

VALLEY OF FLOWERS TREK



TREK, TRAVEL AND ADVENTURE COMMUNITY

**est .
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.



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[Click here to visit the VOF webpage](#)

This trek information has been compiled with care and experience. It is aimed at giving you an accurate illustration of the proposed arrangements for this trek. Circumstances beyond our control such as changes in local conditions, inclement weather, or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at the time of writing. We, at TrekNomads, will do every bit to give you the experience that you truly deserve.

TREK FACTS & HIGHLIGHTS



Trek Duration: 8 Nights/ 9 Days

Trek Distance: 40+ Km

Maximum Altitude: 15,200 ft (4,633 m)

Trek Gradient: Moderate

Assembly Point: Rishikesh

Trek Geography: Himalayas/Hills/Forests and barren land as you go towards the base camp

Accommodation Type: Deluxe double/triple accommodation in Joshimath, Auli & Ghangariya

Meals Provided: Breakfast, lunch, dinner, and evening snacks with hot water all through the trek.

Transportation Included: Transportation as per the itinerary.

Average Temperature: 5 to 20 degrees (during the day)

- ➔ 5 Treks in one trip
- ➔ Acclimatization trek to Gorson Bugyal in Auli
- ➔ Trek to Hemkund Sahib - The highest Gurudwara in the world
- ➔ Trek to the Valley of Flowers - Explore the depths of this UNESCO World Heritage Site
- ➔ Witness over 500 different species of alpine flowers during the Valley of Flowers trek in Uttarakhand
- ➔ 2 Night stay in Auli - Ski destination of India
- ➔ Travel via the Holy Confluences of River Ganga (Devprayag, Rudraprayag, Karnaprayag, Nandprayag, Vishnuprayag).
- ➔ Visit one of the four Char Dham's - Badrinath & India's last village Mana ([Photoblog of the trip to Badrinath & Mana](#))



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TREK ITINERARY & DEPARTURES



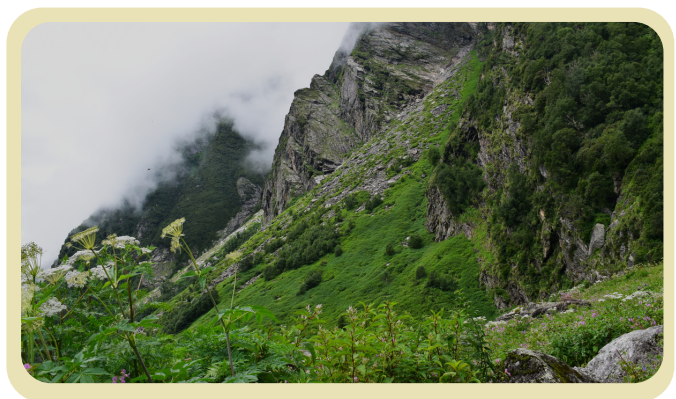
TREK ITINERARY

- Day 1:** Arrive at Rishikesh
- Day 2:** Travel to Auli (Travel via the 4 holy confluences of River Ganga - Devprayag, Rudraprayag, Karnaprayag, Nandprayag)
- Day 3:** Acclimatization trek to Gorsan Bugyal
- Day 4:** Drive to Govindghat via Joshimath and Trek to Ghanghariya
- Day 5:** Trek to Hemkund Sahib - Highest Gurudwara in the World
- Day 6:** Trek to Valley of Flowers - UNESCO World Heritage Site
- Day 7:** Trek to Govindghat from Ghanghariya and travel to Badrinath and Mana*
- Day 8:** Travel to Rishikesh
- Day 9:** Travel back to your city



Departures start from June 2023 and go on until September 2023. Fixed Departures are scheduled every Saturday

We also offer customized, private departures upon request based on your convenience.



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TREK DETAILED ITINERARY



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 Haridwar 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.



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TREK DETAILED ITINERARY



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 8 **Rishikesh**

Elevation: 1,030 ft (312 m)

Trek Duration: 7 hours

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



Day 9 **Your city**

Today you travel back to your city.



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TREK INCLUSIONS & EXCLUSIONS



INCLUSIONS

- 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 permit)
- 9 days of 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, transportation daily salary of guide & porter
- Basic First aid Kit with a portable oxygen cylinder
- Personal accident insurance
- All government, local taxes and service charges
- TrekNomads Fee, Trek Captain support and expertise
- 10% discount on Fast&Up products
- 25% discount on HappyBars products
- Personalized Dri-Fit T-shirt
- TrekNomads goodies

EXCLUSIONS

- 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 tickets like cable chair, cable car, etc.
- Any other expenses incurred apart from inclusions
- All personal, medical, evacuation and emergency expenses like extra day stay out of itinerary, helicopter services and vehicle charges due to delays, landslides, evacuation
- Expenses incurred for guide or porter during extra days stay, transport, flight, helicopter service, etc (divided amongst the group which utilises the services of guides/porters on extra days)



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TREK PACKAGE COST & PAYMENT



We understand how crucial the comfort element is when you go on treks which is why, we have introduced three trek packages that you can choose from based on our comfort and priorities.

₹ 24,999 Per Person

Additionally, when you trek with TrekNomads, we make payments easy on your wallets. Our Flexi-pay option helps you book your trek without hindering your budget.

You have the option to pay 20% at the time of registration and the rest can be paid 30 days before departure

[Click here to pay & register for the trek](#)



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Is the Valley of Flowers trek difficult?

The gradient of the Valley of Flowers trek ranges from easy to moderate. The treks from Govind Ghat to Ghangariya, Ghangariya to Valley of Flowers, and Hemkund Sahib are all well-defined man-made paths, making it a relatively easy trek. If you think the trek is too difficult, you can always hire a pony or a Dholi to complete it for additional charges. However, we recommend walking the entire trail to fully appreciate its beauty.

What is the best time to do the Valley of Flowers trek?

June to September are the best months to do the Valley of Flowers Trek as you get to see 520 species of high altitude plants including angiosperms, gymnosperms, and pteridophytes, of which 498 are flowering plants.

What should I carry on the Valley of Flowers trek?

We will share a detailed checklist of all equipment and essential items that you would need to carry on this trek once you register for the trek. If you need any assistance in buying/understanding what to buy for the trek, our team will be happy to help you.

Do I need to carry a medical kit on the Valley of Flowers trek?

Our trek lead/captain will be carrying a basic first aid kit along. We recommend that you carry your personal medication and consult your doctor on the medicines you are required to take for the Valley of Flowers trek.

Do you practice responsible trekking on your treks?

We do not allow plastic on our treks; this means that we do not provide plastic bags, bottles or even lunch boxes on our treks. You will have to carry your own lunch box, water bottle, and cutlery that you will use during the trek. Not only does this help you go plastic-free it also helps prevent litter.

Where is Valley of Flowers trek?

Valley of Flowers National Park is an Indian national park that was established in 1982. It is located in Chamoli in the state of Uttarakhand and is known for its meadows of endemic alpine flowers and the variety of flora.

What kind of flowers do we get to see in the Valley of flowers?

The Valley of Flowers is endowed with 520 species of high-altitude plants including angiosperms, gymnosperms, and pteridophytes, of which 498 are flowering plants.

The Valley of Flowers in Uttarakhand is a haven for shutterbugs and professional photographers, with rich Himalayan flora including several rare medicinal plants such as Aconitum Heterophyllum, A. Falconeri, Arnebia Benthamei, Dactylorhiza Hatagirea, Gymnadenia orchids, Megacarpaea Polyandra, Picrorhiza Kurroa, Podophyllum Haxandrum.



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How much distance will be covered in the Valley of flowers trek?

We will be covering a distance of around 50km on the Valley of flowers Trek. The trek route will be as follows: Govindghat --> Ghanghariya --> VOF-->Ghanghariya--> Hemkund Sahib --> Ghanghariya -->Govindghat. When you add acclimatisation trek in Auli, the Valley of Flowers trek distance will be around 65 Kms in total.

What is the temperature like on the Valley of flowers trek?

Minimum Valley of flowers trek temperature in the winter is observed to be 5°C to 20°C. At times, it may go below zero as well especially if it rains or snows.

Do I need a porter and mule to carry my luggage during the trek?

Porters and mules come as a part of your inclusion when you trek with TrekNomads. Each trekker can get their rucksack (1 – 60-liter bag that weighs up to 10 kg max) transported by porters without any extra cost all through the trail. However if you wish to book an additional porter or mule, you may speak to the trek lead.

Will there be an ATM available on the trail of Valley of Flowers trek?

There is no ATM facility available in Ghangariya. There are ATM facilities available in Joshimath, however, they too run out of cash very often. We recommend you withdraw the required amount at Rishikesh or while traveling to Rishikesh.

What types of stays/accommodations will be available on Valley of Flowers trek?

The stays all through the trek will be in private rooms with private washrooms:

- 3-star or similar hotel stay in Rishikesh
- Resort stay in Auli
- Semi deluxe stay in Ghangariya
- Resort/hotel stay in Joshimath

What type of toilets/restrooms will be available on Valley of Flowers trek?

The hotel rooms in Joshimath and Auli will have proper washrooms available. Proper running water and english toilets will be available during the stay on this trek in Ghanghariya also.

Will there be Network Availability in Valley of Flowers trek?

You will not get a good network signal until Joshimath. You will get 4G network at Auli as well - on day 1. On the trail, you might have intermittent signals on the first and last day of the trek. At the base camp, you will get Jio and BSNL network coverage if the weather conditions are good.

What is the Nearest train station?

Nearest railway stations Dehradun and Haridwar.

Which is the nearest big city? How to reach from here?

Nearest big city is Rishikesh. The further journey to Joshimath shall be done by road.



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To equip you on what you can expect during the Valley of Flowers trek, we have compiled a list of blogs that covers an array of topics from guides to what clothes you should wear, what fitness regime you should follow, and much more.

Valley of Flowers Trek Resources: (Click the links below)

1. [For queries regarding the trek: Go to our Valley of Flowers FAQs page and find answers to all your question.](#)
2. [For a detailed guide on Valley of Flowers: Read this comprehensive Valley of Flowers Guide to help you understand all you need to know about the Valley of Flowers trek!](#)
3. [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.](#)
4. [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.](#)
5. [Wondering what to carry for the trek: Read this blog with a detailed list of things to carry for the Valley of Flowers trek.](#)
6. [Popular flowers found on the Valley of Flowers trek](#)
7. [Best time to trek to the Valley of Flowers](#)
8. [Fitness guide to the Valley of Flowers trek](#)
9. [Things to carry on the Valley of Flowers trek](#)



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FITNESS CRITERIA:

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.

- Begin your training about 6 weeks before your departure
- Focus on building your stamina through Aerobics, Running, Stair Climbing, Swimming or Cycling about 3 - 4 times a week
- Build your core strength with resistance training through Squats, Lunges, Hip Hinging, Step Ups, Planks at least 3- 4 times a week
- Work on developing a breathing rhythm and expanding your lung capacity with deep breathing and Yoga
- As your trek approaches, head out on smaller treks to help you acclimatize yourself
- Don't miss out on exercising if you can help it, even a 30-minute workout regime followed religiously can take you a long way.

CANCELLATION POLICY:

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

45 days prior to the trek	100%* Refund which will be adjusted against other treks with TrekNomads
45 to 31 days prior to the trek	75%* Refund which will be adjusted against other treks with TrekNomads
30 days to 16 days prior to the trek	50%* Refund which will be adjusted against other treks with TrekNomads
15 days prior to the trek	No Refund. However, you can transfer* your trek (same trek, same batch) to your friend.
*TrekNomads will deduct 5% as cancellation charge in the total amount before the refund is processed.	

If you wish to go ahead with your cancellation, please talk to our team and convey the same. You can reach us at 9886444809. For read more details on our cancellation policy, [click here](#).



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ABOUT TREKNOMADS



Why choose TrekNomads for this trek?

-  Premium Accommodation during treks
-  Insurance inclusivity*
-  Transport & last mile inclusion
-  Porter Service* during treks
-  Full course nutritious meals during treks
-  Smaller group size with better quality
-  Fitness coaching & consultation
-  Constant hand holding prior, during & post trek
-  Certified trek leaders equipped to handle medical emergencies
-  Customisable itineraries for private group



**Personalized
trekking
experiences**



**Responsible
trekking
initiatives**



**Comfortable &
premium
itineraries**

TrekNomads Affiliations



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TrekNomads in the News



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Who we are and how we started out:

TrekNomads is India's largest and fast-growing community providing premium and safe trekking experiences and expeditions for people of all ages. We provide an all-inclusive and end-to-end service with utmost priority to the safety and well-being of our adventurers. We specialise in customised treks and expeditions, also corporate and education institutional group outings. We have been in the industry since 2016 and more than 10,000+ nomads have trekked with us in local western ghats, the Indian Himalayas, Nepal Himalayas and other international treks and expeditions. We strongly believe in responsible trekking, a comfortable experience for nomads, and helping local communities thrive through our treks and expeditions. We as a company are committed to building an inclusive adventure community, sustainable methods in operations and employment opportunities in remote mountain areas. Join and be a part of our ever-growing Trek, Travel, and Adventure community.

Leaving the mountains in a better condition through Responsible Trekking:

We strongly believe that we are meant to do much more than explore nature. We believe greatly in giving back to nature and doing our bit to keep her clean and healthy.

Our initiative of Responsible Trekking helps us keep the trails clean and follow strict policies to ensure that we leave the mountains in a better condition.



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