



NORTHERN HIMALAYAS



Uttarakhand
Simply Heaven!

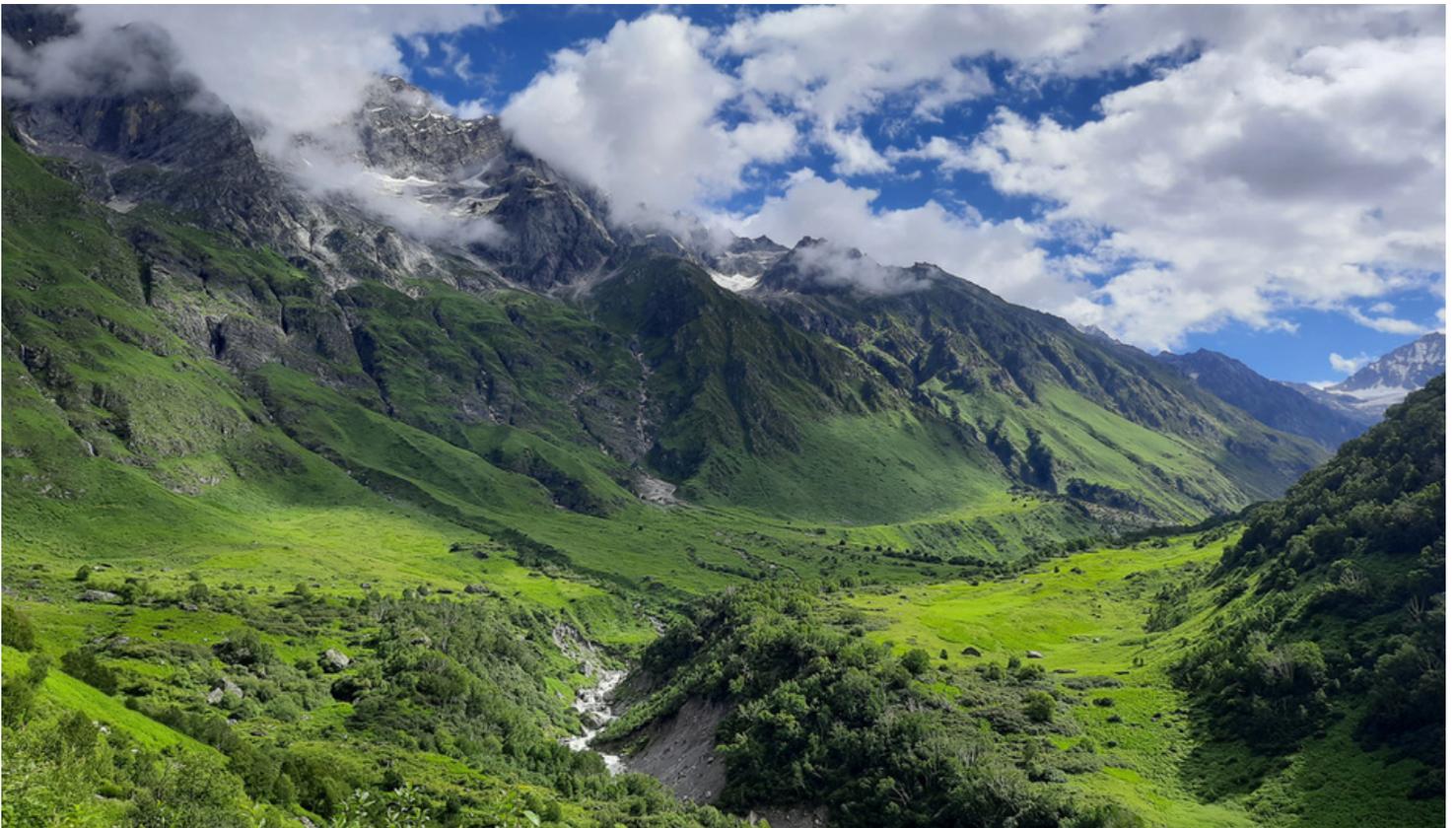
NORTHERN HIMALAYAS

Curating treks and trips the local way

Northern Himalayas : Office: - Delhi | Gopeshwar | Dehradun |

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VALLEY OF FLOWERS TREK WITH HEMKUND SAHIB



Valley of Flowers "Foolon ki Ghati" is one of those beautiful trekking expeditions that can be enjoyed during the monsoon season. It is flawlessly nestled in the West Himalayan region of Uttarakhand and lies at a lofty height of 3600 m above sea level. With an opportunity to spot the very rare blue Primula, the Valley Of Flowers trek is one of the best-known treks in the world. In 1980, Indian government created the Valley of Flowers National Park, and later in 2002, it was recognized as a UNESCO World Heritage Site



[northern.himalayas](https://www.instagram.com/northern.himalayas)



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SHORT ITINERARY

Day 1: Rishikesh - Joshimath

Day 2: Joshimath - Ghangaria

Day 3: Ghangaria - valley of flowers - Ghangaria

Day 4: Ghangaria - hemkund sahib - Ghangaria

Day 5: Ghangaria - Joshimath

Day 6: Joshimath - Rishikesh



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DETAILED TREK ITINERARY

Day 1 – : DRIVE RISHIKESH TO JOSHIMATH (260 KM / 10 HRS) Altitude: 6,150 ft

10 hours drive from Rishikesh to Joshimath. The pick-up location is Rishikesh bus stand, pick up time will be in Rishikesh at 6:00 AM. We will be passing by the 4 of the Panchprayag or the five holy confluence of Ganga—Devaprayag, Rudraprayag, Karnaprayag, and Nandaprayag. reach joshimath in the evening. overnight stay in joshimath.

Day 2 – DRIVE JOSHIMATH TO GOVINDGHAT - PULNA AND TREK 9KM TO GHANGARIA 9 km Trek [5 - 6 hrs] Altitude 9800 ft

Early Morning breakfast, later drive Joshimath to Govindghat-pulna the distance is 25km. En route, you can spot the final Vishnuprayag. We will start off on the drive in the morning after breakfast and reach Govindghat by 8 am and then 4 km drive to Pulna which is the starting point. It will be a 9 km uphill trek route along the river, Pushpawati. The entire trail will be crowded most of the time. Many snack shops selling the beverage, many more things. reach Ghangaria before evening. overnight stay in shared guest house.



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Day 3 – GHANGARIA TO VALLEY OF FLOWERS AND BACK TO GHANGARIA

Altitude- 11500 ft. || TREK- 8 KM BOTH WAY

Wake up with the stunning fluorescent views of sun rays on the mountain peaks, get refreshed to trudge again. After breakfast start your trek to Valley of flowers. The journey to Valley of Flowers is a distance of 4 km. The valley is 6-7 km long and ends with a glacier, the distance travelled in the valley depends on how the trekkers want to explore the valley. Right, when you start from Ghangaria in 30 minutes forest check post arrives. The check post might not be an attraction but right before check post, there is a gushing waterfall called Laxman waterfall. Another 20 minutes into the greenery and next furious attraction comes. At this point, the Pushpavati river flows furiously below a wooden bridge. It is quite a common yet a unique and mesmerizing capture. The trail is steep and stone paved like the previous day. You can find many bridges and landslide areas when you enter the valley. The valley is thousand times stupendous than you might have imagined. It truly makes the Himalayan peaks lively and cherishing. Blue Poppy, Snake Foil, White Leaf Hog Foot, Himalayan Rose, Meadow Geranium, Dog Flower, Hooked Stick Seed are the native flowers. These astounding colorful blossoms end after 5 km stretch at a glacier. If the weather is clear the mighty Himalayan peaks of Nilgiri Parvat, Bhyundar Khal, Rattaban, Gauri Parvat etc. in the background. Today's journey will conclude with your coming back to Ghangaria before nightfall. overnight stay in Ghangaria.



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Day 4 - GHANGARIA TO HEMKUND SAHIB AND BACK TO GHANGARIA

Distance: 12 km | Duration: 8 hours | Altitude : 14,100 ft.

Get ready early in the morning to start trekking (6 Km one way) for "HEMKUND SAHIB". One of the most revered of all Sikh Shrines, The Hemkund Sahib, the World's Highest Gurdwara, is situated at an altitude of 4,329 meters. There will be porters and mules if you wish to offload your load. The trail today will be similar to previous days stone paved and continuous ascend. There will be shops on the way where you can energize yourself. Watch out for the rare flower Brahmakamal and blue poppy that will be spotted beside pathways. The Gurdwara is placed magically beside the mirror like glacial lake Hemkund. During clear skies, one can witness the flawless reflections of the adjoining Saptrishi peaks. The lake is fed by melting glaciers of Hathi Parvat and Saptrishi peaks. Religious Laxman temple is also found near the lake. In the afternoon trek down 6km to reach Ghangaria for an overnight stay. The evening is free for rest & relaxation.





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Day 5 - GHANGARIA TO PULNA - GOVINDGHAT AND DRIVE TO JOSHIMATH.

Trek: 9 km (5 hrs) | DRIVE - 25KM

After your breakfast in the morning we descend to Govindghat and then drive to Joshimath. From this place Badrinath is 25 km away and take 1 hrs to reach. You can visit Badrinath at extranal cost, only if road and weather condition permits us.

Note : Govindghat to Badrinath is landslide prone area in monsoon time so if our leaders find that your safety is in risk due to weather condition/landslide or road blockage we shall skip Badrinath altogether and drive to Joshimath directly.

On arrival, check into hotel. Overnight stay in Joshimath.

Day 6 - JOSHIMATH TO RISHIKESH DRIVE - 260KM / 10 HRS

After morning tea depart to Rishikesh.

you will reach Rishikesh between 6.00 pm and 7.00 pm, You can book further travel any time after 7:00 pm,

- The Valley of Flowers Trek ends here, take back a mosaic of unbelievable memories with you.



INCLUSION

- Accommodation. (Guest house, Home stay, Camping)
- Meals while on trek (Veg.+ Egg)
- Trek equipment: Sleeping bag, mattress, tent , kitchen & dinning tent, toilet tent, utensils.
- All necessary permits and entry fees.
- First aid medical kits .
- Mountaineering qualified & professional trek Leader, guide and Support staff.
- Transport from Rishikesh to Rishikesh.

EXCLUSION

- Any kind of personal expenses.
- Food during the transit.
- Insurance.
- Any kind of emergency evacuation charges
- Mules or porter to carry personal luggage.
- Anything not specifically mentioned under the head.





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COST PER PERSON

RISHIKESH TO RISHIKESH	INR 8500 + 5% GST
JOSHIMATH TO JOSHIMATH	INR 6500 + 5% GST

COST FOR DOUBLE SHARING IS INR 2000 PER PERSON EXTRA.

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BANK DETAILS

Ac. Name - Northern Himalayas

Ac. Number- 50200055984102

IFSC CODE : HDFC0009516

G PAY, PHONE PE, UPI No. 9557082496



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BOOKING PROCESS

You may make this payment by UPI, Cash, Online, or NEFT. Once you done the payment kindly provide us the payment detail through an email and whatsapp. Payment procedure: To confirm your registration you need to pay at least 30% of the Trek fee as an advance and the Rest of the balance is to be paid 2 days prior of the trip. (Through Bank Transfer) alternatively, you can pay on the day of departure after meeting us. seats are booked on a first come first reserved basis.

THE CANCELLATION CHARGES ARE AS UNDER :

- 1.If cancellations are made 30 days before the start date of the trip, 50% of the trip cost will be charged as cancellation fees.
- 2.If cancellations are made 15-30 days before the start date of the trip, 75% of the trip cost will be charged as cancellation fees.
- 3.If cancellations are made within 0-15 days before the start date of the trip, 100% of the trip cost will be charged as cancellation fees.
- 4.In the case of unforeseen weather conditions or government restrictions, certain activities may be canceled and in such cases, the operator will try his best to provide an alternate feasible activity. However, no refund will be provided for the same.
- 5.No cancellations will be taken over phone calls or WhatsApp messages. Please reply to the email of the payment receipt that you received at the time of booking regarding the cancellation.
- 6.If a trek/trip cannot be completed due to natural calamity/unforeseen circumstances (like rain, snowfall, earthquake, landslides, strike, bandh, etc.). No refund would be provided.



Things To Carry

- A rucksack bag and a day pack
- 1-liter water bladder or water bottle
- A sun cap and a woolen cap
- UV protected sunglasses
- One cotton long sleeves and 2 short sleeve t-shirt
- 1 fleece jacket
- 1 heavy Thick jacket/down jacket
- 1 pair of gloves and neck warmer
- At least 2 long pants (trek pants and cargo pants are favorable)
- thermals
- 4 pairs of socks
- A small towel
- A rain jacket or a poncho
- Above-the-ankle waterproof and breathable hiking boots with
- good grip.
- Glucose powder
- Medicines for headaches, diarrhea, motion, and altitude sickness
- Dettol, Bandages & Cotton

Personal Accessories

- Toothpaste, toothbrush
- Paper soap, or sanitizer
- Sunscreen minimum of spf40,
- lip balm, cold creams
- Body spray
- LED torchlight Must Carry :
- Authentic Government ID Card
- personal toiletries, toilet paper
- trekking pole
- Power Banks



Terms & Conditions

- **Backpack carrying:** All trekkers are advised to carry their own backpacks. If for some reason a trekker is unable to carry his or her backpack, he/she can offload the same by paying an additional charge before they start the trek.
- Only Rucksack is allowed. No suitcases/trolleys will be allowed.
- Full Payment of the Trek cost must be made before the trek begins. Pending Payments may eventually lead to the Cancellation of the trek.
- No refunds shall be made towards any inclusion(s) not availed by the trekker.
- All extras are to be paid directly to the hotels/the service providers.
- Trekkers must take care of their luggage & belongings. The management shall not be responsible for any damage or any missing items along the trek.
- The time of Departure is stated & fixed. All travelers must update their status with the coordinator(s), & report at the pickup point 30 mins prior to the scheduled departure. Anyone missing the bus shall not be eligible for any refunds. We shall call you twice before the schedule departure.
- Drinking & Smoking are strictly prohibited along the tour due to health & safety concerns. If found flouting the rules, your participation on the trek will be canceled with immediate effect. Our tours involve physically demanding activities such as trekking, camping at high altitudes and we recommend for you to be in the right shape to make most of them.
- **Drop out during trek:** If for any reason a participant has to drop out from the trek on any day then We will help the trekker to reach the nearest road head.
- No act of misconduct or indiscipline shall be tolerated on the trek. We are a cordial travel community and we aspire to bring to you a hassle free and memorable experience.



Terms & Conditions

- Northern Himalayas shall not be responsible for any delays or alterations in the program or indirectly incurred expenses in cases such as Natural Hazards, accident, breakdown of machinery, weather conditions, landslides, political closure or any untoward incidents, bad road conditions, Roadblocks, or any unforeseen circumstances beyond the control of the any one. We reserve the right to make necessary changes in the schedule in the interest of safety, comfort and general well-being! In such case our company won't be held responsible for any further expenses bearable.
- We reserve the right to change any schedule in the interest of safety, comfort, and general wellbeing. In the case of coming back from the Trek without completing the trek up to the summit due to the bad weather and the excess snowfall. In that case, there will be no refund of any money. As you know we are curating this trip in the peak season so there are high chances of road blocking, route diverting, and long traffic jams so our team has full right to change the itinerary in order to complete the tour in the same amount of times. so there must be the chances of changing staying options due to the conditions which are not in our hand. In such cases, applicants will be chargeable for the amount spends on their stay and food.
- sometimes while travelling to base camp and back to rishikesh their are chances of route diverting due to closer of main road. in that case if group is choosing external long distance routes then increasing of travel distance will be chargeable extra and pay directly to driver total increased cost of travel.
- We do not provide any insurance policy to cover for the expenditure on sickness or accidents or losses incurred due to theft or other reasons.
- Please stick to itinerary, changing the itinerary anything extra shall be chargeable (at the location itself.)