



VALLEY OF FLOWERS TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



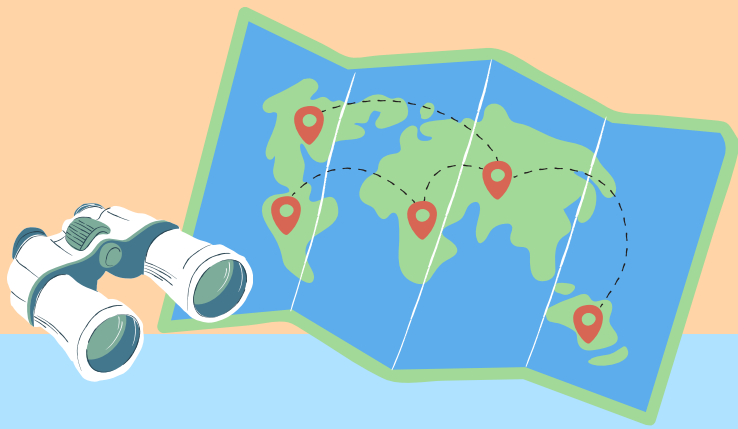
LOCATION

Uttarakhand, India



DISTANCE

37 kms



MAX ALTITUDE

14100 FT



LAST ATM

Joshimath



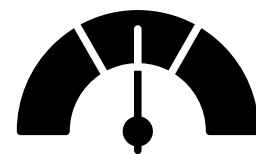
BEST SEASON

July, Aug and Sep



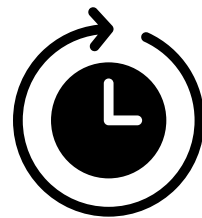
BASE CAMP

Govindghat



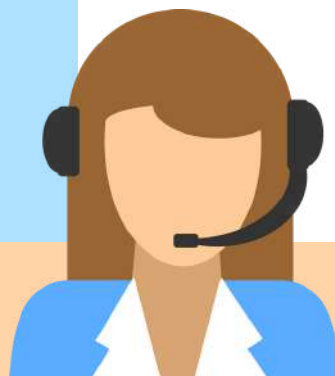
DIFFICULTY

Easy



DURATION

6 Days & 5 Nights



SERVICE FROM
Govindghat to Govindghat



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SHORT ITINERARY



DAY 1

Haridwar/Rishikesh to Govindghat

DAY 2

Govindghat to Ghangaria

DAY 3

Trek to Valley of Flowers

DAY 4

Trek to Hemkund Sahib

DAY 5

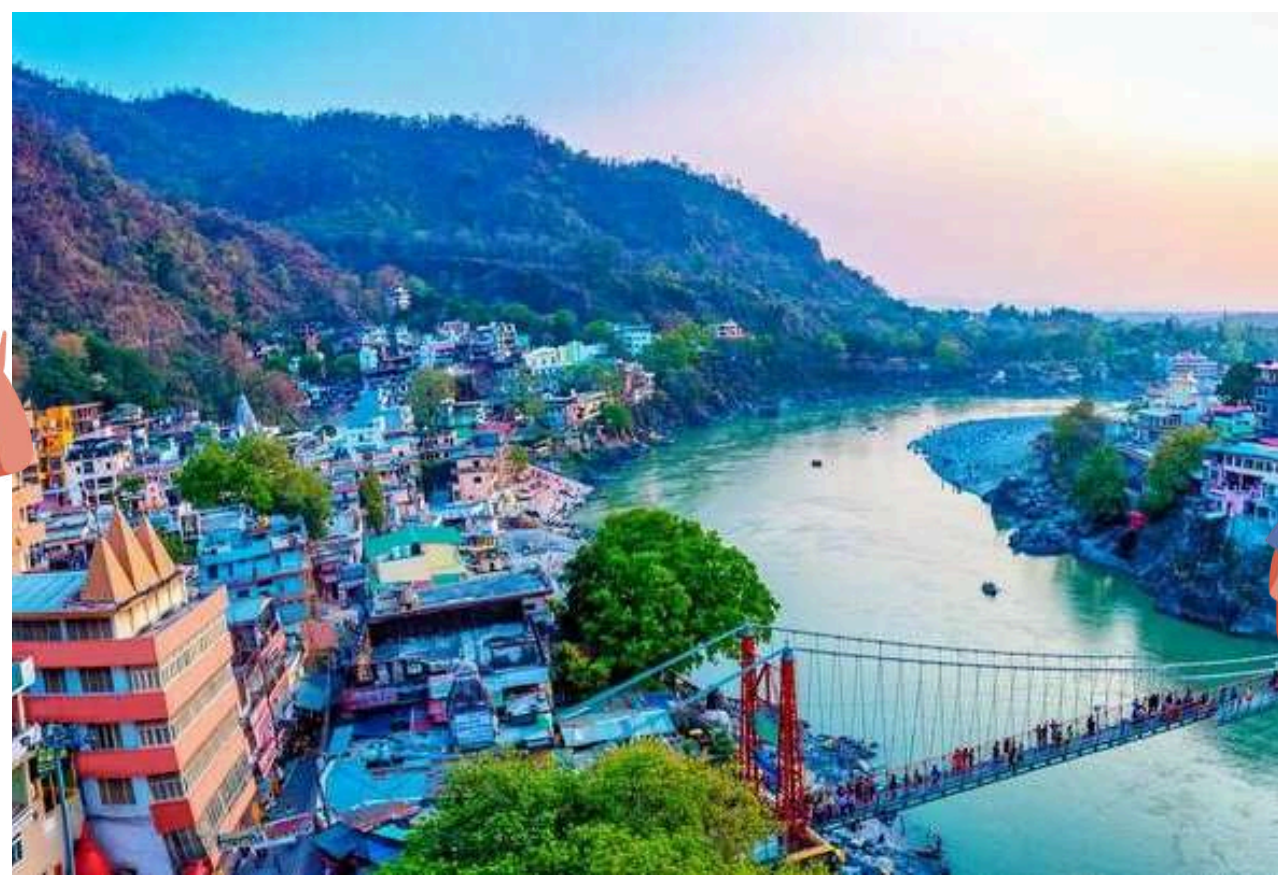
Trek from Ghangaria to Govindghat

DAY 6

Journey back to Haridwar/Rishikesh



ITINERARY



DAY 1

Haridwar/Rishikesh to Govindghat

Start your journey early from Haridwar/Rishikesh, driving through scenic spots like Devprayag, Srinagar, and Rudraprayag, where rivers merge into the holy Ganga. Enjoy breathtaking Himalayan views, lush valleys, and rushing streams along the 10-12 hour drive to Govindghat. Take short breaks to refresh before reaching your hotel for an overnight stay. Unwind with a warm meal and a peaceful stroll, preparing for the exciting trek ahead.



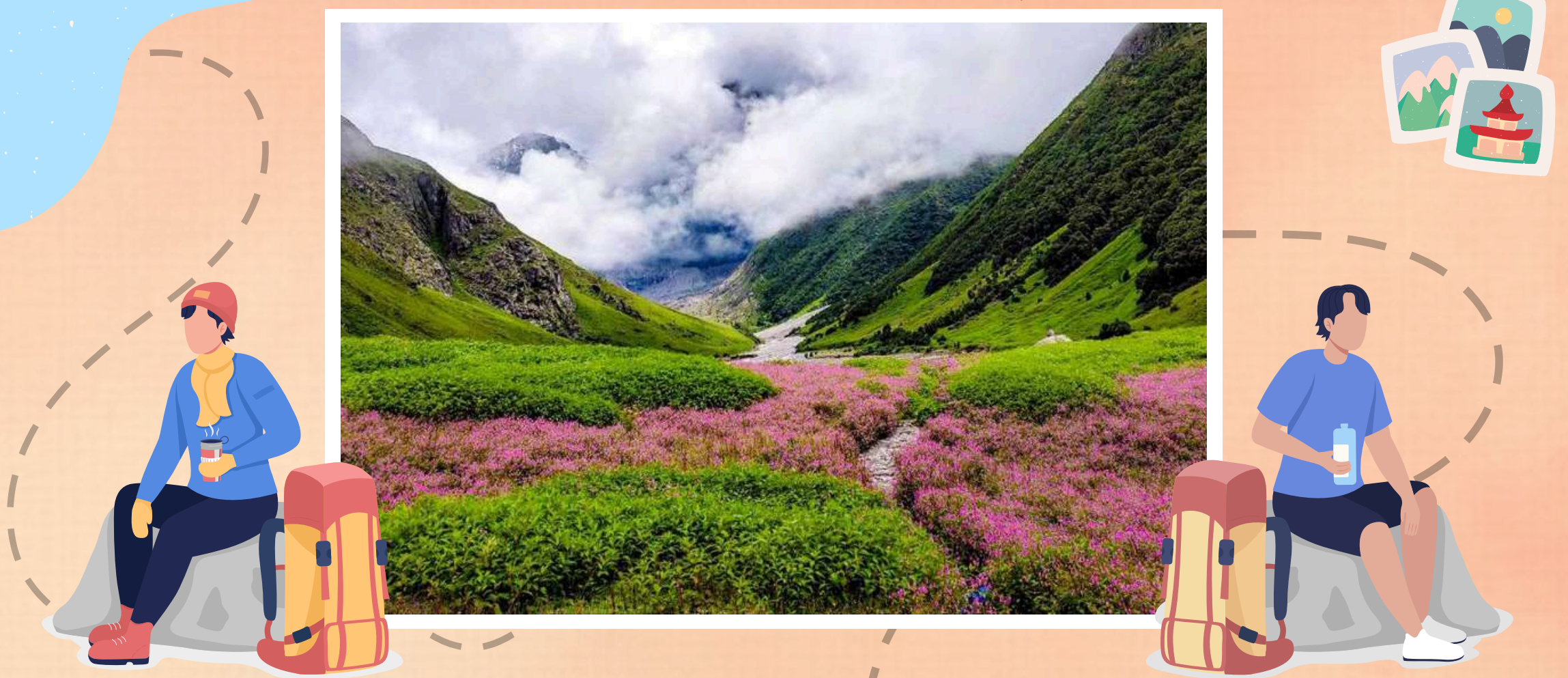


DAY 2

Govindghat to Ghangaria

The 12 km trek from Govindghat to Ghangaria is of moderate difficulty, starting early after breakfast. Pass through scenic landscapes, cascading waterfalls, and picturesque settlements while enjoying nature's beauty. The trek gradually inclines, with fellow trekkers and pilgrims adding to the experience. After 6-7 hours, reach Ghangaria, a gateway to the Valley of Flowers and Hemkund Sahib. Book lodging, relax with a warm meal, and prepare for the next leg of your journey.

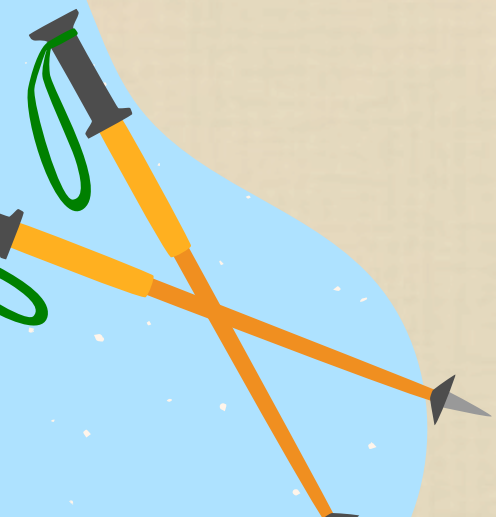




DAY 3

Trek to Valley of Flowers

On the third day, embark on a breathtaking trek to the Valley of Flowers, a UNESCO World Heritage site. After an early breakfast, begin your journey through steep slopes, narrow passages, and rocky trails, with the cool mountain air enhancing the experience. As you reach the valley, witness a mesmerizing expanse of over 500 species of vibrant wildflowers, set against a stunning Himalayan backdrop. Capture the beauty and soak in the serene atmosphere before trekking back to Ghangaria in 3-4 hours. Relax at your hotel, reflecting on an unforgettable day in nature's paradise.





DAY 4

Trek to Hemkund Sahib

Today's trek leads to Hemkund Sahib, a sacred Sikh pilgrimage site at 4,329 meters above sea level. The challenging 6-7 hour ascent requires physical endurance and mental determination, but the mesmerizing Himalayan views make it worthwhile. At the summit, a serene glacial lake and the Gurudwara offer a moment of spiritual peace and reflection. After soaking in the tranquil energy, begin the descent back to Ghangaria. Conclude the day by unwinding at your hotel, reminiscing about the incredible journey.





DAY 5

Trek from Ghangaria to Govindghat

On the final day, begin your downhill trek from Ghangaria to Govindghat, a 3-4 hour descent through rocky paths that require steady footing. Take time to appreciate the scenery and reflect on your incredible journey. Upon reaching Govindghat, a sense of accomplishment and relaxation sets in—you did it! From here, travel 20 km to Joshimath, a picturesque town surrounded by stunning valleys and mountains. Unwind at your hotel, explore the local culture, and savor a restful night, embracing the beauty of the Himalayas one last time.





DAY 6

Journey back to Haridwar/Rishikesh

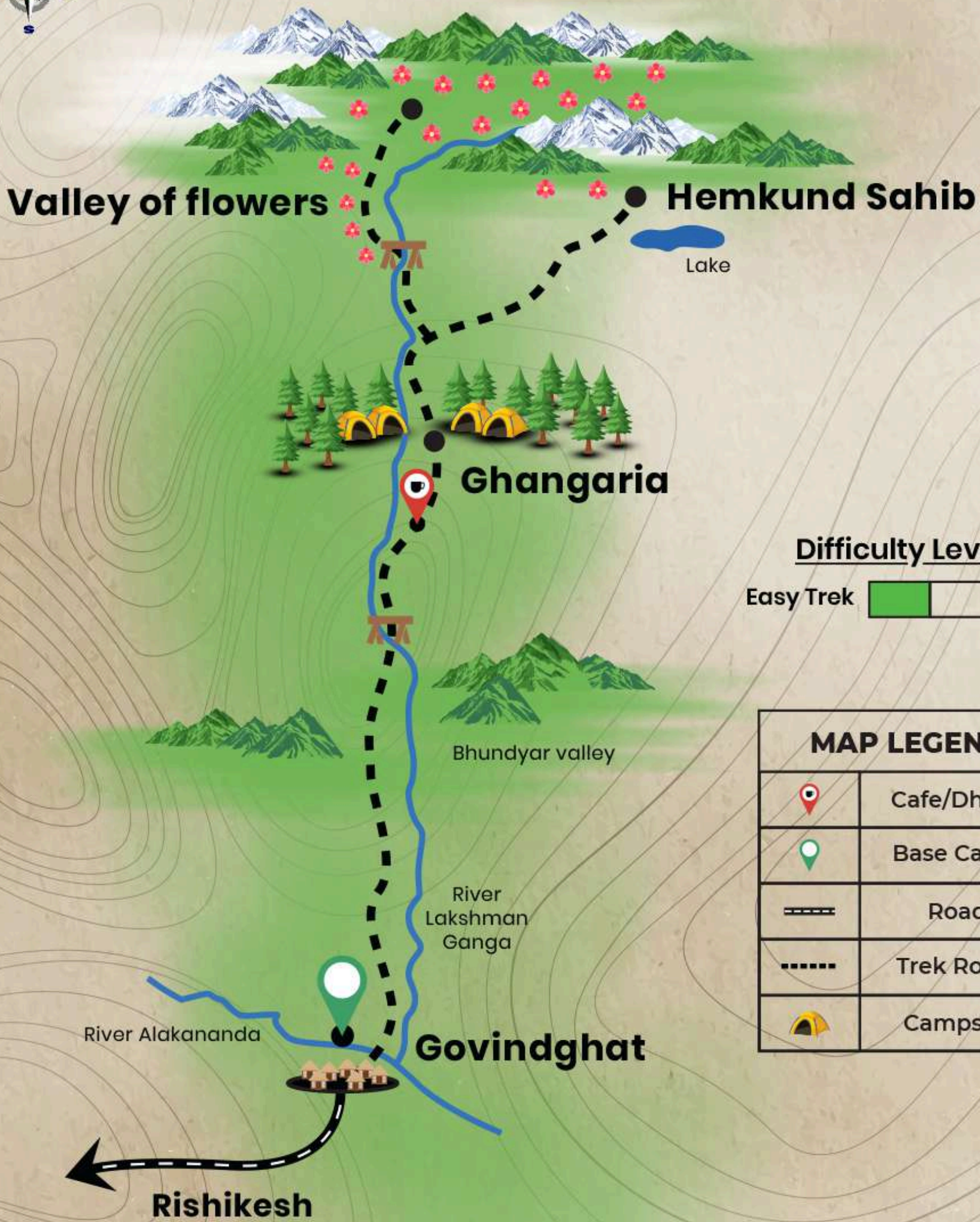
After a hearty breakfast, begin your return journey to Haridwar/Rishikesh, retracing the scenic route through Himalayan foothills, valleys, and river streams. Passing through quaint towns and villages, observe the local way of life as you transition toward the plains. With necessary stops along the way, you'll reach Haridwar by evening, a spiritually vibrant town where you can reflect on the incredible trek. Continue to Rishikesh for a well-deserved rest, cherishing the memories of this unforgettable Himalayan adventure.



TREK MAP



Valley of Flowers Trek Map



Difficulty Level
Easy Trek

MAP LEGEND	
	Cafe/Dhaba
	Base Camp
	Road
	Trek Route
	Campsite

*Map is not scaled



INCLUSIONS



- Meals while on trek (Veg.).
- All necessary entry fees and permits.
- Accommodation:- Hotel.(Please note accommodation will be provided in triple or quad sharing basis. If you want to opt for double sharing, then please inform us. For double sharing the charges will be extra)
- Mountaineering qualified & professional trek Leader, guide, cook, and Support staff.
- First aid medical kits, stretcher, and oxygen cylinder.
- Trek equipment: Sleeping bag, mattress, tent, kitchen & dining tent, toilet tent, utensils, and crampon (if required)
- Staff Insurance.
- Porters/mules to carry central equipment.

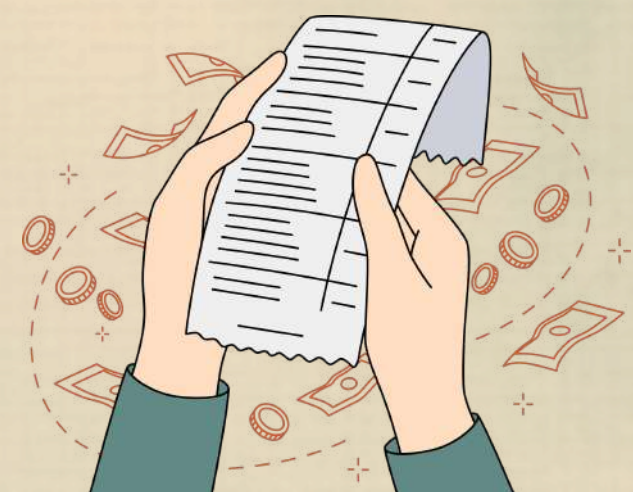




EXCLUSIONS



- Any kind of personal expenses.
- Food during transit.
- Mules or porters to carry personal luggage.
- Insurance.
- Transport (Non Ac)
- Any kind of emergency evacuation charges
- 5% GST
- Any expense incurred or loss cost by reasons beyond our control such as bad weather, natural calamities (landslides, floods), flight delays/rescheduling/cancelations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.
- Anything not specifically mentioned under the head.



WHAT TO CARRY



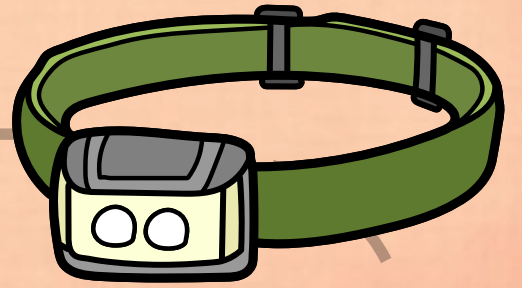
TREKKING SHOES



BACKPACK



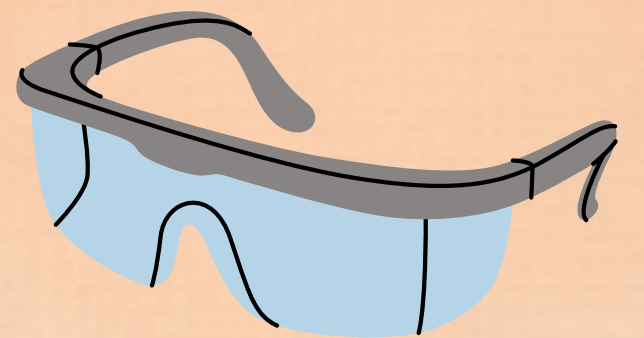
HAND GLOVES



HEAD LAMP



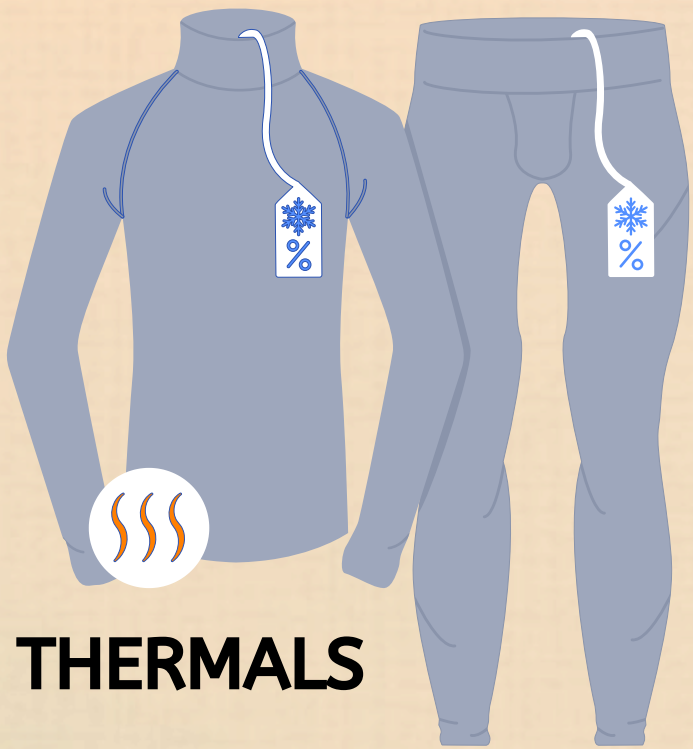
LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

Reach Rishikesh: Rishikesh is a well-connected city in Uttarakhand, India, and serves as the gateway to many Himalayan destinations. You can reach Rishikesh by air, rail, or road. The nearest airport is Jolly Grant Airport in Dehradun, which is about 35 kilometers from Rishikesh. Rishikesh also has a railway station with good connectivity to major cities in India. You can also opt for a road journey via buses or private taxis to reach Rishikesh.

Travel to Joshimath: From Rishikesh, you need to reach Joshimath, which is the nearest town to Govindghat. There are several options to travel from Rishikesh to Joshimath:

By Road:

You can hire a taxi or take a shared cab from Rishikesh to Joshimath. The distance is approximately 250 kilometers, and the journey usually takes around 8-9 hours, depending on the road conditions.



HOW TO REACH

By Bus:

Regular bus services are available from Rishikesh to Joshimath. You can inquire at the Rishikesh Bus Stand for the schedule and book your ticket accordingly.

By Shared Jeep:

Shared jeeps or maxi cabs are a popular mode of transport between Rishikesh and Joshimath. You can find them near the Rishikesh Bus Stand or inquire at local travel agencies.

Take any local transport to reach Govindghat and further to Poolna. From Poolna you will have to trek a distance between 9 to 10 KM to reach the Valley of Flowers.



FITNESS REQUIRED

We recommend jogging as the best routine to get fit for a trek. It works on the same muscles that you use while trekking – your calves, glutes and hamstrings. It helps increase your stamina day by day. It is also an easy routine that does not require any equipment or tools.

Fitness target:

To do this trek comfortably, you must be able to cover 5 km in under 35 minutes. This is the minimum fitness required for this trek.

How to achieve this fitness?

- Start jogging at least 4 days a week
- If you cannot run 5 km immediately, start with 2 km and increase to 5 km over 2-3 weeks.
- Once you're able to run 5 km, increase your pace day by day.
- Gradually increase your pace and bring it down to 5 km in less than 35 mins.
- You must be able to run 5 km in 35 mins consistently for at least 2 weeks before the trek.

This trek requires at least 6-8 weeks of preparation. The longer, the better. So plan your trek soon and start preparing.



CANCELLATION POLICY

Life is unpredictable and we understand sometimes you have to cancel or change your trip dates and it is our endeavour to make it as easy possible for you. However, please understand we plan everything including guide fees, permits, accommodation and ration in advance. Therefore any cancellation means inconvenience and certain losses to the people involved in various stages of programme. Keeping that in mind, our cancellation charges are as below-

Cancellation prior to 30 days from start of the event: Get monetary refund with 15% of cancellation charges on trek fee.

Cancellation between 30 days and 15 days to the start of event: 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Cancellation less than 15 days to the start of event: No refund.

**Please note cancellation will be only accepted by email.
Booking amount is non refundable.**






CANCELLATION POLICY

Note: The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arising due to natural calamities, strikes, wars on any other circumstances that makes the event inadvisable. In this case, 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Itinerary changes & trip delays:

We plan itineraries based on the information at the time of planning and in rare circumstances, there are subject to change. In the event that the itinerary is changes or delayed due to unforeseen circumstances such as bad weather conditions, transportation delays, government intervention, landslides etc. We will always aim to give you the best experience possible. However The Himalayan Daredevils are not be held responsible for the cost of delay or changes

CONTACT US

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