated:

*Satia eh n aakhian jo marria lag jalan.*

*Nanak Satia jaanian ji birhe chot maran.*

*Bhi so satia jaanian seel santokh rahan.*

*Sevan saai aapna nit uth samaalan.* (Ang 787)

This Gurdwara is situated at the Sati Ghat, Kankhal (Haridwar) quite adjacent to the bank of the Ganga. The Gurdwara has not managed for the night stay and Langar.

From Haridwar to the Bus Stand of Rishikesh it can be reached by local buses or auto rickshaws (Vikram) in about half an hour (But these days the traffic problem has become very complicated, sometimes it may consume even from 1.30 to 2.00 hrs). On the way from Haridwar to Rishikesh (NH 58) at the distance of 12 to 13 kms. from Haridwar at the left side from Doiwala (Some distance ahead) from Raiwala Railway Station, Passage Dehradun (NH 72) Mansoori, Paonta Sahib the Historical Gurdwara is found towards Shimla and Chandigarh. Dehradun from Doiwala lies approximately at 40 kms. and Paonta Sahib from Dehradun approximately at the distance of 50 kms.

## Important Phone Nos.

Gurd. Hemkunt Trust	: 227749
Gurd. Sahib Laltaro Bridge	: 228760
Gurd. Sahib Sapt Rishi Marg	: 98376-51045, 260202
Gurd. Guru Amar Dass Sahib	: 98973-49321
DC Haridwar	: 239440, 239554
Distt. Magistrate	: 226400, 221663
<b>Ambulance</b>	
City Hospital	: 220182
Civil Hospital	: 227791
<b>Fire Brigade</b> (Mayapur)	: 101, 227007
<b>Police</b>	
SSP Haridwar	: 239777, 239866
SP City Haridwar	: 224922
Police Control Room	: 100, 108, 223980, 225900
Kotwali	: 265874
Railway Enquiry	: 131, 227197
Roadways Enquiry	: 227037
Air Booking	: 228672, 227266
Lions Club	: 98370-28115, 251475
Sewa Smiti	: 227052
<b>Hospitals</b>	
City Hospital	: 220180-82
Harmilap Rajkiy Govt. Hospital (Near Kotwali)	: 2430402
<b>ATM's</b>	

### **State Bank of India**

1. Chitra Cinema
2. Shantikunj
3. Anchal Emp. Ranipur, Ranipur Mod

### **Punjab National Bank**

1. Railway Station
2. Police Lines, HARDWAR
3. Sapt Rishi Ashram, Sapt Rishi Ashram Road

### **HDFC Bank**

1. 313/8, Civil Lines, Haridwar Road, Roorkee

2. Plot No. 3, Hero Honda Premises, Sector 10, 11 E, Sidcul, Industrial Area

3. Ranipur More, Vil. Shekhupura, Opp Liberty Showroom

**Bank of Baroda**

1. Upper Road, 2. T-123, Shivalik Nagar

3. Chandra Charya Chowk Ph: 01334-226041

**ICICI Bank**

1. 7C, Awasth Vikas, Ground Flr., Delhi Road

2. S - 24, Shivalik Nagar

**State Bank of Patiala**

Haridwar Station Road, Near Hotel Himgiri

**Police**

SSP Haridwar : 239777, 239866

SP City Haridwar : 224922

Police Control Room : 100, 223980, 225900

Kotwali : 227775

Fire Brigade (Mayapur) : 101, 227007

Railway Enquiry : 131, 225931

Roadways Enquiry : 227037

Post Office : 227025

Air Booking : 228672, 227266

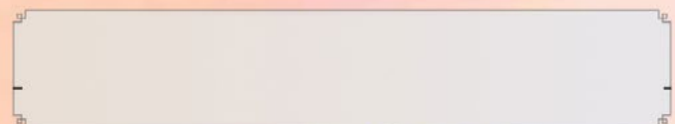
**Trains<sup>1</sup> from Amritsar to Haridwar**

Train Number : 2054		Days of Run	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Name : ASR HW JNSHTBDI			Y	Y	Y	N	Y	Y	Y
From Amritsar to Haridwar									
Station Name	Arrival Time	Departure	Distance						
Amritsar		07:00	0						
Beas	07:28	07:30	43						
Jalandhar	08:05	08:10	79						
Ludhiana	09:05	09:10	136						
Ambala Cant.	10:55	11:00	250						

1 ਗੱਡੀਆਂ ਦੇ ਨਾਮ ਅਤੇ ਟਾਈਮ-ਟੇਬਲ ਭਾਰਤੀ ਰੇਲਵੇ ਦੀ ਵੈੱਬਸਾਈਟ (<http://www.indianrail.gov.in/>) 'ਤੇ ਆਧਾਰਿਤ ਹਨ।

Jagadhari	11:42	11:44	301						
Saharanpur	12:20	12:25	331						
Rurkee	12:53	12:55	366						
Haridwar	13:55		411						
Train Number : 4632	Days of Run	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Train Name : ASR DDN XPRESS Amritsar to Dehradun		Y	Y	Y	Y	Y	Y	Y	Y
Name of Station	Arrival Time	Departure	Distance						
Amritsar	Source	22:15	0						
Beas	22:50	22:52	43						
Jalandhar	23:37	23:45	79						
Phagwara	00:07	00:09	100						
Ludhiana	01:20	01:30	136						
Khanna	02:05	02:07	178						
Sarhand	02:25	02:26	196						
Rajpura	02:43	02:45	222						
Ambala Cant.	03:15	03:25	250						
Jagadhari	04:08	04:10	301						
Saharanpur	05:00	05:10	331						
Rurkee	05:40	05:42	366						
Haridwar	07:30	08:10	411						
Motichur	08:17	08:19	416						
Raiwala	08:38	08:40	422						
Dehradun	10:05	Destination	463						

Train No: 4632 leaves Amritsar for Dehradun. Those passengers who don't want to stop at Haridwar and who are to go to Rishikesh directly they can go from



Amritsar to Raiwala by this Train (Raiwala is situated at Haridwar-Rishikesh Marg). From Raiwala the Gurdwara of the Rishikesh is only 12 to 14 k.m. autos (Vikram) are generally available from this very road.

## Gurdwara Paonta/Panvta Sahib

District : Sirmaur Pin Code : 173025  
 Province : Himachal Pradesh S.T.D. : 01704

Guru Gobind Singh ji populated this town on the bank of Yamuna in Samvat 1742 purchasing the land from the king of Nahan and named Panvta<sup>1</sup>. Afterwards this town became known as Paonta Sahib. The battle of Bhangani took place during this very time (Samvat 1746), the description of which comes in the Eighth chapter of the Bichitra Natak. The Guru spent enough time here. At the very place he uttered Jaap Sahib, Sawaye, Chandi Di Var and other holy compositions. At Gurdwara Sahib exists also the Museum where the old armaments concerned to the Guru are lying. At the Baisakhi a massive fair is held here.

### Some Important Information

Paonta Sahib from Rishikesh	95±5 k.m.
from Dehradun	50 k.m. NH 72
from Delhi via Karnal	250 k.m.
from Chandigarh	125 k.m.
Nearest Railway Station	50 k.m.

<sup>1</sup> Panvta means the place at which one's fixes one's foot or the floor spread in front of the house from which the respectable guest enters.

With best compliments from :

**S. Anupinder Singh**

AUSTRALIA



## Dehradun

District : Dehradun                      Pin Code : 248001  
 Province : Uttrakhand                  S.T.D. : 0135

Dehradun is the capital of Uttrakhand district. Dehradun is a composition of 'Dehra' and 'Dun'. 'Dehra' means 'abbey' and 'Dun' means 'valley'.

Guru Gobind Singh ji during his visit of Paonta Sahib spent some time also here. The sub-area Sangat in the sacred memory of the Guru got a beauteous Gurdwara, Gurdwara Sri Guru Singh Sabha constructed. The sub-area Sangat is managing this Gurdwara Sahib situated in the Aarhat Bazaar. There is an arrangement of accommodation at night and Langar is also available. The Phone Numbers of Gurdwara Sahib are 2624331 and 3292512.

According to the ancient tales Daronacharaya's (who was the Pandavas' Guru) abbey (Dehra) too was here at this very place.

To its north side is the Himalaya and to the South lies the Shivalak Mountain to its east side is the Ganga and to the west lies the Yamuna.

The passengers seeking the holy glimpse of Hemkunt Sahib can travel upto Dehradun also by air.

Airport Pant Nagar, Nainisen, Jolligrant is situated at Dehradun.

### Some Useful Information

From Dehradun to Rishikesh                      45 k.m. NH 72-58  
 Dehradun Bus Stand to Airport                      27 k.m.

### Important Telephone Numbers

S.S.P. Haridwar (Rishikesh also) : 2746022, 2628360  
 Kotwali Dehradun : 2716216, 2651588  
 Railway Enquiry : 131, 2622131  
 Roadways Enquiry : 2653797  
 Doon Hospital (Blood Bank) : 2623578, 2659315  
 Jolligrant Airport : 2412054, 2412052

### ATMs

#### Bank of Baroda

P.O. Box No.117, Astley Hall, Dehradun

#### UCO Bank

Pritam Castle, Paltan Bazar, Dehradun

#### HDFC BANK

118, Sayyad Mohalla, Chakrata Road  
 Near Kishan Nagar Chowk

#### ICICI BANK

Gurdwara Singh Sabha, Arhat Bazar

#### STATE BANK OF INDIA

Saharanpur Road

## From Rishikesh to Gobind Ghat

District : Dehradun                      Pin Code : 249201  
 Province : Uttrakhand                  S.T.D. : 0135

Gurdwara Sahib is situated at the Lachhman Jhoola road. From the Bus Stand of Rishikesh Gurdwara Sahib is at the distance lesser than even 2.00 kms. By an auto rickshaw it is reachable within 5 to 7 minutes. Autos are generally available.





After taking rest at Gurdwara Rishikesh the Sangats set out for Gurdwara Gobind Ghat since 2:30 a.m. by buses, taxies<sup>1</sup> or by their own vehicles. The booking of buses and taxies may be exercised also before one day advance. This travel approximately takes 12 to 14 hours. During this travel in the passage at

- Sri Nagar (App. 105 k.m. from Rishikesh)  
Phone : 01346-252203
- Nagrasu (45 to 50 k.m. from Pippalkoti, Sri Nagar)
- Joshi Math (App. 95 to 100 k.m. from Nagrasu)  
Phone : 01389-222121

the Gurdawara Sahibs exist. In these Gurdawaras there is also an arrangement of langar and first-aid. The Sangats can take rest at night. The Sangats who could not have set out from Rishikesh in the earlier morning period, can set out in the morning after taking rest at Gurdwara Sahib of Sri Nagar or Nagrasu. The arrangement of the Gurdwara of Sri Nagar and Joshi Math is being performed by Sri Hemkunt Sewa Society (Gurdwara Chowk Kanpur). Baba Beant Singh Ji Ber Kalan (Ludhiana) is performing the selfless service of Gurdwara Langar Damdama Sahib, Gobind Nagar, Nagrasu. The mobile number of Gurdwara Sahib is 094170-07273.

There are the four petrol pumps quite in front of Gurdwara Sahib at Rishikesh.

The Nirmal Ashram Hospital exists at the side of Mayakund. The emergency services are available 24

<sup>1</sup> Private taxies are generally available.



hrs. in the multispeciality secondary care hospital with 100 beds. There is a superior arrangement of the upkeep and the treatment with medicine at the payment of reasonable fee. Phone Nos. are 0135-2430942, 2433215.

Sri Hemkunt Sewa Society is performing the selfless service of the Gurdwara Sahibs at Rishikesh, Haridwar, Sri Nagar, Joshi Math, Gobind Ghat, Gobind Dham and Gurdwara Hemkunt Sahib. This Society was established in Kanpur in 1970 A.D. Also a free Gurmat Academy is being run at Rishikesh, where the younger students attain learning in Gurmat.

While going to Gobind Ghat from Rishikesh in the way ahead from Joshi Math the Mountainous passage gets tight, and the traffic of the two sides can not move on simultaneously. So the traffic is made one sided to escape any accident. In the first phase one side traffic is





let to move on and from the other side the gate is closed.

In the same way after closing the gate from other side the traffic of this side is set in motion.

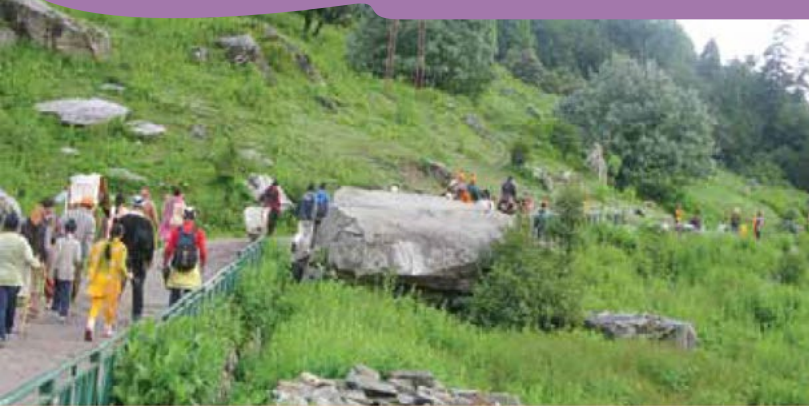
The time table of these Gates is as follows:

<i>From Joshi Math to Gobind Ghat</i>	<i>From Gobind Ghat to Joshi Math</i>
06 : 40 a.m.	07 : 30 a.m.
09 : 00 a.m.	09 : 45 a.m.
11 : 30 a.m.	12 : 30 p.m.
2 : 00 p.m.	2 : 45 p.m.
4 : 30 p.m.	5 : 45 p.m.

## From Gobind Ghat to Gobind Dham

Phone : 01381-225208, 225334

The selfless service of the Gurdwara at Gobind Ghat too being performed by Sri Hemkunt Sewa Society (Gurdwara Chowk Kanpur). The Gurdwara was founded roundabout 1941 A.D. This Gurdwara Sahib is situated at the height of nearly 6000 feet from the sea-surface. At this place the visitors after depositing their luggage etc. take tokens. Sometimes the numbers of depositors enhances to such extent that even 1:30 to 2:00 hour time is consumed. From this place onwards the visitors should carry only their least measure of luggage because the whole passage in the steep ascent is only to be covered on foot. From this very place the Sangat can get the "Pinni Prashad" (favour-boon) for their home and relatives or nears and dears. While you are submitting money for the acquirement of the "Pinni Prashad" you must make a special mention of this purpose to the



attendant, otherwise your amount gets accepted for the selfless service of the building-fund or the langar and when you return the desired "Pinni-Prasad" can not be available to you.

The arrangement of the visitors accommodation, of blankets and langar at Gurdwara Sahib is of superior standard. Sometimes also the visitors going to Badrinath take rest at this very place and avail of the facility of the Guru Ka Langar (free food). This is the sacred duty of every visitor mother or brother that she/he should ensure their presence at the Kirtan of the evening. While going from Gobind Ghat to Gobind Dham the ascent on foot starts. This ascent is 13 k.m. and it is likely to be covered in 5.00 - 6.00 hrs. After mid July the weather is almost rainy, so rain-coat or umbrellas are needed badly.

## Some Precautions while Ascending

- While ascending at the refreshment shops the rates of everything are excessively dear as far as it is possible, it is wiser stand point to acquire the items according to need formerly.
- Before starting travelling excessive food should not be eaten. It causes problem while ascending.
- While travelling your steps must be shorter which escapes tiredness.
- Staying at any place for a longer time while travelling should be avoided, otherwise the body is cold and one faces more tiredness.
- You should take some glucose with you for the coverage the deficiency due to more perspiration while ascending.
- Water should not be drunk in excessive as far as it is possible you should pass time only rinsing a bit of water.
- Soft drinks (Coke, Pepsi etc.) should be avoided.
- If you have planned your travelling in advance before starting if you are to start walking for 2-4 kms. daily for 15-20 days, it may be great advantage.
- The patients feeling diseases like breath of allergy, dust, high blood pressure and heart problems should start their travel only after consulting the doctor.
- As you are setting out take about two sheets for spreading and covering yourself by which you can control the attacks from outside infections.
- One should not travel wearing the wet socks which causes the disnormalization of the temperature of the body.

### Some necessary medicines<sup>1</sup>

For Leg pains, body pain & headache	Crocin or Nimulid
For vomitting	Dom D.T. Stemtil-5 or Stugeron
For allergy and bad cold	Cetirizine Trigan-D or Anafortan Librium or Cebrum
For loose motions	Lomofen or Loperamide + Enteroquinol

<sup>1</sup> Dr. Baljit Singh, Amritsar Polyclinic, Street # 2, Gobind Nagar, S.W. Road, Amritsar  
Mobile : 098146-98398



## From Gobind Dham to Hemkunt to Gobind Dham

Phone Gobind Dham : 01381-226232

While going to Hemkunt Sahib (Gangaria) is a small village. This is the last human habitat, a small valley situated on Pushpavati river also known as Lakshman Ganga. This place is open only from May to September, otherwise it remained laden with snow in the remaining all other durations.

The selfless service of Gurdwara Sahib at here too is being performed by Sri Hemkunt Sewa Society (Gurdwara Chowk, Kanpur) Gurdwara Sahib is situated at the height of approximately 15,000 feet from the sea-level. At this place the arrangement of the night-accommodation and langar is of a very superior standard. Here the electricity supply is managed with generator which stops working at 10 p.m. sharply. After thus there spreads an absolute dark. The Sangats should manage to keep individual torches. While going to Hemkunt Sahib from Gobind Dham in the way as you turn to left side from the Hemganga Bridge approximately at a distance of 4 kms. the world famous valley of flowers appears.

After you take rest at night on the next day, the ascent towards Gurdwara Hemkunt Sahib starts. This ascent is approximately 6 k.m. and can be covered from 3 to 4 hours. After having the holy glimpse the return to Gobind Dham on that very day is must because there is not any arrangement of night-accommodation at Hemkunt Sahib and also oxygen for breathing is insufficient.

At Gurdwara Hemkunt Sahib the first daily Ardas

is performed at 9:00 a.m. the second one at 10 a.m. and the third at 12:30 p.m. These times are altered by 20 to 30 minutes accordingly the change of the season. One should set out from Gobind Dham by 5.00 to 5.30 a.m. So that one is able to make one's presence ensured in these Ardas-performeces and the Guru's pleasures may be ascertained.

At Hemkunt Sahib for the Sangats the langar of tea, mathis and other eatables is available at all times.

Every visitor should contribute the desired milk, tea-leaves and eatables like bread and mathis accordingly his/her reliance and capacity responding to the holy statement "Ghal khai kichh hath-oh de"

## Valley of Flowers

Roundabout 1931 A.D. Frank Smith an English mountaineer searched the Bhooner Valley. An 8 k.m. Long glacier, a pass in Chomali (Garhwal) laden with snow, surrounded by mountains and laden with the various kinds of flowers more than 500 varieties. This place soon became popular. The flowers blooming here



are hardly witnessed perhaps anywhere else. This valley with multicolored flowers goes on giving out fragrance all the time. This valley of flowers does not appear lesser than the Paradise. The flowers of this valley are in their prime youth in August-September. This valley has been provided the title of the National Park too.

In this national park grazing of cattle and animals are strictly prohibited. During 2 or 3 months (July-September) the flowers are in their fullest bloom. During the remaining period this place remains laden with snow. Musk-deer, red-foxes, apes, black-bears and variegated butterflies are found in a large number.

