



HIMALAYA TREKKERS

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TREK TO

VALLEY OF FLOWERS

AND

HEMKUND SAHIB

TREK HIGHLIGHTS

- ♦ **DURATION** : 4 days of trekking | 6 days long trip from Haridwar to Haridwar
- ♦ **PREREQUISITE** : No prior trekking experience required | Ideal for Beginners
- ♦ **GRADE** : Easy
- ♦ **PHYSICALITY** : 5.5/10
- ♦ **TRAIL LENGTH** : ~50 km
- ♦ **HIGHEST POINT** : Hemkund Sahib (~ 4160 m / 13650 ft.)
- ♦ **SEASONS** : June to September (Best in July and August)
- ♦ **FURTHER OPTION** : Trek to Bhyunder Khal (Difficult) or Kagbhusandi Tal (Moderate)
- ♦ **ACCESS** : Trek starts and ends at Govindghat
- ♦ **RAIL STATION** : HARIDWAR (Station Code : HW)
- ♦ **AIRPORT** : DEHRADUN (Airport Code : DED), Delhi

ABOUT

The myth of the Nandankanan, met reality in 1931, when Frank Smythe, members of 1st successful Mt. Kamet expedition, accidentally discovered the Valley of Flowers. For locals the valley served as a pastoral grazing opportunity. This 10km long and 1km wide, high altitude (3200-3600m) valley is carved by glacial action of the river Pushpawati and runs east west direction along the river. Presence of about 300 species of flowers makes this a World Heritage Site and a valuable pharmaceutical resource. The valley bursts into colours, in July-August, when the alpine floras of the area, Anemone, Balsam, Angelica, Bell Flower, Brahma Kamal, Blue Poppy, Forget Me Not, Cobra Lily, and Marsh Marigold are in full bloom

ACCESS

Pickup will be arranged on request from Haridwar to Govindghat and back. The cost will be shared equally by the team members and payable directly to the driver. Sumo/Bolero charge is ₹ 6500 one way and a Tempo Travellers is ₹ 9500.

Haridwar is well connected by train from Delhi and Kolkata. Frequent regular and Volvo bus service from Delhi Kashmiri Gate ISBT.

If you want to reach Govindghat and return by public vehicle, here is how:

- Early morning bus services are available from Haridwar to Badrinath. These buses leave by 5 am. In the summer during Char Dham Yatra, buses are packed. It may take up to 14 hours to reach Govindghat. There are buses up to Joshimath, which takes 11/12 hours to reach Joshimath. Look for a shared Jeep service or book a car till Govindghat which is another 20 Km towards Badrinath. The state operated Bus terminus (referred as Roadways) is just opposite to the railway station. Privately operated buses start just 2 minutes walking from there.
- From Govindghat, board the direct bus for Haridwar/Rishikesh early morning. It will take 11/12 hours. From Rishikesh, it is only 25 Km journey to Haridwar by frequent bus service.

For more details read: <https://himalayatrekker.com/how-to-reach-haridwar/>

BRIEF ITINERARY

For detailed route information please check the following link:

<https://himalayatrekker.com/tours/valley-of-flowers-trek/>

Day 1 : Drive from Haridwar to Govindghat – 290 Km – 12 hours

Day 2 : Trek to Ghangaria – 14 Km – 7/8 hours

Day 3 : Trek to Valley of Flowers and back to Ghangaria – 12 Km – 6/7 hours



Day 4 : Trek to Hemkund Sahib and back to Ghangaria – 12 Km – 7/8 hours

Day 5 : Trek to Govindghat – 14 Km – 6/7 hours

Day 6 : Drive from Govindghat to Haridwar – 290 Km – 11/12 hours

****Arrange your train/bus tickets from Haridwar to Delhi/Other destinations on Day 6 after 9 pm***

TREK FEE AND SERVICES

◆ **TREK FEE** : ₹ XXXX per person (Govindghat to Govindghat) + 5% GST

Check the below [Valley of Flowers trek details page](#) for current **TREK FEE** and updated **COST INCLUSIONS** and exclusions:

<https://himalayatrekker.com/tours/valley-of-flowers-trek/>

*TREK FEE essentially includes everything a trekker may need during the trek and during the stay at Govindghat and Ghangaria. The details are mentioned below for understanding. Check the **COST INCLUSIONS** tab for up to date and latest information.*

Inclusions:

- ✓ 2 nights' accommodation at Govindghat (Day 1 & Day 5) in hotel/lodge on triple/quad sharing basis.
- ✓ 3 nights' accommodation at Ghangaria (Day 2, 3 & 4) in hotel/lodge on triple/quad sharing basis.
- ✓ All Meals (vegetarian meals from Day 1 dinner to Day 5 dinner) the trek consisting breakfast, hot/packed lunch, dinner with tea/coffee/soup.
- ✓ Professional trekking guide, who will be a local to this particular area and has profound knowledge of the trekking trails around.
- ✓ Porters/Packed animals to carry the central logistics of the trek.
- ✓ Permit fee for Valley Of Flowers National Park.
- ✓ Basic Medical & First Aid kit.
- ✓ Accidental Insurance Policy covering high altitude trekking tours (For Indian nationals it is included in the TREK FEE, up to 60 years of age). It covers your trek as well as your return journey to Haridwar.

Exclusions:

- × **Transportation from Haridwar to Govindghat** and back (₹ 2000 - 2400 per persons both ways for the pick-up and drop)
- × We assume that you will carry your Rucksack/Backpack including all your personal belongings. If you prefer to offload your bag and carried by horse then an additional Rucksack offloading charge (₹ 800 for Govindghat to Ghangaria and back) is to be paid. One such bag must weigh within 10 Kg.
- × Any tip/gratuity to the HT supports staff.
- × Anything that is NOT mentioned in the "Inclusions" or personal in nature.



TREK ESSENTIALS

Personal clothing and equipment are your own and we don't have any renting facility. Also it is not possible to rent any of these items once you reach the trek base.

Four things are a must for any Himalayan Trek. These are personal items and you need to bring your own.



- a) A Trekking shoe - mid/high ankle rubber sole, waterproof membrane
- b) A Rucksack (40-50 L)
- c) A Warm jacket - can be synthetic, fleece or down jacket
- d) Windproof & Waterproof jacket/clothing - outer layer

Apart from your personal clothing and shoe there are items which are must or nice to have during your trekking trip especially in the Himalayas. For a detailed instruction on list of thing to carry in any Himalayan trek, follow the link below:

<https://himalayatrekker.com/list-of-things-to-carry/>

CONTACT

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~ : happy hiking : ~