

# GROUP DEPARTURE

## Valley of Flowers & Hemkund Sahib

Duration: 05Nights /06 Days

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**Valley of Flowers** is the best Monsoon Trek in the Himalayas, It is located in the Garhwal valley of Uttarakhand in the Northern state of Bharat. It is covered with the beauty of enriched flowers and dense forest, The vibrant view of the majestic Himalayas always makes you feel as you are in Heaven, This UNESCO World Heritage Site is not just a trekking destination but a sanctuary for the soul, offering a glimpse into the untouched feel of the Himalayan Landscape.

The Beauty of Nature is truly defined here, this is worth a place to visit for all trekking and nature lovers at least one time in a life, During Monsoon, The place gives birth to many unknown flowers that are so admired, and their beauty and fragrance, Provide Valley is smelling and welcome you to forget yourself in the magic of Nature

The Valley of Flowers trek is a journey to touch the flowers in the Haven while trekking a chance to explore the amazing view of the Himalayas, the Real beauty of Flowers, the fresh stream of the River & attractive vibe of Nature. The Valley is not just famous for Flowers, it is also home fauna.

Keep your eye on elusive Himalayan wildlife such as the snow leopard, musk deer and many bird species including the Himalayan Monal ( National bird of Uttarakhand), adding an element of wilderness and intrigue to your journey. Keep an eye out for an elusive Himalayan wildlife such as the musk deer, snow leopard, and many bird species including the Himalayan Monal, adding an element of wilderness and intrigue to your journey.

### **Shri Hemukund Sahib**

This is how in one of his writings, Guru GovindSingh indicated that in one of his previous births he had meditated on the shores of a lake surrounded by seven snow-covered peaks known as ShaptaShring. In 1930, Havildar Sohan Singh was on a mission to locate this celestial lake. He was taken by the local villagers to a lake near the Valley of Flowers, then known as Lokpal.

Havildar Sohan Singh was so overwhelmed by the beauty of the lake and the images of snow peaks in the rippling waters, that he Immediately shouted "This is the Lake" referred to by Guru Govind Singh.

Seven snow-covered peaks surround Hemkundlake and their reflection in the bluish-green water is a picture to behold. As Guru Govind Singh is revered equally by the Sikhs and Hindus, this lake has today become a popular pilgrimage centre for both the communities.

## Highlights

- Valley of Flowers - The UNESCO World heritage site
- Hemkund Sahib - The World's Highest Gurudwara
- Laxman Gang and Many water spring.
- Blue Poppy - Also known as Queen of Himalayan Flowers. Blue poppy is found near Hemkund Sahib and Valley of Flower
- Brahmakamal ( Saussurea obvallata ) - The unique and mystical flower that grows only on high altitude and also known as National flower of Uttarakhand.
- Ancient Temple – Maa Dhari Devi Temple , Narsingh Temple, Yog Dhyan Badri Temple.
- Mysterious view of Confluence of Rivers – Devprayag, Rudrapraya and many more

## Detailed Itinerary

### DAY01: HARIDWAR / RISHIKESH/JOSHIMATH/GOVINDGHAT (250KMS/08-09 HRS)

Morning Meet at 8 AM at Haridwar Railway Station/ Ready to Leave for Joshimath or Govindghat.  
En route visit at Devprayag, and Lunch at Rudraprayat ( at your own cost ).  
On arrive check in at Hotel .

**Dinner & overnight stay at Hotel on Sharing basis.**





## **DAY 02: JOSHIMATH/ GOVINDGHAT- GHANGARIA ( 10 KMS TREK(5/6HRS)**

***Morning – Our Guide meet you – Briefing for Trek, Later Proceed for Trek.***

After breakfast, Drive to Govindghat with **Packed Lunch**, On arrive use local Transport to reach trek point ( Pulna Village ) & start trek to Ghangaria which is 10kms.

Arrive check at Hotel/ camp.

**Dinner & Overnight stay at Ghangaria on Sharing basis.**

***Note – In this place there is a basic accommodation available with hygienic simple Veg- food so don't expect any luxurious but I am sure that the beauty of nature you found here is never comparable with any Luxurious...***





### DAY 03: GHANGARIA - VALLEY OF FLOWERS –GHANGARIA

This morning post breakfast, Proceed for trek with **Packed Lunch** for around 5kms to Valley Of Flowers (3858

from Ghangaria. The valley is an enchanting sight with an impressive array of rare wildflowers like brahma kamal, fane Kamal with range of small multicolored flowers makes it a delight for travelers. The snowclad peaks including Nilgiri Parbat (6474 m) stand in bold relief against the skyline. 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 we come back to Ghangaria.

**Dinner & overnight stay at Ghangaria on Sharing basis.**





#### **Day 04: Ghangaria - Hemkundsahib–Ghangaria( 6 kms Trek Per side)**

This morning post breakfast Proceed for trek with **Packed Lunch** for around 6 km trek to Hemkundsahib (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. Visit Lake & Gurudwara. Post visiting the lake and Gurudwara trek back to Ghangaria.

**Dinner & overnight stay at Ghangaria on Sharing basis.**



### **DAY 05- GHANGARIA– GOVINDGHAT BY DOWN TREK/ JOSHIMATH**

After breakfast, Proceed for Down trek to Govindghat(13km ), On arrive check in at Hotel. An Overnight stay at Govindghat or Joshimath.

**Lunch at Govindghat**

**Dinner & overnight stay at Joshimath on Sharing basis.**

### **DAY 06: GOVINDGHAT/JOSHIMATH – RISHIKESH / HARIDWAR RAILWAY STATION (270Km/ 08-09HRS)**

After breakfast, Drive to Haridwar , Lunch at Rudraprayag ( at your own cost ), En route visit Rishikesh, Ramjhula & Parmarth Niketan, Later straight Drive to Haridwar Rrailway Station for board your Night Train to Delhi.



***Tour ends with Lots of Sweet Memories!!!***

**Package Includes: -**

- 5 Nights stay on quad sharing basis – Simple Accommodation
- 5 Breakfast, 5 Dinner & 4 Packed Lunch at Hotel only – Veg Simple Food only
- Guide for Trekking only.
- Simple Accommodation is used as all places so don't expect any luxurious and Simple Transportation will be on sharing basis as per group Volume.( Tempo Traveller / Tavera or Bolero)
- Pick up and Drop from Haridwar Railway Station to Haridwar Railway Station
- One Time Entrance Fee for Valley of Flowers Trek.
- Local Transportation at Govindghat to Pulna Village .

**Package Does Not Include: -**

- There is No Trekking Gear or Equipment included.
- 5% GST / Government Taxes.
- Travel Insurance
- Air fare / train fare
- Pony on trekking OR Helicopter
- Expenses of personal nature such as tips, telephone calls, laundry, liquor etc.
- Any other item not specified in 'Tour include'
- Porter age during trekking
- Entrance fees during sightseeing
- Travel Insurance
- Expense incurred due to bad weather condition, road closes, landslides etc.

**(TERMS & CONDITIONS)**

- The Expenses come out due to any hike in the Hotel rates by any amendment of tour by
- the changes of Train/ flight schedule. If any additional cost find out that would be paid
- by Guest.
- Confirmation acknowledgement should be received from Monk Travel for 100 % surety
- of your booking.
- The above mention rates are valid only for given period of time.
- There is No amendment in Dates or subject to availability.
- If the given tour is not operate due any reason, So we can shift you on another date & preinformed you.
- Standard/Budget Hotels are only served neat & clean room with hygienic food so don't expect any luxurious.
- We shall not be responsible for any change in the itinerary due to landslides, flight cancellations, weather conditions or any unforeseen circumstances. The additional cost incurred will be in addition to the cost.
- Due to the holy land (Uttarakhand), NON-VEGETARIAN FOOD is strictly NOT allowed. The meals served during the tour will be purely vegetarian.

## **Payment policy**

- **50 % of Total Amount at the Time of Booking**
- **Balance Amount Should be clear by Guest at least 20 Days before of Arrival/ Starting of Tour.**

## **Cancellation policy**

- Bookings made on non-cancellable/non-amendable packages/rates cannot be canceled/amended. On doing so, the full amount of advance paid will be treated as the cancellation fee. The same terms apply in case if the guests don't show up.
- No cancellations will be taken over the call or WhatsApp message. Please reply to the email of email confirmation that you have received at the time of booking regarding the cancellation.
- There would be no refund provided in case some problems occur due to government orders, harsh weather conditions, protests, landslides, or any other unforeseen circumstances. On the occasion of any such happenings, we have a backup plan ready most of the time and we'll be moving onto that. There are times when we would have to cancel some activities mentioned in the itinerary but it's only due to the reason that we would be bound by a circumstance that is not in our control.
- If a trek is called off at the last moment due to a natural calamity/unforeseen circumstances (like rain, snowfall, earthquake, landslides, strike, bandh, etc.) then the participants would be provided with a travel voucher for the same amount that can be used within 365 days of the issuance date for same package worth the same amount. (Subject to availability)
- If a trek/trip has to be aborted midway due to a natural calamity/unforeseen circumstances (like rain, snowfall, earthquake, landslides, strike, bandh, etc.). In that case, no refund would be provided.
- Monk Travel will not bear any extra expense due to any natural calamity/unforeseen circumstances (like rain, snowfall, earthquake, landslides, strike, bandh, etc.).
- There is No Amount will be Refund.

## **List of Equipment - You can carry by own**

- Trekking Boots
- Trekking poles
- Shirts / T-shirts
- Trousers / Track Pants
- Windproof jacket
- Fleece / Full-sleeve Woollen sweater
- Thermal inner wear (upper & lower)
- Woollen cap
- Mittens (Woollen gloves)
- Scarf
- Woollen socks (extra pairs to be carried)
- Raincoat / Poncho
- Towel
- Water bottle
- Cap / Hat
- Sunscreen Lotion
- Lip Balm
- Torch / Flashlight (with extra batteries)
- Medicines, if requiring any specific medication
- Camera (with extra film rolls and batteries)
- Sunglasses
- Personal toiletries Books, if you like reading
- A small backpack (It will contain what you will need during a trekking day and carried by you.)



## **Valley of Flowers Trek –**

The Valley of Flowers trek starts from Govindghat, where you have to cover a 2 km distance by local Transport, and the Main Trek will start from Pulna Village, which is 10 km per side to Ghangaria or Govinddham, You can take a pony or palki or Helicopter service, The Valley has exact 10 km in Length and 2 km in width with concave in Shape. But Trekkers mostly cover 5 to 6 km on each side due to high altitude and lack of oxygen, Trekkers have to come back to base camp Ghangaria for stay.

The Valley is divided along its length by a small river called the Pushpawati and several tiny streams and waterfalls. The Pushpawati joins the Laxman Ganga, flowing from Hemkund Sahib, at Ghangaria. This combined stream Retains the name Laxman Ganga till it meets Alaknanda at Govindghat.

## **What is Valley of Flowers?**

There is a beautiful place in Uttarakhand, During the Monsoon, The Valley is covered with many unknown flowers making the place more admired and attractive with a snow-covered peak of the Himalayas.

## **Valley of Flowers National Park?**

As optimized by the Uttarakhand government the Valley has enriched species of flora and fauna, so It was declared a National park in 1982, and It was declared a World Heritage site on July 14, 2005 by UNESCO.

## **How to Reach?**

You have to reach Joshimath or Govindghat via Haridwar or Rishikesh.

## **How to Book?**

You can book a complete Valley of Flowers package by Monk Travel Hardwar which provides Transportation, accommodation, food, and an experienced trekking guide with 100 % commitment to best service.

## **Best time to visit?**

During Monsoon from June to September month but best time on August when all flowers are blooming.

## **Nearby attraction?**

There are many nearby places to visit, like Hemkund Sahib, Badrinath Temple, Mana Village, Narsingh Temple, Auli and Tapowan etc.

## What do you need to carry for the trek?

- Sunglass & moisturizer or sunscreen cream.
- Heavy & light woolen clothing and wind sheeter jacket & raincoat.
- Hand gloves & cap (woolen and sun cap).
- Personal medical kit.
- Umbrella and small handbag.

## How to Reach at Base Camp ( Govindghat)

- Delhi to Haridwar/ Rishikesh – 200 km
- Rishikesh to Govindghat – 271 km
- Govindghat – Pulna Village – 4 km
- Pulna to Ghangaria – 10 kms Trek
- Ghangaria to VOF – 5 kms Trek
- Ghangaria to Hemkund Sahib – 6 kms trek

### How's tough is Trekking there, Can I do?

#### **-Pulna to Ghangaria -10 Trek**

Yes , If you physically fit & ok with medical fitness , you can easy to cover trek in 4-5 hrs as per your efficiency level.

#### **-Ghangaria to Valley of Flowers -4 Trek**

Yes , If you physically fit & ok with medical fitness , you can easy to cover trek in 4-5 hrs as per your efficiency level , This trek is amazing with covering Lakshman Ganga , Mountains & Flowers ...avoid your tiredness and refresh you by internally.

#### **-Ghangaria to Hemkund Sahib -6 Trek**

Yes , If you physically fit & ok with medical fitness , you can easy to cover trek in 5-6 hrs as per your efficiency level , This trek is little steep as VOF but when you submit this , That view of Lake near Gurudwara & mountain and also view of Uttarkhand Nation Flower ( BrahmaKamal / Saussurea obvallata ) are found here only .

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# TREKKING MAP





