



VALLEY OF FLOWERS

Trek



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ABOUT VALLEY OF FLOWERS TREK

The Valley of Flowers trek is a beautiful journey into the heart of the Himalayas. This trek takes you through a vibrant valley filled with a variety of colorful flowers, set against the backdrop of towering mountains. The Valley of Flowers is a UNESCO World Heritage site and is known for its stunning natural beauty.





BRIEF ITINERARY



DAY 1

Drive from Haridwar to Joshimath



DAY 2

Joshimath to Govindghat-Pulna and trek to Ghangharia



DAY 3

Ghangaria to Valley of Flower and back



DAY 4

From Ghangaria to Hemkund Sahib and back



DAY 5

Ghangaria to Govindghat and Drive to Joshimath



DAY 6

Joshimath to Haridwar drive





DAY 1 : DRIVE FROM HARIDWAR TO JOSHIMATH

We'll start our journey from Haridwar, picking up hikers from the Haridwar train station, Rishikesh, and Badrinath as we head to Joshimath via the Badrinath road. The 9-hour drive will offer stunning landscapes, so have your camera ready to capture the breathtaking views. Along the way, you'll pass four of the Panchprayag—Devaprayag, Rudraprayag, Karnaprayag, and Nandaprayag. Enjoy the scenic beauty and keep your eyes wide open for unforgettable sights!





DAY 2 : JOSHIMATH TO GOVINDGHAT-PULNA AND TREK TO GHANGHARIA

After breakfast, we'll drive 22 km from Joshimath to Govindghat, arriving around 8 AM. We'll then proceed to Pulna, 4 km away, and start a 9-kilometer trek, crossing Pushpawati creek. Along the route, you'll find shops offering snacks and refreshments. The trek to Ghangharia is on a stone-paved path, passing Bhyundar village with views of Hathi Parvat. After a lunch break, you'll continue on a more challenging trail, reaching Ghangharia by evening at 3,000 meters (10,000 feet). Enjoy the scenic views and unique birdlife before settling into the guesthouse for the night.





DAY 3 : GHANGARIA TO VALLEY OF FLOWER AND BACK

Wake up early and have breakfast by 7:00 AM for an eventful third day. We'll hike from Ghangaria to the Valley of Flowers and back. The 4 km trek to the valley will lead you through peaceful, stunning landscapes. The valley itself is 6-7 km long, with the distance you explore depending on your stamina and choice. After 30 minutes, you'll pass a forest check post, and shortly after, you'll see Laxman Waterfall. A 20-minute forest walk brings you to the Pushpavati River, offering picturesque views. The path is steep and stone-paved throughout.





DAY 4 : FROM GHANGARIA TO HEMKUND SAHIB AND BACK

After a hearty breakfast, we'll start our hike to Hemkund Sahib, situated above the tree line at a high altitude. The well-marked, broad path is frequented by many seeking blessings. Along the way from Ghangaria, you'll find tea stalls and dhabas. As you approach 4,000 meters, you'll see Brahma Kamal flowers. The ascent is steady and takes about 3-4 hours. Hemkund Sahib is the highest gurudwara in the world and a significant Sikh shrine.





DAY 5 : GHANGARIA TO GOVINDGHAT AND DRIVE TO JOSHIMATH

After breakfast, you'll descend to Govindghat and then drive back to Joshimath. If road and weather conditions permit, we may also visit Badrinath, which is 25 km away and takes about an hour to reach. On the fifth day, you'll trek from Ghangaria to Govindghat, a simple walk with stunning views of the landscape. Once in Govindghat, we'll proceed to Badrinath if conditions allow, offering scenic views of waterfalls and a beautiful river.





DAY 5 : JOSHIMATH TO HARIDWAR DRIVE

it is the last day of the vacation, you should give it your all and try to savour every moment of it. We will start our journey back to Haridwar at six in the morning, with the goal of arriving there between six and seven in the evening. Only when you are in transit will you be offered breakfast in addition to lunch. Around 8 o'clock in the evening, all of the trekkers will be able to make their appointments for the ride back to their respective homes.





INCLUSIONS

THINGS WHICH WE ARE INCLUDED UNDER THIS PACKAGE

- ✓ Things which we are included under this package
- ✓ Accommodation in Guest House/Camps.
- ✓ Stay is included from Day 1 to Day 6
- ✓ All meals from dinner at Sankri on Day 1 to Dinner on Day 6 are included. We provide delicious, nutritious vegetarian food on all days of the trek. All trekking permits and forest camping charges are included.
- ✓ High-quality tents, sleeping bags, ice axes, microspikes, gaiters etc. as required.
- ✓ First aid, medical kit, oxygen cylinders, stretchers etc. Professional Trek Leader (Mountaineering qualified), Guide, and Support staff.

EXCLUSION

THINGS WHICH WE ARE NOT INCLUDED UNDER THIS PACKAGE

- ✗ Food During Travelling
- ✗ Insurance
- ✗ Seperate Hotel Room/Tent Stay in Sankri & on Trek
- ✗ Food items purchased by individuals at local canteens on the trek or during the drive.
- ✗ Mules or porter to carry personal luggage.
- ✗ Any early return travel & stay costs or accommodation
- ✗ Except for the days as per the itinerary.
- ✗ Any expenses for medical treatment of injury or accident before, during or after the trek.
- ✗ Anything apart from inclusions

RENTAL GEARS



Trekking Stick
₹ 250



Ponchu
₹ 200



Jacket
₹ 500



Trekking Shoes
₹ 500



Head Torch
₹ 200



COSTING

Valley of Flowers Trek
Dehradun to Dehradun (6D - 5N)

₹ 10,500/-

PAYMENT DETAILS

Account Holder	VRIJMOHAN SINGH
Account Type	Savings Account
Account Number	33234028992
IFSC	SBIN0005451
Bank	STATE BANK OF INDIA MORI.





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VALLEY OF FLOWERS TREK





WHY TREK GO INDIA

Welcome to Trek Go India your gateway to adventure in the breathtaking landscapes of Uttarakhand.

At Trek Go India, we are passionate about sharing the wonders of this pristine region with the world. Founded by a team of avid travelers and outdoor enthusiasts, Trek Go India is more than just a tour company; it's a community of adventurers united by a love for exploration and a deep respect for nature.

With years of experience in organizing treks, expeditions, and outdoor adventures, we are committed to providing unforgettable experiences while promoting sustainable tourism practices and preserving the natural beauty of Uttarakhand.

 Hygienic Food on Trek

 Environmental

 Comfortable Stay

 Alues - Small Groups

 Scheduled Departure

 Sustainable Tourism



CANCELLATION POLICY

Cancellations prior to 25 days from the start of the Trip

Refund options

- 5% deduction of trek fee
- 100% cash voucher for any trip till one year
- Transfer your trek (any trek, any date) to your friend

Cancellation between 24 days and 15 days to the start of the Trip

Refund options

- 30% deduction of trek fee
- 100% cash voucher for same trip till one year
- 85% cash voucher for any trip till one year
- Transfer your trek (same trek, any date) to your friend

Cancellation between 14 days and 10 days to the start of the Trip

Refund options

- 50% deduction of trek fee
- 80% cash voucher for same trip till one year
- 70% cash voucher for any trip till one year
- Book the same trek, in the same season, with any other batch
- Transfer your trek (same trek, any date) to your friend

Cancellation less than 9 days to the start of the trek

Refund options

- No cash refund
- 20% cash voucher for the same trip till one year
- 10% cash voucher for any trip till one year
- Transfer your trek (same trek, same date) to your friend