



ALPINE CLIMBERS
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VALLEY OF FLOWERS

Gharwal, Uttarakhand

Trek Cost - **INR 8,000/-**
+ (5% GST) per pax

(Govinghat to Govinghat)

Overview

Valley of Flowers National Park is an Indian national park, located in West Himalaya, in the state of Uttarakhand and is known for its meadows of endemic alpine flowers and the variety of flora. This richly diverse area is also home to rare and endangered animals, including the Asiatic black bear, snow leopard, musk deer, brown bear, red fox, and blue sheep. Birds found in the park include Himalayan monal pheasant and other high altitude birds. The Valley of Flowers is a high-altitude Himalayan valley that has long been acknowledged by renowned mountaineers, botanists, and in literature. It has been recognized internationally for over a century and is referenced in the Hindu religion. Local people have visited the valley since ancient times. Indian yogis (Yogesh Mota) are known to have visited the valley for meditation. The Valley of Flowers has many different colorful flowers, taking on various shades of colours as time progressed. The valley was declared a national park in 1982 and now it is a World Heritage Site.

Height of the peak

14,000 Feet

Vacation Style

6-55 Years Of Age

Camping Trek

Activity Level

Easy to Moderate

Group Size

Medium & Large Groups

7 & 15

Duration

6 Days

Km

One Way

24.5 Km



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Short Itinerary

- ▲ **Day 1** - Haridwar to GovindGhat (Base Camp) - 290 Km
- ▲ **Day 2** - GovindGhat (Base Camp) to Ghangaria - 14 Km
- ▲ **Day 3** - Ghangaria to Valley of Flowers and back to Ghangaria - 7 Km
- ▲ **Day 4** - Ghangaria to HemKund Sahib and back to Ghangaria - 14 Km
- ▲ **Day 5** - Ghangaria to GovindGhat - 14 Km
- ▲ **Day 6** - GovindGhat to Haridwar - 290 Km

Brief Itinerary

Day 1 - Haridwar to GovindGhat (Base Camp) - 290 Km (6200 Feet)

Assemble at the Haridwar Railway station by 6.30 AM. Morning after breakfast, drive to reach Joshimath, which is the winter abode of Lord Badrinath. Lunch enroute. Evening arrive at Joshimath and check into the hotel.

Day 2 - GovindGhat (Base Camp) to Ghangaria - 14 Km (9800 Feet)

After breakfast, drive to reach Govindghat. Start trekking to reach Ghangaria. Ghangaria is also known as GOVIND DHAM, It is the base camp for visiting Hemkund Sahib and Valley of Flowers. Overnight: Hotel

Day 3 - Ghangaria to Valley of Flowers and back to Ghangaria - 7 Km (11400 Feet)

Trek to the Valley of Flowers. The whole valley is dotted with varieties of exotic flowers and other flora. Return to Ghangria for overnight stay.



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Brief Itinerary

Day 4 - Ghangaria to HemKund Sahib and back to Ghangaria - 14 Km ----- (14000 Feet)

Early in the morning start trekking (7 Km) to reach "HEMKUND SAHIB". One of the most revered of all Sikh Shrines, The Hemkund Sahib, the World's Highest Gurudwara. In the afternoon trek down to reach Ghangariya for overnight stay. Evening is free for rest & relaxation. Overnight stay.

Day 5 - Ghangaria to GovindGhat - 14 Km ----- (6200 Feet)

Return trek to Govindghat and then drive to Joshimath via Badrinath . On arrival, check into hotel. Overnight: Hotel

Day 6 - GovindGhat to Haridwar - 290 Km

Morning breakfast and drive to haridwar. On arrival transfer to the station time to catch train. Overnight: Hotel

Inclusions

Whats included in this tour - Items that are covered in the cost of tour price.

- ⤴ All breakfasts, lunches and dinners from GovindGhat to GovindGhat (VEG)
- ⤴ All accommodation from GovindGhat to GovindGhat
- ⤴ All campaign equipments
- ⤴ Medical Kit
- ⤴ Professional Trek Leaders (Experienced Guide/Staff)
- ⤴ All forests permits

Exclusions

Whats excluded in this tour - Items that are not covered in the cost of tour price.

- ⤴ Travel insurance and other emergencies
- ⤴ Transport from Haridwar-GovindGhat & GovindGhat-Haridwar
- ⤴ All Meals from Haridwar-GovindGhat & GovindGhat-Haridwar
- ⤴ Mules (A Hybrid Animal) to carry personal luggage
- ⤴ Single room accommodations
- ⤴ Liquors, beers and bottled beverages
- ⤴ Photography accessories like cameras etc.



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How to Reach

By Air

Jolly Grant Airport is the airport serving Dehradun, located about 48 km from the Haridwar. There is a daily flight from Delhi for Dehradun.

By Train

An excellent rail network connects Haridwar to other important cities like Delhi, Mussoorie, Mumbai, Varanasi, Lucknow, and Kolkata.

- ▲ From Delhi -DDN NZM AC EXPRESS (2205)
- ▲ From Kolkata- Doon Express (13009)
- ▲ From Mumbai- Dehradun Express (19019)
- ▲ From Chennai- Dehradun express (12687)

By Bus

By road, Haridwar is well connected with major destinations of the country. NH72 connects Haridwar to Nahan (125 km) to the north-west, and thereon to Panchkula, Chandigarh and Shimla. NH 72 terminates at Dehradun, which is at 54km from Haridwar. Haridwar is located at a distance of 235 km from Delhi. NH72A links Haridwar to NH58 at Roorkee (35 km) and thereon south to Meerut (170 km) and Delhi (235 km). There is regular bus service from Delhi for Haridwar from Delhi's ISBT Kashmere Gate.

Extra Cost

The transportation cost from Haridwar to GovindGhat and back will have to be borne by the trekkers, the total cost of transportation one way is `6,000/- (to be shared among 5-6 people, i.e approx `1,200/- per person one way) – to be paid

Things to Carry

- ▲ 1 Pair of Thermal
- ▲ 3 Pair of Socks + 1 Pair of woolen socks
- ▲ 2 Pair of Hand Gloves (Water Proof & Fleece material)
- ▲ Sun Cap
- ▲ Woolen Cap
- ▲ Neck Warmer (Scarf/Buff)
- ▲ 2 Quick Dry Full Sleeves (T-Shirt)
- ▲ 1 Full sleeves Fleece
- ▲ 1 Wind Proof Jacket (windcheater/Heavy Jacket)
- ▲ 2 Track Pants (No Cotton or Jeans)
- ▲ Sun Glass
- ▲ Sun cream, Lip balm, Moisturizer.
- ▲ Torch
- ▲ Trek Pole
- ▲ Trekking Shoes (No Sports shoes or Woodland shoes)
- ▲ Poncho (The Gear used to protect from Rain)
- ▲ Day pack (Small one)
- ▲ Back Pack 60 ltr (+ Rain cover)
- ▲ 2 Water Bottles
- ▲ Toilet Paper & Wet Wipes
- ▲ Hand Sanitizer
- ▲ Antibacterial Powder
- ▲ Tooth Brush
- ▲ Quick Dry Towel



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Medicines to carry

- ^ Crocin (1 Strip)
- ^ Disprine (1 Strip)
- ^ Lomotive (1 Strip)
- ^ Digene (1 Strip)
- ^ Guaze
- ^ Dettol
- ^ Band Aid - Qty 5
- ^ Neusporine Powder
- ^ Betadine Tube
- ^ Vomistop/Avomine (Motion Sickness Tablet)

Contact Details

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