

# Valley of Flowers

INR 9,500/- | 6 Days

Trek | Meal | Stay | Transport



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# Valley of Flowers – Key Facts



Haridwar to Haridwar



6 Days



Easy



Total Trek Length – 36 Km



Max Altitude – 14,800 Ft / 4390 M



Min 3°C & Max 15°C



Fixed Departure – 01 Aug, 07 Aug & 14 Aug



INR 9,500/- per individual

*Customize Dates & Tailor Made package  
available for Minimum Group of 6.*



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# About the Place

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Lying near Badrinath, in the Chamoli district of Uttarakhand, Valley of Flowers is a spectacular photogenic national park that graces the Western Himalayas.

The Indian Government declared the Valley of Flowers as National Park in 1980. Later in 2002, it was recognized as a UNESCO World Heritage Site for its rich biodiversity. It is also part of the Nanda Devi Biosphere. The credibility of this place makes it's in the bucket list of trekkers around the world. The valley is home to around 500 varieties of flowers including the precious and rare Himalayan Brahmakamal.



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## Trek in Nutshell

The 38 km long trek will be covered in four days. You will trek approximately 6 hours every day, gaining an altitude of 2000ft approx. daily.

One of the best off-beat locations in India is appropriate for every tourist (group/solo) to spend their vacations. **The trek suits all kinds of trekkers and an ideal one for beginners.**

Best time to trek this valley is from Mid July to Mid August when the valley blossoms with full of flowers of varied colors. The landscapes are at its best.



# Brief Itinerary

Day 1

Rishikesh to Govind Ghat, 11 Hrs Drive

Day 2

Govind Ghat to Ghangaria, 9 Km Trek

Day 3

Ghangaria to Valley of Flowers, 8 Km Trek

Day 4

Ghangaria to Hemkund Sahib, 10 Km Trek

Day 5

Ghangaria to Govind Ghat, 9 Km Trek

Day 6

Govind Ghat to Rishikesh, 11 Hrs Drive



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## **Day 1 – Rishikesh to Govindghat**

- 275 Km, 11 hours drive to Govindghat (Altitude 1900 mts /6200 ft).
- Last ATM Point will be Joshimath.
- Breakfast & Lunch on the way.
- Night Stay & Dinner in Hotel/Home Stay.
- While travelling from Rishikesh to Joshimath, you will be crossing the **Panch Prayag or the 5 confluences that make the Ganga** – Dev Prayag, Rudra Prayag, Karna Prayag, Nand Prayag and Vishnu Prayag. Witness the confluences and admire the formation process of mighty Ganga.





## **Day 2 –Govind Ghat to Ghangaria**

- After Breakfast proceed for Base Camp ie Ghangaria.
- Short drive of 4 km from Govind Ghat to Pulna Village.
- Trek for 9 km 5-6 hours, Pulna to Ghangaria (2,290m/9,800ft).
- Gradual ascent on a stone-paved path, all the way along the river.
- Packed lunch will be given. You can refill your water bottles at any of the several dhabas on the trail.
- BSNL network available at Ghangaria.
- Night Stay & Dinner in Hotel/Home Stay.





### **Day 3 – Ghangaria to Valley of Flowers & Back**

- Altitude- 3,500m/11,500ft.
- Distance- 4 km, each way. Trek Time- 7 hours.
- Packed lunch will be given, no food available in the valley.
- Night stay & Dinner in Hotel / Home Stay at Ghangaria. The 6-7 km long valley, ends with a glacier. Mixed incline till the valley followed by level walk on grassland.
- **Prominent flowers:- Blue Poppy, Snake Foil, White Leaf Hog Foot, Himalayan Rose, etc.**





## **Day 4 – Ghangaria to Hemkund Sahib & Back**

- Altitude- 4,300m/14,100 ft.
- Distance- 5.5 km, each way. Trek Time- 7 hours.
- Gradual and steep mixed ascent on a stair welled stone-paved path.
- Can refill water from road side dhabas. Hot lunch at Gurduwara langar.
- Night stay & Dinner at Hotel / Home Stay in Ghangaria.
- You will encounter a melting glacier on the way. The Hemkund Sahib lake is just below the glacier and remains frozen for six months.





## **Day 5 – Ghangaria to Govindghat**

- After Breakfast, Trek down to Pulna Village.
- Short Drive from Pulna Village to Govindghat.
- If time and weather permits, you may visit Badrinath Temple. However, not promised as part of package.
- Packed lunch will be given.
- Night stay & Dinner at Hotel/Home Stay in Govindghat.





## **Day 6 – Govindghat to Rishikesh | Departure**

- After Morning Tea/Coffee, Depart for Rishikesh.
- You'll reach Haridwar between 6 -7:00 pm.
- You can book further travel any time after 8:00 pm catering 2-3 hours for unavoidable delays.



# Inclusions

- ✓ Transportation as mentioned in the itinerary above.
- ✓ Meals as mentioned in the itinerary above.
- ✓ Accommodation - Hotel/Homestay/Tents on triple sharing.
- ✓ All necessary entry fees and permits.
- ✓ Professional trek Leader, guide, cook and Support staff
- ✓ Camping Equipment - Sleeping bags / Blankets / Mats etc (accessories required inside tents), Toilet Tents.
- ✓ Safety Equipment - Medical kit, Oxygen Cylinder, Oximeter, Crampons & Gaiters (as & when required)
- ✓ **A Life-Changing Experience**

# Exclusions

- ✗ Meals during Road Journey
- ✗ Any kind of insurance
- ✗ Mules or porter to carry personal luggage. However can be arranged at the extra cost.
- ✗ Any expense towards medical emergencies, evacuation charges etc. However, best possible assistance will be provided in case of exigencies.
- ✗ Any expense of personal nature
- ✗ Any expense not specified in the inclusion.



# Trekking Essentials & Must Haves

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- Rucksack Bag with rain cover
- Day pack
- Water Bottles
- Comfortable Clothes & Sweaters
  - Two cotton long sleeves & 2 short sleeve t shirts
  - 1 fleece jacket & 1 heavy thick/down jacket
  - 1 set of thermal innerwear
  - 2 Trekking Pants (water resistant/repellent)
  - 1 pair of Gloves
  - 2 pair of normal socks & 1 pair of warm socks
  - A Sun Cap & a Woolen Cap
  - 4 sets of undergarments
  - Towel (preferable small)
- Comfortable waterproof Trekking/Hiking shoes
- Flip Flops / Sandals
- Raincoat / Poncho
- Sun glasses with UV protection
- Sturdy walking stick / Trekking pole
- Sunscreen Lotion, Lip Balm & Cold Cream
- Personal toiletries, include toilet paper & wet wipes
- Torch / Flashlight / Headlamp (with extra batteries)
- Mobile / Camera Power Bank
- Extra Polybags to cater wet clothes and garbage if any.
- Tiffin to carry packed lunch provided during Trek.



# Who Can Trek?

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- ✓ Valley of Flowers falls into **easy category** on difficulty grading. It's one of the best trek to begin with.
- ✓ Trekkers must be fit and have sufficient stamina to run for **3 km in 30 minutes**. Or walk continuously for 5 Km without stress.
- ✓ Trekkers should be **able to carry a 7-10 kg backpack**.
- ✓ Trekker should not have Heart problem, high blood pressure, asthma, and epilepsy.
- ✓ Age limit: There is no upper age limit for trekking in India, provided you are medically fit to trek. But, it's advisable for children to be at least older than 12 years.



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# Booking Process

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- ✓ You can book the trek by **paying an advance of 30% at the time of booking.**
- ✓ Balance amount to be paid 15 days prior to the event date. Reminder mail will be sent.
- ✓ Pay the amount using following info:
  - UPI ID - **trishuladv@icici**
  - Account Holder - **Trishul Adventures Pvt. Ltd.**
  - Account No - **181405500634**
  - Bank Name – ICICI | IFSC - ICIC0001814
- ✓ After payment, please share the receipt at [info@trishuladventures.com](mailto:info@trishuladventures.com) or whatsapp at **8349002283** along with following info -
  1. Trek & Date
  2. Names of participants
  3. Number of persons



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# What's Next after Booking?

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- ✓ **Confirmation** - We will send you a email confirming your booking and will share related documents with you.
- ✓ **Dedicated WhatsApp Group** - For easy travel coordination with us and you fellow trekkers.
- ✓ **Get Fit for Trek** - You will start preparing for the trek. We will share fitness routine and will guide you in your journey.
- ✓ **Expert Support** - Our experts will share tips on what all to pack and how to pack and will also assist you on planning your journey till base camp.
- ✓ **Online Meet-Up** - You will be invited for online meet up where in you can interact with you trek leader and fellow trekkers before reaching the base camp and clarify your doubts.
- ✓ **End to End Service** - We will be with you through out the journey from assisting you to select the right trek, booking, preparing for the trek and having a lifetime experience while on trek.



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# Camp Rules

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- ✓ **Safety** - Routine health checks will be conducted at all camps to measure oxygen saturation & blood pressure. Trek leader reserves the right to exclude any trekker from climbing higher without refund if the trekker's vital readings are below accepted norms for that altitude.
- ✓ **Authority of Event Leader** - You have to abide by the authority of the trek leader, who represents the Company.
- ✓ **Drinking and smoking** - Smoking and drinking are strictly prohibited. Buying drugs or any illegal material is strictly prohibited, the participant will be detained and handed over to the government authority.
- ✓ **Risk Acknowledgement** - Registering for this trek is an understanding that you are aware of related difficulties & challenges on a high-altitude trek.
- ✓ **Emergency Situation** - In case of any emergency, we will take necessary measures for your return to the base camp. A staff will accompany you. He may not be some trained personnel. Doctors do not go along with a team. Our trek leaders are trained to administer first aid and know how to deal with issues related to the mountains.
- ✓ **Non – Liability** - Trishul Adventures Pvt Ltd will not be liable to settle any claim and can't be held accountable for any loss or damages or injuries or death resulting from the inherent risks. It is your responsibility to familiarize yourself with customs, weather conditions, physical challenges, and laws.
- ✓ Click here to read our detailed [Terms of Services](#).



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# Cancellation Policy

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- ✓ For any avoidable/unavoidable reasons, you wish to cancel your bookings, please write a mail to us at [info@trishuladventures.com](mailto:info@trishuladventures.com).
- ✓ Cancellations up to 15 days from the start date – Full refund (minus 5% transaction cost). The amount will be transferred to the account from where the transaction was made.
- ✓ Cancellations during last 15 days from event date – Full refund in form of a Trishul Adventures Trek Voucher valid for 1 year from date of issue for any trek with Trishul Adventures.
- ✓ Cancellation or no show on the start day - Unfortunately, no refund.
- ✓ Read the detailed policy here - [Cancellation Policy](#)



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# Why Trishul Adventures?

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**Experienced Team** – Our trek leaders, guide & local support team are skilled and well experienced to handle challenges to come through.



**Your safety Our Priority** – Our trek leaders, guides are professionally qualified and trained to keep you safe and be prepared to handle unexpected.



**Value Pack** – We provide end to end services. Our cost is inclusive & has no hidden charges. The price you see is the price you pay.



**Small Group** – Max 15 in a batch. Small group allows us to offer personalized service & allow you to enjoy the beauty as an insider.



**Outstanding Service** – We deliver what we promise. And we make sure that one of us is always there with you to assist with anything that comes up.



**Owned & Operated by Trekkers** – We are a team of trekkers who have turned their profession into passion. You'll always find us by your side.



**Eco Friendly Approach** – We follow eco-friendly practices to ensure sustainable tourism. We aim to leave nothing but our footprints on the mountains.



**Support Local Development** – We endeavor to contribute towards rural development by empowering locals through employment & business.





**06**  
**STATES**

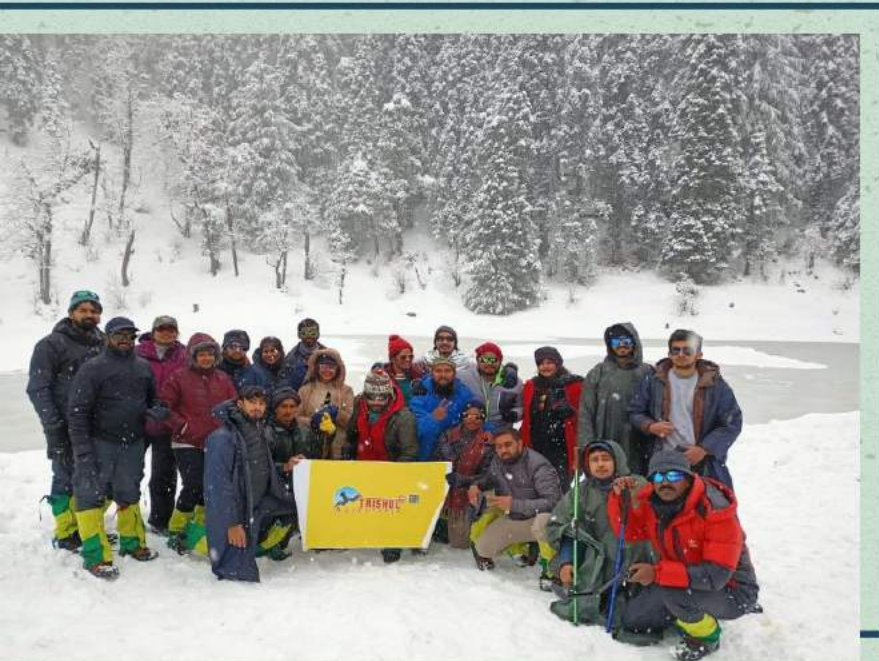
**250+**  
**HAPPY TREKKERS**

**12**  
**TREKS & TRAILS**

**390+**  
**DAYS IN MOUNTAINS**



**5 STAR RATING ON GOOGLE  
WITH 35 REVIEWS**



*Adventure  
Time* →

Click here to Stay  
tuned with us.







Invest in unforgettable travel experience.

Book Your Adventure trip Now..



**No Hidden cost**

You pay the price you see. No extra cost as we have very inclusive package.



**Zero Cancellation fee**

You won't lose anything in case you have to cancel the trek for any reason.



**Best Price Guarantee**

Best price for the services and the experience we deliver.



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