



Best Trek For Monsoon

Vally Of Flowers

05N/06D | Rishikesh to Rishikesh



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Tour Itinerary



Day 1: Rishikesh to Joshimat

Day 2: Joshimath to Govindghat and Trek to GhangariaDay



Day 3: Ghangaria to Valley of Flowers

Day 4: Ghangaria to Hemkund Sahib

Day 5: Ghangaria to Govindghat and Travel to Joshimath

Day 6: Joshimath to Rishikesh





VALLEY OF FLOWERS

The trek to valley of flowers passes through thick forests, glacier and waterfalls on the way, along with Pushpawati River. Until 1931, the presence of this awe-inspiring valley was unknown to the world. Three British mountaineers Frank S. Smythe, Eric Shipton, and R.L. Holdsworth while returning from an outstanding expedition of Mt. Kamet stumbled upon this fascinating valley full with blooming flowers. Captivated by the astonishing beauty of this place, they named it as the 'Valley of Flowers'. Later on, Frank S. Smythe also wrote a book about this valley with the same title.

Hemkund Sahib

The Sikhs started to search for Hemkunt sahib, the "Tap Asthan" (the place of meditation) of their tenth Guru, in the late nineteenth century. The first Sikh to trace the geographical location of Hemkund was Pandit Tara Singh Narotam in 1884. The Gurudwara is situated at an altitude of 15,200 ft above sea level and is considered to be one of the highest Pilgrimage in the worl



Detailed Itinerary



DAY 1

Rishikesh to Joshimath

- **Travel:** Early morning departure to Joshimath (approx. 290 km, 10-11 hours).
- **En route:** Visit Devprayag, Rudraprayag, and Karnaprayag (confluences of rivers).
- **Check-in:** Arrive in Joshimath and check into your hotel.
- **Overnight:** Stay in Joshimath



Joshimath to Govindghat and Trek to Ghangaria

- **Travel:** Drive to Govindghat (approx. 22 km, 1 hour).
- **Trek:** Start the trek from Govindghat to Ghangaria (approx. 13 km, 5-6 hours).
- **Check-in:** Arrive in Ghangaria and check into your hotel or guest house.
- **Overnight:** Stay in Ghangaria.





Ghangaria to Valley of Flowers

- **Trek:** Start early morning trek to Valley of Flowers (approx. 4 km one way).
- **Explore:** Spend the day exploring the valley, enjoying the stunning array of flowers, streams, and scenic views.
- **Return:** Trek back to Ghangaria.
- **Overnight:** Stay in Ghangaria.



Ghangaria to Hemkund Sahib

- **Trek:** Early morning trek to Hemkund Sahib (approx. 6 km one way).
- **Visit:** Visit the Hemkund Sahib Gurudwara and enjoy the serene Hemkund Lake.
- **Return:** Trek back to Ghangaria.
- **Overnight:** Stay in Ghangaria



Ghangaria to Govindghat and Travel to Joshimath

- **Trek:** Trek back to Govindghat.
- **Travel:** Drive back to Joshimath.
- **Check-in:** Arrive and check into your hotel.
- **Relax:** Evening free to relax and explore Joshimath.
- **Overnight:** Stay in Joshimath



Joshimath to Rishikesh

- **Travel: Depart for Rishikesh (approx. 290 km, 10-11 hours).**
- **Transfer to railway station for onward journey**

***End of a Beautiful Tour**



VALLEY OF FLOWERS

● Location:

Situated in the Chamoli district of Uttarakhand, India.
Part of the Nanda Devi Biosphere Reserve.

● Altitude:

Ranges from 3,200 to 3,600 meters (10,500 to 11,800 feet)
above sea level.

● Best Time to Visit:

Mid-July to mid-August, when the flowers are in full bloom.
The park is open from June to October.

● Flora:

Known for its diverse range of flora including endemic species
and medicinal plants.

Notable flowers include Blue Poppy, Cobra Lily, and
Brahma Kamal

● Trek Distance:

Govindghat to Ghangaria: Approx. 13 km (8 miles) trek.
Ghangaria to Valley of Flowers: Approx. 4 km (2.5 miles) one
way.

● Difficulty Level:

Moderate; suitable for trekkers with reasonable fitness levels.

● Permits:

Required and can be obtained at the park entrance in
Ghangaria.

Charges for Indian and foreign nationals vary





Hemkund Sahib

● Location:

Situated near the Valley of Flowers in the Chamoli district of Uttarakhand, India.

Located at an altitude of 4,632 meters (15,197 feet).

● Religious Significance

A Sikh Gurudwara dedicated to Guru Gobind Singh, the 10th Sikh Guru.

Also revered by Hindus as a place where Lakshmana, brother of Rama, meditated.

● Best Time to Visit:

June to October, with August and September being the peak pilgrimage season.

● Trek Distance:

Ghangaria to Hemkund Sahib: Approx. 6 km (3.7 miles) one way.

● Difficulty Level:

Strenuous; the trek involves a steep climb and requires good physical fitness.

● Lake:

Hemkund (Lake of Snow) is a glacial lake located next to the Gurudwara.

Surrounded by seven mountain peaks, each adorned with a Nishan Sahib (Sikh flag).

● Accommodation:

Basic lodging and food are available in Ghangaria.

Pilgrims can stay in the Gurudwara's dormitories in Ghangaria.





Trek Inclusion

- Transport support from Rishikesh to Rishikesh
- All vegetarian meals starting from dinner on day 1 to breakfast on the last day
- Hotel accommodation throughout the trek on a Quad sharing basis
- Professional guide, cook and support staff
- Forest entry charges for Indian nationals
- All Tolls and tax

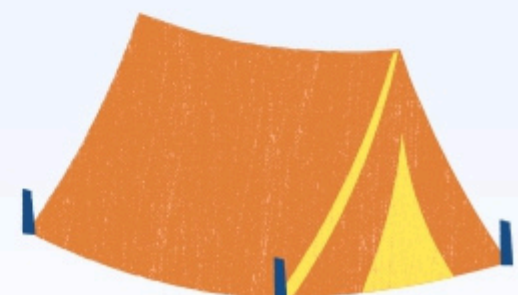
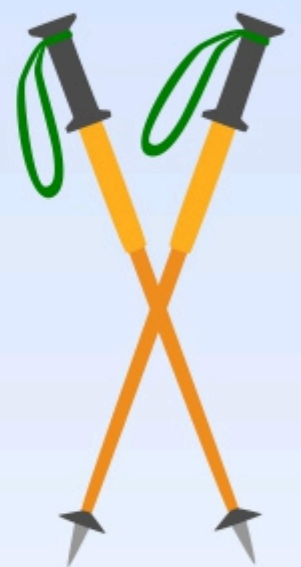
Trek Exclusions

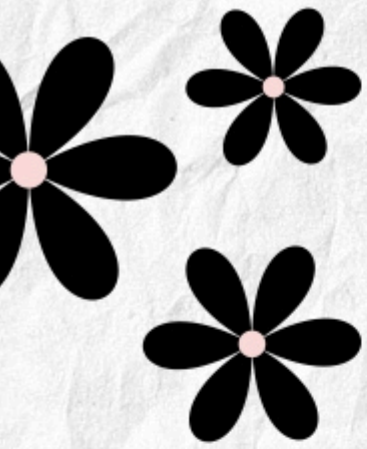
- Personal expenses like tips, personal medicines, phone calls etc.
- Any transport support during the trek apart from what is included above
- Any cost or services not mentioned in the Inclusions
- Cost arising due to unforeseen incidents like bad weather, medical evacuation, road blocks etc
- Porter/mule charges to carry personal luggage can be arranged at an additional cost



Packing List

- Backpack (Min 55 Ltrs with rain cover)
- Day backpack (20 – 30 Ltrs)
- Floaters or Sandals
- Trekking Shoes
- 3 Quick Dry Tees
- 2 Track Pants
- 3 Pair of Cotton Socks
- 1 Pair of Woolen Socks
- 1 Poncho
- 1 Heavy Jacket
- 1 Pair of Thermal
- Quick-dry towel
- Windproof Jacket
- Woolen Cap
- Gloves
- Sun Cap
- 1 Scarf or Balaclava
- Lip Balm
- Cold Cream & SunScreen (SPF 40+)
- Antibacterial powder
- Water Bottle 1 Ltr. (Reusable)
- Headlamp or torch
- Basic Lunch Box with a spoon
- Bag for all your Toiletries
- Personal Medication & Basic Medical Kit
- Dark Sunglasses
- Trekking Pole
- Mobile charger / Power bank
- Documents (Aadhar Card/ Driver License)
- Travel Laundry Bag
- Camera





Notice:

- Vehicle will park in parking area of monument, and after parking area you will have to go by walk.
- Transport AC will not work in hills.
- If Vehicles does not ship to Monument due to Road block of any natural disaster then booking amount will not decrease or Refund

Note Point:

Kindly Carry One Photo id (original) with 3 or 4 Photocopy and 2 Passport size Photograph during this trip.

Kindly deposit 50% of Total booking amount at the time of confirmation by Cash /Drafts. Rest 50% will deposit in cash/ Draft 7 days before start Trip





Total costing

Haridwar / Rishikesh - 9999/- Per Person

Joshimath/Govindghat 7,999/- Per Person

BOOK NOW @ INR 3000/-



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