

**Package :** Valley of Flowers Trek

**Package Code :** TR316037

**Price :** 10500(Price Per Person)

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# Valley of Flowers Trek

(5 Nights / 6 Days)

Price: 10500(Price Per Person)



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## Day: 1:



## Day: 2: Joshimath/Pipalkoti to Pulna (22 Kms, 1 hour Drive) | Trek to Ghangaria (9 Kms, 5 Hrs trek)



- After early morning breakfast, a small briefing session would be provided where all the necessary details about the Valley of flowers trek would be shared. After which, we will head towards Pulna which is the starting point of this trek.
- Upon reaching Pulna, which is 22 kilometers from Joshimath/Pipalkoti, we will start trekking toward Ghangaria village which is nestled at an altitude of 9,800ft. It takes almost five hours to reach the hotel and you are walking along the river for the most part of the trek. Dhabas and shops line the trail, making it easier for trekkers to refill their water bottles and

get refreshments as well.

- The trail soon becomes tabular, signifying that you are about to reach your destination. Upon reaching Ghangaria village, we will stay in the village and have dinner before retiring for the night.

### Day: 3:

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### Day: 4:Ghangaria to Hemkund Sahib (14 Kms, 9 Hrs) | Back to Ghangaria

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- After breakfast, we will head out for a trek to the Hemkund Sahib, which is the world's highest Gurudwara at an altitude of 15,200 ft. You gain an altitude of 4,000ft in just seven hours.
- The trail is steep and consists of a stone-paved uphill route making this part of the trail harder to walk upon. However, some porters and mules will offload your baggage for you, and shops lining the trail make it easier for you to get refreshments as well.
- Upon arrival, we will pay our respects at the Hemkund Sahib Gurudwara and visit the Hemkund Sahib Sarowar as well. You

will get to glimpse at the Saptarishi peaks and experience spiritual peace on the premise.

- Sip on hot piping chai and devour the khichdi that is served in the Gurudwara. Afterward, we will descend to Ghangaria again where we will spend the night after having dinner.

## **Day: 5:Ghangaria to Pulna (9 Kms, 5 Hrs) | Drive to Joshimath/Pipalkoti (22 Kms, 1 hour Drive)**

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- After early morning tea and breakfast, we will prepare for our descent to Pulna.
- The descent is the easiest part of the trek and soon you will reach the base. From here on we will drive back to Joshimath/Pipalkoti .
- Upon arrival, we will check into our designated lodgings where we will have dinner and spend the night.

## **Day: 6:Joshimath/Pipalkoti to Rishikesh (253 Kms, 8 Hrs drive)**

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- Post breakfast, we will start the return journey to Rishikesh and will reach there by evening.
- The group will disassemble and part ways with fond memories.
- End of tour.

Short summary of your Valley of flowers trek:

In this Valley of Flowers trek, you start your journey from Rishikesh to Joshimath/Pipalkoti with the latter being situated at an altitude of 6,200 ft. Though the drive is long, it is in no way boring as you get to witness the beauty of the Panch Prayags on your way along with the picturesque Chamoli and Srinagar districts of Uttarakhand as well.

A market area line Joshimath/Pipalkoti, making it lively and giving it a vibrance that you'd enjoy. Mobile network and connectivity are also available in Joshimath/Pipalkoti.

You'd be spending a night here before embarking on the Valley of flower trek.

The next day you'd be driving to Pulna village which is the starting point for the Valley of flower trek. Gradual ascent on rocky paths will lead you to Ghangaria village after almost 5 hours of trekking during which you will attain an altitude of 10,000ft. All along the Pushpawati river would be flowing alongside you on the 9-kilometer uphill route.

Since many shops and dhabas are present on this trek route, you will have plenty of resources to get refreshments from and to rest between treks. There are stairs for convenience as well as many pilgrims take this route to go to the Hemkund Sahib. Upon reaching the village, you can stay at guest houses.

The distance from Ghangaria to the Valley of Flowers is 4 Kilometers and this part of the trail in the Valley of Flowers trek comes under the easy category because of the flat walk towards and through the valley.

In this itinerary of the Valley Of Flowers trek you attain an altitude of 15,200 ft spread across a stretch of 42 km. During the course of five days, your trekking hours last up to 6 hours and you gain an average altitude of 2000ft every day.

The entire valley stretches like a carpet that is a blend of different hues with green, yellow and pink being the most prominent ones. The mountains overlook the valley adding more charm to the picturesque scenery in front of you. Colorful blossoms of more than 300 species spread across the valley ending only after 5 kilometers at a glacial point.

The valley of flowers trek is an easy to moderate trek that offers rare access to the Himalayan ranges in Uttarakhand. The valley itself is about 2 km wide and 8 km long. The temperature on the Valley of flowers trek usually stays somewhere between 5 to 20 degrees celsius with chances of rainfall while trekking as the clouds are almost thick over the valley.

The trekking from Ghangaria to Hemkund Sahib is the hardest part of the trek, making the difficulty level of the Valley of flower trek increase from easy to moderate because of the altitude gain as well as the steep ascents. However, the commencing of the trek ending with the peaceful chants at Hemkund Sahib makes all the efforts more worth it.

The beauty of the valley of flowers trek lies not just in the flowers but the fact that people from all over the country, as well as the world, find something or the other captivating enough in the trek.

The best time to do the Valley of flowers trek is when spring arrives because only then do you get to see most of the flowers that adorn the vast expanse of Greenlands, making the trekking experience worth it.



## Inclusions

- **Accommodation:** 2 Nights of Accommodation in a hotel in Joshimath, and 3 Nights of Accommodation in a hotel in Ghangaria on a Triple/Quad Sharing basis.
- **Transportation:** Surface transfer from Rishikesh to Rishikesh
- **Meals:** All Veg meals from Day 1st Dinner to Day 6th breakfast.
- **Snacks:** Morning / Evening Tea / Coffee with light snacks.
- **Trek Leader:** Qualified and Experienced Trek leader and support staff.
- **Permits:** All necessary fees and permits.
- **Safety Equipment:** Basic First Aid kit with Oximeter and Oxygen Cylinder.
- **Guide ratio:** 1:10



## Exclusions

- Meals during transit.
- Insurance of any kind.
- Any fees and permits (For Foreigners).
- Unscheduled delay due to a landslide.
- Charges for Hot water at Ghangaria (Rs 60 per bucket)
- Cost Escalation due to "Force Majeure and Evacuation charges".
- Anything not mentioned explicitly in the above program.

- **Note:** You can apply for travel insurance prior to the trek.



## Terms And Conditions

### Cancellation Policy

#### Treks

Up to	21 Days	21-15 Days	14-8 Days	7-0 Days
Batch Shifting				
Cancellation Charges	Cancellation Free	25% Deducted	50 % deducted	100 % Deducted
Booking Amount	Refunded in mode of Credit Note with Lifetime Validity	No Refund	No Refund	No Refund
Remaining Amount	Full refund	Partial Refund	Partial Refund	No Refund

## Payment Policy

### Treks

Up to	21 Days	21-15 Days	14-8 Days	7-0 Days
Batch Shifting				
50% Payment	Optional	Compulsory		
75% Payment	Optional	Optional	Compulsory	
Full Payment	Optional	Optional	Optional	Compulsory



### Extra Activity

- **Backpack (Min 55 Ltrs with rain cover):** You must pick a good quality backpack with a comfortable fit and straps that won't give you shoulder pain. You can check out your nearest Decathlon store for a good trekking backpack.
- **Day backpack (20 – 30 Ltrs):** When you head towards the summit, you are required to carry only a few necessary items and for that, you need a day backpack as you will leave your bigger one on the campsite.
- **Floaters or Sandals:** Although the entire trek requires a good quality shoes, you still need to let your feet breathe to avoid chafing and blisters. When you are at the camp, a good pair of sandals and floaters will help you to move freely.



- **Trekking Shoes:** A good trekking shoe is comfortable, provides ankle support, and has a good grip as well. They shouldn't be chunky, instead, they should be lightweight and sturdy.
- **3 Quick Dry Tees:** You must keep at least three pairs of quick dry tees so that you can wash them in between stops for proper hygiene.
- **2 Track Pants:** A good pair of track pants made of polyester will let your skin breathe. They're lightweight, dry easily, and comfortable to walk around in. You can easily avoid chafing and rashes by investing in a good pair of track pants.
- **3 Pair of Cotton Socks:** Cotton socks are extremely comfortable to move around in and are lightweight as well which is why you can always count on a good pair of cotton socks while trekking. However, keep in mind to change them and avoid wearing them when they are wet.
- **1 Pair of Woolen Socks:** A good pair of woolen socks, especially merino, are comfortable, limit odors and provide adequate insulation from the cold so you can wear them at night.
- **1 Poncho:** A poncho is an evolved form of a raincoat that provides coverage to your body as well as your bag and ensures total water protection from the rain.
- **1 Heavy Jacket:** It's emphasized that you need to carry proper layers so you can avoid getting cold which is why you need to carry a heavy jacket that you can put on over your other clothes.
- **1 Pair of Thermal:** Thermal is a piece of garment that helps in keeping your body warm in cold temperatures. It is a necessary item that you need when going on a high-altitude trek.
- **Quick-dry towel:** A quick-dry towel will help in maintaining proper hygiene. It must dry quickly because the wet fabric will only increase the chance of bacterial growth.
- **Windproof Jacket:** As you ascend toward high altitude, you get hit by chilly winds and a windbreaker jacket is designed to resist them. They are lightweight and are made of synthetic fibers.
- **Woolen Cap:** A woolen cap will help prevent cold when you ascend to high altitude. You can also cover your ears to avoid any pain and discomfort you might face when going to high altitudes.
- **Gloves:** Insulated gloves help in maintaining proper body heat in your hands and also provide a better grasp on trekking poles.
- **Sun Cap:** A lightweight sun cap with side flaps is perfect to keep your head cool and avoid sunburns on a sunny day.
- **1 Scarf or Balaclava:** Along with sun rays and chilly winds, you also get hit by dirt and grime during treks which is why it's important to carry a scarf or balaclava so you can cover your face when needed.
- **Lip Balm:** Your lips can become chapped due to the harsh cold winds so it's important to keep them moisturized.
- **Cold Cream & SunScreen (SPF 40+):** To avoid sunburns and chafing, you need to put on sunscreen as well as cold cream.
- **Antibacterial powder:** To avoid rashes that develop from bacterial infestation in your armpits and other parts of your body.
- **Water Bottle 1 Lt.:** Hydration is extremely important when it comes to trekking. Carrying a water bottle that you can refill with Himalayan water is a must.

- **Basic Lunch Box with a spoon:** On treks, we often give packed lunches which you'll need to carry in a lunch box.
- **Headlamp or torch:** You can't rely on moonlight when you are in the mountains. A torch or even a headlamp with a fresh pair of batteries is always a good idea to bring along.
- **Bag for all your Toiletries:** A bag with all your essentials including napkins, toothpaste, sanitizers, paper soap, etc should be carried in a ziplock bag.
- **Personal Medications and basic medical kit:** A few cuts and bruises are almost inevitable when you are on a trek so carrying a medical kit with bandages, Dettol, etc is necessary.
- **Dark Sunglasses / People who use spectacles (Use Photochromic glasses instead of contact lenses):** Photochromatic glasses are specs that are designed to transform into anti-glare shades depending upon exposure to the sun. They are good when it comes to eye protection but one can also opt for clip-on glasses etc.
- **Trekking Pole:** The trekking pole assists in more than one way. It saves energy while also providing stability and helps you to maintain proper balance.
- **Documents:** Identification proofs like Aadhar Card, and driver's License.
- **Mobile charger / Power bank:** Apart from some of the basecamps, you won't get electricity in the Himalayas, and hence it is advisable to carry at least two charged power banks in case of emergencies.
- **Travel Laundry Bag:** In case your clothes get wet or your garments don't dry, you can carry them in the bag and keep them separate from your dry clothes.
- **Camera:** This should be obvious. To make sure that you get to capture all the great moments from your trek. Make sure that you have enough storage and some extra batteries as well.

## Travelcorp Journeys Pvt. Ltd

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