

UTTARAKHAND

Valley of Flowers Trek

Overview

Region: - Govindghat

Duration: - 5 Days

Grade: - Easy

Max Altitude: - 4389 mts. Approx.

Trekking Km: - 37 Kms.

Cost: - ₹10,000+ 5% GST.

Add-ons-

- 450/mandatory insurance
- 2,500 Rishikesh to Rishikesh
-

AdvenThrill

Brief Description

Valley of flowers trek has gained a lot of popularity in recent years. The Idea of watching a valley flooded with flowers of all variety and colors can be tempting for any nature lover. The local folklore also complements the aura of this valley. They go to the extent that at times the scent of flowers can be so strong that the visitors fall unconscious. We haven't experienced anything like this but it definitely has some truth in it. Considered as one of the most beautiful Valley treks in the Himalayas, the valley is studded with some of the most colorful, beautiful and pristine flowers there is. Depending on the season, the flowers display a unique array of colors and patterns that will leave you spellbound. It was declared a national park in 1982 and it is also a UNESCO world heritage site. The trek to Valley of Flowers will also allow you to trek to the religiously significant Hemkund Sahib, a gurudwara nestled at a staggering height of 14,000 FT. The chance to include a trek with spirituality and scenic beauty is glorious. The best time to visit Valley of Flowers is between July and August when the wildflower blooms are the most vibrant of any found throughout India in the rest of the year. We recommend that you should do Valley of flowers trek yourself i.e. without any trek operator's help as the logistics of the trek are very simple and can be easily done by any trekker - beginner or seasoned.

Itinerary

Day 1

Rishikesh - 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

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.

Day 3

Ghangria to Valley of Flowers and back (10 Kms)

After breakfast trek to Valley of Flowers from Ghangaria. Start early to have more time at hand when you are in the Valley. After walking on the relatively flat trail till the bridge where we cross Pushpawati, the climb to the valley is steep. Fortunately, the climb is only around 1.5 Kms long before the valley dawns upon you. The valley is an enchanting sight with an impressive array of rare wildflowers. Some of the technical names of flowers found here are : Geranium, Marsh marigold, Prinula, Potentilla, Geum, Asters, Liliium, Ranunculus, Corydalis, Inula, Braham kamal, Campanula, Pedicularis, Arisaema, Morina, Impatiens, Bistorta, Ligularia, Anaphalis, Saxifrages, Sibbaldia, Thermo- psis, Trollius, Codonopsis, Dactylorhiza, Cypripedium, Strawberry, Epilobium, Rhododendrons and numerous others. Most of the flowers have medicinal values too. We will walk for about 10 Kms in the Valley. The valley is normally carpeted with flowers of an array of colors: Green, Blue, Yellow, Red. In the far distance, you can see snow clad peaks. One of the attractions of the valley is a refreshing stream named Pushpawati, into which several tiny streams and waterfalls merge. Since the trek is fairly easy you will have sufficient time to relax & absorb the beauty of this wonderful place. Soak your feet in the stream & enjoy the sight. Camping in the Valley is not permitted so you will have to trek back to Ghangaria retracing the same route. Stay overnight at your hotel in Ghangaria.

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.

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 by 11 am. You may choose to leave to Dehradun immediately or stay overnight at Govind Ghat and depart to Dehradun the following morning.

Cost Terms

Inclusions: -

1. Accommodation. (Guesthouse, Homestay from day 2 to day 4)
2. Meals while on trek (Veg. + Egg) from Breakfast on Day 2 to Lunch on Day 5.
3. All necessary entry fees and permits.
4. First Aid Medical Kits and Oxygen Cylinder.
5. Mountaineering qualified & professional Trek Leader, Guide, Cook and Support staff.
6. Porters/mules to carry central equipment.

Exclusions: -

1. Food during the transit.
3. Mules or porter to carry personal luggage.
4. Anything not specifically mentioned under the head Price Includes.
5. Any kind of emergency evacuation charges
6. Any kind of personal expenses.

Note: Normally Adventrill expect to carry your personal luggage on your own, if you wish to offload your backpack, you can give it to Mule.