



VALLEY OF FLOWERS TREK





LOCATION

UTTARAKHAND, INDIA



BEST TIME

JULY - SEPTEMBER



DESTINATION

VALLEY OF FLOWERS TREK



TAKE A PHOTO

SUNRISE, SUNSET,
100+ VARIETIES OF
FLOWERS



DIFFICULTY

MODERATE



HIGHEST ALTITUDE

14,400 ft



AVERAGE TEMPERATURE

DAY TIME: +4°C to +11°C
NIGHT TIME: +4°C to 0°C



BASE CAMP

RISHIKESH



DURATION

6 DAYS & 5 NIGHTS



LAST ATM

RISHIKESH



TREK DISTANCE

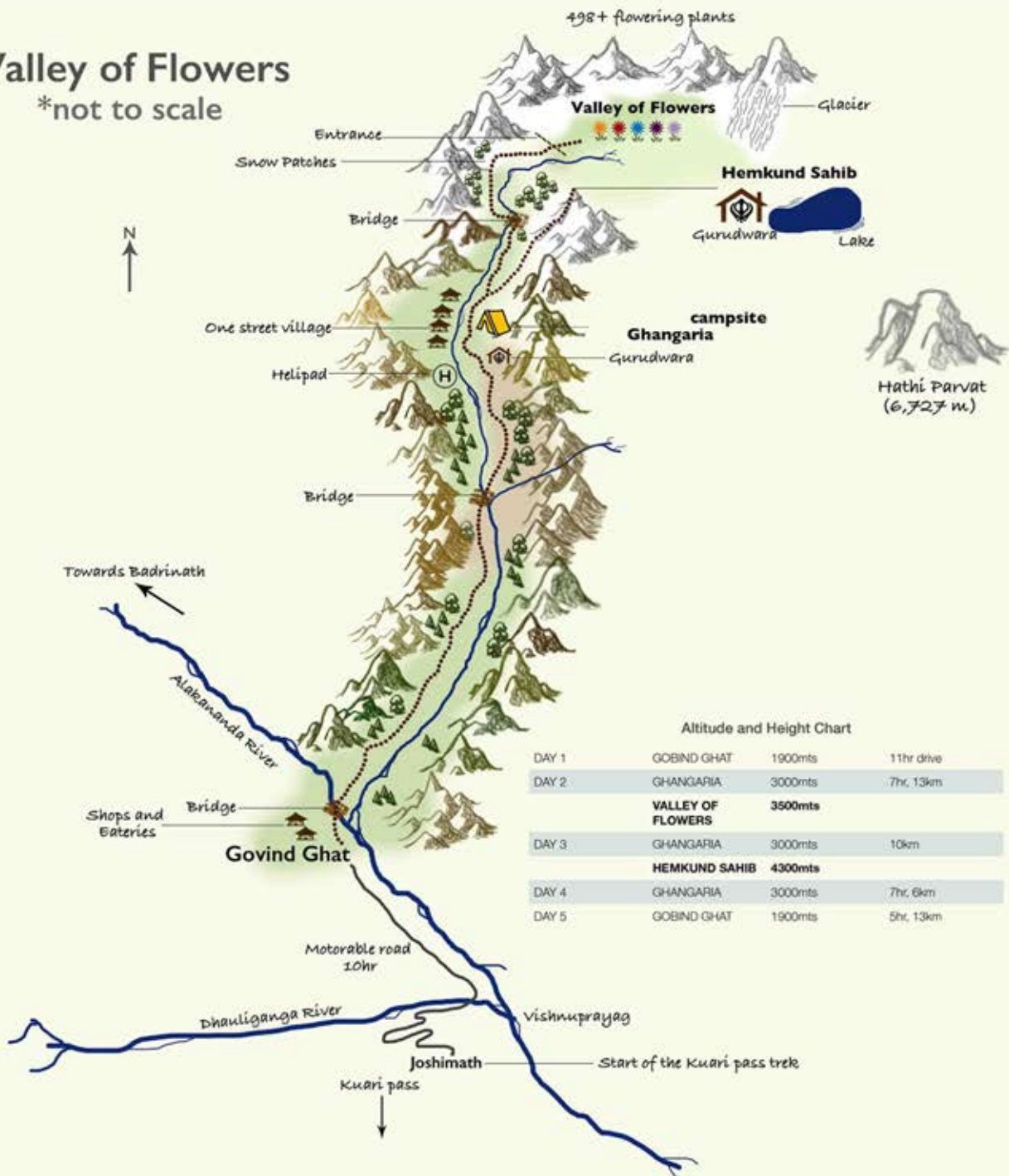
37 KMS



ITINERARY

Valley of Flowers

*not to scale



SHORT ITINERARY

Day 1

**Haridwar/Rishikesh to Govindghat via Joshimath |
A Scenic Drive in the Lap of the Mountains**

Day 2

**Govindghat to Ghangaria | Witness the Nature
Slowly Unveiling its Secrets**

Day 3

**Excursion to the Valley Of Flowers | Step into the
Wonderland with a Riot of Vibrant Colours**

Day 4

**Excursion to Hemkund Sahib | Take a Journey to
Heal your Mind and Soul**

Day 5

**Ghangaria to Govindghat | It's time to say Goodbye
to the Mountains**

Day 6

**Govindghat to Haridwar/Rishikesh | End of Trip With
a Bag Full of Life Time Memories**

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DAY 1

Haridwar/Rishikesh to Govindghat via Joshimath | A Scenic Drive in the Lap of the Mountains

Distance: 300 km | Duration: 10 hours | Elevation: 6,300ft. / 1,920m

At around 7 am, assemble at the pre-decided spot in Haridwar where a representative will greet you and give a short overview of your entire journey. You will then begin a long-distance, scenic uphill drive from Haridwar to Govindghat.

Along the way, pass through Devaprayag to witness the holy confluence of Bhagirathi and Alaknanda Rivers to form the River Ganges. The roads are cut out from the mountain's edges and at times you'll only see the river flowing in

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the gorge deep below. You will also be passing through Joshimath, which is the midpoint for other religious pilgrimage locations. Later in the evening take a halt at Govindghat for the night.

DAY 2

Govindghat to Ghangaria | Witness the Nature Slowly Unveiling its Secrets

Distance: 13 km | Duration: 5-6 hours | Elevation: 9,600ft. / 2,926m

Start off the day with a hearty meal enjoying the amazing lush green mountainous views. You will then be driven to a nearby town called Poolna from where you will start your

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trek to Ghangaria. Walk the well-defined trail that passes through lush green forest and alongside the beautiful Lakshman Ganga River.

Take a moment to thank the volunteers who sweep the trail every day to keep it clutter-free and in the best condition possible. Encounter the various dhabas on the way from where you can get some refreshments and refill your water bottles.

After completing the short gradual ascent of 9 Km you will reach Ghangaria, a small village encircled by mountains. Check into your hotel, and set off to explore the beautiful surroundings. Have a delicious dinner of local cuisines in Ghangaria and call-it-a-day.

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DAY 3

Excursion to the Valley Of Flowers | Step into the Wonderland with a Riot of Vibrant Colours

Distance: 4 km (one side) | Duration: 6-7 hours | Elevation: 11,500ft. / 3,505m

Start your day with a wholesome breakfast.

Today will be the day you will scale a height of 3,505m to arrive at the Valley Of Flowers. Just a glimpse at the verdant landscape is enough to sweep you off your feet into heaven decorated with colourful flowers.

Take a moment to cherish the moment as you feast your eyes on one of nature's finest creations that will treat your soul. Ascend further into the valley to witness an array of thousands of colourful and vibrant flowers in full bloom. It'll be hard to leave such a heavenly view behind, but you

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must timely begin the return trek to Ghangaria so as to reach there before dusk.

Have a sumptuous dinner and call it a night.

DAY 4

Excursion to Hemkund Sahib | Take a Journey to Heal your Mind and Soul

**Distance: 6 km (one side) | Duration: 9-10 hours |
14,107ft. / 4,300m**

Wake up early to the sounds of the people chanting bhajans in the chorus and enjoy a hot cup of chai. The trek to Hemkund Sahib is a bit difficult as the path is a steep

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ascent and a trekking stick can come in handy. Walk slowly and take numerous breaks as you will feel the effects of reduced oxygen levels in the air.

Reach Hemkund Sahib, a religious site where Guru Gobind Singh is said to have meditated in the previous life.

Surrounded by seven snow-capped mountains and crystal clear Hemkund lake just behind it, this place is no doubt soothing and calming.

In the late afternoon, start the steep descent all the way back to Ghangaria as the weather here can be impulsive with sudden cloud cover and rains

Once you reach back enjoy a dinner under the starry sky and an overnight stay at the hotel.

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DAY 5

Ghangaria to Govindghat | It's time to say Goodbye to the Mountains

Distance: 13 km | Duration: 4-5 hours | Elevation: 9,600ft. / 2,926m

After having morning breakfast, you will be starting the easy descent of 9 km to Poolna on the same trail that you trekked on earlier.

Once you reach Poolna a cab will take you back to Govindghat that is 4 km away.

If you desire, you can go on a tour of the beautiful Auli in the evening.

Later in the evening return back to the hotel in Govindghat for an overnight stay.

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DAY 6

Govindghat to Haridwar/Rishikesh | End of Trip With a Bag Full of Life Time Memories

Distance: 300 km | Duration: 10 hours | Elevation: 6,300ft. / 1,920m

Leave Govindghat early for your return journey back to Haridwar.

The Valley of Flowers Trekking package ends here, take back a mosaic of unbelievable memories with you.

INCLUSIONS

- 1. Accommodation – Stay at a guest house/ homestay/ swiss tents/ dome tents during the trek as per the sharing pattern/occupancy opted.**
- 2. Meals – All meals from your arrival to departure from the base camp are included (Morning Tea, Breakfast, Lunch, Hi-Tea with Snacks, and Dinner). We provide simple, nutritious yet tasty vegetarian meals on all days of the trek.**
- 3. Permit/Charges – Cost of all trekking permits, forest & camping charges are included. Charges of the porters, helpers, mules, trekking leaders, and guides are included.**
- 4. Trekking equipment – High-quality tents, sleeping bags, ice axes, ropes, microspikes, gaiters, etc. as required are provided.**
- 5. Safety equipment – First aid medical kits, oxygen cylinders, etc. will be available at all campsites to deal with emergencies.**

6. Porters, Mules, and helpers shall accompany us during the trek to carry the common load such as gas cylinders, tents, sleeping bags, toilet tents, etc.

EXCLUSIONS

- 1. Anything not specified in the Inclusions section**
- 2. Additional Meals unless specified**
- 3. Transport unless specified**
- 4. Air Fare / Train/ Bus Tickets**
- 5. Travel Insurance**
- 6. Additional expenditure and Extra Services if taken**
- 7. Any expense incurred or loss caused by reasons beyond our control such as bad weather, natural calamities(landslides, floods), flight delays /rescheduling/cancellations, any accidents/ medical evacuations, riots/strikes/war/pandemic, etc.**
- 8. GST(Goods & Service Tax) at the rate of 5%.**

FITNESS/ DIFFICULTY

A high altitude trek in the Himalayas requires substantial fitness. Your body needs to train itself to tolerate more work with lower levels of oxygen. Therefore, on treks, cardiovascular training is essential.

As a measure of your fitness, we require you to be able to run at least 5 km in 40 minutes by the time your trek starts. If you are 45 years or above, try to cover 5 km in 50 minutes. This is a minimum requirement.

If you prefer cycling over running, then try to cover 20 km in 60 minutes.

Unable to perform the same can make your trek difficult. Trekkers who have not adequately prepared might be asked not to continue the trek at any point.

The team of Himalayan Daredevils has the right to reject trekkers who do not meet our eligibility requirements at the base camp

Cancellation Policy

Life is unpredictable and we understand that sometimes you have to cancel or change your trip dates and it is our endeavor to make it as easy as possible for you. However, please understand that 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 the programme. Keeping that in mind, our cancellation charges are as below –

Cancellations prior to 30 days from the start of the event: **Get a monetary refund with 15% of cancellation charges.**

Cancellations between 30 days and 15 days to the start of the event: 50 % refund as cash.

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

Cancellations will be accepted only by email.

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 or any other circumstances that make the event inadvisable. In this case, we will refund 50% of the event fees.

Itinerary Changes & Trip delays:

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

CONTACT US



+91-6398989097, 9557055210



www.himalayandaredevils.com



himalayandaredevils@gmail.com