

# VALLEY OF FLOWERS

# TREK

**5N / 6D | From Rs. 10500/- PP**

# SHORT ITINERARY

**DAY 1**

Rishikesh – Govind Ghat

**DAY 2**

Govind Ghat – Ghangria

**DAY 3**

Ghangria – Valley of Flowers and Back

**DAY 4**

Ghangria – Hemkund Sahib and Back

**DAY 5**

Ghangria – Govind Ghat

**DAY 6**

Govind Ghat – Rishikesh



## TRIP HIGHLIGHTS



5N / 6D



**Max Altitude**  
**3858M**



**Uttarakhand**



**Moderate To**  
**Difficult**



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# TREK DATES

July 2024

6, 13, 20, 27

Aug 2024

3, 10, 14, 17,  
24, 26

Sep 2024

1, 7, 14

TRAVEL

TIME



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## DAY 1 - RISHIKESH TO GOVIND GHAT

It is best to reach Rishikesh the previous night. There are plenty of state-run buses and shared taxis that will take you from Rishikesh all the way to Govindghat. These buses/taxis leave from Dehradun between 5-8am. Alternatively, you can hire a private taxi from Rishikesh to Govindghat. Travel time from Rishikesh to Govindghat is 12-14 Hours. Book your Stay in Guest House/Hotel in Govindghat/Joshimath for the night prior to trek.



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## DAY 2 - GOVIND GHAT TO GHANGRIA (13KMS)

The trek traditionally starts from Govindghat but these days there is a possibility to reach Pulna and save a 3 Km hike from Govindaghat. However, the movement of taxis till Pulna is restricted and permits are given to an only limited number of vehicles. If you have a permit, then you can start from Pulna else start from Goindghat. The route from Govindghat to Pulna is on the tarmac and the gradient is easy. From here, take the well-marked cemented trail after crossing the bridge on river Alakhnanda. Govindghat has a Gurudwara & few hotels where one can stay. The trail to Ghangaria is usually crowded with the pilgrims who are headed for Hemkund Sahib. There are trees of Apricot alongside the trail. The entire trail to Ghangaria winds along the river with cascading waterfalls & natural water springs which present a very refreshing sight. It takes about 6 hours to reach Ghangaria which is a small village lined with food joints & a Gurudwara. Stay overnight in Guest house/hotel in Ghangaria.



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## DAY 3 - GHANGRIA TO VALLEY OF FLOWERS AND BACK (10 KMS)

The trek to the Valley of Flowers from Ghangaria offers a picturesque journey through nature's bounty. Starting early allows for ample time to explore the valley's beauty. The trail initially is relatively flat until reaching the Pushpawati bridge, where a steep climb of about 1.5 kilometers leads to the valley itself. Once there, you'll be greeted by a mesmerizing display of rare wildflowers, including Geranium, Marsh Marigold, Prinula, and many others, some with medicinal properties.

Walking around 10 kilometers in the valley, you'll be surrounded by a carpet of vibrant colors, with snow-capped peaks visible in the distance. The Pushpawati stream, fed by numerous tiny streams and waterfalls, adds to the enchantment of the place. The trek is moderately easy, allowing time to relax and appreciate the surroundings, perhaps by dipping your feet in the stream.

Camping in the valley is not allowed, so after soaking in the beauty, you'll need to trek back to Ghangaria along the same route. Overnight accommodation awaits at your hotel in Ghangaria, ensuring a comfortable end to your day's adventure.



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## DAY 4 - GHANGRIA TO HEMKUND SAHIB AND BACK (10 KMS )

Today's trek is beautiful but the same time steep & arduous. The altitude is on the higher side & weather can be pretty unpredictable. The months when this trek is done are peak monsoon months and rains can get us stranded if you do not descend in time. It is advisable to start at 5 AM to have the advantage of time. It takes approx. 4 hours to reach Hemkund Sahib Lake. This lake remains frozen for 6 months. Perched at an elevation of 4,329 mts above sea level, Hemkund Sahib is the highest Gurudwara of Sikh community. Warm yourself inside Gurudwara and it is recommended to start descending before 2 PM.



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## **DAY 5 - GHANGRIA TO GOVIND GHAT (13 KMS)**

Start your trek by 6 am. It is an easy 13 km mostly downhill walk from Ghangria to Govind Ghat. At a consistent pace, you will reach Govind Ghat. Stay overnight at Govind Ghat.



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## DAY 6 - GOVIND GHAT TO RISHIKESH

We will leave for Rishikesh early morning after having the breakfast. After reaching rishikesh our trek will end.



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## INCLUSIONS

- Transportation through trek.
- Every meal beginning with breakfast on day one and continuing through lunch on last day.
- Staff consisting of a professional guide, a chef, and support team.
- Equipment for trekking, such as tents, toilet seats, sleeping bags, crampons etc..
- Fees required to enter the forest.
- Accommodation throughout the trek.
- Medical kits.
- All necessary permits.
- Achievement Certificate.

## EXCLUSIONS

- 5% GST (Service Tax).
- Personal expenses like tips, food from stalls during trek.
- Backpack offloading charges additional (300/ Per Day / Per Bag).
- Anything apart from the inclusions.



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## TERMS AND CONDITIONS

- Trek will be booked only after the booking amount.
- Payment to be made by Bank Transfer/Cheque/DD in favor of Himalaya Tribe
- Payment for this trip will not be adjusted against any future trip

## CANCELLATION POLICY

- The cancellation policy is based on the original booking time and original start date of the trek.
- Cancel before 30 days of trek start date and get full refund
- Cancel before 15 days of trek start date and get refund after deduction of 20% of total trek fee.
- Cancel before 10 days of trek start date and get refund after deduction of 40% of total trek fee.
- Cancel before 5 days of trek start date and get refund after deduction of 60% of total trek fee.
- Trek fee is non-refundable if you cancel within 4 days before trek start date.



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