



TREK TO VALLEY OF FLOWERS



A Community for Trek, Travel and Adventure

**Since
2016**

ABOUT THE TREK

Valley of Flowers is one of the most beautiful treks in India, this also happens to be one of those treks where a lot of trekkers begin their journey of exploring the Himalayas. Located in the Nanda Devi Biosphere, Valley of Flowers is a UNESCO World Heritage site and also India's largest natural botanical garden. One of Uttarakhand's most scenic destinations are the two adjoining treks, Valley of Flowers and Hemkund Sahib conveniently positioned between Joshimath and Badrinath.

Visit the abode of Flowers!

The valley opens up in a floral splendor from June up until September every year. A good 500 different species bloom and carpet the valley during this time. The riot of colors that trekkers get to see during this time period is beyond what words can describe.

Have hot langar by an Alpine Lake at 15,200 ft (4,633 m)

The Valley of Flowers trek is incomplete without an exhilarating climb to the world's highest Gurudwara Shri Hemkund Sahib. Nestled in the backdrop of the pristine Hemkund lake is the holy Gurudwara that is visited by over thousands of devotees and trekkers every year.

The Views!

The trail to Gorsan Bugyal gives you a good close up view of the revered Mt. Nanda Devi along with other peaks such as Mt. Chaukamba, Mt. Dronagiri, Hathi Parvat, Ghoda Parvat and many more. All of this makes this trek a perfect escapade from the monotony of daily life. The landscapes will surely make you fall in love with photography.

Animals that reside in the Biosphere

Endowed with a diverse range of endemic flora, it is picturesque in its beauty. This lush region is also home to some rare and endangered animal species. You may spot animals like Asiatic Black Deer, Snow Leopard, Musk Deer, Red Fox, Brown Bear, and Blue Sheep.

DETAILS ABOUT THE TREK

ALTITUDE

- **Joshimath:** 6,150 ft (1,875 m)
- **Auli:** 10,544 ft (3,214 m)
- **Govindghat:** 5,997 ft (1,828 m)
- **Ghangariya:** 10,003 ft (3,049 m)
- **Hemkund Sahib:** 15,200 ft (4,633 m)
- **Valley of Flowers:** 12,002 ft (3,658 m)
- **Badrinath:** 10,828 ft (3,300 m)
- **Mana:** 10,561 ft (3,219 m)

TREK DISTANCE

40 + Km

ASSEMBLING POINT

Haridwar

AVERAGE TEMPERATURE:

5°C to 20°C

TREK GRADIENT:

Moderate

TRAVEL DISTANCE:

720+ Km

WHAT'S NOT INCLUDED IN THE TREK

- The cost to reach Rishikesh and back
- Airport Pick up and Drop Off
- Personal trekking gear
- Tips for guide, chef, porter, etc (calculated per person)
- Excess baggage charges, if it exceeds 10 kg
- Local sightseeing and entrance fee, camera fee, etc
- Mineral water or any type of soft drinks
- Hot water for shower, etc, during the trek
- Extra meals apart from inclusions
- Food during travel days
- Lunch and dinner at Rishikesh 3-star hotel stay
- Any other expenses incurred apart from inclusions
- Any other tickets like cable chair, cable car, etc.
- All personal, medical, evacuation and emergency expenses like extra day stay or vehicle charges due to delays, landslides, evacuation

CONTACT US

9886444809 | info@treknomads.com | www.treknomads.com

DETAILS ABOUT THE TREK

WHAT'S INCLUDED IN THE TREK

- Transportation to & fro from Rishikesh in a private vehicle
- 2 nights 3-star hotel stay with breakfast at Rishikesh
- 2 nights resort stay at Auli 3 nights hotel stay at Ghanghariya
- 1-night hotel stay at Joshimath Accommodation on a double/triple sharing basis
- Porter for 1 - 60 ltr Bag (Max 10 kgs)
- Entry Permit Fee, Guide Fee & Driver Bata
- Standard vegetarian food for breakfast, lunch, evening snacks, and dinner during trek days
- Visit Badrinath and Mana Village (if and only if time and weather permits)
- 9 days trekking with an experienced, English-speaking and government-licensed trek guide and assistant trek guide (Number of guides depending on the group size)
- 1 Mountaineering qualified & professional trek Leader
- Insurance, meals, transportations daily salary of guide & porter
- Basic First aid Kit Personal accident insurance
- All government, local taxes and service charges
- TrekNomads Fee, Trek Captain support and expertise
- Personalized Dri-Fit T-Shirt
- TrekNomads goodies



DEPARTURES:
JUNE -
SEPTEMBER
2022

TREK TO THE VALLEY OF FLOWERS

9 DAYS, 5 TREKS

₹ 19,999

SHORT ITINERARY

Day 1: Arrive at Rishikesh

Day 2: Travel to Auli

Day 3: Trek to Gorsan Bugyal

Day 4: Drive to Govindghat via Joshimath and Trek to Ghanghariya

Day 5: Trek to Hemkund Sahib

Day 6: Trek to Valley of Flowers

Day 7: Trek to Govindghat from Ghanghariya and travel to Badrinath and Mana* (Travel via the 5th holy confluence of River Ganga - Vishnuprayag)

Day 8: Travel back to Rishikesh/Dehradun

Day 9: Travel back to your city.

* Travel to Badrinath and Mana depends on the weather and time taken to descend to Govindghat from Ghangariya

**Please note that this is a tentative plan and is subject to change with respect to weather conditions, necessary permits, and other external factors.

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Day 1 Rishikesh

Elevation: 1,030 ft (312 m)

Arrive in Rishikesh and check in to the hotel. Meet your fellow trekkers in a meet and greet session where you will also be prepped for the upcoming trek. In the evening, head out to witness the magnificent Ganga Arati and explore the authentic local cultures of India. Stay the night at Rishikesh.

Day 2 Auli

Elevation: 10,544 ft (3,214 m)

Travel Duration: 7-8 hours

On day 2 you start your journey from Rishikesh to Auli. Witness the four confluences of the sacred River Ganga (Devprayag, Rudraprayag, Karnaprayag, Nandprayag) en route and also get the very first glimpse of the snow-clad peaks when you're about to arrive in Auli. Check in to the hotel and stay the night at Auli.

Day 3 Gorsan Bugyal

Elevation: 10,544 ft (3,214 m)

Trek Duration: 7-8 hours

On day 3, wake up early in the morning and head out on an acclimatization trek to the extremely beautiful Gorsan Bugyal. Pass through one of India's high altitude man-made lakes - Chenab Lake and also get a good view of the revered Mt. Nanda Devi along with other peaks such as Hathi Parvat, Ghoda Parvat and Mt. Dronagiri. Stay the night in Auli.

Day 4 Ghangariya

Elevation: 10,003 ft (3,049 m)

Trek Duration: 8 hours

On Day 4 you start your journey towards Govindghat via Joshimath and then start your trek to Ghangariya. The route all through to Ghangariya from Govindghat is man-made with rest stops, shops all along the way. You will also find a lot of pilgrims trekking up to Gurudwara Shri Hemkund Sahib. Get a good glimpse of the confluence of Bhyunder Ganga and river Pushpavati which forms the Lakshman Ganga. Stay the night in Ghangariya.

Day 5 Hemkund Sahib

Elevation: 15,200 ft (4,633 m)

Trek Duration: 8 hours

Today's trek to the Gurudwara is tedious yet the whole vibe is extremely pious and positive. You can hear the chants from the Gurudwara all through the trail. The winding trail also passes through a forested region before opening up and giving you a glimpse of the surrounding peaks. After paying your respects at the Gurudwara you can also visit the gorgeous alpine lake - Hemkund, behind the Gurudwara. Stay the night in Ghangariya.

Day 6 Valley of Flowers

Elevation: 12,002 ft (3,658 m)

Trek Duration: 7-8 hours

Trek to the UNESCO's World Heritage site, the Valley of Flowers. Visit the famous Legge's grave and some of the most picturesque spots in the valley. Stay the night in Ghangariya.

DETAILED ITINERARY

DEPARTURES FROM HARIDWAR

Day 7 Badrinath/Mana

Elevation: 6,150 ft (1,875 m)

Trek Duration: 8 hours

Trek back to Govindghat from Ghangariya and visit the holy Badrinath Temple and India's last village, Mana (this depends on the time taken to descend back to Govindghat from Ghangariya). Stay the night in Joshimath.

Day 9 Your city

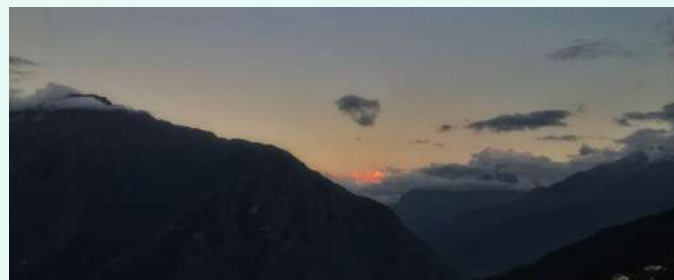
Today you travel back to your city.

Day 8 Rishikesh/Dehradun

Elevation: 1,030 ft (312 m)

Trek Duration: 7 hours

On your last day, you travel back to Rishikesh/Dehradun from Joshimath via road giving you the final few glimpses of the white peaks and the beautiful Himalayas. You will reach Rishikesh/Dehradun by night time and from here you can travel back to your city via flight, bus or train.

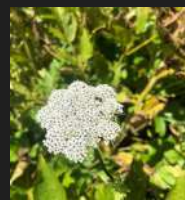


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PAYMENT DETAILS:

TREK PRICE: INR 19,999

All confirmations are made basis the payment made.

If you wish to register for the trek, please click the link below to make the payment:



<https://www.treknomads.com/valley-of-flowers>

***Please ensure that you have consult your doctor before registering for any high-altitude trek.*

CANCELLATION POLICY:

If, due to any unforeseen circumstances you would like to cancel your trek with us, here is our cancellation policy.

We Have Relaxed our Cancellation Policy:

With the changing travel advisories and newer regulations coming into the picture, we understand that deciding and booking a trek can get tricky. This is exactly why we have decided to extend our COVID cancellation policy for all treks booked up until 31 December 2022.

For every trek booked until 31 December 2022, cancellations made up to 14 days prior to the departure date will eligible for a full trek voucher refund after deducting a 10% booking fee if you test positive.

The trek voucher will be valid until March 2023 and can be redeemed across any treks that we offer.

You can now plan your treks without worrying about last-minute cancellations!

If you wish to go ahead with your cancellation, please talk to our Trek Captain and convey the same. You can reach him on 9886444809.

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TREK INSURANCE

Trekking in the Himalayas comes with its own set of risks. While adventure is fun and can be extremely thrilling, nature can be unpredictable, and to help secure you during your trek, it is of utmost importance that you are covered with insurance.

We've gone a step ahead and made sure that you don't have to worry about scouting for the best insurance option out there. When you trek with us, your insurance comes as a part of your inclusions.

Here's the benefits that the insurance covers along with sum that is insured for each benefit:

BENEFITS	SUM INSURED
Hospitalization expenses for injuries	INR 3,00,000
Medical Evacuation	INR 1,50,000
Personal Accident	INR 3,00,000
Outpatient Expenses for injuries/illness	INR 10,000
Daily Allowance in Case of Hospitalisation due to injury/illness	INR 500*5 days
Checked-In Baggage Loss	INR 10,000
Checked-In Baggage Delay	INR 2,500
Missed connections	INR 10,000
Compassionate visit	INR 20,000

If you have any queries with respect to insurance details, feel free to drop us an email at info@treknomads.com and we'll help you understand our insurance policy better.

IMPORTANT VALLEY OF FLOWERS TREK LINKS



If you want to register for the Valley of Flowers trek: Head over to our [Valley of Flowers trek page](#)



To see how the Valley looks during the monsoons: Check out this [photoblog of 45 stunning pictures captured during the monsoon trek to Valley of Flowers](#)



To check the list of things to carry for Valley of Flowers Trek: This [link](#) has a detailed list of what to pack for the trek



For queries regarding the trek: Go to our [Valley of Flowers FAQs page](#) and find answers to all your question



How to get fit for the Valley of Flowers trek: Click here to read a [detailed blog on preparing for the Valley of flowers trek](#)



If you are looking for more treks to do in 2021: Here's a link to our [upcoming treks](#) lined up for 2021



Wondering how we're ensuring safety during the COVID-19 situation: [Click here](#) to learn all about how we're keeping treks and our Nomads safe during treks.



A CHECKLIST OF THINGS TO CARRY FOR THE TREK



START WITH THE BAG

- A rucksack of about 60-70L for the entire trek.
- A smaller 30L bag that you can take with you on your daily trek



SHOES

- Trekking Shoes (waterproof)
- Slippers/Sandals
- 4-5 Pair of Socks - Sports + Woollen

ACCESSORIES

- Goggles/ Polaroid Sunglasses
- Trekking Pole
- Scarf
- Cap/Hat and Woollen monkey cap
- Water Bottles (1L) * 2 [Insulated/Thermas]
- Torch With Batteries
- T-Shirts *8 [collared to avoid sunburn]
- Track Pants *4
- Light Weight Towels
- Gloves - Woollen and Normal (Water Proof)
- Thermal Wear *2 sets
- Jacket - Padded and Fleece
- Raincoat/Poncho and/or umbrella



MUST CARRY:

- Trekking shoes (waterproof)
- Trekking pole
- Warm clothes (woollen - cap, gloves and scarf)
- Thermal wear
- ID Card [Original + Photocopy]
- Copies of Air/ Train Tickets
- Some money for local expenditure like food, personal expense
- Personal Medication
- Medical Kit

BODY CARE

- Sunscreen Lotion (Spf 40 and above)
- Lip Balm
- Mosquito/Insect Repellent
- Medical Kit
- Moisturizer for face/body



If you need any help in purchasing these items, get in touch with our trek lead at 9886444809 and he will help you out.

TREK GRADIENT AND FITNESS ELIGIBILITY

TREK GRADIENT DETAILS

Easy



Beginners in good health
Age: Above 10 yrs

No difficult ascent
Trek time: 4 hours/day
Max altitude: 13,000 ft (3,962 m)

Easy to Moderate

Beginners in good health
Age: Above 12 yrs

No difficult ascent
Trek time: 4 - 6 hours/day
Max altitude: 14,000 ft (4,200 m)

Moderate

Previous experience is preferred
Age: Above 13 yrs

Moderate ascent
Trek time: 6 - 8 hours/day
Max altitude: 15,500 ft (4,700 m)

Moderate to Difficult

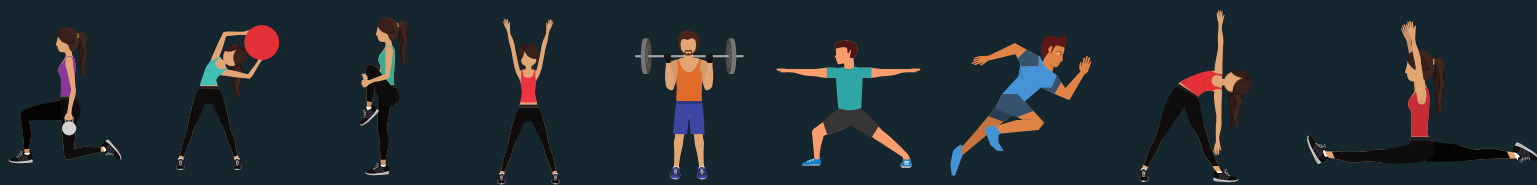
Trekkers should have at least one Himalayan trek experience
Age: Above 13 yrs

Moderate with tricky ascent Tricky descent
Trek time: 6 - 8 hours/day
Max altitude: 16,500 ft (5,000 m)

Difficult

Proficient trekkers with high level of fitness
Age: Above 15 yrs

Challenging or technical ascent, tricky descents
Trek time: 8 - 10 hours/day
Max altitude: 19,600 ft & above (6,000 m & above)



FITNESS ELIGIBILITY


High-altitude/Himalayan treks require every participant to maintain a certain form of physical fitness that will help them trek with ease.

A good fitness regime followed by a healthy diet can help you get fit for a Himalayan/high-altitude trek.

However, it is advised that you consult with your doctor and then participate in a Himalayan/high-altitude trek.

TRAINING REGIME TO GET FIT FOR A HIMALAYAN TREK

This three-month regime (4 days a week) is a collection of curated exercises that will help you build your muscles for the steep ascents and descents in the Himalayas.

Exercise	Days	Three Months Prior	Two Months Prior	One Month Prior
	Mon, Thurs	5 min - (2.5 min continuously*2 sets) 1 min break between each set	6 min - (3 min continuously*2 sets) 1 min break between each set	8 min - (4 min continuously*2 sets) 1 min break between each set
	Mon, Thurs	5*2 Set (10) - (1 min rest between each set)	5*3 Set (15) (1 min rest between each set)	10*2 Set (20) (1 min rest between each set)
	Mon, Thurs	5*2 Set (10) - (1 min rest between each set)	5*3 Set (15) - (1 min rest between each set)	10*2 Set (20) - (1 min rest between each set)
	Tue, Fri	5*2 Set (10)- (1 min rest between each set)	5*3 Set (15) - (1 min rest between each set)	10*3 Set (20) - (1 min rest between each set)
	Tue, Fri	15 min - (alternate 60 secs of continuous running 90 secs brisk walk)	20 min - (alternate 3 min of continuous running 2 min brisk walk)	30 min - (alternate 5 min of continuous running 2 min brisk walk)
	Tue, Fri	5*2 Set (10)- (1 min rest between each set)	5*3 Set (15)- (1 min rest between each set)	10*2 Set (20)- (1 min rest between each set)
	Wed, Sat, Sun	Rest	Rest	Rest



Stair Climbing - Pushing your body against gravity is a great cardiovascular activity. Stair climbing helps strengthen the muscles around your knees and helps build endurance.



Push ups - Push ups help you build a stronger upper body while strengthening your core. This exercise helps when you have to ascend while carrying a backpack.



Squats - Squats are the best form of functional fitness. They promote balance and stability and strengthen legs, thighs, hips, buttocks, and hamstrings.



Crunches - Crunches work on your abdominal muscles to build your core strength. This exercise will help you keep your balance on uneven surfaces.



Burpees - Burpees is a great full body strength training exercise and the ultimate example of functional fitness which helps abs, hamstrings, chest, glutes, and arms.



Interval Running - Running is a great cardiovascular workout, it is also an aerobic activity that uses more oxygen. This workout helps makes your lungs stronger.

This three-month regime will ensure that you are fit and ready to take on any kind of high altitude trek. However, we strongly suggest you get your doctor's approval before heading out on a Himalayan tre'

CONTACT US

9886444809 | info@treknomads.com | www.treknomads.com



ACUTE MOUNTAIN SICKNESS (AMS)

The mountains are the gateway to exploring the abundant beauty that nature has to offer and every year, millions of people go up to the mountains to trek. While the thrill and adventure of trekking is unparalleled, there is always one uncertainty that every trekker, professional or amateur has when it comes to high altitude trekking. And that is Acute Mountain Sickness, or commonly termed in the trekking community as AMS.

We've put together the basic symptoms of AMS and all the ways you can prevent it:

The initial set of symptoms may include:

Fatigue, Insomnia, Headache, Vomiting, Loss of Appetite, Rapid Heart Rate, Shortness of Breath (with or without extension)

If these are not treated/ looked at immediately, the following symptoms may follow:

Discoloration of Skin (blue, gray or pale), Confusion, Cough (with and without mucus), Chest Tightness, Inability to walk in a straight line, Decreased consciousness, Shortness of breath at rest.

Prevention



Hydrate well during the trek



Avoid smoking all through the trek



Avoid alcohol all through the trek



Rest Well, get good sleep during the trek



If symptoms are seen, avoid climbing up and descend to lower altitude immediately



Do not ascend too fast, too quick in higher altitude



Maintain a healthy low fat, high carb diet through the trek



Seek medical attention early

- Being physically fit helps in preventing AMS to a certain extent (does not, however, rule out AMS entirely)
- **Acetazolamide (Diamox):** (a tablet that helps prevent AMS) will be given to you every night before every trek, this will help your respiratory system acclimatize to the altitude
- AMS does not discriminate between new and experienced trekker, if you start showing any of the symptoms mentioned above, please inform your trek lead immediately.

WHY YOU SHOULD TREK WITH US TO THE HIMALAYAS

Our love for the mountains has taken us high up the Himalayan snow-clad peaks and we would love for you to experience this joy as well.

Whether you find yourself trekking high above a mountain stream or traversing legendary landscapes through the wilderness, you and your group can surely experience the unforgettable rush that comes with achieving a personal quest. Our unique itineraries combine stunning destinations, physical challenges, and cultural interactions to create a rewarding and exhilarating adventure.

BECOME AN EXPLORER

There's a certain spirit that helps us explore the mountains. You'll feel it when you trek with us. You will get to experience nature unlike any other.



BUILD STRONG BONDS

While on treks you motivate, encourage and help fellow trekkers, making this one of the best choices for bonding with friends, fellow trekkers, and even teams, this will also build lasting relationships.

BE ONE WITH NATURE

When you trek to the Himalayas, you will delve deeper into the surroundings, thus leaving behind all your inhibitions and becoming one with nature.





WHY TREKNOMADS

Explore new places, take the scenic routes, experience adventure and forge bonds while creating lasting memories.

Our itineraries are crafted with care bearing your comfort in mind, giving you an experience that is designed to thrill every kind of group.



TREK EXPERTISE AND KNOWLEDGE

We know our destinations inside-out. We work with the best partners to give you a memorable experience. When you trek with us you save up on time, effort, and headaches along the winding, bumpy road of adventure travel.

ASSURED QUALITY AND SAFETY

We NEVER compromise on the quality of trips, be it transportation, stay or overall experience. From picking you up to dropping you back home, we are with you every step of the way.



WE GET INTO THE TREKNICAL DETAILS

We handle details both small and large to help you experience an unparalleled adventure.

OUR OTHER OFFERINGS

Here's a list of some of our very popular one-day, two-day and Himalayan treks

ONE-DAY TREKS:

- Trek to Karadi Kallu Betta
- Trek to Siddara Betta
- Trek to Shivagange Hill
- Trek to Skandagiri
- Trek to Savandurga
- Trek to Avalabetta



TWO-DAY TREKS:

- Trek to Nishani Motte
- Trek to Kurinjal Peak
- Trek to Kote Betta
- Trek to Tadiyandamol
- Trek to Kumara Parvata
- Trek to Kodachadri
- Trek to Hosahalli Betta



HIMALAYAN TREKS:

- Trek to Valley of Flowers
- Trek to Sanjeevani Parvat aka Dronagiri
- Kashmir Great Lakes Trek
- Everest Base Camp Trek
- Annapurna Circuit Trek
- Trek to Kuari Pass
- Har Ki Dun Trek
- Trek to Kedarkantha Summit
- Trek to Pangarchulla Peak
- Trek to Brahmatal Top



For further details, itinerary and dates of our upcoming treks, [click here.](#)

CUSTOMIZED GETAWAYS AND GROUP OUTINGS

We're flexible and we'll help you have
the time of your lives!

If you have a destination, a hotel you love or even an idea in mind of how your outing should be, we have ways to help you make that happen and enhance your group experience.

Wish to stay a little longer? See a few more places? Got a particular date you wish to travel on? We'll help you out with all of this and much more. Leave the planning to us and we'll ensure that you and your group have a great time!



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RESPONSIBLE TREKKING

It is our responsibility as explorers to minimize the impact of our presence, protect what is precious and leave a positive impact. When you trek with us, you have the choice to give back to nature and society.

We can help you with CSR treks or you can join us on our clean-up treks.



With every trek you help sustain the livelihood of local communities.



You preserve and protect nature, wildlife, culture and local traditions.



Become a part of an ever-growing community that focuses on encountering the wonders of the world up close, in-depth, right at the source—and to be transformed by the experience.



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OUR TREKKERS LOVE US, HERE'S WHAT THEY HAVE TO SAY



**RATED AND
RECOMMENDED
BY OUR NOMADS**

“My first trek was with TrekNomads and I don't think I could have chosen a better group to trek with. Everything about the trek was perfect. Thank you so much TrekNomads! I can't wait to go on my next trek with you! Which will hopefully be soon!
- Anamica Suresh

“This was the first time I went for trekking with TrekNomads and it was a thrilling experience. All the things were awesome transport, food, home stay and the Nomads. I can't wait for the next trek with TrekNomads.
- Aparna Marathe

“

This was my first expedition with TrekNomads and the entire experience from initial booking to drop off even after the trek was excellent. I will be trekking with them again in the near future and I would recommend all my friends have an experience with them. - Yugam Bhimsaria

“

TrekNomads just made everything simple. We had everything with us before the day we were to leave. When we reached the place also, we were greeted with great respect and we were called the Nomads team. We as customers felt definitely like a King. The features and facilities were just like how TrekNomads had mentioned to us.

- Krishnan Narayanaswamy

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DON'T FORGET TO SHARE YOUR EXPERIENCE WITH US



@treknomads

Keep up to date by following us on our social media channels and we'll show you what trekking with TrekNomads is all about. From Trekker snaps on the road and trip reviews to awesome photo-competitions and tips on how to pack, you'll find it all here. Don't forget to check out our blog, where we give you tips on packing and trekking, travel, and adventure.

Let the adventure begin!

#TrekNomads
#TrekTravelAdventure

**Happy
Trekking!**



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About TrekNomads



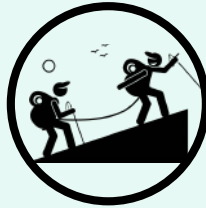
We laced up our shoes and decided to start a small community for people who love to be with nature in 2016. From multi-day, high altitude Himalayan treks to one-day treks around Bangalore and two-day treks in the Western Ghats, we've been there, done that, and, we're still exploring newer trek trails. Our philosophy is quite simple, we're here to help people explore the abundant beauty that nature has to offer through trekking with a focus on responsible trekking, comfortable travel and helping local communities thrive through our treks.

Today, more than 1000 Nomads are a part of our ever-growing Trek, Travel, and Adventure community.

As a community, we focus on working towards:



Responsible
Trekking



Personalised Touch to
our treks



Comfortable
Experience

Here's why you should trek with us:



Our treks are
friendly and fun



The safety of our trekkers is
our priority



It's not just a trek, it's
a **Trekcation**



We're constantly
exploring new trails



We do our best to
preserve and
protect nature



We're here to guide
you in exploring
nature



Our treks come with
plenty of Value Adds



We help you fall in
love with
Trekking!