

## Valley of Flower & Hemkund Sahib Trek



**Valley of Flower:** The beautiful valley situated at an altitude of 3300 mts to 3650 mts is the paradise of nature lovers. Starting from about 6 kms from Bhuindhar village it covers an area of about 87 square kms. The valley is exceptionally rich of the flowers wealth and has the largest collection of wild flowers species. The river Pushpawati flows through the verdant valley. The valley blooms with exotic. Flower from June, July till early September. There are about 520 species of flowering plants and the area was declared as a National Park in 1982. The animal like Himalayan black bears, musk deer's, brown bears, Bharal and rich variety of birds and butter flies are found in this national Park.

**Hemkund Sahib:** The holy lake Hemkund, an important pilgrimage of Sikhs and Hindus, lies near the Valley of Flowers at an altitude of 3050 mts. The sacred beautifully shaped Gurdwara near the lake is visited by large number of pilgrims from all over the world. It is believed that Guru Govind Singh, the tenth guru of Sikhs meditated and united with God at this place.



**Area:** Garhwal Himalayas

**Duration:** 7 Days.

**Altitude:** 3858 mts/12654 ft

**Grade:** Easy

**Season:** End June - Mid September

**Day 01: Delhi - Haridwar (By AC Train) - Rishikesh (24 kms/45 mins)**

In the morning take an AC Train for Haridwar at 06:55 hrs. Upon arrival at Haridwar transfer to Rishikesh and check into hotel. Evening free to do your own activities.



**Day 02: Rishikesh - Joshimath** (245 kms/8-9 hrs)

After an early breakfast drive to Joshimath via Devprayag. On the way visit Devprayag where Bhagirathi and Alaknanda rivers meet. From here the holy river Ganges started. Arrival at Joshimath by evening, check into the hotel. Dinner & overnight stay.

**Joshimath:** The religious centre, established by Adi Shankaracharya, which he called Jyotirmath, later came to be known as Joshimath. Among the sites of interest are the temples of Nav Durga and Narsingh. Apart from its obvious religious importance, Joshimath is known for its scenic beauty.

**Day 03: Joshimath - Govindghat** (22 kms/1 hrs) - **Ghangaria** (14 kms/3-4 hrs)

After an early breakfast drive to Govindghat. Which is the starting point of the trek? From Govindghat there is a gradual ascent along a well maintained pilgrim trail to Ghangaria. Upon arrival at Ghangria check into hotel. Explore the surroundings in the evening. Dinner and overnight stay at the hotel.



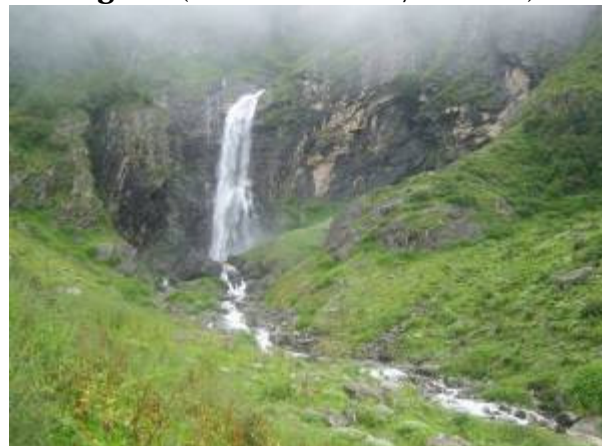
**Day 04: Ghangaria - Valley Of Flowers - Ghangria** (5 kms one side/4-5 hrs)  
After breakfast trek to Valley Of Flowers (3858 m) from Ghangaria. The valley is



an enchanting sight with an impressive array of rare wildflowers like 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. The valley is 10 kms long, 2 kms wide, and is divided by the Pushpawati stream, into which several tiny streams and waterfalls merge. After enjoying the beauty of valley trek back to Ghangaria. Dinner & overnight stay at the hotel.

**Day 05: Ghangaria - Hemkund Sahib - Ghangaria** (6 kms one side/ 3-4 hrs)

After breakfast trek to Hemkund Sahib (4329 m) from Ghangaria. This is quite a steep climb. In the Sikh holy book, The Granth Sahib, the Sikh Guru Gobind Singh recounts that in a previous life, he meditated on the shores of a lake surrounded by seven snowcapped mountains now recognized by Hemkund. Late afternoon trek back to Ghangaria. Dinner & overnight stay at the hotel.



**Day 06: Ghangaria - Govind Ghat - Joshimath - Srinagar** (160 kms/5-6 hrs)

After an early breakfast trek down to Govind Ghat and from here drive to Srinagar via Joshimath, Chamoli & Rudraprayag. On arrival check into the hotel. Dinner and overnight stay in the hotel.



**Day 07: Srinagar – Haridwar (By Car) – Delhi (By AC Train)**

In the morning after breakfast drive to Haridwar by car. On the way visit Devprayag. Here the river Bhagirathi and Alaknanda meet and from here the Holy Ganges starts. Lunch enroute. From Haridwar catch AC train for Delhi at 18:10 hrs. Arrive at Delhi by 22:45 hrs.

**Trip & Services Ends Here**

**COST OF THE TRIP**

**USD 585/- per person\*** (for a minimum of 2-4 people)

**INR 26500/- per person\*** (for a minimum of 2-4 people)

\*4.9% service tax extra

**COST INCLUDES**

- **Train: AC Train from Delhi – Haridwar & Back**
- **Transport: Mahindra Max/Tata Indica car** from Haridwar to Govind Ghat & back.
- **Accommodation: Hotel in Rishikesh, Joshimath, Ghangria (Camp/Hotel) & Srinagar** on twin sharing basis with bed and breakfast.
- **Meals:** In Rishikesh, Joshimath & Srinagar only breakfast will be served. While on trek (Ghangria) all meal will be provided. The food would be mix of Indian, Chinese & Continental.
- **Mules/Porters:** For carrying some amount of personal gear of the clients (one bag not weighing more than 13 kgs).
- **Professional trekking guide** would accompany the group from Delhi
- **Entry fee for the park**

**COST DOES NOT INCLUDE**

- Enroute meal
- Any charges for carrying still/video cameras etc.
- Alcohol, soft drinks, bottled water, beverages, etc.
- Personal expenses like tips, telephone calls, laundry, etc.
- Any meals/services not mentioned above
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, etc.
- Travel insurance

**Trekking equipment**

- Trekking shoes or Regular sports shoes Nike or Adidas
- One warmer (jacket or equivalent with hood)
- One wool shirt or sweater,
- Two cotton shirts/T-Shirts

- One pair cotton trousers or shorts
- One pair shorts or calf-length skirt for women
- Three pairs of regular underwear, Long underwear - thermal or wool
- Wind- and rain-gear with hood,
- Sun hat,
- Cotton socks 4 pair
- Personal first-aid kit including medication for common ailments
- Flashlight with extra batteries, Sunglasses
- Water bottle, preferably wide mouthed, with at least one liter capacity
- Pocket knife,
- Camera,
- Note book with pens and pencils
- Plastic bags - small size for books, film etc.,
- Larger bags for clothes
- Sun cream lotion
- Personal toiletries